

ITS SUMMER AND THINGS AT EMBER ARE HEATING UP

Progress at Ember Elevation Collective continues to build momentum, and we're thrilled to share some exciting updates with our community. Behind the scenes, our dedicated team has been working tirelessly to lay a strong foundation for the programs, partnerships, and resources that will support our mission for years to come. Every step forward brings us closer to creating meaningful opportunities for connection, growth, and empowerment.

EMBER SESSIONS ARE HERE!

This month marked an exciting milestone with the launch of *The Ember Sessions*, our new web-based virtual seminar series. Designed to inspire, educate, and bring people together, The Ember Sessions provide an accessible space for learning, conversation, and community engagement. We look forward to welcoming participants from near and far as we continue expanding opportunities to connect, share knowledge, and grow together.

[Learn More](#)



WELCOME TO THE TEAM BETHANY BUSHHOUSE, CHIEF OPERATING OFFICER

Bethany is a U.S. Army Veteran who served honorably for eight years of active duty. Today, Bethany serves as a senior defense professional, published author, competitive powerlifter and proud mother of four. Her greatest passion is helping people discover that their story doesn't end with their hardest chapter. With her wealth of operation experience we are so excited to have her on board to help us build the systems and infrastructure that will support Ember's continued growth!



[Check us out on
Instagram!](#)

www.emberelevationcollective.org

EMBER SESSIONS

This was Ember Elevation's first virtual workshop, focused on physical and moral injuries affecting female military veterans and first responders. Two expert guest speakers presented — Dr. KP Cuneo (Doctor of Physical Therapy) and Dr. JB Cano (licensed psychotherapist and Navy veteran) — followed by an open Q&A. Key themes included the interconnected nature of physical, psychological, and moral wounds, and the importance of multidisciplinary care.



Dr. Kaylan Cuneo

Dr. Kaylan Cuneo is a physical therapist local to the Eastern NC region. Currently, Dr. Cuneo is on a travel assignment in Pinehurst, NC, but returns during the fall semesters to Methodist University where she teaches in the Occupational Therapy Program. Earning her doctorate from Methodist University, Dr. Cuneo has primarily practiced in the outpatient setting while bringing a focus to functional strength training. She has a special interest in return to sport/athletics, post-concussion, and balance cases.



Dr. Blair PsyD, MSCP, BCN

Dr. Blair Cano, a Navy Veteran and Licensed Psychologist in the states of Colorado, Hawaii, Missouri, New Mexico, Texas, and Virginia, offers specialized performance optimization services. With 17 years of clinical experience, Dr. Cano's integration of operational military experience and advanced clinical expertise enables her to provide exceptional veteran and active duty psychological care and unmatched insight to the special operations mental health community. Additionally, she offers professional coaching in Emotional Intelligence in Leadership, Military Transition, and serves as a thought partner.



TO HEAL YOU MUST ALLOW YOURSELF TO FEEL EVERYTHING

If you weren't able to make it to this month's Ember Session and would like to find out more, we've got you covered! Head to our website where we will be posting our recorded webinars, resources, and future sessions!

UPCOMING EVENTS

- September *Ember Sessions: You're Not Alone*
- October Launch, North Carolina HQ
- August Ember IRL- Niceville, FL
- Stay Connected for More!



Join our mailing list



Thanks for being
here with us!
-Ember



MEMBER SPOTLIGHT: OFFICER CARLY SIMMONS, APD

Carly Simmons has been a member of EEC since the start! Childhood friends with our Marketing Dir, Chloe, Carly grew up in the hill country of Texas. She graduated the Austin Police Department Academy in 2022, while pregnant with her first son! She is now the mother of two wild boys, the spouse of an APD Police Officer/Army National Guardsman, and is passionate about clean living and Eastern Holistic Healing. Thanks for your support Officer Simmons!



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