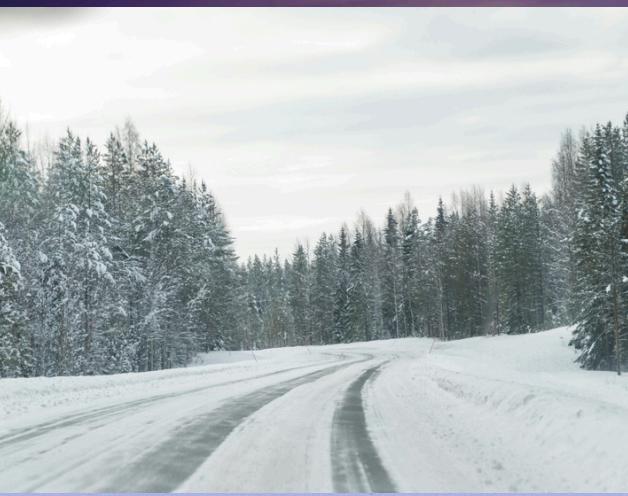




The Armstrong Center for Hope

Psychological and Spiritual Wellness for All Ages

WINTER 2026 NEWSLETTER



INSIDE THIS ISSUE

Cover Article.....	1
New Year's Tips for Feeding Your Foundation.....	2
Welcoming Our New Staff.....	3
ACFH Updates and Programs.....	4
About Our Organization.....	5
A Word from Our Founder and CEO.....	6

Feeding the Foundation

The New Year is upon us! We know how it goes— we probably have slowly transitioned out of the holidays, hopefully having dedicated some time in reflection on the past year as we anticipated the new year. This process of course looks different for everyone. Some may have spent quality time with loved ones reminiscing about special moments from 2025. Others may have taken time to reflect (and anticipate) through journaling or created goals for 2026 via concrete resolutions. Regardless, most of us can collectively say we have and continue to process, in some way shape or form, **a new beginning**.

Most of us resonate with the notion that a new year symbolizes an opportunity for change, personal growth and improvement. From this commonly come resolutions, which are the personal commitments, promises and goals one makes to achieve this. New Year's resolutions typically fall in the categories of self-improvement, wellness, finances, career goals and relational pursuits. These may include wanting to exercise more, have better stewardship of one's income or making additions (and/or deletions) from the calendar for the new year. While many of us may not be making concrete, listed-out resolutions this year, it is likely we still keep certain areas for improvement in mind as we continue on.

I wonder, however, if some of us have grown weary, even skeptical, of New Year's resolutions over the years. Maybe the reason for it is recurring personal circumstances that make anticipating the new year a daunting process. As such, it may feel like making resolutions is only setting one up for more disappointment. Another reason may be the current events of our world that stifle our hope that the new year could actually be good for us collectively. Perhaps the reason has actually revealed itself through introspection over the years about our ability to actually maintain resolutions.



Regardless of what is causing the resolution fatigue, this article urges us to relinquish the pressure and validate the feeling as an opportunity for refreshed perspective. Research shows that some of the common contributors for people losing the New Year spark are vague and unrealistic expectations, lack of accountability and focusing too much on outcomes instead of habits. Underlying these contributors is oftentimes a “cold-turkey” approach to the New Year that demands instant change— in ourselves and in others. Such expectations can be laced with intense anxiety, relentless self-criticism and inevitable feelings of disappointment.

Perhaps the needed perspective for the New Year is not pressuring resolutions, but refreshing our embrace of the journey. This means worrying less about the logistics of change and pouring into the foundation for change. This foundation holds the reminder that growth is rarely linear and consists of daily, moment-by-moment decisions that slowly bring about the change we hope to see. Our pursuits of self-improvement should be nourished with grace, while prioritizing wellness of the mind, body and soul. Finally, in this new year, may we be grounded in the faithful, unwavering character of God, seeing us and guiding us to be better versions of ourselves as we continue to pursue God. From that foundation, we can practically invest in our goals for self-improvement in a way that is full of hope, patience and leading us to truly blossom.

- Kennedy Collins, BA, MA

“Breathing Dreams”

Dreaming is like breathing,
As you inhale, you dream and dream,
As you exhale, you release the dream,
The problem comes when you cannot breathe at all
The issue comes when you cannot dream anymore,
Priceless are dreams,
Precious as air,
Dreaming is the air that is needed to oxygenate our desires,
Lungs represented by our present and future,
Both dreaming and breathing are priceless and precious gifts
not meant to be thwarted,
Misused, abused, forgotten, ignored, or doubted,
Most essential, Most important, Most needed,
Shake off the mud from yesterday and find new boots to stomp through
the muck and mire,
Breathe in new air and encapsulate your dreams with compassion,
Do not waste them,
Let wisdom reign and light your own peaceful monarchy.

