

# JOSIE JOTS HER THOUGHTS

## MONTHLY NEWSLETTER



### MESSAGE FROM JOSIE:

Hello Everyone! My name is Josephine and I am the owner of Ampaw Psychotherapy and Consulting LLC! Along with being a business owner, I am a wife, daughter, sister, aunt, friend, consultant, and individual/couples/family therapist in Denver, Colorado!

My work is centered around understanding the strengths that folks bring to their work therapeutically and professionally. I strive to help clients be able to learn salient skills to grow while understanding the power of their cultural wealth!

### TABLE OF CONTENTS

- MESSAGE FROM JOSIE
- BUSINESS UPDATES
- CLIENT SHOUTOUT
- HIDDEN GEMS
- YOUR FEEDBACK IS VALUED!

### BUSINESS UPDATES:

*We have a great deal of updates as we start in the new year!*

- First, is the creation of this newsletter! This newsletter will serve as a way to connect with others who are interested in learning about us, getting resources, and getting important updates about our work!
- We will also be bringing in interns this year! Our interns will be helping with clinical work as well as become a part of the ecosystem of our work! You will hear from them on our social media platforms, this newsletter, and more!

## CLIENT SHOUTOUT: FRANCINE

The client that I would like to shout out is Francine Gordon! Francine is the owner of TraumCore, a mental health practice for adolescents and adults in Douglasville, Georgia. Her work includes serving clients in individual therapy, group therapy for adolescents, and providing consulting services and workshops to child welfare agencies and mental health organizations in Georgia!

Francine is an incredibly talented provider who helps her clients grow in their individual work, creates communities within teens, and provides salient knowledge to social service providers and organizations to better improve their work!



[Learn More](#)

## HIDDEN GEM:

Our hidden gem for this month is Mental Health Liberation! This amazing resource allows for BIPOC identified individuals to get access to therapy for free through the donation program.

Created by Inclusive Therapists, this organization strives to provide equitable access to mental health services from high quality providers! Therapists who identify as BIPOC clinicians can apply to be a part of this resource!



MENTAL HEALTH  
LIBERATION

[Learn More](#)

## WE VALUE YOUR FEEDBACK!

We would love to hear about what YOU would like to read in our newsletters! Let us know by filling out a quick feedback form at [bit.ly/ampawpcnewsletter](https://bit.ly/ampawpcnewsletter).

CONNECT WITH  
US VIA:



Not on the list? Sign up today to be the first to get our next newsletter:

[Subscribe](#)