

PEACE OF MIND PSYCHOTHERAPY NEWSLETTER

✨ HAPPY HOLIDAYS AND IMPORTANT PRACTICE UPDATES ✨

We hope this message finds you well as the holiday season approaches. We are writing to share important news regarding updated policies, new office hours, tips for managing stress during this busy time, and a fun colouring contest!



✉ UNSUBSCRIBING ✉

Important Note on Email: If you no longer wish to receive this newsletter, or if you did not sign up, please use the unsubscribe link provided in the email. Please do not report this email as spam, as doing so may temporarily disable the therapist's email account.



📄 Policy & Forms Update 📄

We are updating our administrative procedures to ensure our policies are clear and comprehensive. Updating consent forms ensures informed consent and helps maintain our files. you will soon receive new consent forms to review and sign via email this month.

These new forms will be sent with updated policies including:

- Introduction of AI for note taking and the role it plays in therapy
- Benefit Direct Billing consent forms for eligible clients
- Updated Parental Consents

Please reach out to your therapist with any questions you have **1** about these updates. You may receive more than one email.





New Regular Office Hours

We are adjusting our regular schedule for the winter. Please note our new hours:

Mondays

9:00 am – 5:00 pm – Port Colborne

Tuesdays

10:00 am – 7:00 pm – Port Colborne

Wednesdays and Thursdays

9:00 am – 6:00 pm – Port Colborne
OR

9:00 am – 7:00 pm – Niagara Falls
(Alternating weeks)

Fridays

9:00 am – 4:00 pm

Temporary Saturday Appointments:

To help accommodate clients whose appointments may be impacted by construction or bathroom access, we will be offering sporadic Saturday appointments over December, January, and February. Please contact the office to inquire about booking one of these temporary slots.



Holiday Hours

Peace of Mind Psychotherapy will be closed on the following days:



- Christmas Eve
- Christmas Day
- Boxing Day
- New Year's Eve
- New Year's Day

Holiday Colouring Contest!

We invite the children in your family and in the community to participate in our holiday colouring contest!

★ How to Enter ★:

- **Categories:** There will be two separate contests: one for ages 3 to 10 (using the attached reindeer image) and the other for ages 11 to 16 (using the attached Christmas tree image).
- **Getting the Picture:** The images can be picked up at the Port Colborne Office, the Niagara Falls Office (when a therapist is present), via email, or online (peaceofmindpsychotherapy.ca).
- **Submission Deadline:** Please return the completed picture by **Tuesday, January 6, 2026**.
- **How to Submit:** Return via email (info@peaceofmindpsychotherapy.ca) or in person at either office (please contact the therapist for Niagara Falls office times).
- **Needed Information:** Please include the child's Name, Age, and the contact information with the submission (forms attached).
- **Winner Announcement:** The winner for each category will be announced on **Friday, January 9, 2026**.

Colouring Sheets included at the end of the Newsletter

Prizes!



For the younger kids!

For the older kids!



✓ TIPS FOR MANAGING HOLIDAY STRESS

The holidays can be wonderful, but they can also bring increased stress. Here are some simple, practical tips to help you navigate the season calmly:



1) Maintain Routines: Try to stick to your normal sleep, meal, and exercise routines as much as possible to maintain stability. If you can't maintain a full routine, focus on one aspect, like getting enough sleep or staying hydrated. 

2) Set Realistic Expectations and Boundaries: Let go of perfectionism and the need for every event to be flawless. Don't over-schedule yourself and be willing to say "no" to some invitations if you feel overwhelmed. 

3) Prioritize Self-Care: Dedicate time for relaxation, even if it's just 10–15 minutes a day for a walk, listening to music, or reading. Use stress-relief techniques like deep breathing or meditation to stay calm. 

4) Manage Finances: Set a spending limit for gifts and stick to it to avoid financial stress. 

5) Communicate and Manage Family Dynamics: Communicate openly with loved ones about your needs and limitations. Set boundaries around sensitive topics to avoid conflict. 

6) Shift Your Focus: Practice gratitude by reflecting on what you are thankful for each day. 

7) Simplify and Adapt: Simplify existing traditions or create new ones that are less draining. Delegate tasks to other family members to share the workload. 

8) Seek Support: Stay connected with your support network of friends, family, or a therapist. 

9) Give Yourself Compassion: Be kind to yourself and forgive yourself if you don't meet all your own expectations. 

10) Stay Active and Healthy: Incorporate movement into your day. Balance indulgent holiday foods with nutritious options and stay hydrated. 

11) Plan for Post-Holiday Recovery: Block off a few days after the holidays to relax and decompress before returning to your usual routine. 

12) Find a Safe Space: In moments of stress, close your eyes and picture a peaceful, safe place to ground yourself. 

