



THE SCOOP

Volume 1/ Issue 2

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 second 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 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 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.

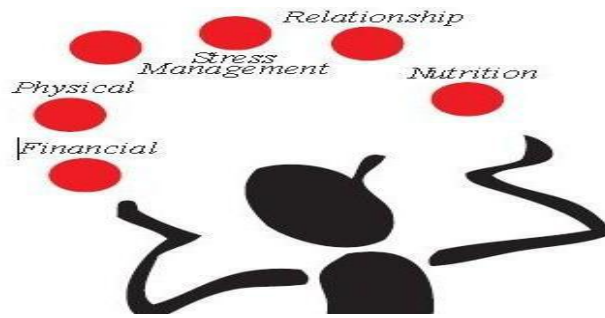
Holistic Treatment within Clinical Therapy can help you Achieve:

- ✓ 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 situation

**The
Stress
Stop**

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!?!

www.thestressstop.com
cameronancompany@gmail.com
757-761-1986

Holistic Treatment Collaboratives Yoga & Massage Practice

Peaceful Connections through Yoga Learn the Keys to Your Own Growth and Awareness

Hello my name is Mehen Erboe. I am a licensed Social Worker (LSW) and a yoga therapist. I currently work at the Richmond VA Medical Center in the Mental Health department. I received a 200 Hrs. yoga certificate from the Integral Yoga Academy in Yogaville, VA in 2010. Integral Yoga is a gentle practice that can be used as a daily wellness practice. My focus has been to create gentle yoga practices for individuals and groups that combine gentle physical poses with breath awareness and end with Yoga Nidra or deep relaxation to foster a mind/body connection. I have worked with persons with mental health diagnosis as well as physical ailments to help people find a practice to encourage self-healing. I enjoy teaching yoga as a means of mind/body/healing and using its techniques in my professional career as a social worker to help alleviate symptoms from anxiety, depression, PTSD, and chronic pain.

My goal is to spread the healing aspects of yoga to teach everyone the skills they need to maintain physical and emotional wellness.

I am currently working on a certification as a Yoga Therapist through Phoenix Rising Yoga Therapy. A Phoenix Rising Yoga therapy session can be a great compliment to regular psychotherapy or stand-alone session by bringing your body into therapy. During the session, we will use techniques from yoga including gentle postures, breath, props, and light touch as well as open dialogue to begin to build an awareness of your mind -body connection. When the mind, body, and spirit are connected we can create positive desirable change in our life.

As a Phoenix Rising Practitioner-in Training, I am offering up to 3 free sessions to anyone interested in participating in a Phoenix Rising Yoga Therapy Session. These sessions are free in return for feedback. I am also asking if some would allow me to video tape sessions, but this is not necessary to participate. Your information will be kept strictly confidential and shared only with my mentor as I complete the Phoenix Rising Yoga Therapy Program.

To schedule a session and learn more, you can contact me directly at:

peacefulconnectionsthroughyoga@gmail.com.

Or contact The Stress Stop at (757) 761-1986 for more information and referral.

*The Brain remembers it.
The Body holds on to it.
And the Breath can release it.*

SHAWNTE' PETERSON, LMT, MBA, MPH TALKS ABOUT SELF-CARE FOR THE MASSAGE THERAPIST



Shawnte' Peterson is a Massage Practitioner, Massage Therapy Educator with a background in Kinesiology, Business and Health Education. Shante' has been practicing massage for 17 years and currently teaching massage at a local college and teaches advanced modality courses to Licensed Massage Therapist. Shawnte' will share self-care information during the yoga workshop.

Massage Therapist are for the most part are gentle beings; however, our work often leads to repetitive postures, forceful pressure and lifting clients body parts that could then lead to injury or ailments. We encourage our students and staff to care for themselves and take the advice we give to our clientele and take moments to focus on ourselves. This means spending time

listening to our bodies, nurturing our body with nutrients that keep us energized. We need to move and keep our muscles and joints healthy not only because our jobs are labor intensive, but because to give positive healthy energy and give our best selves to others we should feel our best every day. But this doesn't only apply to my profession this can be translated to any profession, those of us that work behind a desk day to day, healthcare workers, care providers, professional drivers and more, repetitive injury has no limitations in who it may affect listening our bodies requires self-awareness and taking moments to care for our bodies to avoid injury, loss of work and income which can certainly be stressful.

Self-care includes stretching, self-massage, nutrition, detoxing, receiving full body massage and bodywork, exercise, flexibility routines such as yoga, and meditation.

We embrace this idea and we introduce these concepts to our Massage Therapy students at Centura Chesapeake through nutrition course and although these are not on our curriculum we have a talented staff that can share their experiences with yoga, stretching, meditation, and Qigong.

The American Massage Therapy Association describes self-care in a multitude of ways such to ensure career longevity, a way to balance work-life demands, techniques to keep your hands and wrists healthy and the benefits of being mindful in your practice by worker smarter not harder through body awareness*. Massage Therapist can find tips like these useful in everyday life and in their practice of Massage and to avoid burn out and injury.

https://www.amtamassage.org/career_guidance/type/7

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: Nami is held every first Wednesday of a 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://solutionsmatter.services4u.com>

You Can Receive a FREE 5-day 4-night stay at an All-Inclusive resort in Cancun, Mexico Complete our online survey, submit it and we will send you the trip certificate via email. It’s that simple. To learn more about www.cancuncards.com.

the trip and the resort, visit:

To complete the survey visit:

www.solutionsmatter.services4u.com



➤ Yoga
➤ Massage
Call for your
Appointment
Today!
(855) 652-7225

SAVE THESE DATES: OUR EVENTS CALENDAR

| | |
|--|--|
| <p>Saturday, September 30th Delta Sigma Theta Sorority Inc. Day</p> <p>Pilot Program 9 am-5pm @ The Stress Stop 1310 Rodman Ave Portsmouth VA, 23707</p> | <p>October- Now on Sale Special Tea Blends www.thestressstop.com Call us (757) 761-1986 You can now purchase @ The Stress Stop office 1310 Rodman Ave Portsmouth, VA 23707</p> |
| <p>Friday, October 20th *ARDX Foundation: 10th Annual Women's Wellness Celebration 8am- 5pm Chesapeake Conference Center 700 Conference Center Drive Chesapeake VA, 23320</p> | <p>Saturday, October 21st Open House/ Tea & Talk 12pm- 3pm @ the Stress Stop 1310 Rodman Ave Portsmouth VA, 23707</p> |
| <p>Holistic Pilot Program for Military Veterans Renova Veterans Wellness Center 129 W. Virginia Beach Blvd. Norfolk, VA 23510 SATURDAY, DECEMBER 9TH 9AM-5pm</p> | <p>Saturday, January 27th 3rd Annual Wellness Fair 10am- 5pm (Location to Be Announced)</p> |

Cameron & Company

The Stress Stop

(757) 761-1986

cameronancompany@gmail.com

www.thestressstop.com

Accepting:

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

*As well as Sliding Scale Payments
options & more*

