



INTRODUCTION

BY FOUNDER, LITHA CHARLES



Welcome to Asheboro Counseling and Wellness's first newsletter! Asheboro Counseling and Wellness was founded in 2020, and our mission is to be a resource to our community with services that bring healing and growth, helping you to move forward in your purpose and passions.

We mostly spend our days quietly working with the people God has put in our path. We hold space for and witness our clients courageously working through challenges, celebrating victories, and becoming healing people in their own families, workplaces, and communities. It is such a privilege to work with our clients.

In the years I have spent as a therapist, I know mental health is not separate from other aspects of our health, and vice versa. All aspects of wellness affect and are part of each other. Asheboro Counseling and Wellness believes wellness encompasses the physical, emotional, social, spiritual, occupational/financial, intellectual, and environmental aspects of our lives. For this reason, we have decided to create a newsletter to reach our community with the latest information relating to mental health, and to collaborate with those in our community that are fostering other areas of wellness.

In the coming months, we hope you can look forward to perusing our newsletter and leave with encouragement, something to ponder, something you want to implement, or something you can plan to attend that will help you in your path forward to experiencing more wholeness, peace, and joy. Asheboro Counseling and Wellness welcomes you alongside us in the journey!

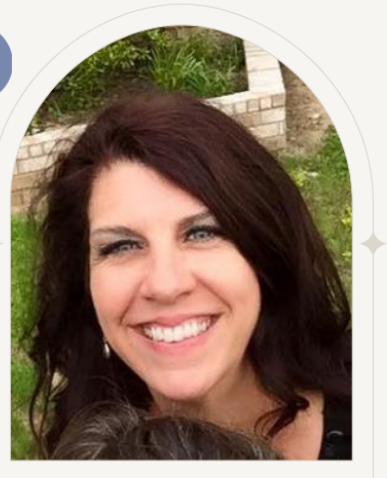
COMMUNITY WELLNESS SPOTLIGHT

SCARLET BRADY

Hi, I'm Scarlet Brady, a certified Yoga & Mat Pilates Instructor and Personal Trainer. I've spent the last decade or so loving to teach people how to breathe, stretch and strengthen their bodies. Becoming mindful with movement and breath can change your life! I've offered a free community Yoga/Pilates class for the last 11 years. I'd love you to join me. All levels are welcome. 5:45-6:30pm every Tuesday evening at 614 Hoover St. in Asheboro.

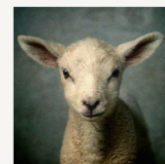
For more info text 336.318.2290.

Namaste



WORSHIP SONG
OF THE MONTH

SAME GOD
ELEVATION
WORSHIP





ART IS THERAPEUTIC

Art therapy engages the mind, body, and spirit involving the encouragement of free self expression through active art making and the creative process as a therapeutic and healing process. Examples include: painting, drawing, photography, sculpting, and so much more!

A study published in the Journal of the American Art Therapy Association shows that less than one hour of creativity reduces stress and has a positive effect on your mental health, regardless of artistic experience or talent!



WELLNESS BOOK
OF THE MONTH



Local resource for artistic recreation:

THE PREPPY POSSUM:

Where anyone can come create a wonderful painting! They offer classes that are open to all levels, including first time painters and children. The instructor will lead you step by step thru the painting to create a beautiful work of art that you can be proud of. They even offer private parties for special occasions such as: kid's birthdays, family get togethers, corporate team building, and more. For more info, visit their Facebook page: [thepreppypossum](https://www.facebook.com/thepreppypossum).

UPCOMING COMMUNITY EVENTS:

Keep Randolph County Beautiful:

Four Saints Brewing Company welcomes you to join in making Asheboro as litter free as possible.

The group will spend about an hour removing litter from the downtown area, then meet back at Four Saints for some munchies, beverages, and social time. They hope to make this a regular, fun social gathering that just happens to include local appearance improvement.

All gloves, bags, and reflective vests will be provided

Meets every 3rd Saturday from 10:00 AM-12:00 PM at Four Saints Brewing Company

Free admission

For more info, email Joel McClosky at: joel@foursaintsbrewing.com

Tea with Seagrove Potters:

Spend the day cruising the beautiful Seagrove countryside, discovering spectacular handmade pottery and sampling teas and pastries along the way.

Sample hot tea from Carriage House Tea, pastries from The Table Farmhouse Bakery, and homemade treats at Blue Hen Pottery, From the Ground up, Red Hare Pottery, and Thomas Pottery.

Saturday, March 11th
10:00 AM-5:00 PM

Free event

For more info, email Rhonda McCanless at: rhondamccanless@gmail.com

Creative Kids Club:

School aged children (7-12) are invited for focused programming about art, nature, and science! Programs last about 45 minutes and include hands-on creation, exploration and fun!

Meets every Thursday at 3:30 PM at the Randolph Public Library

No registration required

Free admission

For more info, call 336.318.6804

[CLICK HERE TO VISIT OUR WEBSITE](#)