

THE

WINDROSE

LISTEN TO THE WIND OF YOUR SOUL

MEDITATE

200-HOUR MEDITATION
TEACHER TRAININGS

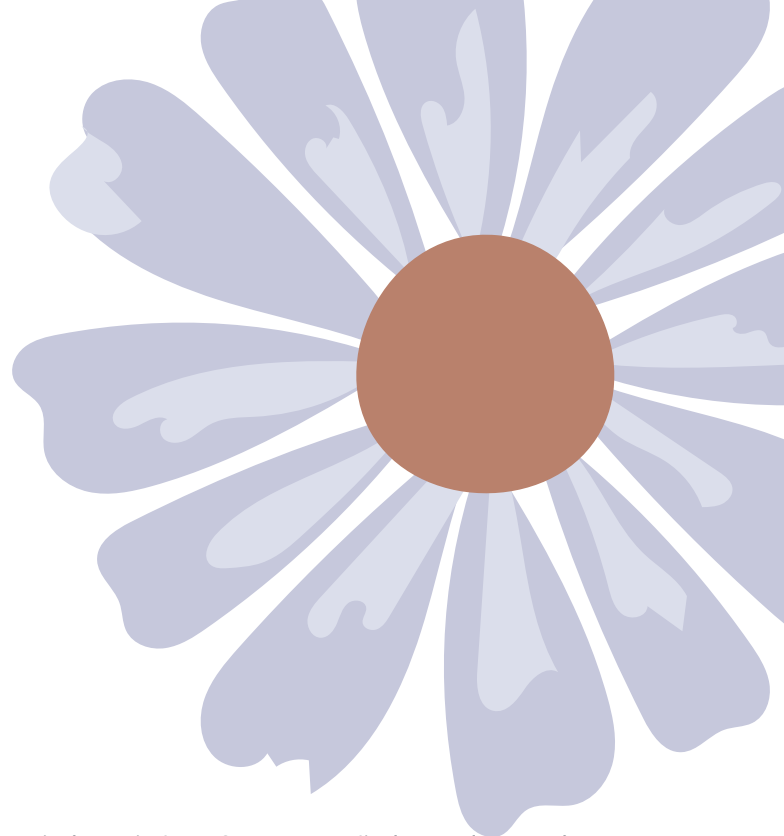
YOGA NIDRA

DISTRESS TOLERANCE,
EMOTION REGULATION, AND
IMPROVED SOCIAL SKILLS

ASK TIFF

Q+ A YOUR MENTAL
WELLNESS QUESTIONS

Special
Parent's Edition



Hello!

Welcome parents and caregivers. This edition of The Windrose is for YOU!! As we find ourselves at the cusp of a new season, it's the perfect time to embark on a journey of self-discovery and well-being with The Soul Compass.

In this edition, we turn our focus to the nurturing and essential role of parents and caregivers, who navigate the intricate currents of family and work life. We understand the challenges and joys that come with raising children and clients (or coworkers), which is why we've dedicated this issue to self-care and mental well-being for both kids and adults alike.

Before we dig into all of the exciting new developments, I want to remind you that my focus is on my clients. I work tirelessly with clients, employing a range of therapeutic strategies, from mindfulness to cognitive therapies like CBT and DBT, and I love to integrate creative therapies like art and play. Over the past year, I've had the great honour to work with close to one thousand children, teens, families and adults offering solace and guidance through struggles such as anxiety, grief, self-esteem issues, parenting, depression, and bullying.

