

Beloved Insider



A Message From Dr. Dominique

Welcome to the Beloved Insider —our quarterly newsletter!

As we close out another year, I want to take a moment to thank each of you for choosing Beloved Wellness Center to support your journey. Your trust fuels our commitment to inform and inspire people to live well through culturally relevant mental health services.

This year has brought many challenges both in our local communities and around the world. While it can feel overwhelming at times, I encourage you to focus on what's in your capacity while allowing your support system to be there.

One way to navigate your next steps is to S.T.O.P.:

S: Slow down. Take a moment to breathe, center and ground yourself. In the rush of daily life, slowing down creates space for clarity and reflection.

T: Take inventory. Reflect on your situation, priorities, resources and relationships. What's working, what's not working and where do you need to the most support.

O: Options. Explore the coping possibilities and choose those align with your values, goals and well-being. Be realistic.

P: Pivot. Adjust your ways of coping as needed and embrace change. Pivots aren't failures; they're opportunities to grow and move in a better direction that serves you better.

Let's honor the efforts you've made with intention and care for ourselves and those around us.

From the entire Beloved Wellness Center team, we wish you a peaceful and restorative months to come that are filled with hope, purpose and meaning.

In wellness,

Dr. Dominique Pritchett

In this newsletter you can expect:

Message from Dr. Dominique

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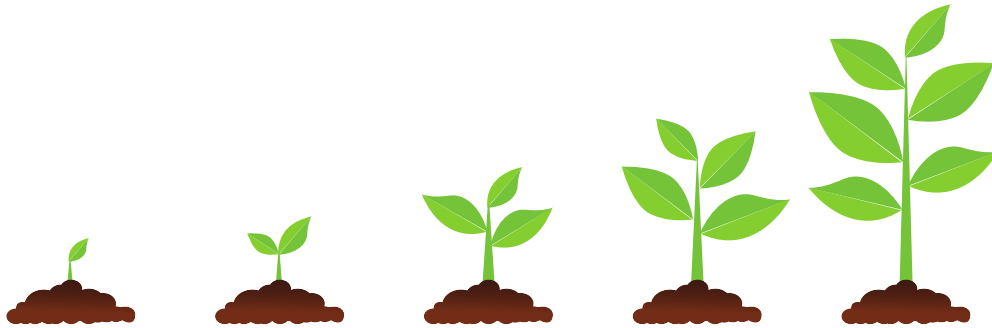
Our Roots

In March 2020, amidst civil unrest across the nation due to injustices toward Black people, immigrants and other disenfranchised groups, Dr. Dominique prayed for clarity on how to best serve the Kenosha community. While driving down the highway, she received a clear answer: *“Just be the love.”*

Inspired by this revelation, Beloved Wellness Center was launched in August 2020. We had no idea how important our role would be in the community during the height of the pandemic and the ongoing fight for justice and fairness.

As an agency dedicated to elevating the voices of diverse communities—especially Black women, teen girls and active allies—we knew we couldn’t stand on the sidelines. We marched and peacefully protested for many causes, standing in solidarity with those demanding change.

Beloved Wellness Center remains dedicated to fostering diversity, equity, inclusion, belonging and social justice while advocating for the communities we serve. This origin story continues to fuel our mission to create a space for healing and transformation.



Snapshot of Service

In 2024, Beloved Wellness Center made each moment count for our amazing clients! From January 1 to November 30, here’s a snapshot of our service:

- Organizational Wellness Trainings: 34
- Critical Incident Debriefings: 36
- Provider: 1 (Dr. Dominique)
- Therapy minutes: 18,398
- Appointments: 405
- Clients: 55

When Dr. Dominique isn’t serving clients, she’s volunteering on boards and committees within the Kenosha.



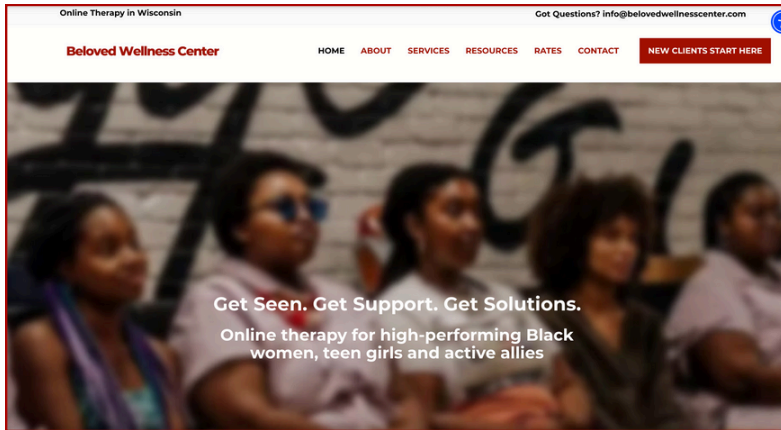
Yearly Paperwork

Check your emails for a reminder alert about yearly paperwork. Regardless of when you became a client with Beloved Wellness Center, all clients are required to complete the following documents:

- Consent for Treatment
- Credit Card Information
- Notice of Privacy Practices

Please ensure all documents are completed and returned by January 10, 2025 to avoid any disruptions to your future appointments. No exceptions. Thank you for helping us maintain seamless and quality care.

