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LABS

Newsletter

WWW.LUZIOASSOCIATES.COM



**WE'RE HERE TO
HELP WHEN YOU
NEED IT MOST!**

If you are interested in booking with one of our mental health professionals, please contact us to schedule an appointment. We are happy to assist!

Contact us!

**Luzio & Associates
Behavioral
Services**

4411 Washington
Ave Ste 300
Evansville, IN

812-479-1916
*our phones are
answered 24/7!

SPRING IS HERE

Spring is known as a season of change and new beginnings. As the season shifts, spring invites us to notice what's quietly emerging — both around us and within us. This doesn't have to mean big changes or sudden motivation; growth often shows up in subtle ways, like increased curiosity, moments of calm, or a renewed sense of possibility.

Taking time to notice these small shifts can help build awareness and compassion, reminding us that progress doesn't always announce itself loudly. Sometimes, simply noticing what's beginning to unfold is enough.



MONTHLY SELF-CARE TIP:

Tip: Take a brief daily pause to ask yourself, *"What feels a little easier or different today?"*—small observations can reveal meaningful growth over time.

