



The Pathway Post

EVENTS

Every Friday @ 3pm

We have a virtual Parent Support Group. Learn to set boundaries, respect and much more.

Price \$75 per session/person



VERSES OF THE MONTH

“Greater love has no one than this: to lay down one’s life for one’s friends.”

John 15:13

This verse highlights the ultimate act of selflessness, paralleling the sacrifices made by those who served in the military.

“Be devoted to one another in love. Honor one another above yourselves.”

Romans 12:10

It encourages respect and recognition for the dedication of others.

“Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die.”

Romans 5:7

This emphasizes the exceptional nature of sacrificial acts

“A generous person will prosper; whoever refreshes others will be refreshed.”

Proverbs 11:25

This verse reflects the spirit of giving and service that aligns with honoring those who serve.

MEET LISA ZURITA

“Guided by Faith, Committed to Healing Hearts.”

I am a Licensed Professional Counselor Associate (LPC-Associate) under the Texas State Board of Examiners of Professional Counselors and the Texas Behavioral Health Executive Council. I graduated Magna Cum Laude from West Texas A&M University and proudly served as a U.S. Army Veteran.

Over the years, I have served on various mission trips across the United States with a focus on strengthening families. Most recently, I have interned at the Montgomery County Women’s Center

& Shelter and am a proud Board Member of God’s Garage where I have been volunteering approximately 4 years that serve Single Mom’s, Widows, and Wives of Military Deployed.

Before answering God’s calling to counsel, I built a successful 20+ year career as a Senior Director in Human Resources within the Oil & Gas industry, serving in both corporate and plant environments. My leadership roles focused on executive coaching, talent and career development, training, and career growth strategies.

These experiences taught me the power of listening, empathy, and strategic guidance—skills that now form the foundation of my therapeutic approach. Although I valued my HR career, I felt a deeper purpose leading me toward counseling as God’s plan for my life.

Today, I bring that same heart for service into my clinical work. My therapy experience includes Trauma-Informed Therapy, Cognitive Behavioral Therapy (CBT), Play Therapy, Family Therapy, Image Transformation Therapy, ImTT, Career Development, and Executive Coaching, among other approaches. I integrate evidence-based



practices with a faith-based, spirit-led perspective to support meaningful healing and growth. As a single mom who raised three sons, I have a special passion for working with children and families; including. co-parenting.

Outside of my professional life, I am a wife, the proud mother of three sons and daughter-in-law, and a first time grandparent of my precious Violet—my greatest calling of all.



COPING SKILL

ANXIETY? TRY SOUR CANDY

You don't have to make the anxiety disappear. Your goal is to help your body feel safe enough to slow down. Give your brain something strong to focus on.

Place a sour candy in your mouth and slow down.

Notice:

- ✿ The sour taste
- ✿ Your tongue and mouth
- ✿ Your facial muscles
- ✿ Your breathing

This resets your central nervous system and allows you to breathe while distracting your mind for a second.

Tell yourself:

"I am here. I am safe in this moment. This feeling will pass."

TIPS

NAME THE STRESS:

Give what you're feeling a name like "school stress", "friend drama", or "pressure". It can make it feel easier to handle.

CREATE A COMFORT PLAYLIST:

Make a short playlist specifically for calming down, getting motivated, or resting after a hard day.

HAVE A SAFE PERSON:

Pick one trusted person you know you can text or talk to when things feel heavy.

TOOLS

BRAIN DUMP BEFORE BED

Write every worry, reminder, or random thought on paper so your brain doesn't have to hold onto it all night.

THE "FUTURE ME" TRICK

Do one tiny thing today that will make tomorrow easier; pack your bag, pick out clothes, or charge your laptop.

USE A STRESS SCALE

Rate your stress from 1-10. If it hits a 7 or higher, take a break before pushing yourself harder.

MAKE A TINY WIN LIST

Keep track of little victories like getting out of bed on time, answering one email, or finishing one assignment.

Illuminated Pathways
Family Therapy LLC

CALL US TODAY!!!!
972.768.0754



LOCATIONS



NASSAU BAY
18303 BLANCHMONT LANE
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CONROE
12416 FM 1485
CONROE, TEXAS 77306



MISSOURI CITY
2310 BRIGHTWATER DRIVE
MISSOURI CITY, TEXAS



GALLERIA/RIVER OAKS
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