



VASGW

The Virginia Association
for Specialists in Group Work

Officers

President Dr. Terri Mason
tamason@fcps.edu

Secretary Mary Durgala
mary.durgala2020@gmail.com

Treasurer Irene Ward
iward@learningrx.net

Committee Chairs

Newsletter Ellissia Price-Fagin
pellissia@gmail.com

Bylaws Mary Durgala
mcdurgala@fcps.edu

Technology Joy Mwendwa
jmmaweu@liberty.edu

Communications

Advocacy Barbara Lavine
laviner@verizon.net

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www.vasgw.org
www.facebook.com/vasgw



Winter 2024-25

Volume 1

President's Message

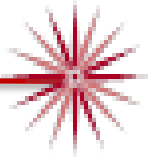
Dear VASGW members:

I hope that you are well and continuing to share and spread your passion for group work to colleagues and others. Group work is such a powerful tool in helping individuals to learn skills, grow their confidence and feel less alone.

We were able to hold our 2024 conference in person for the first time since the pandemic began. It was so wonderful to be in person again. Our keynote speaker Dr. Christine Mason gave wonderful ideas on how to help students and clients with Anxiety. For your 2025 conference our keynote speakers are Dr. Simone Lambert (past ACA president) and Dr. Carmen Pangelinan. They will speak on Engaging Stakeholders to promote counseling programs in schools and communities. We are very excited and hope to see you there.

We hope to have a more active website for you in the near future, so please stay tuned for that. If you have any questions, concerns or ideas please don't hesitate to reach out.

Regards,
Dr. Terri Mason, President VASGW
tmasonvca@aol.com



GROUP WORK IN TODAY'S WORLD

REGISTER NOW!

Price goes up on 3/22

VASGW 2025 ANNUAL CONFERENCE

GROUP-A-RAMA



Bechtel Center
Reston, VA



VASGW
The Virginia Association
for Specialists in Group Work



April 4, 2025

8:15 AM - 3:30 PM

Join us to hear from a powerful lineup of speakers and participate in workshops and networking opportunities!

[Click here for full program details](#)

Featuring Keynote Speakers:



Dr. Simone Lambert

Past ACA President



Dr. Carmen Pangelinan

Engaging Stakeholders to Promote Counseling Programs in Schools and Communities

REGISTER HERE!

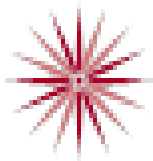
Questions?
tmasonvca@aol.com



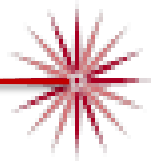


This year at the 2025 Group-a-Rama conference we have asked our attendees to donate items to help support the cancer floor at Fairfax Children's Hospital. We will be collecting the following items:

- Crayons
- Markers
- Individual small Bubbles
- Play-Doh
- Play-Doh Tools
- Craft kits - more so for 8y+
- Lego Sets - easy to hard as all ages like this (harder ones especially for our older kids).

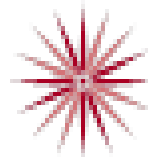


Resources



With the myriad of issues our families are facing today we know counseling professionals are stretched to provide impactful services. We thank VACES for this list of resources and information to help support the work and services provided to students and families:

- [ASCA Statement on White House Executive Order](#)
- [ASCA: Supporting Immigrant Students](#)
- [ASCA: Helping Students in Troubling Times](#)
- [ASCA Crisis & Trauma Response](#)
- [Coalition to Support Grieving Students](#)
- [FEMA Ready Kids: Flooding](#)
- [National Alliance for Children's Grief](#)
- [National Child Trauma Stress Network: Flood Resources](#)
- [Natural Disasters: Helping Kids During Crisis](#)
- [National Education Association \(NEA\): Guidance on Immigration Issues](#)
- [U.S. Dept of Education Natural Disaster Resources](#)
- [VCA Advocacy](#)



Join the VASGW Group family!

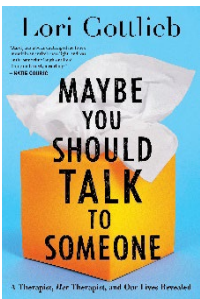
We are seeking new board members who are committed to enhancing group counseling skills among counseling professionals in public and private settings. All Board members must be current members of VCA and VASGW and have an interest in groups and group dynamics. For more information, contact Mary Durgala, Secretary, mary.durgala2020@gmail.com



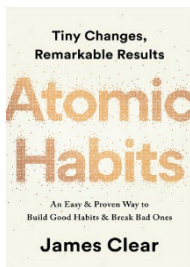
Book Reviews



"**The New Childhood: Raising Kids to Thrive in a Connected World**" by Jordan Shapiro. Raising Kids to thrive in a connected world. Shapiro offers concrete, practical advice on how to parent and educate children effectively in a connected world and provides tools and techniques for using technology to engage kids and help them grow.



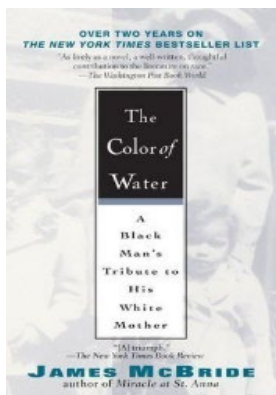
Maybe You Should Talk to Someone by [Lori Gottlieb](https://www.goodreads.com/book/show/37570546-maybe-you-should-talk-to-someone)
<https://www.goodreads.com/book/show/37570546-maybe-you-should-talk-to-someone>



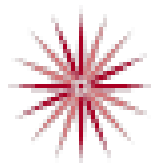
Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by [James Clear](https://www.goodreads.com/book/show/40121378-atomic-habits?ac=1&from_search=true&qid=GkVM4KpVRp&rank=1)

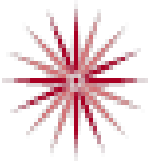
https://www.goodreads.com/book/show/40121378-atomic-habits?ac=1&from_search=true&qid=GkVM4KpVRp&rank=1

The Color of Water by James McBride A black man's memoir of his white mother as she raised 12 kids!



[The Color of Water: A Black Man's Tribute to His White ...](https://www.google.com)
[google.com](https://www.google.com)





Looking Ahead

American Counseling Association (ACA) 2025 Conference & Expo

March 27 -29, 2025
Orlando, Florida

[Registration - 2025 ACA Conference & Expo](#)



Virginia Counselors Association (VCA) 2025 Convention

November 13 -15, 2025
Marriott Norfolk Waterside
Norfolk, VA



**VIRGINIA
COUNSELORS
ASSOCIATION
FOUNDATION**

What does the Foundation do for Virginia counselors?

The VCA Foundation recognizes and supports counselors and counseling organizations in Virginia.

Why should you donate to the Foundation?

The VCA Foundation:

- Honors a counselor for lifelong contributions
- Sponsors publication of the journal and convention keynote speaker
- Provides technology support for VCA convention and websites
- Honors graduate students at accredited counselor education programs for their achievement and potential for leadership
- Supports counseling initiatives in the Commonwealth through grants
- Designates funds targeted for leadership development initiatives and support of emerging leaders

Donate to VCAF & Help Us Grow Outreach Programs

Your 100% tax deductible donation to the VCA Foundation is an investment in the future of counseling.

Donate online, go to: www.vcafoundation.org

By Mail or with VCA membership Renewal:
VCA Foundation, PO Box 721, Monroe, VA 24574