



# THE SCOOP

Volume 1/ Issue 3

**OUR MISSION: TO OFFER SUPPORT FOR OUR CLIENTS WHILE THEY MOVE THROUGH THE STEPS OF IMPLEMENTATION OF THEIR TREATMENT PLAN. CALL US: (757) 761-1986. CAMERON & COMPANY, INC., LAURINDA CAMERON, MSW, LCSW. THE STRESS STOP IS FASHIONED AFTER THE TEA HOUSES OF JAPAN OFFERING A CALMING ATMOSPHERE IN WHICH OUR CLIENTS CAN BEGIN THE REDUCTION OF STRESS IN THEIR LIVES. TEA IS ALWAYS BEING SERVED AT THE STRESS STOP**

## HOLISTIC COUNSELING & TREATMENT REVEALED

Welcome to the premiere of our third edition of The Scoop, the official Newsletter of Cameron & Company. Here you will find exciting details about our special events and upcoming workshops. We offer a variety of workshops: Yoga, Massage, Zumba, Gardening, Health & Nutrient, Art and so much more! Support Groups for NAMI are also available. As a multifaceted service provider, our services offer individuals with insight and perspective on holistic treatment options.

Services such as The Stress Stop, Bonded by Love and other related Counseling Treatment Programs are designed to assist individuals to gain knowledge and understanding about the complexities of life Issues and how to effectively move through the treatment process. To describe Cameron & Company's services, there must be an understanding about the nature of holistic therapy and treatment.

Holistic Treatment is centered on evaluating the mind, the body, and the spiritual core of a person. Understanding these components within a person's being can help individuals take account of all aspects of life that affects each component.

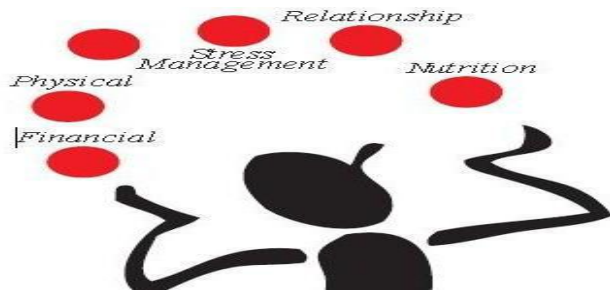
According to major scientific studies, a holistic approach towards treating emotional and mental illness have been found to be more beneficial to individuals within counseling and other healing activities. Within the process of treatment, individuals can expect healing in family life, relationships, and individual issues.

### Holistic Treatment within Clinical Therapy can help you Achieve:

- Greater self-awareness and self-acceptance
- More peaceful, centered approach to life
- Emotional well-being
- Greater ability to cope with daily life issues and unexpected situations.



1310 Rodman Avenue  
Portsmouth, VA, 23707  
(757) 761-1986



## It's Tea Time



### Okinawan Herbal Blend

**This is a mixture of the herbs indigenous to Okinawa, Japan. The blend offers energy from the improvement of digestion and circulation. All of these herbs are organic, free of pesticides and handpicked from the herbal garden of the rich terrain of Okinawa. Let Us Know What You Think!?!**

**ON SALE NOW!**

[Cameronancompany@gmail.com](mailto:Cameronancompany@gmail.com)

[www.thestressstop.com](http://www.thestressstop.com)

757-761-1986



Greetings, I am Laurinda Cameron, MSW, LCSW.

I created Cameron & Company in 1998 to help Individuals, Families, Couples and Groups defuse their Life's Difficulties. Calling upon my experiences in Child Welfare, Military Family Life, Employee Assistance, Phase of Life Adjustments, Mental and Behavioral Health, we have been able to help and provide treatment planning for hundreds of people struggling with difficulties. I am a certified Tea Master. My work in Japan and the study of Asian Cultures and well -being practices has influenced my Holistic Approach to Psychotherapy and Counseling.

During this Special 3<sup>rd</sup> Edition of the Scoop, as [Cameron & Company](#) CEO, I would like to introduce the Board. They have been instrumental in our success over the years.

