Perspectives of Troy Counseling Centers

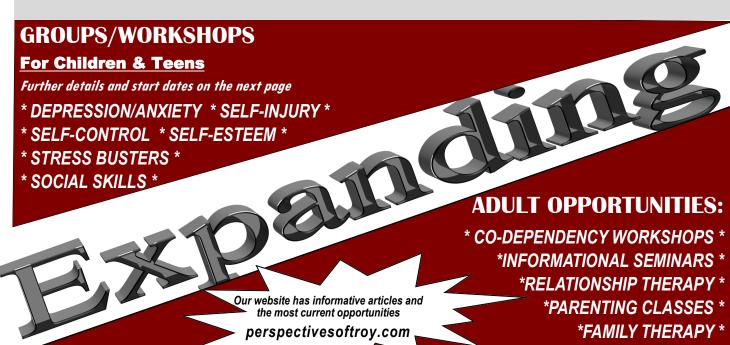
# on the E.D.G.E.

TROY 248-244-8644

STERLING HEIGHTS 586-268-6712

### The Adolescent EDGE Program

Founded 1998





#### FOR ADOLESCENTS...

#### Social Skills

Hands on learning in an 8-week group format designed for males and females as they practice valuable social skills needed to function in society.

Wednesday evenings
Contact Diana Jennings, MS, LLP

#### Self-Control

8-week self-control program where teens will learn about their response style, ways to decrease anger outbursts and manage emotions effectively.

Thursday evenings
Contact Joe Lilly, LMSW



Don't Go It Alone!

Pre-Teen & Teen Groups

Call 248-244-8644

To sign up for our next group!



#### The TEEN E.D.G.E.

This groups is for all individuals who struggle with depression, anxiety, and/or self-injury. Learn valuable skills for recovery in a safe group environment.

Tuesday evenings - Contact Leslie Johnsen, MA, LLP

## MOTIVATION

## Perspectives' Student Motivation Workshop Saturday, November 12, 2016

10:00 am - 3:00 pm

#### **Lunch will be provided!**

Directed by: LaTanya Carter, PhD, LP

#### One-day workshop designed to help students (ages 13-17) struggling with:

- Failing grades
- Missing Assignments
- Test Anxiety
- Procrastination
- Disorganization and forgetfulness



#### STUDENTS WILL LEARN HOW TO:

- Improve motivation
- Take initiative
- Stay organized
- Test Anxiety
- · Set and achieve goals
- Manage their time

Space is limited! Call today to register: 248-244-8644

#### FOR CHILDREN...



## A STRESS BUSTERS WORSHOP

For children and preteens struggling with the anxiety, fears, stress and worry

With Diana Jennings, MS, LLP

#### Highlights of this workshop:

- ➤ Learn about what stress is and what may be triggering stress
- ➤ Gain a greater understanding of anxiety and feeling more in control of symptoms and setbacks
- > **D**evelop coping skills to combat this difficult issue!!!

Saturday, October 29, 2016 10:00 a.m. - 3:00 p.m.

#### #GIRLPOWER

#### A SELF-ESTEEM WORKSHOP

For children and preteens struggling with self-esteem and body image issues

With Kristin Bronson, MA, LPC

#### Highlights of this workshop:

- Learn strategies to build your self-confidence
- > Challenge negative influences on your self-esteem
- > Develop coping skills to be the best you can be!!!

Saturday, November 5, 2016 10:00 am - 3:00 pm

#### FOR PARENTS...

# Perspectives

or ents

# PARENTING TEENS WITH SELF-INJURIOUS BEHAVIORS WORKSHOP

This workshop runs quarterly and provides parents with education and tools to help their children. There are very specific responses that can be helpful and some that can be harmful when dealing with self-injury.

Parents leave this workshop feeling equipped to help their family members.

#### PARENTING TEENS WITH SELF-CONTROL ISSUES WORKSHOP

Parents will gain education regarding self-control, anger, and impulsivity. The workshop runs on a quarterly basis. It provides tools to optimize success for children and teens teaching them to manage emotions in a positive and healthy manner.

ARENTING

perspectivesoftroy.com
248-244-8644

## Perspectives of Troy

3 locations to serve you! perspectives of troy.com

888 West Big Beaver, Suite 1450 Troy, MI 48084 248-244-8644

4151 17 Mile, Suite D Sterling Heights, MI 48310 586-268-6712

Novi location—Grand Opening January 2017! 23965 Novi Road Suite 130 Novi, MI 48375

- EXPLORING
- DISCOVERING
- **GOAL-SETTING**
- EXCELLING

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You are invited to a Complimentary Seminar...

#### THE MANY FACES OF ANGED

TACKLING THE MOST MISUNDERSTOOD EMOTION

Presented by:

PERSPECTIVES OF TROY COUNSELING CENTERS

WITH ANGER MANAGEMENT SPECIALIST

JOE LILLY, LMSW

FRIDAY, OCTOBER 21, 2016

9:00 A.M. - NOON

#### Highlights of this seminar:

- **☑** Understanding anger from a new perspective
- ☑ Removing the stigma of anger
- oxdot Discovering new tools to manage the complexities of anger
- - **☑** Workbook included
  - ☑ Tour of our beautiful facility

CALL NOW

call now to reserve your spot-space is limited! 248-244-8644