

OCTOBER IS HERE!

# Monthly Newsletter

It's hard to believe that September passed by so quickly! It feels like just yesterday when Emma and I were preparing for our clients to resume work with us after the summer break.

As we continue with supporting our clients in our 3 steps to connect coaching programmes and the members' wellbeing portal expands, we're excited to welcome two new associates to the team...

**Mary-Joy Johnson**, a qualified integrative psychotherapist and adoption support counsellor. She has over 15 years of personal experience within her own adoptive family and the adoptive community and supporting the 'care-giving system' around the child. Centring the parent/carer's emotional and psychological needs as her primary focus and priority, but as part of a wider picture of family wellbeing, particularly where that family has high need.

**Jessica Spenceley** is an experienced therapeutic social worker who has helped adoptive parents for over 20 years. She uses TBRI® to teach parents how to support their children through early adversities and trauma. Jessica understands the importance of building a solid base for children to overcome early hardships and trauma. She strives to guide parents in this process with compassion and care.

We are excited to be working alongside Mary- Joy and Jessica on projects and programmes in the near future.

## New Blog Post: The Power of Positive Affirmation

Taking care of your mental health is important for living a happy and fulfilled life. And guess what? Positive affirmations are a super easy and powerful tool you can use to improve your mental health and well-being!



[BLOG](#)

## AND BREATHE..

If you haven't booked already, join Neil for his free 15-minute relaxation sessions on a Monday evening. Neil is a breathwork instructor and delivers his sessions on Zoom each Monday evening from 8:30 p.m. to 8:45 pm, after the children's bedtime. (we say hopefully!) You don't need to have your camera on, and you just need a cosy space to relax in undisturbed.

[BOOK A FREE PLACE](#)



## DAY RETREAT LOCATIONS

Recently, we have received a few requests for day retreats in different locations. If you are interested in attending one of our day retreats but find Gloucestershire too far away, please send us an email letting us know your preferred location. The price is £75 per person and we have 6-8 spaces per Day Retreat.

[GET IN TOUCH](#)

## GETTING PREPARED...

As we approach our annual conference, this month is incredibly busy for the Haven and our sister companies under The Centre of Excellence in Child Trauma (COECT). We are currently preparing everything we need to take with us to Coventry, where the conference will be held. This year, our focus is on meeting the needs of neurodiverse children in schools and alternative educational settings. We will be discussing the new A-Z of Trauma-informed Teaching, which was written by the COECT Schools Team including Sair who is part the schools team and co-author of the book.

The Haven has a stall at the conference, so if you are planning to attend do come along and say hi to us. If you haven't got your tickets, you may still be able to get a ticket by clicking on this link.

[BOOK TICKETS](#)



## Portal Members - 50% off Havening Sessions.

If you have our monthly portal membership, you now receive our havening sessions half price. Havening can help with compassion fatigue, phobias, weight loss and child behaviour-based triggers which parents may have. It also can help in getting a good nights rest. To find out more information click on button below.

[MORE INFORMATION](#)



[www.thehavencentre.co.uk](http://www.thehavencentre.co.uk)

Part of the Centre of Excellence in Child Trauma (CoECT)