

NEWSLETTER

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www.darutherycentre.ca



JULY - SUMMER IS IN THE AIR!

Summer is here!!

An excellent time to rest, recharge, reflect and regroup, critical for our self-care. Keeping our therapy sessions, and staying the course with our self-care, will bring us to our best selves.

Our summer schedule is in place, be sure to book early to keep your preferred time.

Not seeing your preferred day or time?

Simply add your name to the convenient waitlist and you will be immediately notified should an appointment become available. .



Executive Function, EF,

This is our set of skills that include

Working memory, Flexible thinking & Self-control.

We use these skills every day to learn, work, and manage daily life.

Have you ever found it hard to focus?
Follow directions?
Handle emotions?

EF skills can be learned & improved at any age.

With our new training and deeper knowledge of EF, we are now offering a new package program to support you with these day-to-day tasks!
Book your free consultation today.

Check out our website for more information;
<https://www.darutherycentre.ca/execfunction>



International Coaching Federation (ICF)
Associate Certified Coach (ACC)

ICF is the largest coaching regulatory body in the world. Governing standards & ethics.

Our very own **Karl Hanley** is now a licensed ACC professional coach.

75+ Hours of training
10+ Hours of supervision training
200+ client hours completed.
Competency & Ethics exam passed.

[Click here to learn more about an ACC Coach](#)

RESOURCES

Our resource feature continues to be EMDR
This has been a significant shift for many clients, book your free consult today.



EMDR - Eye Movement Desensitization and Reprocessing Therapy

EMDR is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, panic disorders & pain management.
EMDR can be done both online & in person.

Connect with us today and book your EMDR consultation.



POSITIVE THINKING WILL LET YOU DO
EVERYTHING BETTER THAN NEGATIVE
THINKING WILL.

ZIG ZIGLAR



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