

Logo

"Delayed But Not Impossible."



"Healing of The Heart: Lessons From My Journey."

When you believe deeply in what you do, especially at the beginning, it's easy to feel optimistic and hopeful. But what about when the "good feelings" are gone and everything or the way you envisioned things to turn out (**Outcomes**) did not come to fruition-- that way (**linearity**).

People are fickle, limited, and will disappoint. So, what do you do?

Well, the easier options are implode, blame others, self-blame, just “throw in the towel.” It's easier to do these. Let's see:

1. I almost did not write this newsletter-- clearly it's delayed from when I last wrote one.
2. I had to change publisher which delayed the final proof of my book which delayed the final publication. **EVERYTHING** went wrong!! 😊
3. I felt afraid and embarrassed. (**My TYPE “A” kicked in overdrive**)
4. My son moved to Jacksonville, during this time, due to a promotion with AT&T (I shared this news with some of you when it happened-- (**Life transitions**). This is still tough for me!

I am so glad this work is more than about me. If it were, I'll be honest. I would have given up on all of this. Every time I sat in a session with each of you, or talk to a new person on the phone seeking support, or when I am with the team, something happens to me. I cannot explain it!

My purpose, that seed, that “Inherited Constitution” gets triggered. **(Click link below for a video I did on “Inherited Constitution”)**

I trust that NBHI has been a positive trigger for your seed-- for your purpose in the face of your waiting and delays. Clearly, you have been mine!

The story does not end there! 😊 By the time you open this newsletter, if you ordered a book and a T-shirt or both, your package is on its way to you. Thank you for your patience. If you would like to still order a copy of the book, for yourself or a gift to someone, the website is the following: <https://healingoftheheart.co/>

Click The Link Below

WHAT HAPPENED THIS FALL?



Stephanie Cimino



Stephanie joined the



Women Self-Esteem & Self-Improvement Group 😊

So thankful for the women who joined us!! We especially



FINAL PROOF

YEP! I received the final proof one 2 weeks ago while I was knitting outside. :) Guess what? One of the ladies from

team as one of our fulltime therapists supporting women and late adolescent girls. The NBHI Women's community are showing her a lot of love!

thank the ladies who allowed us to take a photo of us together. It was an **AMAZING 8 WEEKS.** [Here is the feedback from the women:](#)

1. Make it weekly
2. Make it Spring and Fall
3. Make the groups 1 ½ hour in length instead of 1 hour.
4. "The group is needed."

We THANK YOU for your honest feedback! :)

the Women's Group won a free copy. Can you guess which one did? It was a lot of fun and learning. 😊 Tell someone about our women's group! :)

SO, WHAT & WHO IS NEW AND WHAT'S NEXT?



Youtube Channel

Yes! I was scared and did it anyway!! I decided that I wanted to bring some of the education out from the individual and group sessions and bring it live to videos. I was encouraged by the few male clients in this community to do this. THANK YOU!! :)

As nervous as I was... I did it! I thought to move the "WON-day" (was Monday) POWER TIP from just IG to YouTube.

Here you can find inspirational yet educational videos to provide support and ongoing reinforcements to our growth! I hope you will find it helpful and that you will share it!



Jaidyn Mclain,
FAU Student
Intern
Please help me
welcome Jaidyn
Mclain. Jaidyn is in
her final year at
FAU School of
Social Work. We are
thankful that she
have chosen to work
with us and give
back to our
community while
enhancing her
education.



Joise Lindor
Walters, FAU
Student Intern
Please help me
welcome Josie
Lindor Walters. She
is a brave one
indeed. This is
Josie's 1st year of
practicum. Again,
appreciating her
adding to our
community while
enhancing her
learning experience.

WHAT'S NEXT
BELOW!!!!!!



Spring Women's
Self-Esteem &
Self-Improvement
Group

So, we are listening.
We will be having
another women's
group in Spring
2023.

We have already
received emails and
calls about this.



"Healing of The
Heart Podcast."

Wow!! I know you
don't believe I have
a "shy bone" in my
body... BUT, I do!!

This Podcast now
has 129 downloads
since August of this
year. I am surprised
at the
(listenership)not a
word but I make up
words :)

[\(https://mmcinc18.podbean.com/](https://mmcinc18.podbean.com/)



Women's
Connection
Collective

By the title of this
group, you can
maybe sense that
this group is
different than the
self-esteem group.
It REALLY is.

Are you tired of the

The link is below to sign up and share. Stephanie and I are very excited and ready to go again!
Let's DO IT!!
SPRING 2023
WOMEN'S GROUP!!

Click on the button below

Call to action

I tell you what, I know that as women, we need to open our hearts, minds and mouths. We really have an "inherited constitution." I hope you will join me.

I would love to have you as one of my honoured guests.

Email me at:
K.Henry@nbhi-llc.net

"individualistic" society? "You get yours and I'll get mine" kind of mentality. Then this community is the place to be.

This group is for those who have gone through the other group or have done any individual or family sessions and want to continue to build healthy relationships with like-minded women.

If that's you-- then sign up for this group. We are asking for donations rather than a fee for this group. **This helps to cover the supplies and materials we use to support and enrich you. Learn more at :**

Click Button Below

Call to action



A Personal Note

If you are new to NBHI and your are receiving this newsletter for the first time... a hearty WELCOME to you. We are privileged by you. Why? You could have chosen otherwise. As 2022 closes, and a new year begins, reflect with gratitude and march forward with deliberate intentions-- carrying with you "your inherited constitution."
Wishing you the very best--
Always



New Beginning Healing Institute

2200 NW Corporate Blvd Ste 300, 33431, Boca Raton

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