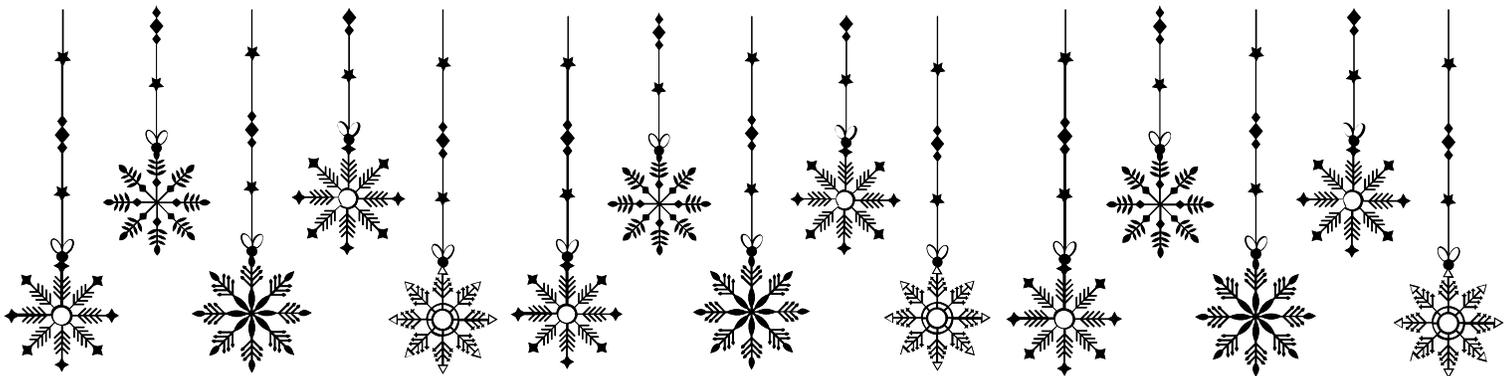
CRISIS SERVICES REMINDER

It is **critical** to remember that Peace of Mind Psychotherapy is **NOT** a crisis service provider

If you are in crisis and need immediate support, please use the following resources:



- **Niagara Residents (16+):** Call **COAST** at 1-866-550-5205.
- **Youth (under 17):** Call the **Pathstones Crisis Line** at 1-800-263-4944.
- **General Service Information:** Calling **211** can also direct you to a local service provider.



Trainings and Professional Development Completed in 2025



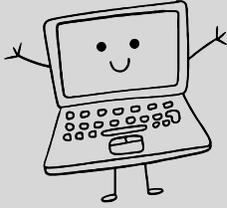
Books:

- The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About – Mel Robbins
- The 5 Love Languages: The Secret to Love that Lasts – Gary Chapman
- Unfu*k Yourself: Get Out of Your Head and Into Your Life – John Bishop
- Sociopath – A Memoir – Patric Gagne
- When the Body Says No – The Cost of Hidden Stress – Gabor Mate

Webinar:

- The Art of Writing Case Notes
- Irritability and Anger: What can we do about it?
- Navigating Autism with a Strengths-Based Mindset: Empowering Clients to Find and Develop their Strengths and Thrive!
- Abilities & Strengths-Based Autism Interventions: Help Clients Find Success in Education, Employment, Community, and More!
- Developing Core Competencies as an Autism Specialist through a Neurodiversity Lens
- Not Just Surviving, but Thriving with Autism
- Dissecting the Brain-Gut Connection to Address Sensorimotor Concerns for Autistic Children
- Enhancing Social Communication for Autistic Clients: Neurodiversity Principles in Action
- Racial Disparities and Neurodivergence in Autism: Strategies for Systemic Change and Equitable Care
- Helping Autistic Clients Relate and Communicate through DIR/Floortime®
- Techniques for After an Autism Meltdown: Supporting Prevention of Future Eruptions
- Vicarious Trauma: Caring for yourself while caring for others
- Applying IFS to Adults with ADHD: A Neurodiversity-Informed Lens
- Deepen your impact with IFS
- The healing power of the “self” and its parts
- Real-World Application of IFS
- Fighting the Winter Blues
- Maintaining Intimacy and Connection this Winter

Trainings on the Calendar



Clinical Supervision Training

Winter Webinar Series – Dispelling Myths About Food & Health

The Foundation of Sexual Wellness: A Holistic Approach

EMDR



We sincerely appreciate your continued support and trust with your referrals!

Cayo



Contact Us:

peaceofmindpsychotherapy.ca

info@peaceofmindpsychotherapy.ca

905-246-9091



Danny

We wish you a wonderful and meaningful holiday season!





This contest is open to any children aged 3 years to 10 years old. The winner will be announced Friday January 9, 2026.

Please ensure that you return your completed picture via email (info@peaceofmindpsychotherapy.ca), or in person (please contact to confirm office availability) by Tuesday January 6, 2026.

