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Volume 3, Number 2

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National Problem Gambling Awareness Month

http://www.divisiononaddiction.org/bbgs_new/

<http://www.npgaw.org/>

Sexual Assault and Spring Break

<https://rainn.org/news-room/sexual-assault-news/2013-spring-break-safety-tips>

<http://apps.rainn.org/policy-crime-definitions/index.cfm?state=Michigan&group=3>

Anxiety

<http://psychcentral.com/disorders/anxiety/>
<http://www.nimh.nih.gov/health/publications/anxiety-disorders/index.shtml?rf=53414>

Reminders

If for some reason you are unable to keep your scheduled appointment, call and cancel 24 hours prior to your appointment. Please note that you can still call to cancel after hours by leaving a voicemail. If a 24 hour notice is not given, a \$45 fee will be charged.

With winter approaching and severe weather impending, The Center for Counseling may have to close if the road conditions are deemed dangerous. Please call and a voice mail will explain if we are closed for the day.

Staff Directory

Dr. Cheryl Mazzara, MD (Child Psychiatrist)

Karen Aiosa, LMSW



National Problem Gambling Awareness Month

Have you noticed the billboards about gambling addictions and help? Or the disclaimers when you buy lottery tickets? These are just some ways that organizations educate and promote

hope and help, especially during the month of March. Gambling addictions are sometimes referred to as a "silent addiction." Many times, loved ones may not know the extent of someone's problem with gambling. Here are three questions to ask yourself if you think you may have a gambling problem.

1. During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
3. During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

If you have answered "yes" to one or more of these questions, you should discuss this with your therapist or doctor. There is help for those who have a gambling addiction!



Sexual Assault and Spring Break

April is Sexual Assault Awareness Month. This month is designated to inform and educate people about sexual assault. Although sexual assaults can happen to anyone at anytime, spring break is a time when college students should be on high alert. College

students are at the top of the list of those who are assaulted while on spring break. Often times, students on spring break are excited about relaxing on a beach, meeting new people, not having homework and partying. This can be a recipe for disaster if students are not educated and informed about safety.

Sexual assaults can be committed by anyone. This can be a friend, stranger, family member, former or current partner or acquaintance. The assault can range from any unwanted sexual act such as groping to penetration, and much more in between, (<http://apps.rainn.org/policy-crime-definitions/index.cfm?state=Michigan&group=3>)

Even the most cautious people can be assaulted, however keeping in

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DID YOU KNOW??

Group Therapy is often times a great environment for people to feel belongingness and support. When dealing with a specific issue, group therapy is most beneficial along with individual therapy, however it is also helpful as a standalone treatment.

The Center for Counseling offers several groups to the community. You don't have to be a client to participate in any of our groups. Here is a list of the groups that we currently facilitate.

- ~ Grief and Loss (Adults)
- ~ Anger Management (Adults)
- ~ Substance Abuse (Adults and Adolescents)

The following groups are available on an as needed basis.

- ~ Anger Management (Adolescents)
- ~ Bullying Group FREE (Adolescent victims of bullying)
- ~ Low Self Esteem (Adolescents)

Please call our office for days, times and costs (if any) of these groups.



Contact Us

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mind some of the reminders and tips below, could keep you safe. (<https://rainn.org/news-room/sexual-assault-news/2013-spring-break-safety-tips>)

- * Trust your instincts. Sometimes we get that feeling in our stomachs when we are uncomfortable with someone or something. Listen to it!
- * Be wary of the "You only live once" mentality. Don't be too carefree!
- * Don't let your guard down. Just because you are surrounded by people your age, doesn't mean they are looking out for *your* best interest.
- * Protect your location. Stay with your group, don't ever leave with someone you don't know.
- * Be a good friend. If you and your friends are going on spring break, have the conversation before arriving to your destination. Discuss your plan on how to stay safe. Make sure to write down each others phone number (in case you lose your phones), hotel address, phone number, cross roads, etc. Come up with a code word or story to get out of a situation if someone is feeling uncomfortable.

Enjoy your spring break, but ALWAYS make sure you are safe and never put yourself in a vulnerable situation.



We are on Facebook!

Find us on Facebook and like our page. We post daily information that will certainly put you in a bright mood and ready to conquer your day.



Anxiety

Anxiety and worry are quite helpful to us! When we experience these uncomfortable feelings, we are aware that something important, challenging or dangerous is impending. If we didn't recognize these feelings, we wouldn't be able to prepare for such situations.

People with anxiety often times have a hard time differentiating between "normal anxiety" and "abnormal anxiety." Living with any disorder for most of your life can make you think that those symptoms are "normal." Here is a list of symptoms that a person may experience when they are anxious. We all can relate to feeling these symptoms at times, however when they interfere with your daily life, it may be more than "normal" anxiety.

- * Muscle Tension
- * Physical Weakness
- * Poor Memory
- * Sweaty Hands
- * Fear or Confusion
- * Inability to Relax
- * Constant worry
- * Shortness of Breath
- * Upset Stomach

If you feel you have issues with anxiety, please talk to your therapist or doctor.