



FALL NEWSLETTER

MEET YOUR 2026-2027 HRCA EXECUTIVE BOARD



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CONNECT WITH US



Email: hrca3105@gmail.com



Instagram: [@hamptonroadscounselors](https://www.instagram.com/hamptonroadscounselors)



Website: hamptonroadscounselors.org



FACEBOOK GROUP

Join our Facebook Group below
for updates!

Facebook Group:

<https://tinyurl.com/HRCAFBGroup>



A MESSAGE FROM THE PRESIDENT

Hey there, HRCA Members,

I want you to know how grateful I am that you are part of HRCA. Whether you have been with us for years or are just getting to know our chapter, you belong here!

As counselors, we give so much of ourselves to others. We listen, hold space, advocate, and show up, often while carrying full lives of our own. I hope you know that the work you do matters, and that you matter beyond the work you do.

My hope for HRCA is that you feel that care here. I want this to be a community where you can be yourself, build meaningful relationships, and know that your voice and well-being are priorities.

Thank you for allowing me to serve as your President. I look forward to getting to know more of you and continuing to build a chapter where every member feels seen, welcomed, and supported. Please feel free to connect with me by emailing hrca3105@gmail.com.

With gratitude,

Meagan E. Graham, LPC, CCTP-II, CCATP, CCFP
2026–2027 HRCA President

Wear your HRCA pride! 💙

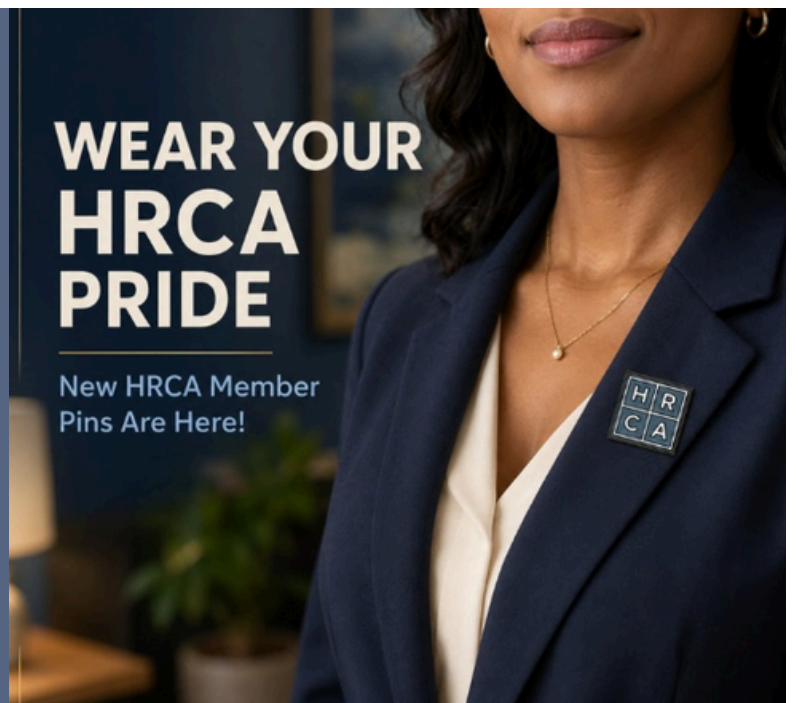
Created to celebrate the counselors and mental health professionals who make our association such a meaningful community.

Whether you are attending an HRCA event, professional conference, community program, or heading into the office, wear your pin as a symbol of connection, professional pride, and commitment to the counseling profession.

HRCA members can pick up their pins at any HRCA event.

WEAR YOUR HRCA PRIDE

New HRCA Member
Pins Are Here!



HRCA EVENTS

Thank you to everyone who made our first member meet-up of the year extra sweet!

It was wonderful spending the afternoon connecting with familiar faces and welcoming new ones into the HRCA community.

We're so glad you joined us and look forward to more opportunities to come together throughout the year!



@hamptonroadscounselors

A Sweet Recap
FROM OUR FIRST MEMBER
MEET-UP OF THE YEAR

UPCOMING EVENTS

HRCA CHAPTER MEMBER MEETING



SATURDAY, OCTOBER 10, 2026



10:00 AM–11:00 AM



VIA ZOOM

Connect • Learn • Ask Questions

Learn about HRCA current events,
opportunities, and what's ahead.



