

**Perspectives
of Troy
Counseling
Centers**



On the E.D.G.E.

TROY

248-244-8644

STERLING HEIGHTS

586-268-6712

GROUPS FOR TEENS:

- * Depression/Anxiety * Academic Motivation *
- * ADHD * Anger * Self-Injury *
- * Self-Esteem * Self Control *
- * Social Skills *

Check out what's happening at Perspectives

Workshops:

March 18—The Invasion of Technology

March 19—Spring Cleaning Your Emotional Clutter

April 7—Parenting the Out-of-Control Child/Teen

April 30—Stress Busters for kids 8-12

May TBD—Parenting Teens with Self-Injurious Behaviors

Interesting facts about Perspectives...

- ☺ *Perspectives has been helping clients for over 30 years, has expanded to 2 locations in the last decade and plans to expand further —with over 35 masters and doctoral trained specialists.*
- ☺ *Perspectives has three psychiatrists on staff to provide medication management.*
- ☺ *The Perspectives EDGE Program has been helping adolescents since 1997 offering groups for teens, seminars for professionals, workshops for parents...and much more!*
- ☺ *Perspectives stays current on important topics to educate professionals, parents, and the community.*

OVER 30 YEARS

PROVIDING SERVICE TO THE TRI-COUNTY AREA



UNIQUE OPPORTUNITIES FOR ADULTS

SPRING CLEANING

How to Rid Yourself of Emotional Clutter

With Patricia Mroch, MA, LPC, NCC, Susan Bakker, LMSW,
Kristin Bronson, MA, LPC and Christopher LePage, PsyD, DLLP, LMSW

Saturday, March 19, 2016

10:00 - 11:30 am

Perspectives of Troy Counseling Centers - Troy location

Join the panel of experts and learn:

- *What Emotional Clutter looks like*
- *How Emotional Clutter can hold us back*
- *Tips and tools for Emotional "Cleaning"*
- *Identifying Emotional Clutter in children*

PARENTING THE OUT-OF-CONTROL CHILD/TEEN

Empowering parents with hyperactive, impulsive and angry children

With Joe Lilly, LMSW

Thursday, April 7, 2016

6:30 - 8:00 pm

Perspectives of Troy Counseling Centers—Troy location

Participants will learn...

- *What it means to lose self-control*
- *How to listen & identify emotions*
- *Strategies to ensure children are successful*
- *Skills parents need to teach children*

DON'T MISS OUT...CALL 248-244-8644 NOW



ADOLESCENT GROUPS

Join Now!



The TEEN E.D.G.E.

This 8-week group is for males and female teens struggling with any type of depression, anxiety and self-injury.

Learn valuable skills for recovery.

Tuesday evenings-Contact Leslie Johnsen, MA, LLP

The CUTTING E.D.G.E.

This groups is for all individuals who have self-injured in any way.

The focus is on what drives the behavior and how to stop.

Parent education is included in this 8-week program.

Tuesday evenings-Contact Leslie Johnsen, MA, LLP

The Social Skills E.D.G.E.

Hands on learning for males and females as they practice valuable social skills needed to function in society. 8-week group is a must for those with social deficits.

Wednesday evenings-Contact Diana Jennings, MS, LLP

The Self-Control E.D.G.E.

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

Thursday evenings-Contact Joe Lilly, LMSW

Gaining an E.D.G.E. on Achievement

Teen 8-week group for males and females who are struggling in school due to poor motivation. Teens will learn goal-setting, time management skills and improve motivation.

Tuesday evenings-Contact LaTanya Carter, PhD, LP

**Exploring Discovering
Goal-Setting Excelling**

248-244-8644

Kid's Corner

Our Children's Department provides comprehensive services!

- ☺ INDIVIDUAL AND FAMILY COUNSELING
- ☺ CHILD PSYCHIATRIST
- ☺ PSYCHOLOGICAL TESTING
- ☺ 3 CHILDREN'S GROUPS offered this Spring:

*****The SELF-CONTROL EDGE*****

*****The SOCIAL SKILLS EDGE*****

*****SELF-ESTEEM WORKSHOP FOR GIRLS*****

Stress Busters Workshop

Helping kids ages 8-12 conquer anxiety, stress and fears!

APRIL 30TH

10AM - 3PM

Please contact Diana Jennings at 248-244-8644 for further information about any of these children's services AND visit perspectivesoftroy.com

Perspectives of Troy Counseling Centers

Perspectives of Troy Counseling Centers

2 locations to serve you!

888 West Big Beaver, Suite 1450
Troy, MI 48084

4151 17 Mile, Suite D
Sterling Heights, MI 48310

Check us out on the web—perspectivesoftroy.com

EXPLORING
DISCOVERING
GOAL-SETTING
EXCELLING

You are invited to a Complimentary Seminar...

The Invasion of Technology

How Technology is shaping our Teens and their Relationships

Presented by:

PERSPECTIVES OF TROY COUNSELING CENTERS

John Noteware, LMSW

Diana Jennings, MS, LLP

Leslie Johnsen, MA, LLP



FRIDAY, MARCH 18, 2016

9:00 A.M. – NOON

HIGHLIGHTS:

- *Analyzing the impact the internet, smart phones, and social media plays in teen development*
- *Discussion regarding parental roles with this invasion of technology*
- *Interactive panel and discussion on the role of the school and the world of mental health*

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!

248-244-8644