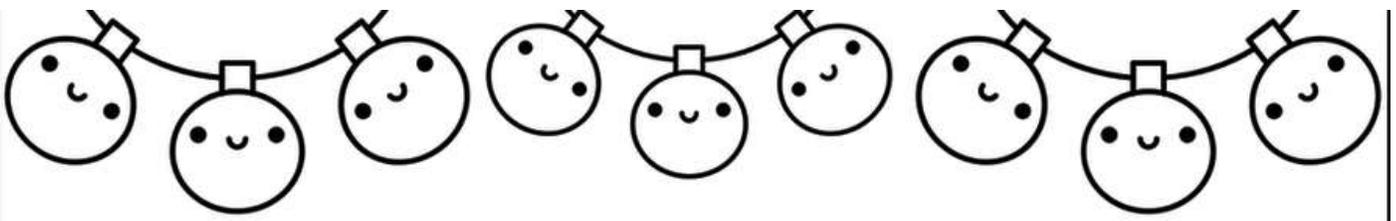
Name: _____

Age: _____

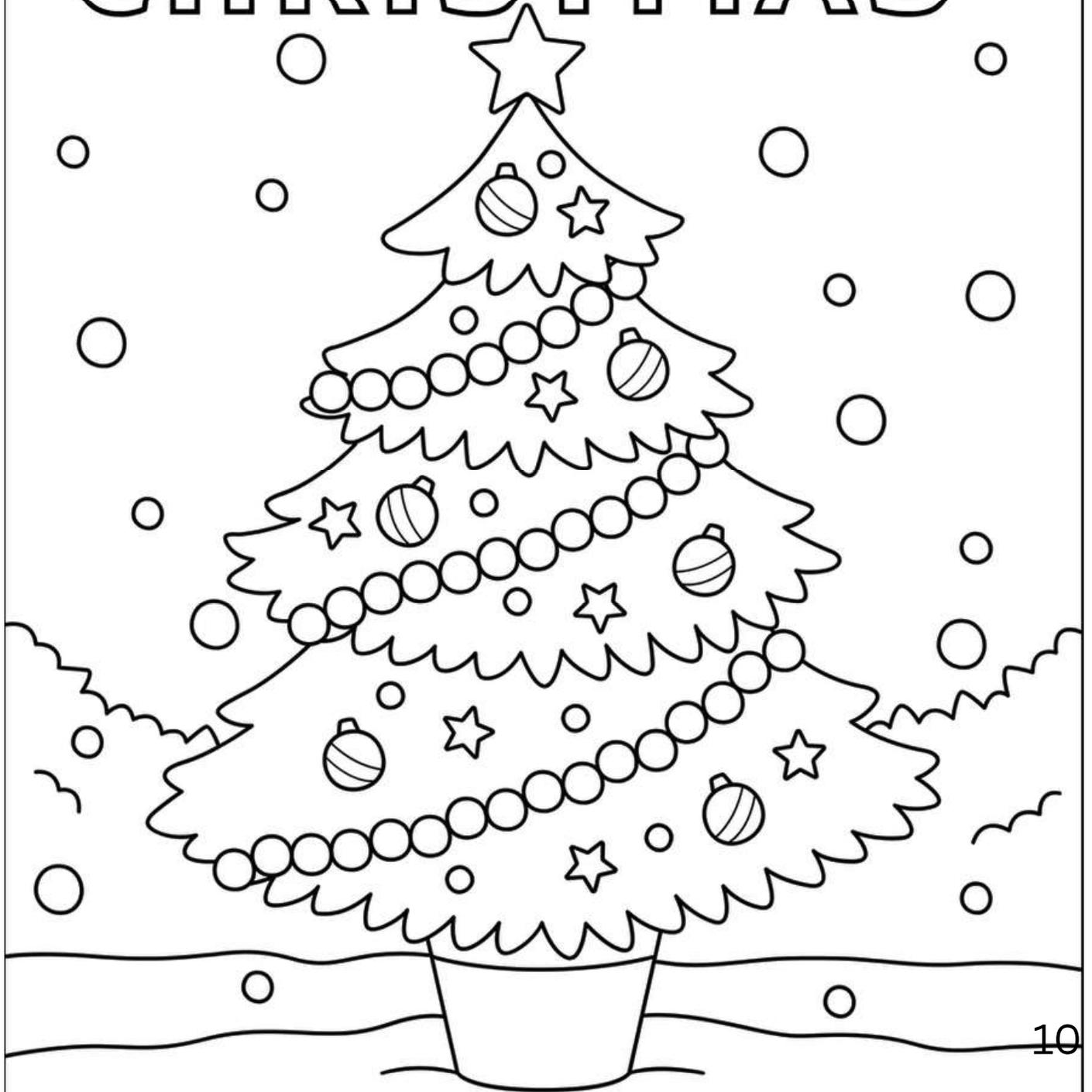
Email or Cell Phone #: _____

'tis the season

TO BE JOLLY



MERRY CHRISTMAS



This contest is open to any children aged 11 years to 16 years old. The winner will be announced Friday January 9, 2026.

Please ensure that you return your completed picture via email (info@peaceofmindpsychotherapy.ca), or in person (please contact to confirm office availability) by Tuesday January 6, 2026.

Name: _____

Age: _____

Email or Cell Phone #: _____

'tis the season

TO BE JOLLY