



FROM A CHILD'S PERSPECTIVE

Perspectives Counseling Centers
Child and Adolescent Newsletter

Perspectives Counseling Centers
Invites You to Our
Spring Open House 2019

**PERSPECTIVES
COUNSELING
CENTERS~**

*Troy, Novi,
Plymouth,
Clarkston,
Sterling Heights*

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Seminar Highlights:

- ◆ *Mindfulness Activities to use with students*
- ◆ *How resiliency can be the key to coping in the aftermath of trauma and tragedy*
- ◆ *5 protective mechanisms every student should have*
- ◆ *The 7 C's model of resilience*

NURTURING RESILIENCY

⇒ *How to Build Strength, Hope and Optimism in our Students*

May 17, 2019

9:00am-12:00pm

Troy Location

888 W. Big Beaver, Ste. 1450

Troy, MI 48084

May 24, 2019

9:00am-12:00pm

Plymouth Location

705 S Main St, Ste. 280

Plymouth, MI 48170

Presenters:

Diana Jennings, MS, LLP

Director of Children's Services

And

Olivia Dixon, MA, LLPC

Psychotherapist

Join us for this complimentary seminar

Continental breakfast served

Space is limited so call now!

Call (248) 244-8644 to reserve your spot!

Visit us at perspectivesoftroy.com

Research Rainbow

~Introducing New Perspectives Workshops~

NURTURING YOUR CHILD'S GROWING BRAIN

Presented by Jo-Chen Hou, PhD, LLP

All parents want their children to grow to be capable, motivated, focused, responsible, confident adults and to reach their full potential. No child can reach each milestone completely on their own. They need guidance from a parent, a grandparent, a teacher, or coach to help them learn and practice what is required. Many parents are worried about either doing too much or too little. As parents, sometimes we are eager to actively plan our children's activities, but sometimes we feel like we are at a loss about what to provide for them.

These one-day workshops are aimed at helping parents 1). unlock the mystery of brain development, 2). understand how brain development determines and affects the function of children at various ages, 3). reflect upon their own parenting styles, 4). understand "problematic behavior" and set appropriate expectations, 5). learn evidence-based approaches to help facilitate children's brain development.

*"Be A Brain-Wise Parent":
Parenting strategies to help
maximize brain development for*

Topics in the workshop will include:

- ⇒ Basic principles of brain development: milestones in young children and major changes during adolescence.
- ⇒ Attachment and parenting: importance of positive parent-child interactions.
- ⇒ Activities to promote sensory integration and physical coordination as well as importance of good habits and routines for younger children.
- ⇒ Parenting with "Love and Logic" to lay down foundation for proper discipline.
- ⇒ How to help adolescents in developing integration with "thinking brain" and "feeling brain".
- ⇒ Stress and brain development - growth mindset and building resilience.
- ⇒ Mental health issues in adolescents and young adults.
- ⇒ Parenting from the inside out: importance of mindfulness in parenting.

Saturday May 4, 2019 9:30am-12:30pm

Workshop on children ages 12 and under

Saturday May 18, 2019 9:30am-12:30pm

Workshop on youth ages 13-24

\$99-single attendance

\$80- each person for family & friends

Perspectives Counseling Centers

~Troy Location~

(248) 244-8644

perspectivesoftroy.com

Research Rainbow (cont.)

EMPOWERED EATING: Overcoming Stress Eating

Presented by Stephanie Crane, LMSW

*Learn how to feed your primary hunger vs. your secondary hunger and how to tell the difference
Learn techniques for managing primary hunger stress and feeding your secondary hunger to stop cravings
Learn how to manage physical cravings for food*

Friday evenings 6pm-9pm

For Teens (13-17yrs)

May 3, 2019

Troy Location

May 31, 2019

Plymouth Location

For Adults (18+)

May 10, 2019

Troy Location

June 1, 2019

Plymouth Location

5 TIPS FOR HELPING YOUR CHILD OR TEEN EAT HEALTHY

~ Eliminate added sugar! Encourage them to eat fruit when they need dessert or something sweet. Less sugar will help not only with overall health, but stabilize mood swings, improve sleep, focus and behavior.

~"Crowd out" the junk food (chips, cookies, soda pop, candy, French fries, sugar-laden yogurt or juice, etc.) by adding healthy fats and protein which will keep kids fuller longer and will be healthier for them.