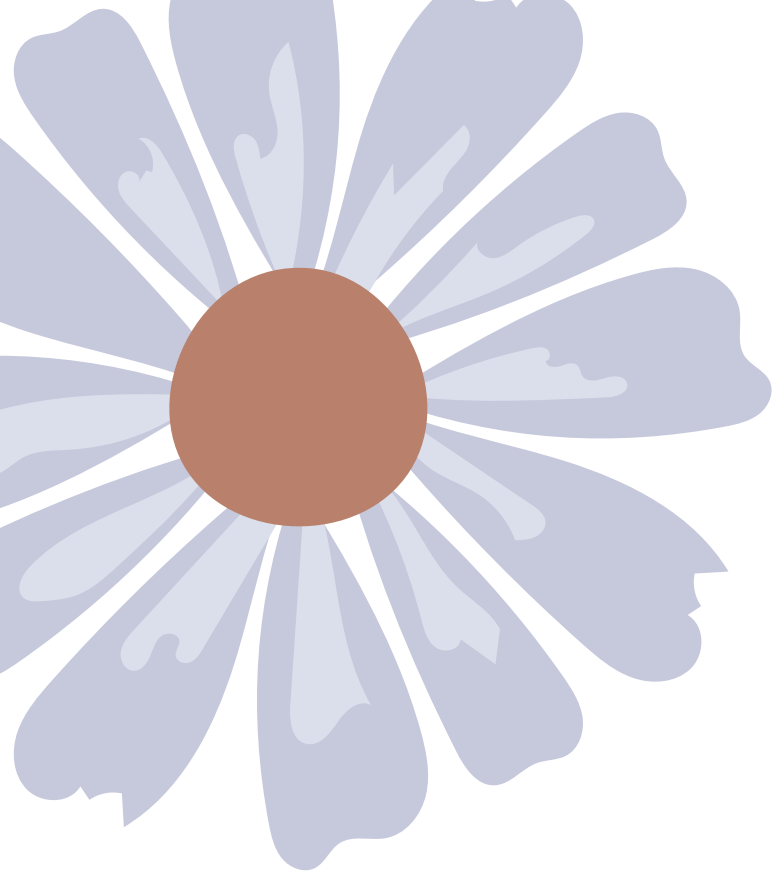
As part of our ongoing commitment to holistic well-being, we're thrilled to continue offering Kid's events due to its overwhelming popularity. For instance, right now I'm running a CBT + Art Therapy event. Stay tuned for more exciting developments, including yoga and mindfulness programs designed to nurture the minds and bodies of our young ones.

Some of the really exciting new endeavours I want to share with you include great stuff for parents and caregivers. I am leading a 200-hour Meditation Training, workshops, mindful art events, and specialty yoga and meditation like classes, like Yoga for Grief.

Thank you for being a part of The Windrose journey. We invite you to explore this edition and discover the wind of your soul as we embark on another chapter of well-being and self-discovery.

Tiff

MA, RP, DVATI, ART + PLAY THERAPY



Evidence-Based Clinical Psychotherapy

Tiffany at thesoulcompass.com offers psychotherapy, counselling, and coaching to children, teens, adults, and couples.

CHILDREN + PRE-TEENS (6-12)

This age group **LOVES** play therapy and sand tray therapy. Sand tray therapy has been proven to enable clients to speak more openly and confront their past traumas and ongoing problems. Not only does it teach encouraging coping skills, but it provides that necessary safe space to explore what's really going on.

TEENS + EMERGING ADULTS

To help this age group manage crises, anger, insomnia, panic, anxiety, low self-esteem, lack of focus, motivation issues, and existential confusion, I offer sessions that teach meaningful distress tolerance skills, emotions regulation strategies, key mindfulness techniques, and interpersonal relations strategies. I also offer MBSR for Teens.

COUPLES + MARRIAGE COUNSELLING

Are you arguing about the same things over and over again? Is the ongoing conflict in the marriage problematic? Do old wounds need healing? You are not alone. Conflict and phases of emotional disconnection are a natural part of any relationship, and psychotherapy can be the outlet needed in order for the security of an emotional bond to be restored.

Therapeutic Interventions used at The Soul Compass

Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR +MBCT), Expressive Arts (Play, Music, Sound, Art, Movement), Somatic Awareness through movement, yoga, and breath, Spiritual + Energetic Counselling, and Neurobiological Nourishment as it relates to mental health.



Become a **CERTIFIED**
meditation teacher
Learn more at
Tiffany@thesoulcompass.com

MEDITATE

@thesoulcompass

Meditation enhances mental clarity and focus, enabling individuals to manage stress more effectively and make better decisions. Moreover, meditation promotes emotional well-being by reducing anxiety and depression symptoms, fostering a sense of inner peace and contentment.

On a physical level, it lowers blood pressure, strengthens the immune system, and improves sleep quality. Long-term meditation practice has even been linked to changes in brain structure that support enhanced memory and cognitive function. Additionally, meditation cultivates greater self-awareness and empathy, strengthening relationships and communication skills.

In today's fast-paced world, taking time to meditate can be a powerful tool for self-care and personal growth, offering a holistic approach to improving one's overall quality of life. So, whether you're seeking stress relief, emotional balance, or better health, meditation is a valuable practice to consider incorporating into your daily routine.

