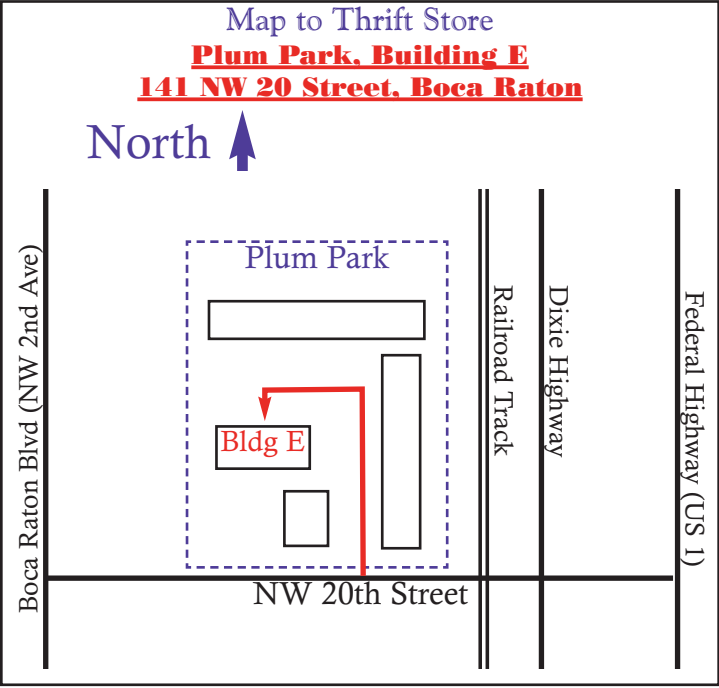
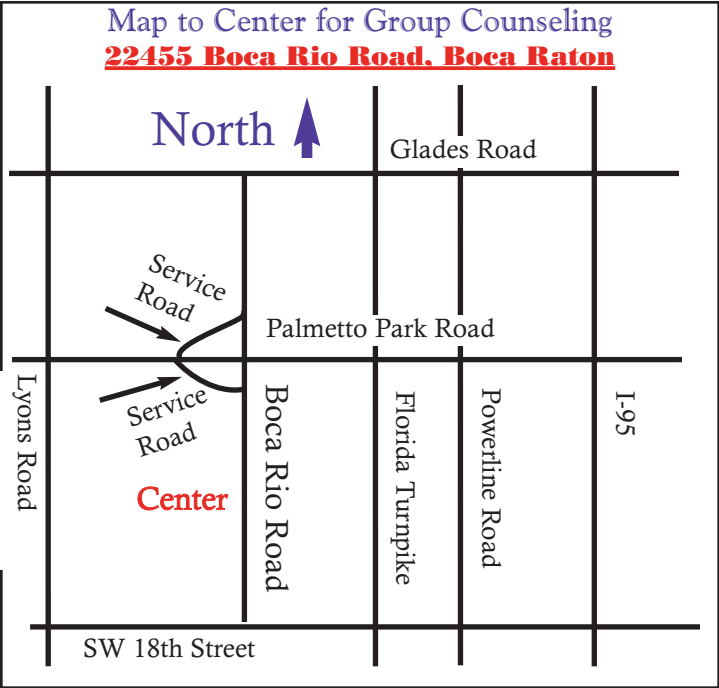


ADDRESS LABEL

NON-PROFIT ORG.  
US POSTAGE  
PAID  
BOCA RATON, FL  
PERMIT NO. 550

ELIZABETH H. FAULK FOUNDATION, INC.  
CENTER FOR GROUP COUNSELING  
22455 Boca Rio Road  
Boca Raton, Florida 33433

**Tax Deductible Thrift Store Donations Always Welcome!**  
**For Fast FREE Reliable Pick-Up of Large Items Call - 561/392-6356**



**Weekly Support Group Meetings**  
All support groups are free of charge and open to the public, no appointment necessary.

Bereavement	Monday	1:00 - 2:30 pm
Caregivers	Tuesday	2:00 - 3:30 pm
Divorced / Separated	Wednesday	6:00 - 7:30 pm
Men's Issues	Monday	6:30 - 8:00 pm
Seniors	Tuesday	1:00 - 2:30 pm
Women's Issues	Tuesday	10:00 - 11:30 am
	Tuesday	7:00 - 8:30 pm

**Mark Your Calendar**

March 1	First Thursday at the Center "See What I'm Saying: Communication Through Drawing" Presenter - Myra Levick, Ph.D., ATR
March 16	Recognition Luncheon and Fashion Show
March 19-26	Facilitator Training Course
May 3	First Thursday at the Center "Mothers-in-Law & Daughters-in-Law: Women at War" Presenters: Center Psychodramatists

# CENTER FOR GROUP COUNSELING



## Newsletter

February 2007



### Introducing Our Newsletter

Welcome to the new Center for Group Counseling Newsletter. As chairperson of the Public Relations Committee, I am happy to engage you--our "Public"--in our ever constant "Relations" and in our attempts to come up with innovative ways to serve the mental health needs of our community.

Here you will find information on the various programs we offer and the ways in which we reach out beyond our walls. As you are aware, we are restrained by our pledge of confidentiality from bringing you the live words of the many people who have extolled the work that we do, and who have expressed to us the feeling that we have "saved a life." We provide a supportive, nonjudgmental place where people feel cared about and listened to--a rare find in our society today. And although there are painful life situations that nothing can change, we are here to help people learn how to cope in a positive way with these realities.

In the process, we help the helpers - our wonderful trained volunteers who give so unstintingly of their time and treasure, and who often state: "I get more than I give."

Read about us. Ask questions. Give us feedback. Tell your friends about us. Join our family--as a volunteer, as a member, as a donor and/or as a referring friend to someone who can use our help. It only takes one phone call - 561/483-5300.