HAMPTON ROADS
COUNSELORS ASSOCIATION

All members are encouraged to attend to learn about current HRCA events and initiatives, explore upcoming opportunities for involvement, receive important chapter updates, and ask questions and share feedback.

In preparation for our meeting, we would like to give members the opportunity to share questions ahead of time. Please use **the link below** to submit any questions or topics you would like discussed during the meeting.

Your participation and perspective are important to us.

We look forward to connecting with you!

<https://docs.google.com/forms/d/e/1FAIpQLSew2jRTs5igaEpjlyfjnHamx7TfR-9Vhc53gtLGncIRQ4I--g/viewform>

UPCOMING EVENTS



WALK
WITH HRCA

AFSP OUT OF THE DARKNESS COMMUNITY WALK

 **SATURDAY, OCTOBER 24, 2026**

 **CHECK-IN: 10:00 AM • EVENT START: 11:00 AM**

 **BENNETT'S CREEK PARK • SUFFOLK, VA**

JOIN OUR TEAM OR DONATE
afspwalks.donordrive.com/team/401374

TOGETHER WE CREATE HOPE

HRCA | HAMPTON ROADS COUNSELORS ASSOCIATION |  American Foundation for Suicide Prevention |  OUT OF THE DARKNESS Community Walks

HRCA is proud to participate in the 2026 American Foundation for Suicide Prevention Out of the Darkness Community Walk.

How You Can Participate:

- Walk with HRCA by registering and joining our team.
- Share our team page!
- Support us by donating or helping us spread the word.

REGISTRATION & EVENT DETAILS:



HOW TO GET INVOLVED

JOIN A COMMITTEE

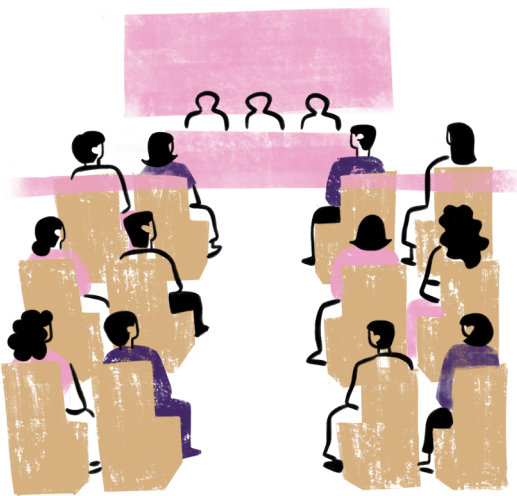
Are you passionate about making a difference in the counseling community? Watch your email for an opportunity to serve on our **Ancillary Committees**. This is a great opportunity to develop leadership skills, connect with fellow professionals, and contribute to the growth of our organization!



CALL FOR PRESENTERS

Would you like to provide a professional development training? **HRCA is seeking presenters to lead future professional development trainings.** If you have a topic you are passionate about and want to support the growth of fellow mental health professionals, we would love to hear from you!

To submit your proposal, click on the Professional Development Proposals Link [here](#), or find the form under the “member info” tab on our website.



SHARE YOUR EVENT WITH OUR MEMBERS

HRCA members may use [the member event form](#) to submit events they would like shared with the HRCA membership.

Find the form on our website, under the “member info” tab!



MEMBER SPOTLIGHT



September 2026

Member SPOTLIGHT



Traci Bunn Powers
M.Ed., M.Div., NCC

📍 Artisan Counseling

This month, we're pleased to spotlight Traci Bunn Powers, M.Ed., M.Div., NCC, who joined HRCA within the past year. Traci is a Resident in Counseling at Artisan Counseling in Newport News.

She offers trauma-informed, person-centered, and LGBTQIA+ affirming therapy for adolescents and adults.

Her areas of focus include neurodivergence, complex trauma, religious trauma and spiritual abuse, grief, and identity development. She is also a Certified Brainspotting Practitioner.

Before entering counseling, Traci served as an ordained clergy person for 22 years. That experience informs her work with people exploring faith transitions, spiritual harm, and identity. Traci shared that one of the most meaningful parts of her work is creating a space where people who have felt misunderstood can feel seen and believed.

Please join us in welcoming Traci to HRCA and celebrating who she is and the work she does.

