

IPFT NEWSLETTER

VOL. 1

JULY 2026

Welcome to the our brand new monthly newsletter!

Illuminated Pathways Family Therapy, LLC is excited to begin sharing updates regarding our impact to the community. This monthly newsletter will highlight upcoming events, support groups, as well as tips and tools to bring hope and healing for your daily life.

What's new and coming for Illuminated Pathway's Community
>MARK YOUR CALENDARS AND MAKE PLANS TO CARE FOR YOUR NEEDS<



EVERY FRIDAY @ 5PM

IPFT is here for you. Every Friday @ 5pm join us for Grief group, call to learn more, \$75 per person/session. **Call to register is now!**

EVERY FRIDAY @ 3PM-4:30PM

IPFT offers a new Parent Support Group, virtual, \$75 per person/session.

Call to register is now!



JULY 15TH

IPFT is excited to announce our newest location, this July 15th, near the River Oaks/Galleria area of Houston, Texas



JULY 23RD - 25TH

IPFT in the Conroe, Texas area is hosting a Marriage Intensive Retreat, call to learn more, \$2500 per couple.

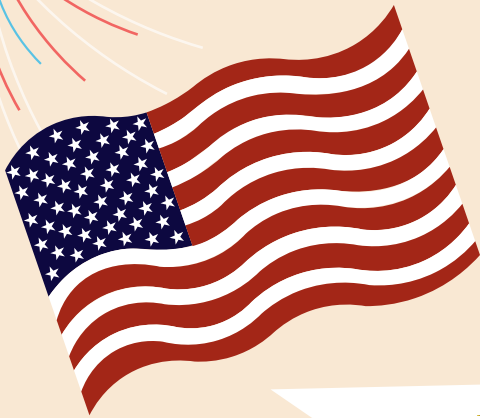
Call to register is now!



HAPPY 250TH BIRTHDAY AMERICA

"America stands on a solid foundation and blessed for all the birthdays it took to get here. And to all those birthdays it took to get to 250th, I am excited to celebrate by wishing a very Happy birthday America and too many more."

LISA LUNA ZURITA
UNITED STATES VETERAN, ARMY SPECIALIST



BLESSED

FREEDOM

PEACE

MEET THE OWNER



Rhonda Kay Velders, LPC-S

For Rhonda, counseling is more than a profession—it's a calling.

As the Founder, Owner, and CEO of Illuminated Pathways Family Therapy, LLC, Rhonda has dedicated her life to creating a place where individuals, couples, and families can find hope, healing, and restoration. What began as a dream to serve others has grown into a thriving multi-location counseling practice with offices in Missouri City, Conroe, Nassau Bay, and the Galleria/River Oaks area of Houston.

Her leadership philosophy is simple: people matter.

Whether she is mentoring an intern, encouraging a clinician, supporting a family in crisis, or leading organizational growth, Rhonda strives to create an environment where people feel seen, heard, and empowered.

As a Licensed Professional Counselor Supervisor (LPC-S) and Ordained Elder, Rhonda has spent more than a decade walking alongside people during some of life's most difficult seasons. Her experience includes trauma recovery, family systems, crisis

intervention, group therapy, clinical supervision, leadership development, and organizational growth. She is also highly knowledgeable regarding counseling ethics and the laws that govern the profession, equipping both clients and clinicians with wisdom, integrity, and sound guidance.

One of Rhonda's greatest passions is shaping the next generation of counselors. She has established partnerships with universities throughout Texas and beyond, providing graduate counseling students with valuable clinical experiences and mentorship opportunities. Through supervision, teaching, and encouragement, she pours into future counselors, helping them prepare for licensure, the National Counselor Examination (NCE), and successful careers in mental health.

Those who know Rhonda best know that her greatest investment is in people—especially her team. She believes that when counselors feel supported, encouraged, and valued, they can provide exceptional care to those they serve. She intentionally pours into her staff through mentorship, leadership development, prayer, and genuine relationships, creating a culture where clinicians can thrive both professionally and personally.

Outside of her professional life, Rhonda's greatest joy is her family. She has been happily married to her husband for more than 30 years, and together they have built a beautiful life centered on faith, love, and service. They are the proud parents of two sons, blessed with two wonderful daughters-in-laws, and absolutely cherish their two precious grandchildren.

Family also includes a few four-legged companions. Rhonda's beloved therapy dog, Dwight, has touched the lives of many clients through comfort and connection. Bella is currently in training to continue that legacy of support, and at home, her sweet dog Connie is a cherished member of the family.

