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Sleep Awareness

www.sleepfoundation.org

Child Abuse

www.preventchildabuse.org

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.

The Center for 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

Dr. Cheryl Mazzara, MD (Child Psychiatrist)

Dr. Hetal Patel, MD (Psychiatrist)

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Sleep Awareness

March 2nd through the 9th is Sleep Awareness Week. The National Sleep Foundation focuses on improving health and well-being through education. Insomnia often times occurs in individuals who

experience anxiety. We all can probably recall a time or two when we had trouble falling asleep because we were anxious, worried about something or felt overstimulated. Those with insomnia struggle with this consistently and often. Some ideas to help with anxiety are to meditate before you go to bed, exercise daily and listen to calming music. Prioritizing your to-do list is also a helpful idea. Doing this before attempting to fall asleep can often times put things in a better perspective and decrease feelings of being overwhelmed.

Some sleep tips are to keep a consistent schedule of going to sleep and waking up, even on weekends. A bedtime routine isn't just for kids. As adults, we should also practice a calming and relaxing routine. Avoiding naps can help with a restful night's sleep. If you are unable to sleep, experts suggest leaving your bedroom and doing something else until you are tired. Watching TV, working on a computer, etc. while in bed can prevent you from a good night's rest.

The following benefits of adequate sleep may surprise you. Sleep can boost your mood and improve your memory, creativity, stamina, grades, attention and lower overall stress. Sweet dreams!

Child Abuse Awareness

April is Child Abuse Awareness Month. We hear about children who are abused on the news almost daily. In 2010, in Michigan, 38% of abuse victims were under the age of 4. Also in Michigan, approximately 79% of perpetrators are the child's parent or guardian.

Parenting is the most stressful, yet rewarding job. We don't always get a lunch break or an office where we can shut the rest of the world out when we want. It is important to remember that our children are always watching us. We are teaching them how to handle stress, anger, sadness, etc. If we are not displaying appropriate control of our emotions, neither will our children. When we are physically and/or verbally

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DID YOU KNOW??

Group Therapy is often times a great environment for people to feel belongingness and support. When dealing with a specific issue, group therapy is most beneficial along with individual therapy, however it is also helpful as a standalone treatment.

The Center for Counseling offers several groups to the community. You don't have to be a client to participate in any of our groups. Here is a list of the groups that we currently facilitate.

- ~ Grief and Loss (Adults)
- ~ Anger Management (Adults)

The following groups are available on an as needed basis.

- ~ Anger Management (Adolescents)
- ~ Substance Abuse (Adults and Adolescents)
- ~ Bullying Group FREE (Adolescent victims of bullying)
- ~ Low Self Esteem (Adolescents)

Please call our office for days, times and costs (if any) of these groups.

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aggressive towards our children, we are telling them that it is completely acceptable to behave in the same manner when they are upset.

There are some simple tips to make parenting less stressful. It is important to simplify your life as much as possible. By overcommitting ourselves, our level of stress increases and our children are sometimes the victims. Getting enough sleep is imperative. Sometimes, doing that extra load of laundry in the morning is better so that you can get 7 to 8 hours of sleep. If you are sleep deprived, you are setting yourself up for unnecessary stress in the morning. Lower your expectations! Expecting perfection is never a good idea. Having a plan in place when you feel yourself getting stressed out is a great way to be proactive. Maybe it is hiding in a bedroom or bathroom for a minute and taking deep breaths. Asking for help from someone is a must. We all need a break sometimes. A spouse/significant other, neighbor, friend, family member can all be an option. Whether we just need to talk to someone or perhaps need some time away from our kids to de-stress, these people can provide us with some much needed relief.

If we follow the tips above on a consistent basis, we will notice that our stress decreases. As our stress decreases, we are better parents overall. Consequently, the urge to say or do something that is aggressive in nature to our children also decreases. This is one way that we can all live happier lives, decrease the frequency of child abuse and ultimately have happier and healthier children.

If you don't feel that you are providing a safe environment to your children, please feel free to contact a mental health professional or your primary care physician. There are many people and organizations that can help you control your emotions. If you know someone or suspect someone is abusing a child, please contact the police immediately.



*One day they'll
walk in your shoes.
Make sure they're
pointed in the
right direction.*

~L.R.Knost

www.littleheartbooks.com

