



SEPTEMBER 2025 NEWSLETTER

THEME:
**RISE INTO FALL
SELFCARE SEASON**

MAKING LIFE BETTER ONE SESSION AT A TIME!

≡ POLL OF THE WEEK

Every Thursday, we're bringing the conversation to YOU with our Rise & Glow Women's Self-Care Series Polls!

This week's topics:

- Brandy vs. Monica (the ultimate R&B showdown)
- Boundaries — how do you set them?
- Joy — what does it look like for you?

TUNE IN & VOTE HERE:



The Joy is Mine: Reset. Reclaim. Rise.

This September, Rise Up Resiliency Center is kicking off a powerful new season of self-care, joy, and resilience. From the rooftop kickoff to weekly polls, new blogs, and the upcoming concert experience, everything we're doing is designed to help women rise, reset, and reclaim.

ACCEPTING NEW CLIENTS NEW SERVICES INTRODUCED

OFFICE CLOSURE & SADE'S VACATION	
SEPT 1ST	LABOR DAY
SEPT 24TH TO SEPT 27TH	SADE'S VACATION

Sis, remember this: self-care isn't selfish — it's survival. You can't pour from an empty cup, and the truth is, you don't have to.

This fall, walk in the RURC Way:

- Rise above the noise
- Understand your needs
- Reclaim your power
- Create your joy

NOTE TO SELF

Good News!

Sade is now on NAMI Johnson County Board of Directors.

REMINDERS

1 Billing Inquiries: 2 WAY 1. Email: billing@riseupresiliencycenter.com 2. Secure Message Simple Practice @ Billing RURCTherapy	2 Communication with Clinicians: Use Secure Messaging via the Simple Practice portal.	3 BLUEPRINT HEALTH APP Track your Check-in Daily to track symptoms and complete worksheets.
4 Manage sessions Reschedule and Cancel Sessions through the simple practice portal.	5 Cancellation Policy 24 hour notice is required to avoid \$130 cancellation fee.	6 Direct Text Messaging Sign the form to stay in the loop and get added to our list for upcoming events, contests and more.

"We spend so much time pouring into others — kids, family, friends, and work — that we forget the one relationship we start and finish life with: our relationship with self."

— Sade Garr, (LCPC)

QUICK TIP

Start with your Foundation Boot.

New Blog by Sade

Boots on the Ground — The Self-Care Is Mine
Discover how daily self-care can help you rise, reset, and reclaim.



[READ NOW](#)

GROUPS STARTING SOON

WRITING TO HEAL (OCT 14),
WOMEN'S SELF-CARE GROUP,
TEEN GROUPS.

[Check Groups here](#)

Stay connected with our Social Medias



WHAT'S HAPPENING

THE BOY IS MINE CONCERT TO JOY IS MINE EXPERIENCE



RISE AND GLOW SERIES

BOOTS ON THE GROUND: WOMEN'S SELF CARE

EDITION ROOFTOP PARTY

SUNDAY, SEPTEMBER 21, 2025

ROOF-TOP EDITION

WESTERN GLAM INSPIRED

GRAB YOUR COWBOY HAT, DENIM,

SHINESTONES, AND BOOTS—

AND MEET US AT THE ROOFTOP!

OPEN HOUSE

UNMUTE YOUR VOICE, FIND YOUR GLOW.

KARAOKE • REAL TALK ABOUT RELATIONSHIPS

LOVE, AND BOUNDARIES.

PART OF THE JOY IS MINE SERIES.

\$35 PER PERSON

SUNDAY, OCTOBER 12, 2025 | KANSAS CITY

THE GLOW BEFORE THE SHOW.

CHOOSE YOUR SIDE, CELEBRATE SISTERHOOD,

AND GET HYPED FOR THE CONCERT.

\$35 PER PERSON

SUNDAY, OCTOBER 26, 2025

T-MOBILE CENTER, KANSAS CITY

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.

BRANDY & MONICA LIVE IN KC —

THE GRAND FINALE AFTER THE JOY IS MINE SERIES.

& \$265 PER PERSON

BRANDY & MONICA

THE CONCERT EVENT OF THE YEAR.