Rhonda is also a devoted daughter and lovingly cares for her mother, a role that has deepened her compassion and appreciation for the importance of family, dignity, and serving others.



When she's not counseling, supervising, or leading her team, you'll likely find Rhonda baking homemade bread, spending time with her family, or serving her community in Nassau Bay. She enjoys staying active and has proudly ridden in the MS 150,

demonstrating her commitment to both personal wellness and giving back to causes that make a difference.

Whether she is mentoring a new counselor, comforting a family

in crisis, leading her practice, or serving in her community, Rhonda's heart remains the same—to help people discover hope, resilience, and purpose. Under her leadership, Illuminated Pathways Family Therapy continues to grow as a trusted resource for mental health care, professional development, and community support. As a Licensed Professional Counselor Supervisor (LPC-S) and Ordained Elder, Rhonda has built a career that blends clinical excellence, servant leadership, and a deep commitment to helping others heal and thrive. With more than a decade of experience in counseling, supervision, ministry, and organizational leadership, she is recognized for her ability to develop people, build effective teams, and create environments where both clients and professionals can flourish. In her role as CEO, Rhonda oversees clinical operations, strategic growth, staff development, and community partnerships across all practice locations. She leads a team of dedicated professionals while maintaining a strong commitment to ethical care, clinical excellence, and meaningful client outcomes. Her leadership philosophy centers on empowering others, fostering professional growth, and creating pathways for healing that address



the emotional, relational, and spiritual dimensions of life.

A passionate advocate for counselor education and professional development, Rhonda has established partnerships with universities throughout Texas and other states, providing graduate counseling students with valuable clinical field experience.

Through these collaborations, she helps prepare future counselors for graduation, licensure, and success on the National Counselor Examination (NCE). She also develops and provides continuing education opportunities that support the ongoing growth of counseling professionals throughout their careers. Rhonda earned a Master of Community Counseling from Argosy University–Dallas and a Master of Pastoral Ministry Preparation through Nazarene Bible College and Northwest Nazarene University. Her unique educational background allows her to integrate sound clinical practice with leadership, personal development, and faith-informed care when appropriate to client needs and preferences. Throughout her professional career, Rhonda has served in a variety of leadership roles, including Adolescent Clinical Director, Lead Trauma Therapist, clinical supervisor, counselor educator, ministry leader, and business owner. Her experience

spans trauma recovery, family systems, crisis intervention, group therapy, clinical supervision, and organizational development. Beyond her professional accomplishments, Rhonda remains passionate about investing in people and strengthening communities. Whether mentoring future counselors, supporting families through difficult seasons, leading professional teams, or serving in ministry, she is dedicated to helping others discover hope, resilience, and purpose. Under her leadership, Illuminated Pathways Family Therapy continues to grow as a trusted resource for mental health care, professional development, and community support. Rhonda's vision remains centered on creating accessible pathways to healing while cultivating a culture of compassion, excellence, and lifelong growth for both clients and clinicians. I look forward to meeting you soon! Call 972.768.0754 to learn more about joining our team or find hope and healing. See you soon!



CALL US TODAY!!!!
972.768.0754

Coping skill or strategy

Anxiety's symptoms are excessive worry, nervousness, restlessness, racing thoughts and sometimes physical symptoms; such as, a fast heartbeat. Anxiety is now considered the most common mental health condition in the world. According to the World Health Organization, more than 359 million people globally live with anxiety disorders.

A prevention method for children is for parents to monitor their child's overall screen time.

Below are the recommendations for screen time by age:

0-18 months

No screen time
(except video
chatting)

18-24 months

Very limited,
parent-guided

2-5 years

Up to 1 hour/day

6-12 years

Up to 2 hour/day

13-18 years

About 2 hours/
day recreational
screen time

SIGNS YOUR CHILD MAY NEED LESS SCREEN TIME

Difficulty Focusing

Trouble Sleeping

More emotional outbursts
Trouble Sleeping

Less interest in hobbies or
outdoor activities

Constant need for entertainment
or stimulation

Increased social withdrawal

Increased anxiety or irritability

THE “20-20-20-20 RULE”

