

# NEWSLETTER

Lorraine Hanley - Psychotherapist  
Karl Hanley - Life Coach

[www.darutherycentre.ca](http://www.darutherycentre.ca)



## **FEBRUARY IS HERE!**

Wow, not sure where January went, perhaps its the mix of everything that's happening.

The weather, its been snow joke for January, the recent lockdowns, the mixed news, it has been an interesting start to the year.

The shift to longer & brighter days is here we can already see that which is amazing. There is a spring in the air!



## **Feedback welcome**

We want to support you as best we can, your suggestions and topics to look at for your Newsletter are welcome always.

[connect@darutherycentre.ca](mailto:connect@darutherycentre.ca)

Reminder our the centre's new phone number for non-urgent calls  
905 741 8875

## RESILIENCE, BEING AUTHENTICALLY YOU.....

What does that even mean ??

The world is full of buzzwords, acronyms and abbreviations that we're expected to know, to understand, heck to even live by them.

Inspiring words of wisdom are everywhere, some resonate, some are mind numbing.

However behind all of these, is you.

All of the buzzwords, acronyms and words of wisdom, may have a similar experience but they have never walked in your shoes, never felt WHAT you have felt.

Behind all of it, is you, how you respond, how you react, how you bounce back this is your resilience.

Within you is the ability, you can make the choice, to bounce back, to be you.  
Within that bounce back, that choice, the opportunity is to be your authentic self.

Being authentic is to bounce back with all of you, warts and all, as the saying goes.  
Challenge yourself, step out of that zone of expectation, bounce back as authentic you.

Reframe the lens from their perspective of you to your own.

## RESOURCES

New for 2022, we will be running a number of new clinics & workshops !  
1st one is up, an online pain clinic, based off of our own lived experience & knowledge. We will look at some factors like nutrition, sleep, our goals & mindset in our 1 to 1 clinic.

- Tying in with a promo we are advertising online for February, this clinic is on sale now!!!

Check out the link for more; <http://www.daruthrapycentre.ca/pmclinic>



BE 100% YOU...  
DON'T MASK THE BITS YOU DON'T  
LIKE.....

LITERALLY, JUST BE YOU.

FEARNE COTTON



## Follow us for more



[Facebook.com/daruthrapycentre](https://www.facebook.com/daruthrapycentre)



[Daru Therapy Centre](https://www.linkedin.com/company/daruthrapycentre)



[@coachkarldaru](https://www.instagram.com/coachkarldaru)



[connect@daruthrapycentre.ca](mailto:connect@daruthrapycentre.ca)

[www.daruthrapycentre.ca](http://www.daruthrapycentre.ca)