

mental health therapy

BAYSHORE WALKS

Movement and fresh air can be powerful tools in healing. Walking helps regulate your nervous system, ease anxiety, and lift your mood—especially during the postpartum period, when emotional overwhelm is common. With your baby by your side, walk-and-talk therapy offers a calming, flexible way to process birth, identity shifts, grief, or just the daily load of motherhood—all while supporting your mental and physical well-being.



RACHEL BRUNELLE
MA, RMHCI, NCC
CHARIS COUNSELING CENTER

WHAT: Support for your postpartum journey—walk and talk therapy designed to nurture both body and mind

WHERE: Bayshore Boulevard

WHEN: Tuesday & Thursday mornings

HOW: book via call or text

(407) 894-5202