



# Hope *and* Healing

therapy *and* wellness center

**Making Mental Health and Holistic Wellness Accessible  
and Achievable in Southern Maryland**

# ***WHO WE ARE AND WHAT WE DO***

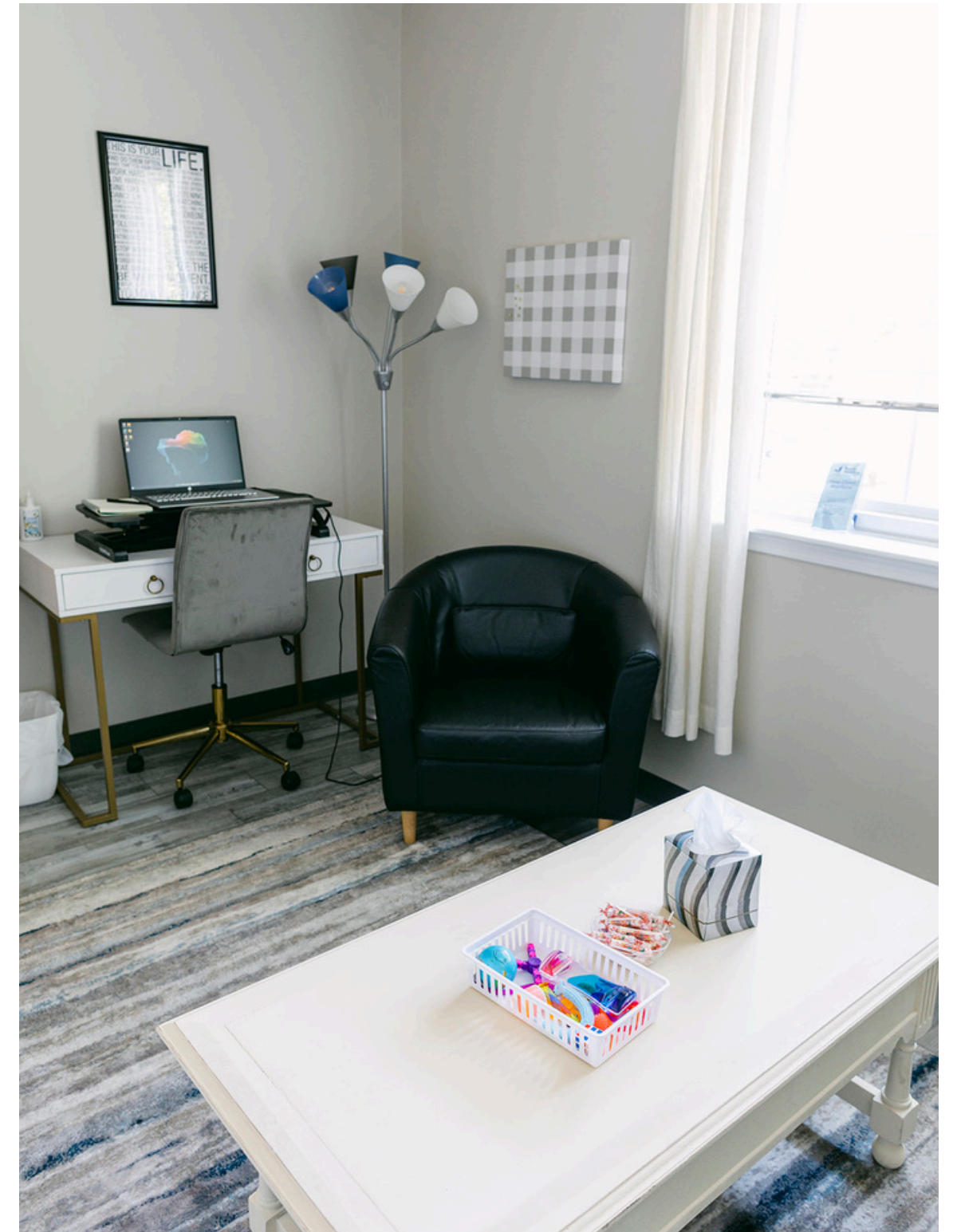
## ***AUGUST 2018***

**Hope and Healing Psychotherapy, LLC** was founded, by Jennifer Voorhaar, LCSW-C in August 2018 in Leonardtown, MD as a response to a need for more therapists in the local area; especially trauma therapists.

By December of 2018, it became obvious to Jennifer that more clients could be seen if, again, there were more providers available.

In February of 2019, the first part time therapist was hired, and additional providers were added along the way as well as additional space was acquired.

Services were expanded into Calvert County in May 2021.



## ***A GREATER VISION***

From the very beginning, Jennifer knew the value of providing evidenced based and alternative interventions.

She introduced Walk and Talk therapy to clients and added massage therapy to the list of services provided in-house in the Spring of 2020.

The practice continued to explore additional alternative modalities, with the goal of opening a wellness center to provide those complementary practices under the same roof as the mental health services.



# ***OUR MISSION AND VISION***

## ***MISSION***

Hope and Healing strives to cultivate and make accessible a holistic approach to wellness of heart, mind, soul and strength through personalized services which meet the needs of each client and eliminate the stigma around mental health and wellness for the Southern Maryland community.

## ***VISION***

Hope and Healing is a safe place where clients of all ages will find holistic and individualized mental health and wellness services without stigma, judgment, or expectation on their journey to growth and healing.

***COMPASSION***

***TRANSPARENCY***

***SAFETY***

***HOPE***

***JAN 2022- PRESENT***

**HOPE AND HEALING THERAPY AND WELLNESS CENTER**

23140 Moakley Street, Suite 6,  
Leonardtown, MD 20650



19 (and counting!) mental health providers between Leonardtown, Prince Frederick, and Telehealth.



Therapy/counseling services with individuals 3+ remain in high demand year round.



Yoga and fitness classes are among the services provided for health of mind and body.

# ***SERVICES ADDED***

## **SINCE 2024**

Nurse Practitioners  
Certified Nutritionist  
Group Physical Therapist,  
Personal Training  
Pelvic Floor Health  
Restorative Aesthetics



# WELLNESS WORKSHOPS

Wellness programming for specific communities including:

neurodiverse, menopausal, PTSD/trauma survivor, and pre/post partum, are gaining traction!



**CALLING ALL SUPERHEROES!**

join us for  
**Superpowered and Supported**

A Holistic  
ADHD Parenting Workshop



five week  
**FALL**




wellness  
**RESET**

## jump into the **FLAME**

FUEL LEARN ADAPT MOVE EMPOWER



### **ALL Kinds of Minds** Build Your Own Bullet Journal Workshop



**What :** An interactive, inspiring, and collaborative introduction to bullet journaling- include supplies with your registration or bring your own!

**Who :** Georgia Wells & Jennifer Voorhaar (recommended for ages 15+)

**When :** Saturday, January 3  
9:00am - 11:00am

**Where :** Join us in person at Hope and Healing Therapy and Wellness Center or virtually via Google Meet!

## **NOT** Your Mama's **MENOPAUSE**

your sometimes sweaty, slightly forgetful, but ALWAYS supportive menopause WhatsApp group!

This is your safe space to vent, laugh, share tips, and remind each other that *even superheroes need support sometimes..*

*(and maybe a fan set to HIGH!)*



### **Begin Where You Are** A Yoga Workshop with Linda Shaffer



If you've ever felt hesitant or intimidated by yoga, this workshop is for you.



# ***Join Our Community!***

**The WingSpace  
Podcast**



**Visit Our  
Website**



**Recieve Our  
Newsletter**

