

FOR IMMEDIATE RELEASE

Enclave Stress Recovery Center Offers Holistic Solutions for Managing Stress

Spring Lake, NC – The Greater Sandhills Chamber, is proud to announce the opening of the Enclave Stress Recovery Center in Southwind Plaza, Spring Lake. The center provides a peaceful and restorative environment for individuals seeking to manage stress and improve their mental health. It features a Himalayan salt suite, an indoor garden, a beach room, and an open floor for co-working and group sessions.

“Stress is a growing problem that affects everyone at some point, so we are thrilled to bring our unique services to Cumberland County,” said Executive Director, Taneshia Kerr. “At The Enclave, we believe that wellness is a holistic journey, and we are committed to providing quality care, while helping our members achieve their best selves.”

The Enclave Stress Recovery Center offers a variety of immersive therapy suites, and other evidence-based therapies, including Christian counseling, aromatherapy, mindfulness practices, art therapy, and stress management events. “Each suite gives you the chance to immerse your senses,” Kerr said. “You can experience a relaxing time away, minus the road trip.” Enclave members can move from suite to suite at their own pace, alone or with friends. Members can enjoy a chair massage, do yoga, use meditation to refocus, have a complimentary drink with a book, or lay back and actively do nothing.

Speaking on behalf of the Greater Sandhills Chamber, Executive Treasurer Nisla Love described Kerr (who also serves as President of the Chamber) as a giver. “It is an honor that you’re able to share and pour in to [the community] in this way,” Love said.

Mayor of Spring Lake Kia Anthony expressed gratitude for being the site of the first location of the stress recovery center. “Mental health is very often overlooked so our town needs this place,” Anthony said. “I am so excited as the mayor of this community to see us growing and bringing in new businesses. I am excited to see such a need being filled with access to a safe place. To have it right here in our backyard is a reminder to stop and check-in with ourselves.”

“Our focus is on helping patients achieve sustainable recovery in a way that works for them,” said Kerr. “We know that life can be stressful and the road to mental wellness can be difficult, but we are here to support and guide each individual on their journey.”

The Enclave is also home to Fayetteville Christian Counseling. The Center is now accepting new members and they are available for private events and use by other wellness instructors and therapists.

For more information, please contact: Taneshia Kerr, Executive Director, 910-339-0437, EnclaveStressRecovery.com

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