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Back to School!!!

<http://www.mentalhealthamerica.net/back-school>

http://www.huffingtonpost.com/ross-szabo/5-mental-health-tips-for-_b_3928687.html

<http://www.food.com/slideshow/back-to-school-lunch-box-ideas-111>

College Bound??

<http://collegeinfo geek.com/42-things-i-learned-freshman-year/>

<http://www.fastweb.com/college-search/articles/405-ten-tips-for-parents-of-college-kids>

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)

Mary DeClerck, MA, LLP

Amy DesRocher, MA, LPC

John Dobat, LMSW

Matthew Freeman, MA, LPC

Sheila Fullmer, MA, LLP (Clinical Director)

moving

College Bound??



Are you a parent of a child who is going to college this fall? Whether they are living away from home or staying in your home, many of the feelings are the same. It can be like starting all over again.

Adjusting to a new school schedule, learning new material which is often times at a much faster pace than high school and making new friends are just a few of the triggers to this anxiety. This is a time of learning how to be an adult. Often times, a parent is around to wake the student up for class, or remind them to study, or to check the high school's parent online website for the most up to date grades, missing assignments, etc. Students can suddenly feel very alone in this journey. Here are some reminders for parents and college students.

- College students need to learn how to succeed without their parents involvement. It is perfectly ok to check in with your student about their classes, homework, etc. however students should be in control of this.
- Although academics are the main concern, don't forget how important it is for students to have the opportunity to make new friends and figure out who they are and where they fit in.
- Encouraging students to get involved in college clubs, groups, sports, etc. is a great way to meet other students.
- Often times, students will see a slight drop in grades as they are figuring out the whole college scene. Be sure that the student knows that you are there to help them when they need it. It is also important that they understand that if their grade drops below a C in any class, they need to put more time into their homework or get some additional help from the professor, another student or a tutor. Make sure students have a well thought out plan!
- Sometimes, a college students schedule is not always convenient. Large gaps of time in between classes is often a problem. These are perfect times to make a routine of spending it in the library or in the common area to meet others.

"It's not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings." -Ann Landers

Benefits of Journaling

A lot of people talk about journaling. Some people actually do it. There are many benefits to journaling. Here is a short list taken from

Joan Ghougoian, LMSW
Christina Lawton, LMSW
Donna Perkins, MA, LPC
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.

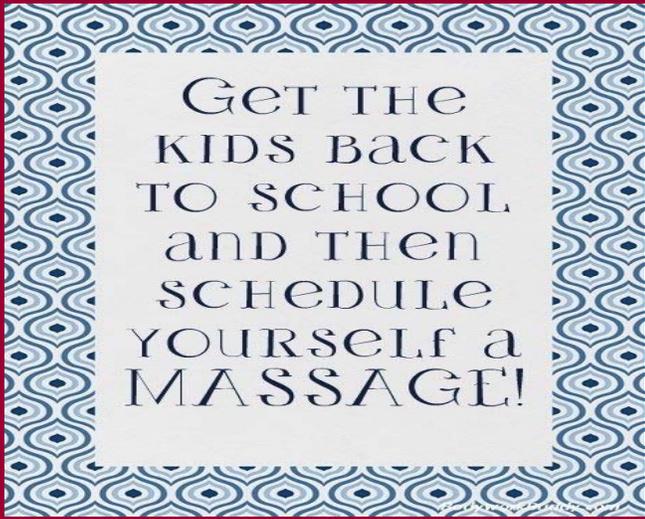
The Center for Counseling offers several groups to the community. You don't have to be a client to participate in any of our groups. Here is a list of the groups that we currently facilitate.

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

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.



GET THE
KIDS BACK
TO SCHOOL
and THEN
SCHEDULE
YOURSELF a
MASSAGE!

Contact Us
50630 Chesterfield Rd
Chesterfield MI 48051
586-949-7680

www.thecenterforcounseling.net

a very long list. (http://www.appleseeds.org/100_Journaling.htm)

1. Increases focus
2. Moves you towards wholeness and growth, to who you really are
3. Exercises your mental muscles
4. Allows freedom of expression
5. Measures and tracks what is important to you
6. Reads your own mind
7. Provides insight
8. Soothes troubled memories
9. Helps rid you of the masks you wear
10. Is a close, intimate, accepting, trusting, caring, honest, non-judgmental, perfect friend

Remember, journaling is a private place for you to write your thoughts down. You don't have to worry about offending someone or boring someone. You write whatever comes to your mind. You should not be concerned with grammar as no one is reading it but you. Make sure you have a quiet and relaxing place to journal for 5-20 minutes per day. Try it for 2 weeks and see if it helps!