



COUNSELING x NEUROFEEDBACK

# Guest & Partner Newsletter



## A Note from Monique

I hope each of you, partners and guests, is well and adjusting to the shift into winter. I'm still learning how many layers to wear on my afternoon walks to stay comfortable. I usually overdo it and end up carrying my gloves rather than wearing them. It's a good problem to have, and I don't take for granted that being able to walk during the workday is a gift in our busy world. I hope you, too, find moments this season to engage in whatever brings refreshment to your life.

The Ever Forward team continues to stay busy welcoming new guests. We are also expanding and seeking a counselor with a Christian worldview to join our team. A question I'm occasionally asked is why we highlight having a Christian worldview while serving guests from all walks of life. The primary reason is that Ever Forward is, among other things, a respite for helping professionals.

We offer fellowship, supporting one another and preventing burnout by drawing on our shared resources, including faith and prayer. **"Since we live by the Spirit, let us keep in step with the Spirit"** (Galatians 5:25). My vision is that each of us experiences the fruit of the Spirit through our extraordinary space. If you know a phenomenal licensed helping professional who holds a Christian worldview, please feel free to connect them with me.

We also have exciting developments ahead. In the new year, we will launch group therapy opportunities, and on January 20 we will hold a ribbon-cutting with the Garden City Chamber of Commerce. You can read more below, and we will send additional details through the guest portal.

Thank you for supporting and praying for our team at Ever Forward.

With Gratitude,

### Quick Highlights

No Waitlist: Most new guests can be scheduled within a week.

Garden City Chamber of Commerce Ribbon Cutting at Ever Forward Counseling at Noon on January 20, 2026.

Need help with scheduling? Call us at (208) 398-3431.

The Cortina Method Promo \$350 (normally \$400) for December and January

Counseling rate increase starts January 1, 2026

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## Announcements

### Ribbon-Cutting

Join us for our Ribbon Cutting with the Garden City Chamber of Commerce:

**Noon on January 20, 2026**

Ever Forward Counseling x Neurofeedback  
5997 W. State St., Suite A, Boise

We will have appetizers and dessert.

### The Cortina Method Promo

Monique is offering The Cortina Method (TCM) at a discounted cash rate for both new and current guests. TCM helps resolve trauma gently and efficiently, often in a single 90-minute session.

Regular rate: \$400 (\$500 starting January 2026)

**Promo rate: \$350 for sessions booked in December or January.**

TCM is built on the belief that guests should not have to relive their pain in order to heal from it.

### Rate Increase

Beginning January 1, 2026, counseling rates will increase to \$250 for initial intakes or treatment reviews and \$225 per session. This primarily affects guests paying out of pocket. Guests using insurance will continue to be billed at their insurer's contracted rate.

### Scheduling

If you need help scheduling a recurring appointment, please **call Anne at (208) 398-3431**. She is an incredible support to our team and is happy to assist. We'll be in and out of the office throughout December, so please schedule appointments sooner rather than later.

*Merry Christmas*

"For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: **Wonderful Counselor**, Mighty God, Everlasting Father, Prince of Peace" (Isaiah 9:6).

Wishing you a season of mental health, peace and hope.

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