



MENTAL HEALTH TIP OF THE MONTH

Protect Your Peace This Holiday Season

The holidays can be joyful, but they can also be overwhelming. This month, give yourself the gift of setting gentle boundaries. Whether it's saying no to an extra event, limiting time with stressful family dynamics, or carving out a quiet moment for yourself, protecting your energy is an act of self-care.

Try choosing one small boundary each week, like a daily 10-minute walk, a technology-free evening, or skipping an obligation that drains you. Prioritizing your well-being helps you stay grounded, present, and better able to enjoy the parts of the season that truly matter.

Give yourself permission to make space for peace.



New Blog Post: Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a form of recurrent major depressive disorder or bipolar disorder that follows a seasonal pattern, most commonly occurring during the fall and winter months when daylight exposure decreases.

Less frequently, there are some individuals who experience SAD during spring or summer. This disorder can present in various ways for different people and may require mental health support.

In this blog post, we give an overview of SAD, including symptoms, who is at risk, treatments, and more.

Find the full article on our website.

Meet Our Staff

Kristie Cavanaugh, MSW, LCSW Clinical Director

With over 25 years of experience supporting children, adolescents, and families, Kristie brings a warm, compassionate, and down-to-earth approach to therapy. She believes that a strong therapeutic relationship is the foundation for meaningful change. Her goal is to help guide you toward your own solutions and support you in becoming a more empowered version of yourself by tapping into both new tools and strengths already within you.

Kristie's practice is grounded in a trauma-informed perspective and draws from Cognitive Behavioral Therapy (CBT) and Client-Centered approaches. Together, you'll work to better understand long-standing patterns, shift areas where you feel stuck, and help you feel more grounded and in control of your life.

She's dedicated her career to working with individuals navigating anxiety, depression, trauma, and substance use. Much of her professional experience has been in private practice, primarily supporting adolescents and adults.



HAPPY HOLIDAYS!

As the year comes to a close, we want to take a moment to thank our clients, community, and colleagues for partnering with us and trusting us with your care. The holiday season can bring joy, but it can also feel stressful or overwhelming. Remember to prioritize your mental health, set gentle boundaries, and make space for self-care amid the festivities.

From all of us at Tar Heel Human Services, P.C., we wish you a season filled with peace, connection, and moments of rest. Here's to a healthy and hopeful new year!

Service Spotlight: Family Therapy

Strong families are built on communication, understanding, and connection. Our family therapy sessions provide a safe space for all members to express themselves, resolve conflicts, and strengthen relationships.

Whether you're navigating parenting challenges, sibling dynamics, or major life transitions, we're here to help your family grow together.

For more information about family therapy or to schedule an appointment, please give us a call.



FAQ: What ages do you work with?

Our therapists work with all age ranges—children, teens, and adults. Whether it's play therapy for little ones, support for teens navigating tough transitions, or guidance for adults at any stage of life.

No matter your age, we're ready to meet you where you are.



Holiday Closings

We understand that the next few weeks are very busy for many people. Please note the following closure dates for Tar Heel Human Services, P.C., and schedule your appointments accordingly. Our offices will be closed on:

- Wednesday, December 24th
- Thursday, December 25th
- Friday, December 26th
- Thursday, January 1st

MERRY CHRISTMAS & HAPPY NEW YEAR