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## SAPA Digest August

1 message

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**Southern Arizona Psychological Association** <admin@mysapa.org>  
Reply-To: Yoendry Torres <ytorres@intuitionwellness.com>  
To: SAPA Admin <sapaweb@gmail.com>

Thu, Sep 22, 2016 at 3:29 PM

SAPA Digest  
August 9, 2016

SAPA NEWS

**SAPA will be hosting a film screening and panel discussion:**

**The Bristlecone Project: Men Overcoming Sexual Abuse**

Saturday, October 8, 2016 from 4:00 PM to 6:00 PM

The Loft Cinema  
3233 East Speedway Boulevard  
Tucson, AZ 85716

For more details and ticket information, click [here](#).

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SAPA and AASP will be hosting a **Back to School Happy Hour Social for school psychologists**. View the [flyer](#) for more details.

Friday, August 19<sup>th</sup>, 2016 from 4:00 – 6:00 pm

SAPA COMMITTEE NEWS

### Membership Update

Refer a friend, enter to win!

SAPA would like to encourage you to invite psychologists to join our wonderful association. If you refer someone and they join, you will be entered in a drawing to win a gift certificate to a Tucson restaurant.

Thank you in advance for spreading the word about SAPA to the Tucson Psychology community! Know lots of people you think would like to join? GREAT! The more people you refer, the better your chances to win!

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## Communications Update

We are still planning to update the SAPA website with a fresh new look. The process has taken longer than expected due to unexpected technical issues that are being resolved. The redesign will include better social media integration that will allow for easier sharing of SAPA info such as events. Stay tuned!

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### SAPA MEMBER NEWS

*(Sapa neither sponsors nor endorses the following events, but provides the information as a service to our members.)*

#### Office for Lease

1,000.00 sq. ft. office for lease in beautiful, modern three office suite. Quiet, professional atmosphere to be shared with two seasoned psychotherapists. Includes waiting and break room, as well as restroom facilities. Convenient mid-town location at Camp Lowell and Swan.

Available July 1 @ \$500/month.

Contact: Susan Winder, LCSW

247-4475

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

Please contact me for any questions or concerns.

Thank you.

Judith Henderson, LCSW

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#### Upcoming Therapy and Support Groups

[Fatherhood Support Group](#) is for dads of all ages and [begins on Wednesday, September 7](#) at 7-8:30pm. The group will be held at [Intuition Wellness Center](#) and the group will be facilitated by a psychologist. Space is limited and enrollment is now open.

Please share the [flyer](#) with any fathers who may benefit from parenting support while exploring the crucial role they play in their children's wellbeing and development.

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[Skills to Thrive](#) Teen girls therapy group is a series of four modules (each 6 weeks long) focusing on mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance. The mindfulness module starts in a couple of weeks and will be closing soon. The group will be held at [Intuition Wellness Center](#) and the group will be facilitated by a licensed clinical social worker. Have clients schedule their intake as soon as possible to get registered.

Please share the [Skills to Thrive teen girls therapy group flyer](#) with clients looking to improve their emotional regulation.

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[Taekwondo Wellness](#) therapy groups for kids and teen/adults with emotional and behavioral health needs such as low self esteem, anger problems, depression, anxiety, Autism Spectrum Disorder, peer rejection, disrespect towards parents/authority, ADHD, and impulse control issues. The group is held at [Intuition Wellness Center](#) and the group is facilitated by a psychologist and 4th Dan black belt in Taekwondo. This is an ongoing therapy group accepting new clients now.

Please share the [Kids TKD Wellness flyer](#) or [Teen/Adult TKD Wellness flyer](#) with clients looking for alternative form of therapy that involves having fun while doing rigorous exercise and learning a martial art.

Thanks, Yoendry Torres, Psy.D.

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