



ONLINE COACHING (Zoom or Phone)

----- *guiding individuals through emotional healing ~ offering support!* -----

## ONLINE COACHING & CLASSES for **ADULTS** WANTING to COPE with *Emotional Stressors*

- Learn how to Manage your Emotional Stressors
- Be in a SAFE, Nonjudgmental Space to share emotions & struggles (Support Groups—as requested)
- 1:1 Weekly Sessions with **Coach OhMeDay (see below)** – with “tailored-to-you” goals
- Discover & Develop Inner and Outer Resources
- Learn about Self-Compassion & Resilience
- Downloadable Worksheets, Unlimited E-mails
- Weekly *free* mid-session check-ins
- Address post-COVID-19 Pandemic loss—unique to your situation . . . *and more . . .*



**For details, SCAN HERE >**



**About Coach O., SCAN HERE >**



### **ABOUT THE FOUNDER/COACH: Janis Small Omide, MS, MAC, CSAC, QMHP-A**

I'm Janis, a **seasoned counselor with over a 25-year career** that's been dedicated to guiding individuals through the storms of ***grief, addictions, and emotional confusion***. Having navigated personal losses amidst the peak of the COVID-19 pandemic, I've harnessed my professional expertise and personal experiences to develop resilience and hope. I'm a Nationally Certified Master Addiction Counselor and a member of NAADAC—with extensive experience in working with healthcare workers, ex-offenders, military members, and a diverse range of patients/clients. My post-pandemic life-trials have given me a renewed commitment to helping others find personal balance and peace amidst the chaos of loss and the demands of societies' stressors!

#### **Janis Omide's (Oh-Me-Day) Credentialing Consists of:**

- **M.S. Degree in Rehabilitation Counseling** from the Medical College of Virginia (MCV) @ VCU (Virginia Commonwealth University) – *Alcohol/Drug Education Program*
- **Certified Substance Abuse Counselor (CSAC)** since 2002
- **Master Addiction Counselor (MAC)** – issued by the National Certification Commission for Addiction Professionals (NCC AP)
- **Qualified Mental Health Professional for Adults (QMHP-A)** – issued by Virginia Department of Health Professions
- **Formerly held an International Advanced Alcohol & Drug Counselor (AADC)**



COACH OHMeDAY  
LIFE RECOVERY COACH

OhMeDay COACHING has SWAM (Small, Women & Minority-Owned) Certification by the State of Virginia

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