Ask Tiff

Submit a question by emailing me:
tiffany@thesoulcompass.com

**Q: What are the benefits
of getting my 200-hour
meditation training?**

Meditation training offers numerous benefits for mental and physical well-being. It enhances stress management, reduces anxiety, and promotes emotional resilience. Regular practice improves focus, concentration, and cognitive function. Additionally, meditation fosters a sense of inner peace, better sleep, and a heightened sense of self-awareness, ultimately contributing to a more balanced and fulfilling life.

Meditation training can enhance job performance by reducing stress, improving focus, and boosting creativity. It equips individuals with better decision-making abilities and emotional intelligence. Regular practice enhances resilience to workplace challenges and promotes a calmer, more productive work environment, ultimately leading to increased job satisfaction and success.

Are you a yoga teacher? A meditation teaching certificate empowers yoga instructors to offer a comprehensive wellness experience to their students. It enhances their credibility and skill set, allowing them to integrate meditation seamlessly into yoga classes.

YOGA

@thesoulcompass

NIDRA



Above
Yoga Nidra, often referred to as "yogic sleep," is a powerful relaxation and meditation technique that offers numerous physical, mental, and emotional benefits. Reach out to tiffany@thesoulcompass.com for more info. .

During a Yoga Nidra session, you lie down in a comfortable position while a certified yoga instructor guides you through a systematic process of deep relaxation and mindfulness.

The practice involves progressive muscle relaxation, conscious breathing, and guided imagery to induce a state of profound relaxation that is even deeper than ordinary sleep. This deep relaxation helps reduce stress, anxiety, and tension, promoting mental and emotional well-being. It can also aid in better sleep, making it particularly beneficial for those struggling with insomnia or disrupted sleep patterns.

Yoga Nidra enhances self-awareness and mindfulness, allowing you to explore your inner world, identify and release deep-seated emotions, and develop a greater sense of clarity and purpose. It's known to boost creativity, concentration, and memory, making it a valuable tool for personal growth and self-discovery. Furthermore, regular practice of Yoga Nidra can help lower blood pressure, improve immune function, and alleviate chronic pain. It's a versatile practice that can be easily incorporated into one's daily routine to promote overall physical and mental health, making it a valuable addition to a holistic wellness regimen.



My NEW class offerings are at 4 All Yoga

YIN
@thesoulcompass
YOGA



Tiffany has been teaching Yin in the community for over a decade. Join Tiffany for Yin Yoga classes starting in January at 4AllYoga at the Mrconi Reach out to tiffany@thesoulcompass.com for more info. .

Yin yoga is a slow and gentle style of yoga that focuses on deep stretching and relaxation. Unlike more active forms of yoga, Yin yoga involves holding poses for an extended period, typically between 3 to 5 minutes or even longer. These poses target the connective tissues, such as tendons, ligaments, and fascia, rather than the muscles.

The benefits of Yin yoga are numerous. It enhances flexibility and joint mobility, alleviates stiffness, and reduces the risk of injury. Yin practice also promotes relaxation, stress reduction, and a sense of inner calm, making it an excellent choice for those seeking mental and emotional balance. Moreover, it complements more vigorous yoga styles and can aid in balancing one's overall yoga practice, providing a holistic approach to well-being by harmonizing the body and mind. Yin yoga is accessible to people of all levels and ages, making it an inclusive and rejuvenating practice for everyone.

TIFFANY'S NEW CLASSES START JANUARY 2024 AT 4FORALLYOGA AT THE MARCONI



Join Tiffany Caicco MA RP DVATI
&
Meaghan Lambert MSW RSW for a

Women's

Gratitude

Retreat

Saturday January 13, 2024

Stokely Lodge

Spend an afternoon basking in the great outdoors, fostering connections, and practicing gratitude.

