



# RISING PHOENIX WELLNESS NEWS

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## New and Noteworthy

It is official! After months of building improvements and preparation, our new location is open. RPWS has moved to our new site at Deer Valley & Scottsdale Rd. We are fortunate to have created an inspiring space that meets the needs of our business and better serves our clients. The upgraded space represents a shift as our program continues to evolve and grow. We have begun planning an open house to showcase the facility, so be on the lookout for details!



**New Address:**  
**21803 N. Scottsdale Rd.**  
**Building A, #110**  
**Scottsdale, AZ 85255**  
**480.427.2290**



**Enter Suite 110 directly from the outside door on the SW corner of the building.**

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## Therapist Tip of the Month

With Valentine's Day around the corner, I wanted to help strengthen your romantic or platonic relationships through this tip! One way to deepen your connections with those around you is by learning your 'Love Language' Gary Chapman, Ph.D. theorized that individuals give and receive love in five different ways. He then identified these 'love languages' to include; Physical Touch, Words of Affirmation, Acts of Service, Gift Giving, and Quality Time. By identifying your 'love language' you will be better equipped to communicate your desires to others.

~Natalie Sokol, BA, MCC Intern~

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**"Love is the great miracle cure. Loving ourselves works miracles in our lives."**

**-Louise L. Hay-**



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## Program Highlights

This month, we would like to highlight our young adult group, which is available to our 18 to 25-year-old clients. Rising Phoenix's specialized group provides a safe environment for this cohort to connect with like-minded peers and gain social support. The group focuses on the unique experiences, challenges, and transitions during this life stage. Through our weekly sessions, we can provide clients with the tools, education, and encouragement they need to navigate to healthy adulthood. We have seen successful cohesion and growth in this milieu and plan to add additional services.

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## Clinical Updates



**Devin Dunatov, MD**  
Medical Director

We are fortunate to have Dr. Dunotov as our Medical Director and onsite Psychiatrist. As we celebrate his one year of employment at RPWS, we want to acknowledge his work's positive impact. Our program is focused on continuity of care so we may provide our clients with multiple services to help them heal. Our assessment process includes an evaluation with Dr. Dunotov to address symptom and medication management needs. Dr. Dunotov was drawn to psychiatry because he wanted to sit with patients, hear their stories, and help address mental health in the community. Our team works closely with him to provide a collaborative care model.



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## Feedback

We love ongoing feedback from our clients and alumni. The information you provide can assist us in boosting the effectiveness of the program and ultimately enhancing our clients' wellbeing. Scan the QR Code to complete your Google Review!

