
HELPING PARENTS HELP CHILDREN

The Counseling Center regularly holds classes for parents who are going through a divorce or dissolution. The class not only helps parents know what to expect as their children of different ages deal with adjustment issues related to their parents' divorce, but also guides the adults in their own adjustment as well. This is important so the parents can manage their own resentments and hurt feelings in a way that will allow them to re-focus on the needs of their children. The class teaches some communication skills and generally reorients participants from thinking of the other parent as an ex-spouse to thinking of them as a fellow parent, and encourages parents to work together constructively for the benefit of their children. The three hour class is mandated by the courts. Parents can attend together or separately. Recently, the class has added participation from the staff of the Child Support Enforcement Agency, who are there to answer questions, help with enrollment and offer support to all parents, not just those with child support problems. Future plans include offering the class to parents who have never been married, and developing a companion class for children. The class instructor is Jim Foley, LISW-S, Director of Community Education and Prevention.

SUICIDE PREVENTION IS EVERYONE'S BUSINESS!

National Suicide Prevention Week was observed September 5-11, 2016. While there is no single cause of suicide, it most often occurs when stressors exceed coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed and untreated. Most people who actively manage their mental health conditions lead fulfilling lives. If left untreated, the risk for suicide is increased.

The Center's Crisis Team is available 24/7 to assist those in need and can be reached at (330) 264-9029.



APPOINTMENT REMINDERS

In an effort to assist patients and improve attendance, The Counseling Center recently initiated use of an automated appointment reminder system. Patients can choose to receive reminders by phone call or text, and receive a personalized message reminding them of the appointment time.