## Meet the Cameron & Company Board



**Reverend Sharon Jones,  
M. Div President, Solutions Matter, LLC**

Hi, my name is Sharon Jones. For the past 25 years, I have worked as a funding strategist for the local church, denominations, and other nonprofit organizations. I've spent my career helping these organizations create the resources they need to succeed. I believe that all organizations should operate debt free allowing them to have a greater impact and witness in the world!

I am an Independent Business Owner for a Global eCommerce enterprise which specializing in telecom, utilities credit card processing and other essential services. We assist business owners and individuals to earn residual income on the services that they pay each month.

I've been involved with Cameron & Company since its inception. I currently serve as the Advisory Board Secretary. Following are a list of my most recent contributions to Cameron & Company

- 1) Project and Event planning -
- 2) Staff supervision (*Worked from Cameron & Company Offices while M. Cameron was on sabbatical to provide onsite supervision*)
- 3) Newsletter writing, layout, design, proofreading and editing
- 4) Partnership negotiations
  - a. (*Arranged for Cameron & Company to be positioned to received 10% cash back on their business services like, phone, credit card processing, security, high speed Internet and other essential services*)
  - b. (*Arranged for Cameron & Company to have access to Young Living Essential Oils to provide as a service to clients*)
- 5) Global expansion (*Working with Ms. Cameron to expand revenue opportunities with existing contacts in Japan*)



**Shawan D. Patterson Jackson is by profession a Master Level Applied Psychologist, specializing in Industrial and Organizational, (I-O) Psychology. She is also a Licensed Professional Counselor, a National Certified Counselor and a Certified NTU Psychotherapist. She was the Founder and former President/Chief Executive Officer of the Sheridan Patterson Center for Holistic Family Services, INC.**

Ms. Jackson has thirty-four years of experience in the mental health profession, specializing in Treatment Foster Care Services. Her history includes motivational public speaking, national consultant and trainer, providing specialized training for foster and biological parents with special needs children. She conducted numerous national seminars and workshops focusing on organizational and personal development, parenting skills, cultural competency, spirituality and healing, team building, and stress management. Her services have been retained by John Hopkins Hospital's Research Division; Families Involved Together; The Chicago Department of Social Services; The Woodbourne Foundation; The Baltimore City Department of Social Services; Harford County Systems Reform; The Child Welfare League of America; The Black Administrators for Child Welfare, the Montgomery County Department of Human Resources and numerous churches. She is a published scholar, with such publications as, "NTU" An Afrocentric Approach to Therapeutic Foster Care, and "Of Mind, Body and Spirit". Ms. Jackson is currently retired and volunteers as a Board Member for several non-profit community organizations. She is currently serving as an Advisor to the Board of Directors for the **STRESS STOP**. As Advisor and Consultant, Ms. Jackson advises and counsels the Board on best business and customer service practices, professional trainings and clinical services, assessing organizational climate, evaluating and ensuring ethical and relevant interventions, problem resolution, ensuring alignment with organizations mission to ensure maintain the focus on essential human components that create high-functioning individuals, and assisting in developing methods that accurately determine the agency's measure of client success and quality of services.



**Burnetta Gibson**

**Occupation: Management Specialist  
Office of Commissioner of Revenue  
Business Tax Division**

Vice-President of Cameron and Company

Responsible for assisting the CEO with determining the strategic direction of the company. Responsibilities include, but not limited to: business development, marketing, and finance.

I have been on the board since inception and look forward to continuing to be a part of this amazing company.



**Johnny Gibson**

**Occupation: Project Manager for Department of Transportation  
Vehicle Safety Compliance, Washington DC**

Facilities and Project Manager for Cameron and Company. Responsible for maintaining the building and grounds of the company and managing the upkeep of supplies. Duties also include, but not limited to: security, contracting projects and parking.



