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It is an honor to be of service to you! This is a collection of some writings from the SureHope team and we hope you find them helpful and inspiring!

You can find weekly writings from the SureHope team at

<https://surehopecounseling.com/blog/>

Anxiety

<https://surehopecounseling.com/2017/10/11/anxiety/>

Sex Addiction

<https://surehopecounseling.com/2017/10/18/sex-addiction-101/>

Depression

<https://surehopecounseling.com/2017/10/11/depression/>

Sexual Trauma

<https://surehopecounseling.com/2017/10/07/sexual-trauma-moving-toward-restoration/>

ADHD (Attention Deficit Hyperactivity Disorder) Child's Mind

<https://surehopecounseling.com/2017/10/31/life-adhd-childs-mind/>

ADHD (Attention Deficit Hyperactivity Disorder) Adult's Mind

<https://surehopecounseling.com/2017/11/03/adult-adhd/>

Career Counseling

<https://surehopecounseling.com/2017/11/07/career-counseling/>

Attachment (Parenting)

<https://surehopecounseling.com/2017/11/14/fostering-attachment/>

Gratitude

<https://surehopecounseling.com/2017/11/28/importance-of-gratitude/>

Disability vs Ability

<https://surehopecounseling.com/2017/12/05/disability-versus-ability/>

Grief

<https://surehopecounseling.com/2017/12/19/handling-grief-christmas/>

Fostering Mental Health

<https://surehopecounseling.com/2018/01/10/six-tips-fostering-mental-health/>

Bullying

<https://surehopecounseling.com/2018/01/17/bully-bully-dark-side-light-words/>

Benefits of Mentoring

<https://surehopecounseling.com/2018/01/30/the-benefits-of-mentoring/>

Human Trafficking

<https://surehopecounseling.com/2018/01/25/national-slavery-human-trafficking-prevention-month/>

Acts of Kindness

<https://surehopecounseling.com/2018/02/21/random-acts-kindness-week/>

Eating Disorders (screening for one)

<https://surehopecounseling.com/2018/02/27/screen-eating-disorders/>

Eating Disorders (helping a loved one)

<https://surehopecounseling.com/2018/03/07/5-ways-support-loved-one-eating-disorder/>

Sleep

<https://surehopecounseling.com/2018/03/14/getting-good-nights-rest-sleep-hygiene-importance-sleep-mental-health/>