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Tis the Season...

<http://www.cityofnewbaltimore.org/calendar.asp>

<http://www.downtownmountclemens.com/calendar/events-list>

<http://www.thehenryford.org/village/events/index.aspx>

Decisions, Decisions, Decisions!

<http://www.psychologytoday.com/basics/decision-making>

<http://www.mindtools.com/pages/article/avoiding-psychological-bias.htm>

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.

Staff Directory

- Dr. Cheryl Mazzara, MD (Child Psychiatrist)
- Dr. Hetal Patel, MD (Psychiatrist)
- Amy DesRocher, MA, LPC
- John Dobat, LMSW
- Matthew Freeman, MA, LPC
- Sheila Fullmer, MA, LLP (Clinical Director)
- Joan Ghougouian, LMSW



The Center for Counseling is Moving!

We're pleased to announce that we will be moving on November 14th, 2014. Our new office is a part of the Bayview Medical Center located at 32743 23 Mile Rd, New Baltimore, Michigan 48047. If your appointment is after November 14, please

come to our new office. Enter at the east entrance for the time being, as the main lobby is being renovated.

We look forward to serving you at our new location. Please call our office if you have any questions. Thank you!

Tis the Season...

Can you believe it?!?! The holidays are almost here! People are talking about Christmas shopping and planning holiday parties already. Do you ever get through the holidays and regret not doing more family activities together or not giving back as you had hoped to? Sometimes we get "sucked in" to the hustle and bustle of the holidays and we forget what the season is all about. So, here is a list of activities and ways to help others so that we don't make the same mistake twice...or more!



Family Activities (for the young and old at heart)

- ~ Check out surrounding cities websites for Christmas tree lighting ceremonies, parades, etc.
- ~ Henry Ford Museum
- ~ Christmas at Crossroads (Genessee County Parks)
- ~ Detroit Zoo holiday events

Ways to give back

- ~ Talk to your place of employment and see about adopting a family for Christmas.
- ~ Toys for Tots, Turning Point or other similar

Julie Goodman, LPC, CAAC
Christina Lawton, LMSW
MaryAnn Woodard, LMSW

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)
- ~ Substance Abuse (Adults and Adolescents)

The following groups are available on an as needed basis.

- ~ Anger Management (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.



Contact Us

50630 Chesterfield Rd
Chesterfield MI 48051

As of November 14th
Bayview Medical Center
32743 23 Mile Rd
New Baltimore, Michigan 48047

586-949-7680

www.thecenterforcounseling.net

organizations that would benefit from donations or hands-on help.

~ Paying for a coffee or meal for a stranger who may be in need.

~ Write a note or tell someone who you appreciate.

Sometimes we assume people know how much they mean to us!

~ Soup Kitchens

~ Churches or other places of worship

How To Get The Most Out Of Therapy

1. Therapy works best when you think about what was discussed through out the week.
2. Be aware of your own emotions. If you feel nervous, scared, excited, angry, etc. during a session, talk about it with your therapist.
3. If your therapist says something that you feel you already know, asks you to partipate in a therapeutic technique, etc., play along even if you don't want to. Many times it can benefit you!
4. Do your homework. If journaling, exercising, communication with someone, etc. is recommended, then give it your all! Again, this could be more rewarding than you thought.



Decisions, Decisions, Decisions!

How many times were you faced with a decision that you weren't sure how to proceed? The possibility of making the "wrong" decision can lead to an overwhelming amount of anxiety and stress. So, the next time that you are faced with a decision and you are unsure what to do, try this problem solving technique.

Make a list of pros and cons of your problem (Should I buy a new car, Should I get involved with this person, Should I continue counseling, etc.) After you put in all of your pros and cons in their respective columns, sleep on it. Allow yourself to think of more reasons if possible and add those to your list. Next, go through each reason listed and weigh it using a scale of 1-5. One indicates that this reason is not very important and five indicates that this is a very important reason. After weighing each reason, add them up. The column with the highest number probably indicates the "better" decision. Remember, that doesn't mean that it is the easy decision. If you are still not convinced after you get your total, perhaps getting the perspective of other people whom you trust. Sometimes discussing your results with someone can help you to see what you should do. Good luck!