Tickets can be purchased via e-transfer to

Firesidechatssm@gmail.com
Ticket Price - \$135.00

Yoga
Lunch
Gratitude Circle
Snowshoe
Hot cocoa social
Fireside Chat

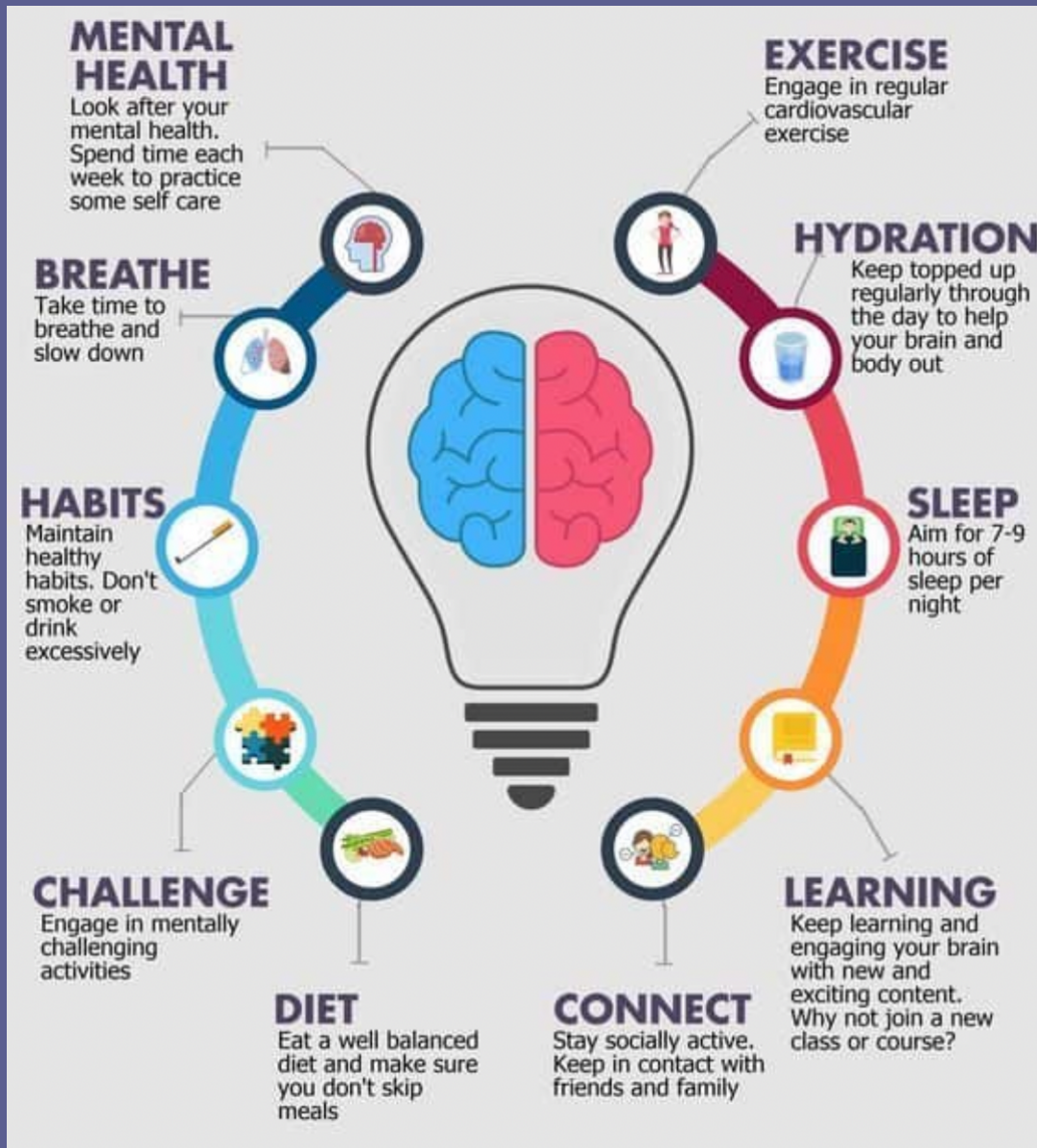
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@mlcounsellingservices



Register Today!

10 WAYS TO KEEP YOUR BRAIN HEALTHY



Check out The Soul Compass coping cards on the next page. Cut them out and keep them to help you make it through the day

DO IT
FOR YOUR
SELF

thesoulcompass.com

IF NOT,
NOW?
WHEN?

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BEE
BRAVE

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STAY
STRONG &
POWER ON

thesoulcompass.com

YOU!
GAIN!

thesoulcompass.com

DO YOUR
THING

thesoulcompass.com

BELIEVE IN
YOURSELF

thesoulcompass.com

YOU CAN
DO IT!

thesoulcompass.com

KNOW YOUR
WORTH

thesoulcompass.com

KEEP
ON GOING

thesoulcompass.com

DON'T
QUIT

thesoulcompass.com

SEIZE
THE
DAY

thesoulcompass.com



BLUEBERRY BONANZA

Do you love fresh organic blueberries as much as I do?
Find this delicious recipe on the blog section at thesoulcompass.com.

“I have learned that the point of life's walk is not where or how far I move my feet but how I am moved in my heart.”

— Anasazi Foundation,

The Seven Paths: Changing One's Way of Walking in the World

The WINDROSE Newsletter
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