

**Perspectives of Troy  
Counseling Centers**



# On the E.D.G.E.

**TROY**

**248-244-8644**

**STERLING HEIGHTS**

**586-268-6712**

## **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** \*

**30 YEARS OF SERVICE**

## **PERSPECTIVES TALKS**

Saturdays 10:00-11:30 am

*Our monthly Saturday seminar series to educate the community*

March 21, 2015: **GRANDPARENTS RAISING GRANDCHILDREN**

April 18, 2015: **WHEN A LOVED ONE IS STRUGGLING WITH ADDICTION**

May 16, 2015: **MOTIVATING YOUR COLLEGE STUDENT**

### **Interesting facts about Perspectives...**

- ☺ *Perspectives has been servicing clients of all ages for 30 years, with over 40 graduate level and medical professionals.*
- ☺ *The Perspectives' Adolescent **EDGE** Program has been servicing adolescents for almost 2 decades offering groups for teens, seminars for professionals and workshops for parents.*
- ☺ ***PERSPECTIVES SPEAKER'S BUREAU** has trained thousands- both at our facility and throughout the tri-county area!*

*Our website has informative articles and the most current learning opportunities!*

***perspectivesoftroy.com***

### **ADULT GROUPS...**

*are also offered at Perspectives*

- **Complicated Grief Group**
- **Specialized Trauma Services**
- **Adult Addictions Recovery Group**

**Call for details...**

**248-244-8644**

# ADOLESCENT GROUPS



Taking the E.D.G.E. off

## DEPRESSION and ANXIETY

8-week group for male and female teens struggling with any type of depression and anxiety. Learn valuable skills for recovery.

**Tuesday evenings-Contact Leslie Johnsen, MA, LLP**

## The CUTTING E.D.G.E.

This group is for all individuals who have self-injured in any way. The focus is what drives the behavior and how to stop.

**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 response style, with ways to decrease anger outbursts & impulsivity. They will also learn to manage emotions effectively.

**Thursday evenings-Contact Joe Lilly, LMSW**

# ADOLESCENT WORKSHOPS

## FOR GIRLS ONLY!!!! A SELF-ESTEEM WORKSHOP

*with Kristin Bronson, MA, LPC*

*Highlights of this workshop for female teens:*

- 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, May 2, 2015**

*Morning session for children*

*Afternoon session for teens*

**More info to follow...**



## A STRESS BUSTERS WORKSHOP

*For children and preteens struggling with the anxiety and stress of daily life*

*with Diana Jennings, MS, LLP*

*Highlights of this workshop:*

- Education about what stress is and what causes stress
- Gain a greater understanding of anxiety and feeling more in control of symptoms and setbacks
- Develop coping skills to combat this difficult issue!!!

**April 25, 2015**

**10:00 a.m.-3:00 p.m.**

## GROUPWORK IS POWERFUL

**Refer Now at 248-244-8644**

*perspectivesoftroy.com*



# Kid's corner

## Spring Children's Groups

*Our Children's Department offers comprehensive services:*

- *Psychological Testing*
- *Psychiatric Care*
- *Group Therapy*
- *Individual and Family Therapy!!*

## Social Skills EDGE

*Children's Group teaching social skills needed to function in the world.*

*Contact Diana Jennings, MS, LLP*

OR

## Self-Control EDGE

*Children's Group teaching skills needed to regain self-control.*

*Contact Joe Lilly, LMSW*

**CHILD AND ADULT  
PSYCHIATRISTS**

**SPEAKER'S  
BUREAU**

**PSYCHOLOGICAL  
TESTING**

# Perspectives

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## **PARENTING TEENS WITH SELF-DESTRUCTIVE 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 better equipped to help their family members.*

*Call for the next session!*

*Contact Leslie Johnsen, MA, LLP*

*perspectivesoftroy.com  
248-244-8644*

## **PARENTING CHILDREN & PARENTING TEENS WITH SELF-CONTROL ISSUES WORKSHOPS**

*These workshops run quarterly & provide parents with education and tools to help them parent hyperactive, impulsive & angry kids.*

*Child Workshop: March 19, 2015*

*Teen Workshop: May 28, 2015*

*7:30-9:00 p.m.*

*Contact Joe Lilly, LMSW*

## Perspectives of Troy Counseling Centers

*2 locations to serve you!*

888 West Big Beaver, Suite 1450

Troy, MI 48084

248-244-8644

4151 17 Mile, Suite D

Sterling Heights, MI 48310

586-268-6712

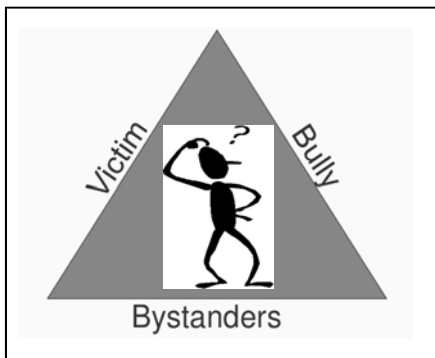
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**EXPLORING  
DISCOVERING  
GOAL-SETTING  
EXCELLING**

You are invited to a Complimentary Seminar...

## **THE BULLYING TRIAD: NAVIGATING THE COMPLEX ANGLES**



Presented by:

Perspectives Of Troy Counseling Centers

**Leslie R. Johnsen, MA, LLP**  
*Clinical Director & Director of Adolescent Services*

**Diana R. Jennings, MS, LLP**  
*Director of Children's Services*

**Kristin Bronson, MA, LPC**  
*Psychotherapist, Bullying Specialist*

**FRIDAY, MARCH 20, 2015**

**9:00 A.M. – NOON**

*Highlights of this seminar:*

- ☒ Understanding the complications of each angle: the **Victim**, the **Bully**, and the **Bystander**
- ☒ Navigating through the cyclical nature of bullying
- ☒ Acquiring strategies for working with each angle
- ☒ Continental breakfast provided
- ☒ Workbook included
- ☒ Tour of our beautiful Troy facility

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

**CALL NOW**