**Stephanie K. Rones, Esq. Attorney for over 30 years with practice in small business startups and non-profit law. Georgetown Law Graduate.**

A Cameron & Company Board Member since its beginnings, Stephanie Rones has diligently worked with us towards achieving our goals.



**Mr. Andre G. Speller**

Southern Illinois University  
Senior Health Care Administrator  
for Directorate of Surgical Services  
Orthopedics / Rehabilitation / OGBYN / Anesthesia / PERI-OP  
Defense Health Agency Walter Reed  
National Military Medical Center 15yrs

**Mrs. Cynthia W. Speller**

Norfolk State University  
Management Analyst Resource Mgmt  
Dept of Army Fort Detrick 10yrs

Mr. and Mrs. Speller have been board members since Cameron & Company's inception and advise on financial matter.



**Brummitt Cameron - Web Designer for Cameron & Company**

Retired with over 35 years of professional experience in systems administration, engineering and maintenance of Microsoft LAN infrastructures. Acquired specialized talents in deploying enterprise-wide Microsoft IT products.

Brummitt is married, has one daughter and extended family, and currently resides in the Washington, DC metropolitan area.

Retirement has allowed Brummitt to transition into several fun things to do such as web design for Cameron & Company, or building and fixings things around the house.

For Cameron & Company, Brummitt's duties cover all aspects of creating The Stress Stop website upon meeting with stake holders of Cameron & Company and assessing their needs.

His duties also include, but aren't limited to, the following:

- Writing and editing content for The Stress Stop web site
- Designing webpage layouts
- Determining technical requirements for the web site, and updating website

## New Norfolk Collaborative Location!!!!!!!

**The Stress Stop** has a satellite office located at The Renova Veterans Wellness Center 129 west. Virginia Beach Blvd., Norfolk, VA 23510. Call (757) 761-1986 to schedule your appointment today!

**NAMI Family Support Group**; is held every first Wednesday of the month at Portsmouth Department of Behavioral Health. 1811 Kings Street Portsmouth, VA 23704 (757) 761-1986 6:30-8pm

## More Exciting News!!!!!!!

Cameron and Company has partnered with ACN to create an additional stream of revenue to fund special projects and initiatives. Through this partnership we will:  
empower small business owners to take action to create operational revenue to grow their business;  
provide grants to individuals to assist them in starting their new business;  
expose individuals to true residual income and what it can mean for them and their family.  
“If you don’t find a way to earn money while you sleep, you’ll work until you die...” Warren Buffet.  
The Cameron and Company /ACN partnership also allows us to work together to end childhood hunger in the US.

Through ACN’s Project Feeding Kids program, our partners and customers can help end childhood hunger right here at home by simply purchasing and paying for services they are already using and paying for anyway. Learn more about the Cameron & Company/ACN Partnership, by visiting:  
<http://cameronancompany.acndirect.com/default.asp>.  
Learn More by visiting: <http://cameronancompany.acndirect.com> .To complete the interest survey visit:  
[www.cameronancompany.services4u.com](http://www.cameronancompany.services4u.com)



Mark  
Your  
Calendar

- Cameron & Company was founded, October 1998, we’re turning 20. Join us for “**Our Story**”, a fund raising kick off on October 6, 2018 at **The Renova Center**. Stay tuned for further details. Visit our fund-raising site: <http://cameronandcompany.inspire.world/>
- We will be featured at Wellness Wednesday at **The Renova Center** March 7, 2018
- **The Stress Stop** goes live March 10<sup>th</sup> at 1pm, Be sure to watch us on Facebook

**Cameron & Company**  
**The Stress Stop**  
(757) 761-1986  
[cameronancompany@gmail.com](mailto:cameronancompany@gmail.com)  
[www.thestressstop.com](http://www.thestressstop.com)



Call Us If You Can  
Text Us If You Can't  
(855) 652-7225

**Accepting:**

- ✓ Tricare
- ✓ BCBS
- ✓ Optima
- ✓ Aetna
- ✓ Medicare
- ✓ Medicaid

*As well as Sliding Scale Payments options & more*





