



The Scoop

Volume 1/ Issue 4

HOLISTIC COUNSELING & TREATMENT REVEALED

Welcome to the premiere of our fourth edition of The Scoop, the official Newsletter of Cameron & Company. Here you will find exciting details about our special events and upcoming workshops. We offer a variety of workshops: Yoga, Massage, Zumba, Gardening, Health & Nutrition, Art and so much more! Support Groups for NAMI are also available. As a multifaceted service provider, our services offer individuals with insight and perspective on holistic treatment options.

Services such as The Stress Stop, Bonded by Love and other related Counseling Treatment Programs are designed to assist individuals to gain knowledge and understanding about the complexities of life Issues and how to effectively move through the treatment process. To describe Cameron & Company's services, there must be an understanding about the nature of holistic therapy and treatment.

Holistic Treatment is centered on evaluating the mind, the body, and the spiritual core of a person. Understanding these components within a person's being can help individuals take account of all aspects of life that affects each component.

According to major scientific studies, a holistic approach towards treating emotional and mental illness have been found to be more beneficial to individuals within counseling and other healing activities. Within the process of treatment, individuals can expect healing in family life, relationships, and individual issues.

Holistic Treatment within Clinical Therapy can help you Achieve:

- Greater self-awareness and self-acceptance
- More peaceful, centered approach to life
- Emotional well-being
- Greater ability to cope with daily life issues and unexpected situations.

Our Mission/Our Environment:

To offer support for our clients while they move through the steps of implementation of their treatment plan. Call us: (757) 761-1986. Cameron & Company, Inc., Laurinda Cameron, MSM, LCSW. **The Stress Stop** is fashioned after The Tea Houses of Japan offering a calming atmosphere in which our clients can begin The Reduction of Stress in their lives. Tea is always being served at **The Stress Stop!**

1310 Rodman Ave, Portsmouth, VA, 23707
129 W. VA Beach Blvd, Norfolk, VA, 23510

It's Tea Time



Okinawan Herbal Blend

This is a mixture of the herbs indigenous to Okinawa, Japan. The blend offers energy for the improvement of digestion and circulation. All of these herbs are organic, free of pesticides and handpicked from the herbal garden of the rich terrain of Okinawa. Let Us Know What You Think!?!



Single Tea Packages \$ 2.00

Gift Packages (7 Tea packets included in lovely Oriental gift bags) \$ 12.50

Plus taxes and Shipping

For more information please call or email us:

Cameronancompany@gmail.com

(757) 761-1986



Nisha Mundy

The Stress Stop Contract Office Manager

Nisha Mundy, is mother of a beautiful 2 year old daughter. She considers herself to be a walking spoke person of **The Stress Stop** Holistic healing process. She first came to **The Stress Stop** as a patient dealing with behavioral issues. As Ms. Cameron got to know her, she took note of her hardworking attitude, her infectious personality, and decided to give her an internship as an Administrative Assistant/Billing and Coder. During this time she was attending Bryant & Stratton. While being contracted by **Cameron & Company** to manage **The Stress Stop** she has played a huge role. Mrs. Mundy has continued to be inspired by Cameron & Company. They have helped assist and support her in starting her own business **LNP Consulting Services** and become an **American Communications Network (ACN)** Independent Business Owner (IBO).

" We offers many services, such as phones, home security, and energy to power your office or home! We have virtual assistants as well billing and coding services in the future. Although we specialize in helping medical facilities, contact us if you want any of our services for personal use. We are also affiliated with various other businesses, which can assist you with starting up a small company, or strive for more success with an already establish brand". One company we are associated with is **American Communications Network (ACN)**, they are well establish, with good intentions. One of their most recent endeavors is to help feed kids, they assist us with helping people receive free wireless services for life through strive for five promotions. Spread the word if you know any businesses looking to transform their fix liabilities into assets.

