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Grief and the Holidays Resources

www.grief.com

www.griefshare.org

Seasonal Affective Disorder Resources

<http://www.mayoclinic.com/health/seasonal-affective-disorder>

<http://www.psychiatry.org/seasonal-affective-disorder>

Reminders

Please remember that if for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

With winter approaching and severe weather impending, The Center for

Surviving the Holidays

Many people are filled with excitement and anticipation for the upcoming holidays. Others are consumed with anxiety, sadness and fear. It can be unbearable at times, to put a smile on your face, especially if you have lost a loved one. *When* you have lost a loved one does not always make a difference in the grief that one experiences. The holidays are a reminder that our loved one is no longer with us.

Some people think it is less painful to "forget" about their loved one for the day or even the entire season. This is not productive. It is important to allow yourself to grieve. Grief is a process. It could take a person 6 months to effectively move through the grief process. It could take another person several years.

Here are some ideas to make it through the holidays this year.

- Make or buy your loved ones' favorite meal. Maybe you plan to go out to dinner with your family/friends instead of the usual dinner at someone's home. Don't be afraid to start new traditions.
- Light a candle for your loved one at the dinner table or leave an empty chair for your loved one and recall positive memories.
- Share your favorite memories of your loved one during a family/friend gathering. Invite others to join in.
- It is ok if you just can't bring yourself to go to scheduled family get-together. Let your family/friends know that you just aren't up to it this year.
- Go to a religious gathering of your choice and pray for your loved one.
- Journaling or blogging about that person. Sometimes just talking/typing/writing about your feelings is a useful way to externalize your emotions.
- Helping others by volunteering at a local organization for the holidays can bring some positive feelings. Making a donation to an organization in the name of your deceased loved one is also a great way to honor that person.

Remember to talk to someone. Reaching out to a friend, family member or therapist can be extremely

Counseling may have to close if the road conditions are deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

Staff Directory

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Bullying Groups

The Center for Counseling will be facilitating free groups for children who are being bullied. We feel that these groups will offer much needed support, education and increase one's assertiveness and self-esteem. We will offer a girls group beginning January 15, 2014 and a boys group beginning January 16, 2014. Groups will be held for 8 consecutive weeks. Please call our office and let us know if you are interested.

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supportive and helpful. For more information, please visit the websites on the left column of this newsletter. The Center for Counseling offers free Grief and Loss groups. We will have group on December 16th, January 6th and January 20th. Please contact us for February dates.

December is Seasonal Affective Disorder Month

Seasonal Affective Disorder, often times referred to as SAD, is when someone experiences symptoms of depression around the same time each year. Typically, when fall begins and the daylight hours decrease and the weather becomes colder, a person can begin to feel sadness, crying spells, social isolation, weight gain and an increase in sleep. Anxiety and feelings of worthlessness, hopelessness and helplessness are also quite common. Often times, the symptoms experienced can get progressively more severe into the winter months.

Talking to a therapist, a psychiatrist or your primary care physician about your symptoms is the first step in determining whether you may have SAD. There are treatments available. Psychotherapy, medication and/or light therapy are options. It is also important to get outside daily, exercise daily and open your blinds/curtains in your home.

We Are Hiring!

The Center for Counseling is currently looking to hire a fully licensed therapist to join our team. We are looking for a person who works with children/adolescents. All interested people, should fax their resume to 586 949-7681 as soon as possible.



We, at The Center for Counseling, would like to wish each and every one of you, a joyful and safe holiday season!