



Ask a
therapist...

challenge you to look around and notice those caregivers who are selflessly caring for others and thank them. **They are really the main characters of moments of love, in the stories of life!**

“Caregiving is a series of small acts of care that alter the course of someone’s life.”

-thecaregiverspace.org

Ask A Therapist Webinar

Once a month, LCS will be having a free webinar on various helpful topics. This month the Webinar will focus on Relationships, Families and Inclusion. Erika Sickles, Registered Mental Health Counselor Intern, will join Megan Miessler, LCSW, in a discussion on how to create check-ins with our children, spouses and family members so that they feel heard, valued and included. Megan and Erika share their own experiences in parenting, relationships and counseling on developing healthy, loving relationships in families.

To Register, go to: <https://register.gotowebinar.com/register/8955055320198514443>

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to: <https://lcsfl.com/how-to-help/>



(407) 644-4692 or lcsfl.com

E	E	C	A
A	L	E	P
H	N	B	O
Q	T	T	Y

BRAIN FUN ZONE: BOGGLE

Link the letters to make words! Each word must be 3 letters or longer. You may not use proper nouns, abbreviations, or contractions.

3 letters = 1 point

4 letters = 2 point

5 letters = 3 points

6 letters more = 5 points