- Reginald Wilson, MS, MSW, LCSW (Except from Exodus from the Quicksand, available on Amazon)

New Year’s Tips for Feeding Your Foundation

1. Ask yourself, “Where does my sense of identity and purpose come from?” and immerse yourself in this metaphorical place. For example, if you see your worth as coming from God (Higher Power), routinely spending time in God’s presence can bring the clarity, confidence and guidance needed for each day.
2. Consider seeing time through seasons, rather than pressuring certain times of the year to be a particular way, such as the New Year. For example, if you are in a season of preparation, you can navigate challenges as learning opportunities and with deeper vision.
3. Pour into the activities, opportunities and people that align with your sense of purpose and bring joy. Such pursuits can reinforce your core foundation.
4. Remind yourself that a new year is simply an opportunity to take in inventory about what is working and what is not working. For the former, take time to acknowledge and celebrate what you are doing well. For the latter, remember that change is about the baby steps.
5. Confide in trusted individuals that support your betterment and avoid a comparative mindset to others. Focus on becoming a better version of yourself through gentle reflection on past seasons, wholesome stewardship of the present season and earnest hope for future seasons.



*“Darkness cannot drive out darkness;
only light can do that. Hate cannot
drive out hate; only love can do that.”*
- Dr. Martin Luther King Jr.



Welcoming Our New Staff

Selena Rucker, AA Scheduler

Selena Rucker is our Scheduler working from the Raleigh office. She has been in the medical field for over 20 years. Selena started her path in medicine as an EMT and Unit Secretary in the Emergency Department. She has earned an Associate in the field of Healthcare Management and also her certification as a Pharmacy Technician. Selena enjoys everything related to water (e.g., ocean, lakes, rivers), where she can enhance her skills as a certified Scuba Diver. When not enjoying family and friends, she likes learning new languages (Original Hebrew) and cultural history.



Aniya McFadden, BS Master's-Level Psychology Intern

Aniya McFadden, BS, was born and raised in Charlotte, North Carolina. From an early age, she has been observant and deeply interested in the nature of people, particularly their emotions, behaviors, and how life experiences shape who individuals become. Her interest in psychology began in high school after taking an AP Psychology course and has continued to grow ever since.

Aniya earned her Bachelor of Science degree in Psychology from North Carolina Central University, where she was a Cheatham-White Scholar. She also began her Master of Science program in Clinical Psychology at NCCU through an advanced program that allowed her to complete her first year of graduate coursework during her final year of undergraduate study. Throughout her academic career, Aniya has developed a strong interest in sports psychology, which is reflected in her current research examining athletic identity, conformity to masculine norms, and emotional suppression in athletes. She expects to graduate in December 2026 and hopes to pursue a doctoral degree and work as a psychologist for a major sports team in the future.

Along with school, Aniya also currently works as a Registered Behavior Technician at an autism clinic in Cary, NC. In her free time, Aniya enjoys cooking, doing hair and makeup, and hosting gatherings with friends.



ACFH Updates and Programs

For Therapists Wednesdays at the Well

Launched in 2012, Wednesdays at the Well is a monthly virtual consultation group for therapists and trainees interested in integrating spirituality into mental health practice. The group meets virtually most 4th Wednesdays from 12:00 to 12:55 PM. Our next conversation is January 28th with Bernadette Vereen, LCSW, PMH-C, Clinical Social Worker, Perinatal Mental Health Specialist, and Childbirth Doula. Her topic is **“Promoting Purposeful Motherhood: Preparing for Pregnancy, Birth, and Beyond.”**

Request the session link and monthly notifications at
acfhinfo@armstrongcfh.com



For Clients

New Therapy Groups in 2026!

Parent Management Training (*Virtual*)--**Jamilah Silver, PhD**
Tuesdays at 5-6 pm, February 3rd thru March 24th *Virtual
Are you looking for effective strategies to navigate the challenges of parenting? Parent Management Training (PMT) offers evidence-based techniques to help you build a more positive and harmonious home environment. Whether you're dealing with defiant behavior, sibling rivalry, or simply want to strengthen your connection with your child, PMT can provide the tools you need. PMT is beneficial for parents of children of all ages, from toddlers to teenagers.