Connect with Traci: [Artisan Counseling](https://artisancounseling.com/traci-powers/) [Psychology Today](https://www.psychologytoday.com/us/therapists/traci-bunn-powers-newport-news-va/1442907)

<https://artisancounseling.com/traci-powers/>

<https://www.psychologytoday.com/us/therapists/traci-bunn-powers-newport-news-va/1442907>

HRCA is excited to recognize the professionals who make our counseling community special. Complete [this form](#) found on our website under the “member info” tab if you would like to be considered for an upcoming HRCA Member Spotlight.

2026 VCA CONVENTION



2026 CONVENTION AT-A-GLANCE

Finding Joy in the Work We Do

Wednesday, November 11, 2026		
6:00 PM – 9:00 PM	Attendee Check-in/Tote Bag Pickup /Exhibitor Set up	
Thursday, November 12, 2026		
7:30 AM – 5:00 PM	Convention Registration	
7:30 AM – 8:30 AM	Coffee & Breakfast Items	
7:30 AM – 5:00 PM	Silent Auction Items on Display	
8:00 AM – 5:00 PM	VCA Marketplace	
7:30 AM – 8:30 AM	Session 1- Morning Mindfulness	1
8:00 AM – 5:00 PM	Welcome Space Open	
8:45 AM – 9:30 AM	VCA All-Member Business Meeting/Advocacy Update	
9:40 AM – 10:50 AM	Welcome & Keynote Speaker	1
11:00 AM – 12:30 PM	Lunch on Your Own	
12:45 PM – 1:45 PM	Session 2	1
2:00 PM – 3:00 PM	Session 3	1
3:00 PM – 4:00 PM	Poster Sessions/Break	1
4:00 PM – 5:00 PM	Session 4	1
5:15 PM – 6:00 PM	Chapter/Division Meetings	
6:15 PM – 7:00 PM	Opening Night Reception	
7:00 PM – 8:30 PM	Chapter/Division-Attendee Receptions	
8:30 PM – 9:30 PM	VCA President's Reception	
Friday, November 13, 2026		
7:30 AM – 5:00 PM	Convention Registration	
7:30 AM – 8:30 AM	Coffee & Breakfast Items	
7:30 AM – 11:00 AM	Silent Auction Items on display	
8:00 AM – 5:00 PM	VCA Marketplace	
7:30 AM – 8:30 AM	Session 5 - Morning Mindfulness	1
8:00 AM – 5:00 PM	Welcome Space Open	
8:45 AM – 9:45 AM	Session 6	1
10:00 AM – 11:00 AM	Session 7	1
11:15 AM – 12:45 PM	VCA Awards Ceremony & Luncheon	
1:00 PM – 5:00 PM	Silent Auction Pick-up	
1:00 PM – 2:00 PM	Session 8	1
2:00 PM – 2:45 PM	Break	
2:45 PM – 3:45 PM	Session 9	1
4:00 PM – 5:00 PM	Session 10	1
8:00 PM – 10:00 PM	Special Event – DJ & dancing	
Saturday, November 14, 2026		
7:30 AM – 8:30 AM	Session 11 – Morning Mindfulness	1
7:30 AM – 11:30 AM	Convention Registration	
7:30 AM – 8:30 AM	Coffee & Breakfast Items	
8:45 AM – 9:45 AM	Session 12	1
10:00 AM – 11:00 AM	Session 13	1
11:00 AM – 12:30 PM	Lunch on Your Own	
12:45 PM – 1:45 PM	Session 14	1
2:00 PM – 3:00 PM	Session 15	1
Total Possible NBCC CE hours		17

*All Convention meetings, events & receptions are open to every convention attendee.

Register for this year's convention [here!](https://www.vcacounselors.org/events/EventDetails.aspx?alias=2026VCAconvention)

<https://www.vcacounselors.org/events/EventDetails.aspx?alias=2026VCAconvention>

Where to find HRCA at VCA Convention

- We will have an HRCA table during convention.
- We will be hosting a Chapter Reception on Thursday 11/12 (Time and location TBD).

- We will have our Annual Business Meeting (Day, Time, and location TBD).

Be sure to stop by any and all HRCA events. We look forward to seeing and spending time with all of our members during VCA Convention.

We're seeking members to serve with us at the **VCA Convention this November**. If you'd like to learn more, email hrca3105@gmail.com

Watch your email FOR MORE CONVENTION DETAILS