

The Counseling Center of
Wayne & Holmes Counties
2285 Benden Drive
Wooster, OH 44691

CENTER UPDATE

FEBRUARY 2013

PARENTING PROGRAMS OFFERED

The Counseling Center's Community Education program will be offering two specialized parenting programs to the community in the next several weeks. **The Parent Project** is a 10 week course for parents of defiant, strong-willed or out-of-control adolescents. **The Parent Project** is an evidence-based program with documented success in reducing family conflict. Classes begin on March 14 at the United Methodist Church in Wooster. There is a cost of \$75 per family to cover materials and supplies; but scholarships are available to assist any family where cost is a barrier. **The Parent Project** is supported by United Way and the Mental Health and Recovery Board.

Incredible Years is a 14 week program for families with a child aged 3 to 7. The program provides parents with skills and proven techniques for parenting young children and also includes an activity and learning program for children offered at the same time. **Incredible Years** classes will begin in Wayne County on February 19 at Wooster United Methodist Church and in Holmes County on February 21 at Gateway Fellowship Church. **Incredible Years** is supported by grant from the Wayne County Family and Children First Council and the Holmes County Family and Children First Council.

Additional information is available by calling the Center's main office at 330-264-9029.

MENTAL HEALTH FIRST AID

The Counseling Center is pleased have on staff one of the few persons in Ohio who is a certified trainer in **Mental Health First Aid**. Mark Weaver, LPCC-S, Director of Community Education and Prevention, recently completed a week-long program to become certified to provide this nationally recognized program. Weaver's training was supported by a grant from Community Action of Wayne and Medina Counties. President Obama's recent recommendations in response to the school shootings in Newton, Connecticut included reference to expanded access to **Mental Health First Aid** training; and pending federal legislation includes \$20 million in grants specifically to support such training for local emergency services personnel, police officers, teachers and others. "Our community is extremely fortunate to have a certified trainer in our local area", noted Susan Buchwalter, Counseling Center CEO. Groups or organizations that are interested in Mental Health First Aid training can contact Weaver at the Center's main office.

SERVICES GROW

The Counseling Center provided almost 4% more service in January of this year, compared to the same time period in the previous year. Services that are exceeding projected levels include crisis response, diagnostic assessment, group services for persons with severe mental illness and residential care.

CHECK IT OUT!

The Counseling Center has a newly designed web page with additional information and new resources. Check us out at www.ccwhc.org or visit our new Facebook page.

Phone: (330) 264-9029 • Fax: (330) 263-7251

Check out our website at: www.ccwhc.org

The Counseling Center is supported by the Mental Health & Recovery Board, United Way, insurance, grants and patient fees