Meet the Facilitators



Serena Mann

CEO & President

The Credit Doctor of VA

Serena Mann, a passionate 32-year-old mother of one beautiful daughter. She considers herself to be a blessed and humble servant of the true and living God. Ms. Mann is the owner and director of Heavenly Hearts Day Care a 5-star rated in home child care facility, located in the state of Virginia. One of her favorite quotes is by Dr. Fredrick Douglas "It is far easier to build strong children than to repair broken men" and standing on these powerful words she has devoted over 9 years educating the youth. She has studied at Tidewater Community College, receiving an Associate's Degree in Business Administration as well as several Career Study certificates in Early Childhood Education. She loves to teach and empower people. Serena also is a financial educator who is licensed in Insurance and Annuities for the state of Virginia. She believes that it is important to service the family as a whole in to ensure the best results for successful children. Ms. Mann aids families with financial planning such as budgeting, saving, credit restoration, and retirement/ investment products. Another quote she lives by is "We parish from lack of knowledge" a saying adapted from the bible, Hosea 4:6. It is her mission and her calling to educate the middle working class on breaking the chains of financial bondage.



Corrinne O'Neill
Owner
Corry's Captivating Creations

A native of upstate NY, Corrinne O'Neill, was born and raised in Rochester, NY. It was here that she began a lifelong appreciation of music, art, and writing. She attended D'Youville College, earning a master's degree in occupational therapy. As an occupational therapist, Corrinne has worked in a variety of settings, including pediatrics, home health, and outpatient clinics, providing her opportunities to learn and grow along with her clients. Since moving to the Hampton Roads area 7 years ago, Ms. O'Neill has used this change to further navigate her interest in the arts by pursuing varied artistic mediums including drawing, painting, and writing. Most recently she has written and illustrated, *The Grand Day*, a children's book illuminating the importance of making the most of every day.



Destination Unknown

This one hour workshop will take participants through an artistic journey designed to open the mind and release the creative possibilities locked within. Art can take many forms making it an excellent avenue for developing spiritually and emotionally. Participants will use painting as a tool to let go of the past, embracing the journey to an as yet undetermined destination.

New Norfolk Collaborative Location!!!!!!!

The Stress Stop has a satellite office located at **The Renova Veterans Wellness Center** 129 west. Virginia Beach Blvd., Norfolk, VA 23510. Call (757) 761-1986 to schedule your appointment today!

NAMI Family Support Group; is held every first Wednesday of the month at Bon Secours Maryview Medical Center 3636 High Street, Portsmouth, VA 23707 (757) 761-1986 6:30-8pm

More Exciting News!!!!!!!!!!!!

Cameron and Company has partnered with ACN to create an additional stream of revenue to fund special projects and initiatives. Through this partnership we will:

- empower small business owners to take action to create operational revenue to grow their business;
- provide grants to individuals to assist them in starting their new business;
- expose individuals to true residual income and what it can mean for them and their family. "If you don't find a way to earn money while you sleep, you'll work until you die..." Warren Buffet. The Cameron and Company /ACN partnership also allows us to work together to end childhood hunger in the US.

Through ACN's Project Feeding Kids program, our partners and customers can help end childhood hunger right here at home by simply purchasing and paying for services they are already using and paying for anyway.

Learn more about the Cameron & Company/ACN Partnership, by visiting:

<http://cameronancompany.acndirect.com/default.asp>.

Learn More by visiting: <http://cameronancompany.acndirect.com> .To complete the interest survey visit: www.cameronancompany.services4u.com



Save the Date: October 6, 2018

- **Cameron & Company** was founded, October 1998, we're turning 20. Join us for "**Our Story**", a fund rising kick off on October 6, 2018 at **The Renova Center**. Stay tuned for further details. Visit our fund-rising site: <http://cameronandcompany.inspire.world/>

Cameron & Company

The Stress Stop
(757) 761-1986
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www.thestressstop.com



Call Us If You Can
Text Us If You Can't
(855) 652-7225

Accepting:

- ✓ Tricare
- ✓ BCBS
- ✓ Optima
- ✓ Aetna
- ✓ Medicare
- ✓ Medicaid

As well as Sliding Scale Payments options & more!

