

Perspectives
of Troy
Counseling
Centers



On the E.D.G.E.

Fall 2016

TROY
248-244-8644
STERLING HEIGHTS
586-268-6712

The Adolescent EDGE Program

Founded 1998

GROUPS/WORKSHOPS

For Children & Teens

Further details and start dates on the next page

- * DEPRESSION/ANXIETY * SELF-INJURY *
- * SELF-CONTROL * SELF-ESTEEM *
- * STRESS BUSTERS *
- * SOCIAL SKILLS *

Expanding

Our website has informative articles and
the most current opportunities
perspectivesoftroy.com

ADULT OPPORTUNITIES:

- * CO-DEPENDENCY WORKSHOPS *
- * INFORMATIONAL SEMINARS *
- * RELATIONSHIP THERAPY *
- * PARENTING CLASSES *
- * FAMILY THERAPY *

Third Location Opening!!!

**Grand Opening
January 2017**

23965 Novi Road, Suite 130, Novi, MI 48375

Visit perspectivesoftroy.com for the exciting details!

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 WORKSHOP

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*
- *Develop 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

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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.

PARENTING

perspectivesoftroy.com

248-244-8644

Perspectives of Troy

3 locations to serve you!
perspectivesoftroy.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

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Standard
U.S. Postage
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Troy, MI
Permit No. 123

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING

You are invited to a Complimentary Seminar...

THE MANY FACES OF ANGER

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
- ☒ Discovering new tools to manage the complexities of anger
- ☒ Continental breakfast provided
- ☒ Workbook included
- ☒ Tour of our beautiful facility

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED! 248-244-8644

CALL NOW