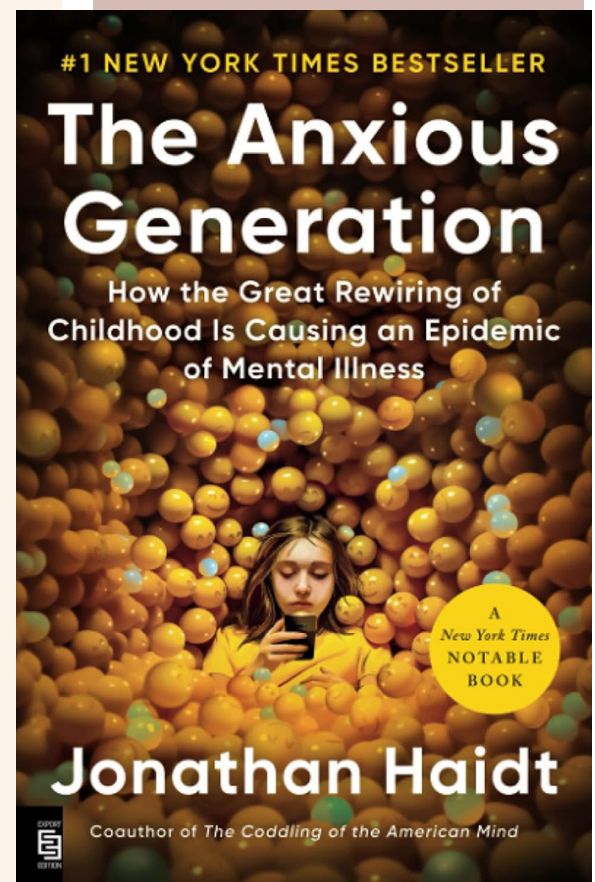
- ✿ 20 minutes of physical activity
- ✿ 20 minutes of reading
- ✿ 20 minutes of family connection
- ✿ 20 minutes outside

Dive A Bit Deeper Into Understanding Anxiety!

Book Recommendation

Rhonda Kay highly recommends, “The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness,” by Jonathan Haidt.

Dr. Jonathan Haidt wrote, “This is why I have chosen the term “play-based childhood” as a central term in this book, to be contrasted with the “phone-based childhood.” A play-base childhood is one in which kids spend the majority of their free time playing with friends in the real world as I defined it and the introduction: embodied, synchronous, one-to-one, or one-to-several and in groups of communities where there is some cost to join or leave so people invest in relationships. This is how childhood was among hunter-gathers according to anthropological reports gathered by Gray, which means that human childhood evolved during a long period and which brain development “expected” and enormous amount of free play.” Of course, many children have had (and some still have) a work-based childhood. Work-base childhood was widespread during the industrial revolution, which is why eventually the 1959 United Nations Declaration of the Rights of the Child named play as a basic human right: “the child shall have full opportunity for play and recreation, which should be directed to the same purpose as education.”



Tips and Tools for Life

DO I NEED BOUNDARIES?

Create space for what matters

This month's segment will be about holding and protecting your boundaries. Do you ever feel like your making boundaries but not holding them, well here's a couple tips and tools to help you say "yes" to yourself by saying "no" when it's not about what matters.

TIPS

1. Practices say the big NO :

even though it can be tricky to say no it's important. You don't need to explain or justify every decision sometimes saying no is all that's needed.

2. Use "If - then" statements

will do when a boundary is crossed. For example, "If you continue to raise your voice, I will step out of the room

3. Expect and accept discomfort

disclosing your boundaries can often be a uncomfortable and not preferable situation but a very needed one. When setting a boundaries you should prepare yourself for the discomfort and live in it as to not let it deter your decision.

TOOLS

1. Broken record techniques

Protecting your boundaries does not have to be a screaming match. using the broken record technique, you can control how to protect your peace and well being. How to use this technique is by the user being calm and confident while give the boundaries and then keeping that calmness well holding firm. This technique is especially effective when being pressured to change your mind or when they have been trying to cross boundaries. By calmly repeating your limits you reinforce the message that is not negotiable.

2. Journalists

Journaling is a great tool to keep track of boundaries and a good way to keep track of when someone disrespects your boundaries so you can think about how they crossed a boundary and write about how you would like to respond.

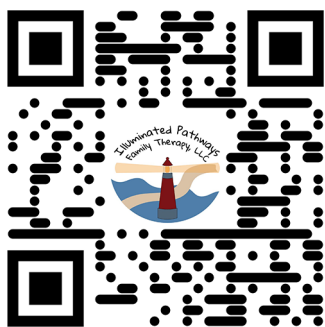
Locations



Nassau Bay
18303 Blanchmont Lane
Houston, Texas, 77058



Conroe
12416 FM 1485
Conroe, Texas 77306



Missouri City
2310 Brightwater Drive
Missouri City, Texas 77459



Galleria/River Oaks
5721 Winsome Lane
Houston, TX 77057