“Young Women Rising” (*In-Person in Durham*)
--Melanie McIntyre, MS, LCMHC

Mondays from 7-8:30 pm, January 26th thru March 16th
This therapy group for female high schoolers is focused on developing and enhancing healthy coping, social, and emotional regulation skills in a safe, confidential space while fostering a sense of community and belonging among peers. Using a combination of psychoeducation, skill building, and discussion, group participants can lean into goal setting and empowerment for futures on the rise!

“Men on the Battlefield” (*Virtual*)
--Reginald Wilson Jr., MS, MSW, LCSW

Thursdays from 6 - 7:30 pm, January 22nd thru March 12th
This men's therapy group is a space for trust-building, truth-telling, vulnerability, and accountability in the midst life's war zones. These honest conversations will forge tools to protect men's mental and emotional health. These tools can build healthy habits and lifestyles, promote stability, and positively impact family, work environment, and community.

Sign up here to register!



About Our Organization



Welcome to The Armstrong Center for Hope, an interdisciplinary mental health practice for children, adolescents, adults, couples, families, groups, and organizations.

Our theoretical approaches include Cognitive-Behavioral, Family Systems, Psychodynamic, and Eclectic styles through a Trauma-Informed lens. Psychoeducational and psychological testing (for autism, ADHD, LD, and other concerns) are available resources at the ACFH as well. We currently accept several insurance plans, including Aetna, BlueCross BlueShield, Cigna, Medicaid, and Medicare. We also offer sliding scale rates to fit almost any budget. In addition to daytime appointments, some evening and weekend appointments are available. Also, psychotherapy and some testing appointments can be held virtually in a secure telehealth environment.

Current Hours:

Monday-Thursday, 8 am - 8 pm
Fridays, 8 am - 3 pm

Schedule an appointment today:

Call: (919) 418-1718, ext. 204
Fax: (919) 794-5715
Email: acfhinfo@armstrongcfh.com

Our Clinical Team

Tonya D. Armstrong, PhD, MTS, LP, HSP-P
Kristen V. Bell-Adair, Ph.D., LP, HSP-P
Brooklyn Clear, BS, Intern
Psiyina L. Davis, MACC, MA, LMFT
Sherry C. Eaton, PhD, LP, HSP-P
Allison M. Garner, MA, LCMHC
Clifton D. Garner, Sr., PsyD, LCMHC
Anthony F. Greene, PhD, LP, HSP-P
Angela M. Hopkins, MA, MBA, MDiv, LCMHCA
Aniya McFadden, BS, Intern
Melanie A. McIntyre, MA, LCMHC
Melanie Melton, MA, MDiv, LMFT,
Chanda Mitchell, MSW, LCSWA
Princess Mitchell, MC LCMHCA
Kim Nichols, MA, LMFT
Mustafa Oner, BA, Intern
Vicki Pinson, MA, LPA
Jamilah Silver, PhD
Milicia Tedder, PhD, LPA
Reggie Wilson, MS, MSW, LCSW

Our Adminstrative Team

Vanessa Acebedo, MS, Billing Coordinator
Tyrell Baggett, MBA, CCMA, Office Administrator
Aces Bularon, BS, Billing Manager
Wendy Cavalieri, AA, Practice Manager
Selena Rucker, AA, Scheduler
Nancy Serrano-Ayala, BA, Client Access Representative
Maria Vinuya, BS, Scheduler

Business Addresses:

1502 West NC Highway 54, Suite 403
Durham, NC 27707
805 Spring Forest Road, Suite 800
Raleigh, NC 27609



A Word From Our Founder and CEO

Here at the start of the year, with the stature of the holidays steadily decreasing in our rear view mirrors, we turn to the hope and promises of 2026. You may have experienced a stellar 2025, but more likely, 2025 was a year of difficult transitions for you and your family. Protracted global unrest, dramatic levels of job loss, severe impacts on institutions including healthcare, housing, and education, and other personal struggles have all posed threats to our mental health and wellness. With great awareness of his times and significant foresight into ours, Rev. Dr. Martin Luther King, Jr., named racism, extreme materialism, and militarism as “the giant triplets” that devour the fabric of society. We continue to celebrate his memory and his work not out of perfunctory obligation, but because his astute observations of our society, its ills, and its hope are all still relevant. During the 46th Annual Triangle Martin Luther King Jr. Interfaith Prayer Breakfast, keynote speaker Rev. Jemonde Taylor (St. Ambrose Episcopal, Raleigh) called us not only to good trouble, but to “holy trouble.” Using my sacred imagination, I can envision a world where persons experiencing Attention-Deficit/Hyperactivity Disorder (ADHD), anxiety, depression, bipolar symptoms, autism, and other mental health challenges will educate and advocate in governmental, educational, religious, and work-related spaces to produce more supportive and equitable treatment throughout our communities. Such work is “trouble” because it may go against the grain of what seems proper, expedient, or economical; it’s “holy” because it seeks harmony with the ultimate principles and aims of our Creator. Another speaker during this event reminded us of the power of **hope**. Monsignor Joseph Ntuwa (All Saints Catholic Parish in Hampstead) noted that “Hope is practice. Hope is not wishful thinking; it’s a discipline. Dr. King taught us that hope is forged in marches and meetings, in prayer and protest, in hard conversations and faithful persistence.” For The Armstrong Center for Hope, we practice hope through every individual, couple, family, and group session that each team member conducts and every administrative task that we manage. Trained through our disciplines of social work, mental health counseling, marriage and family therapy, and psychology, we further develop the disciplines of presence, thoughtful engagement of stories, effective interventions, (occasionally) hard conversations, and faithful persistence to yield the outcomes of stress reduction, symptom relief, increased self-awareness, and clarity of pathway(s) to personal transformation. When we are not actively practicing our craft, we may or may not be guilty of marches, meetings, prayer, and protests!

So that’s our commitment to infusing hope as a daily practice and reflection of our calling and identity. Fortunately, hope is also a synergistic dance involving **you!** It’s hard to have hope when you’re in the throes of being mentally unwell. However, as you recover/rediscover yourself, you can increasingly define and participate in the fullest expression of hope, which I believe is inextricably tied to your purpose. Purpose may be reflected through your job or your vocation, yet is also tied to your humanity. What would it look like for you to “let freedom ring” in your self-care, your family life, your community commitments, and your faith/political/civic engagements? How does hope play out in your decisions, your finances, your recreation, and how you care for your neighbor?

Yes, Monsignor Ntuwa was right: hope takes practice! Even if we don’t embrace Rev. Dr. King’s ideals throughout the year, we can resonate daily with his guidance: “We must accept finite disappointment, but never lose infinite hope.” If you’d like a professional, compassionate companion on your journey of hope, reach out to us today!



**Tonya D. Armstrong,
PhD, MTS, LP, HSP-P**

Attention-Deficit/Hyperactivity Disorder (ADHD), anxiety,

depression, bipolar symptoms, autism, and other mental health challenges will educate and advocate in

governmental, educational, religious, and work-related spaces to produce more supportive and equitable treatment

throughout our communities. Such work is “trouble” because it may go against the grain of what seems proper,

expedient, or economical; it’s “holy” because it seeks harmony with the ultimate principles and aims of our Creator.

Another speaker during this event reminded us of the power of **hope**.

Monsignor Joseph Ntuwa (All Saints

Catholic Parish in Hampstead) noted that “Hope is practice. Hope is not wishful thinking; it’s a discipline. Dr. King

taught us that hope is forged in marches and meetings, in prayer and protest, in hard conversations and faithful

persistence.” For The Armstrong Center for Hope, we practice hope through every individual, couple, family, and

group session that each team member conducts and every administrative task that we manage. Trained through our

disciplines of social work, mental health counseling, marriage and family therapy, and psychology, we further

develop the disciplines of presence, thoughtful engagement of stories, effective interventions, (occasionally) hard

conversations, and faithful persistence to yield the outcomes of stress reduction, symptom relief, increased self-

awareness, and clarity of pathway(s) to personal transformation. When we are not actively practicing our craft, we

may or may not be guilty of marches, meetings, prayer, and protests!

So that’s our commitment to infusing hope as a daily practice and reflection of our calling and identity. Fortunately,

hope is also a synergistic dance involving **you!** It’s hard to have hope when you’re in the throes of being mentally

unwell. However, as you recover/rediscover yourself, you can increasingly define and participate in the fullest

expression of hope, which I believe is inextricably tied to your purpose. Purpose may be reflected through your job

or your vocation, yet is also tied to your humanity. What would it look like for you to “let freedom ring” in your self-

care, your family life, your community commitments, and your faith/political/civic engagements? How does hope

play out in your decisions, your finances, your recreation, and how you care for your neighbor?

Yes, Monsignor Ntuwa was right: hope takes practice! Even if we don’t embrace Rev. Dr. King’s ideals throughout

the year, we can resonate daily with his guidance: “We must accept finite disappointment, but never lose infinite

hope.” If you’d like a professional, compassionate companion on your journey of hope, reach out to us today!