Agency Reminders



Visit Our Website

To know more about Beloved Wellness Center, visit our website. You will find resources like our blog, frequently asked questions (FAQs) and detailed descriptions of our services.

For policy-related inquiries, refer to your signed agency documents, which outline the guidelines for engaging in services with us. If you need further clarification, feel free to contact us.



Payment Sources

At Beloved Wellness Center, we accept the following payment options: self-pay/private pay, Network Health Insurance and several employee assistance programs (EAPs).

If you are using an EAP, please be sure to get a referral from your organization before requesting to schedule.

Got questions? Visit our FAQs: belovedwellnesscenter.com.



No Texting

To protect your privacy and maintain professional boundaries, we do not use text messages, as they are not secure. You will receive courtesy, one-way alerts for appointments and paperwork.

Otherwise, we use our client portal for clear and documented communication.

These methods ensure your care is protected. Thank you for understanding.



A Few Reminders About Missed Appointments

- Missed appointments include no-show/no-calls or cancellations made less than 24 hours in advance. We are firm on this policy (within reason).
- These can significantly impact your therapeutic progress and relationship.
- Consistency and communication are key to effective treatment and repeated missed sessions may disrupt the momentum of your care.
- If two appointments are missed within a six-month period, we may need to discontinue care from our practice.



Crisis Services

At Beloved Wellness Center, we care about your well-being, but we do not offer an after-hours crisis line or answering service.

While we strive to support you during your scheduled sessions, we are unable to always respond to urgent needs outside of regular business hours.

If you are experiencing an emergency or immediate crisis, please do not leave a voicemail, email or portal message, as these channels are not monitored 24/7.

Instead, call 911 or go to the nearest emergency room for immediate assistance.

For non-emergency crisis support, contact your local crisis agency or the National Suicide & Crisis Lifeline by dialing 988.

This confidential service is available 24/7 and connects you to trained crisis counselors who can provide immediate help and support.

We care about your mental health and encourage you to seek the appropriate resources when you need urgent assistance.

**YOU CAN
DO IT!**

Don't Wait to Prioritize You

The idea of waiting for the “perfect time” to start working toward your goals is often fueled by guilt and shame—especially when it comes to prioritizing self-care.

Many of us believe we need a fresh start or a specific date to begin, like January 1st, but the truth is, every day offers an opportunity to take one small step forward.

Guilt can whisper that you haven't done enough, while shame convinces you that starting now won't matter. These feelings often keep us stuck, but the key to breaking free is realizing that self-care and personal growth don't need a grand beginning—they need consistency.

Starting today, no matter how small the action, reinforces self-trust. Whether it's setting a boundary, drinking more water, keeping your therapy appointments or committing to five minutes of mindfulness, you are showing yourself that your well-being is worth the effort.

Goals aren't about perfection—they're about progress. Don't let the guilt of what you “should” have done or the shame of what you've haven't done keep you from starting now. The best time to care for yourself and work toward your dreams is today.

Remember, self-care is not selfish—it's necessary. Choose yourself now, not later.



Story of Impact: Dr. Dominique went from homelessness to helping others heal around the world.

Dr. Dominique's journey is a powerful testament to perseverance, prioritizing her mental well-being and finding purpose.

From experiencing homelessness until the age of 18 to speaking on international stages and guiding others to heal, her story is one of profound impact.

This year, Dr. Dominique had the honor of presenting in Port Elizabeth and Cape Town, South Africa and Petritoli, Italy. She shared her speaks on elevating emotional intelligence, agility and burnout prevention.

These moments were more than milestones—they were dreams brought to life. The opportunity to travel the world, highlight critical mental health topics and place Beloved Wellness Center's name on the global map is truly worth celebrating.

Speaking in these vibrant, culturally strong communities underscored the undeniable importance of mental wellness and the power of connection.

Dr. Dominique is deeply grateful for these opportunities, where she combines her passion for people with her love of travel.

Her journey serves as a reminder that your condition does not have to define your conclusion.

In 2025, Dr. Dominique will keep the momentum going with engagements in Port Elizabeth, South Africa; Dublin, Ireland; Edinburgh, Scotland; and Catalonia, Spain.

The local and international efforts reflect Beloved Wellness Center's mission to inform and inspire people to live well.

