



OUR PRACTICE

The ZPH Group offers:

- Comprehensive psychological services for children, adolescents, adults, and families.
- Licensed clinicians with school-system expertise, bridging home, school, and community care
- Therapy for anxiety, depression, ADHD, and related concerns
- Neuropsychological evaluations to assess learning, attention, and emotional needs
- Personalized, evidence-based care with practical recommendations for academic and personal success

SPOTLIGHT ON SCHOOLS

The ZPH Group understands how challenging the start of the school year can be. Our team of clinicians brings extensive experience working both in and alongside school systems, giving us unique insight into the needs of students, educators, and families.

Let us partner with you to create a smoother, more successful school year.

Reach out today to learn how we can help!

[CLICK ON THE IMAGE BELOW TO WATCH THE VIDEO](#)

Is your child struggling in school?





FALL SELF-CARE CHECKLIST

Mind & Emotions

- Check in with yourself weekly. Jot down moods, stress levels, and triggers.
- Practice gratitude. Write down 3 things you're thankful for each week.
- Limit news and screen overload. Create tech-free zones or times.
- Stay connected. Schedule at least one social activity with a friend or family member weekly.

Body & Health

- Get outside daily. Even 10 minutes of fresh air and daylight can boost mood.
- Move your body. Aim for 20-30 minutes of activity most days (walks, yoga, stretching).
- Prioritize sleep. Keep a consistent bedtime, even as days get shorter.
- Boost immunity. Hydrate, eat seasonal produce (squash, apples, leafy greens).

Routines & Environment

- Declutter your space. Swap out summer clutter for cozy fall essentials.
- Create a calm corner. A cozy chair, blanket, or candle to unwind.
- Set boundaries. Say "no" when your schedule feels too packed.
- Prepare for shorter days. Consider a light therapy lamp if mood dips.

Joy & Meaning

- Enjoy seasonal rituals. Apple picking, fall walks, baking, or decorating.
- Learn something new. Pick up a hobby, read a new book, or try a class.
- Schedule fun. Don't just wait for downtime; plan activities you look forward to. Give back. Volunteer, donate, or perform a small act of kindness.

