EVER FORWARD

COUNSELING x NEUROFEEDBACK

FALL 2026

Guest & Partner Newsletter

A Note from Monique

It continues to be a full and meaningful season here at Ever Forward, and I am grateful to our team, partners, and guests for walking alongside us as we grow. I recently returned from a backpacking retreat in the Sawtooth Mountains with my Mission 43 Leadership Fellowship cohort. It was an impactful journey that pushed me out of my comfort zone. On our final morning descent, I watched the sunrise illuminate God's beautiful creation and felt flooded with overwhelming gratitude for His majesty, a moment I will always carry with me.

Returning to our Garden City clinic the next day, I was greeted by a *literal* flood inside our space. But God is faithful through every landscape, from mountain peaks to the bare concrete floors currently awaiting insurance approval for new carpet!

Thank you to our guests for your grace and flexibility during this mitigation period. Through every up and down this past month, Love has been my anchor: **"And now abide faith, hope, love, these three; but the greatest of these is love"** (1 Corinthians 13:13, NKJV).

We have exciting updates. From upcoming events to expanding our neurofeedback and counseling services, we are thrilled to share what's next. Be sure to check out the full updates below, and keep an eye on your guest portal for further announcements.

With Gratitude,

Monique

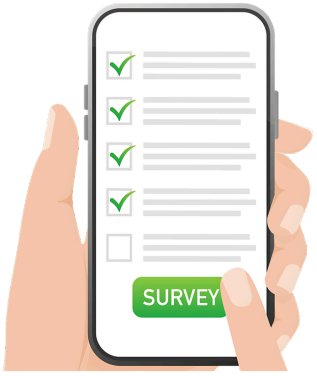
Quick Highlights

- No Waitlist: Most new guests can be scheduled within a week.
- Affordable Neurofeedback Packages Recently Launched.
- See Montana, our Pre-Licensed Counselor Intern for just $35/session!
- Vote for Ever Forward in the Best of Boise Contest (through October 23).
- New screening tools are being sent to existing and new Guests.
- Visit us at the Military Business Market on October 17, 2026!

Announcements

No Waiting List

If you or a loved one are looking for compassionate, evidence-based care, we have availability! Whether you are seeking individual talk therapy, specialized trauma resolution, or brain-based wellness via Neurofeedback, our team is here to walk alongside you.



Reminder for Assessment Measures

To ensure we maintain clinical excellence and satisfy insurance billing requirements, please note that clinical assessment measures (such as the PHQ-9 for mood screening and GAD-7 for anxiety screening) will be sent out periodically. When you receive these forms in your guest portal, please take a moment to fill it out (they're quick and you can fill it out using your cell phone too!).

Vote for Ever Forward

We are honored to have been nominated this year as **Best Mental Health Practice** in the Best of Boise Contest. We love serving the Boise/Garden City community. Voting is currently open, and we would be grateful for your support! Vote up to one time per day through October 23 at www.voteboisefavorites.com

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.

Paul's Advice to Christians

Always be joyful. **Never stop praying**. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus" (NLT, 1 Thessalonians 5:16–18).

Come out and support our local veteran and military community! We are honored to participate in the **Military Business Market this Saturday, October 17th at the Idaho Outdoor Fieldhouse in Boise.**

This event is extra special for us: Dr. Barber was named a Mission 43 Leadership Fellow and is thrilled to represent Ever Forward at the market! While Dr. Barber did not serve in the military, she is a proud Veteran spouse, and supporting our military community is a mission close to our hearts.

Stop by our table to say hello! We'd love to see you there!

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Neurofeedback

Neurofeedback is a non-invasive technique that helps the brain self-regulate, improving focus, resilience, and emotional balance. It's beneficial for conditions like anxiety, ADHD, PTSD, and more.

Pay-As-You-Go

- Comprehensive Brain Map & Intake: $400
- Single Session: $50

10-Session Kickstart

- Included: Brain Map + 10 Training Sessions
- Cost: $850 total
- Optional Payment Plan: 2 payments of $425 / month

$850

20-Session Transformation

- Included: Brain Map + 20 Training Sessions
- Cost: $1,250 total
- Optional Payment Plan: 3 payments of $417 / month

$1,250

CONTACT US

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AFFORDABLE COUNSELING SERVICES

Montana Robbins
Pre-licensed Counselor Intern

No Wait List.
In-person (Garden City) or Virtual (Idaho)

Providing compassionate and affordable counseling for individuals looking for mental health support. Sessions with Montana are just $35, but no one will be turned away due to inability to pay.

Areas of Focus:

- Trauma-Informed Care
- Addiction
- Relationship Care & Repair
- Life Transitions
- Acceptance & Commitment Therapy and Mindfulness
- Spiritual Integration
- Multicultural Responsiveness

Call or Text to get started:
208-398-3431
www.everforwardcounseling.com

QR Code for new guests

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