~Let them help you cook. Kids love making smoothies, stir-fries, salads, etc. If kids take part in making the food, they are often more eager to eat it. Make it fun by letting them experiment with all kinds of cut up fruits, veggies, seeds, nuts, oils and different kinds of protein.

~Allow unlimited amount of vegetable! Tell them this is their "free food", everything else needs to be eaten in moderation. Always have cut up veggies available for snacking.

~Teach intuitive eating! Don't force kids to "clean their plates". Encourage them to eat when they are hungry and stop when they are full.

Stephanie Crane is a therapist at Perspectives Counseling Centers who works with children, adolescents and adults. She is also a Certified Personal Trainer, Certified Case Manager and Certified International Health Coach. Stephanie specializes in anxiety, depression, autism spectrum disorder, special needs parenting and health coaching.

PERSPECTIVES HAS JUST THE RIGHT GROUP OR WORKSHOP FOR YOU!

Social Skills Group

For children and teens with social anxieties or deficits to improve communication, social interactions and build friendships

*Troy Location: Mondays 7-8:30pm
Leader: Mary Costa, LMSW*

*Plymouth Location: Wednesdays 7:30-9pm
Leader: Diana Jennings, MS, LLP*



The Teen Edge

Teens who struggle with depression and anxiety

Tuesdays 7:30-9pm

Leader: John Noteware, LMSW

DBT Skills Group

Mindfulness, emotional regulation and distress tolerance for adolescents 13-17

Thursdays 7:30-9pm

Leader: Aleksandra Nedelkoski, MA, LPC

Teen Motivation Workshop for High Schoolers

Building motivation, confidence and initiative in academically struggling High Schoolers

Saturdays 9am-3pm

Troy and Plymouth Locations

Leader: Michael Joy, MA, LPC

CALL FOR CURRENT SCHEDULE!

(248) 244-8644

OR VISIT US AT
perspectivesoftroy.com

Stress Busters Workshop

A workshop to help kids 8-12 years old with their anxiety, stress and fears

Saturdays 10am-3pm

Troy and Plymouth Locations

Leader: Michael Joy, MA, LPC

#SelfiEsteem

A workshop designed for girls 10-14 to strengthen ability to see one's self-worth, promote/build awareness of how different factors impact self-esteem, and build resiliency

Saturdays 9:30am-2:30pm

Leader: Georgiana DesRosiers, MA, LPC

Women's Empowerment Group

A group designed for women 18+ to uncover and unfold your inner power and address and break stigmas, stereotypes, barriers and other forms of negativity in the presence of other incredible women.

Mondays 7:30-9pm

Leader: Pearl Stewart, MA, LPC

Codependency Workshop

Providing direction for men & women 18+ in understanding their roles in relationships and how to manage and maintain them without losing self respect and self acceptance

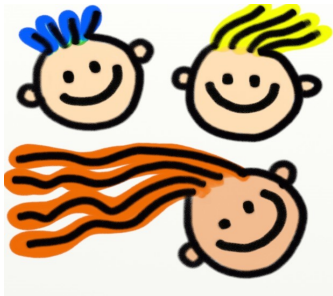
Saturdays 10am-2pm

Leader: Karolyn Thompson, PhD, LPC

CREATIVITY CORNER

~Resiliency Activity~ IT'S GREAT TO BE ME!

Talents and Skills:
(I am good at...)



Personal Qualities:
(I am liked because)

My Achievements:
(I have achieved...)



My Support System:
(I am supported by...)

**PERSPECTIVES
COUNSELING CENTERS**

888 W. Big Beaver Ste. 1450
Troy, MI 48084
(248) 244-8644

4151 17 Mile Rd., Ste. D
Sterling Heights, MI 48310
(586) 268-6712

23965 Novi Rd., Ste. 130
Novi, MI 48375
(248) 946-4664

3694 Clarkston Rd, Ste. D
Clarkston, MI 48348
(248) 688-9021

705 S Main St, Ste. 280
Plymouth, MI 48170
(248) 688-9071

*Perspectives Counseling Centers has a
convenient location near you!*

1 Great Resource, 5 Great Locations!

**Troy, Sterling Heights, Novi,
Clarkston and Plymouth**

*We are committed to the improvement of
mental health and well-being of children and
adolescents on an ongoing basis. Questions
and suggestions regarding the Children's
Department can be directed to
Diana Jennings, MS, LLP at (248) 244-8644.*

perspectivesoftroy.com

