



NEWSLETTER

Lorraine Hanley - Psychotherapist
Karl Hanley - Life Coach

www.darutherycentre.ca

OCTOBER

Well hello October, heading into Fall, the leaves are turning, the beauty and wonder of nature continues to grow.

Yes we are a couple of days into October, we missed the target of the 1st for our newsletter, but that's ok, these things happen !

Daru has been busy, new training courses, onboarding new clients and working on a new marketing campaign, more on that to come.



UPCOMING CERTIFICATION

Lorraine is excited to let you know that she will be working hard over the coming months on her EMDR training,

EMDR is a significant tool in the treatment of trauma and a number of other symptoms in a phased and safe way.

More information on this to come.





LGBTQ2+ WORKPLACE INCLUSION

Karl has recently completed his work place inclusion certificate.

Creating a greater awareness of the history, terminology, identities and expressions in the workplace, leads to a greater awareness and a safer more inclusive work place. Employee resource groups are key to a successful and more inclusive workplace environment.

If you need support with this, no matter the size or scale of your business operation, let us know.

RESOURCES

Mood Disorders Society of Canada

Filled with resources, information, links to supports and a place to feel connected, MDSC provides a place where you can find the right support, treatment or information.

<https://mdsc.ca/>



START WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.

Arthur Ashe



Follow us for more



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



[Daru Therapy Centre](https://www.linkedin.com/company/daru-therapy-centre)



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



connect@daruthrapycentre.ca

www.daruthrapycentre.ca