Emily Rosen  
Member, Board of Trustees  
Chairperson, Public Relations Committee

### STAGES Program Initiated

Skits by and for Teens About our Generation's Experience<sub>S</sub> (STAGES) is the Center's new program for high school students. Presented in cooperation with Boca Raton's Promise, Palm Beach County District Schools, and the Boca Raton Mental Health Alliance, the program is designed to allow teens to address their issues using drama and humor.

STAGES is patterned after the Center's Psychodramatists and directed by Dr. Marcia Mofson, clinical supervisor and program manager. The group, with six members to date and more teens auditioning, will perform at libraries and schools.



Dr. Marcia Mofson & Dr. Holly Katz receiving check from Rita Thrasher and Ricky Siegel, LMHC of Boca's Promise

### Psychodramatists Reach Out

The Center's Psychodramatists were enthusiastically received and applauded at the Palm Isles, Boca Lago, and Golden Lakes communities, as well as at the Center's Facilitators Training Course. With 12 more performances scheduled this season, the group's dramatic efforts help raise awareness of and funds for the Center's programs and services. To suggest a community organization that might be interested in a Psychodramatists program, see Mike Shapiro or Dr. Holly Katz.

## Ask Dr. Holly

Dear Dr. Holly,

I have been considering taking advantage of services at your Center. Can you please clarify for me, what is the difference between a counseling group and a support group?

From Confused in Boca

Dear Confused:

It is not surprising that you are confused since both support groups and counseling groups offer the client support and understanding from group members. There are, however, some distinct differences.

Our support groups offer individuals the opportunity to share and connect with others who are experiencing similar life-situations. Members of our support groups are encouraged to build relationships and are free to socialize outside of group.

Individuals can join a support group at any time

and there are no attendance requirements.

We currently have eight support groups at the Center: Bereavement: The First Steps, Bereavement: Moving On, Caregivers, Divorced or Separated, Men's Issues, Seniors, Men's Issues, and Women's Issues. We also hold a number of support groups at offsite senior residences.

Our counseling groups, on the other hand, bring together adults of all ages who are coping with a variety of life problems. Using a client-centered model of counseling, trained volunteers and graduate students help clients work through a variety of mental health issues. In order to maximize the benefits of the group process, clients in counseling groups are discouraged from having outside relationships with other group members. Individuals first complete an initial evaluation before being assigned to one of our 11 adult counseling groups.

Dr. Holly Katz  
Clinical Programs and Training Director  
Center for Group Counseling

## Does Your Group Need a Speaker?

It's your country club, your service club, your women's or men's club, your rap group, your mother's senior living facility, your card group, your church or synagogue, your PTA, your discussion group—wherever you meet with people—you hear stories of the challenges and difficulties some people have coping with life's every day problems.

You can be a hero to your group by arranging an appointment for one of our trained speakers to talk to your members about the services we provide. Our presentations generally last 15-25 minutes and include a short video. We address the kinds of questions people ask as they seek information about community mental health services. We also address the joys of being a volunteer at the Center.

To schedule a speaker for your group, or to get more information, talk to Barbara Shaffer at the Center between 9 am and 5 pm Monday-Friday.

## Support Groups for Different Stages of Bereavement

Losing a loved one can be a stressful and often lonely time. To help people through their grief, the Center for Group Counseling offers two different Bereavement Support Groups. "Bereavement: The First Steps" is appropriate for individuals who have experienced a recent loss or who are still intensely grieving. The group provides psychoeducation and support and focuses on processing and coping with the loss. "Bereavement: Moving On" is available for individuals who have begun to accept their loss and are coping successfully. Issues discussed in the Moving On group include dating again, identity reformation and changes in friendship relations.

New clients to the Center decide for themselves which group would suit their needs.

For people who aren't sure which group to attend, Center psychologists recommend considering the following questions:

1. Was your loss very recent?
  2. Are you still feeling intense grief or feeling sad most of the time?
  3. Do you still believe it's not real?
  4. Are you feeling other intense emotions surrounding the loss (anger, guilt or panic)?
  5. Are you having trouble getting back to your routine and responsibilities, or do you simply feel that you are not ready to "move on"?
- If you answered yes to two or more of these questions, you may want to start with "Bereavement: The First Steps."

Both groups meet at the same time, on Mondays, 1:00-2:30 pm, making it convenient for members to easily transfer from The First Steps into Moving On when ready. The point at which an individual will be ready to transition into Moving On is left up to the client, since the grieving process is different for each person and people take different amounts of time in getting to the next stage.

All of the Center's support groups are free of charge and open to the public, no appointment necessary.

## Annual Recognition Luncheon and Fashion Show

How do you follow a "hard act to follow"? You'll see how we do it at our annual Recognition Luncheon and Fashion Show - Friday, March 16, 2007, at the Woodfield Country Club, Boca Raton—our premier fund-raising event that promises to outdo last year's sensational success.



This year we will honor Eileen Sands as the Center's Volunteer of the Year and United Way of Palm Beach County for its services to the community. Our special event will include an elegant luncheon, a fashion show, silent auction, raffle items, a take-home Journal and other gifts and surprises.

Invitations were mailed in January to members, volunteers, guests, community leaders and organizations, and other friends of the Center. Response cards include space for arranging tables for 10 or requesting seating as assigned. The price is \$65 per person, and the funds raised will be used to support and expand the Center's services and programs.

If you did not yet receive an invitation, please call the Center to request one.

If you go to only one luncheon this year – make this THE one. It will be fun! festive! fabulous! fantastic! You won't want to be on the "Oops! I missed it" list.

## Thrift Store Kudos!

"I just donated all the furniture from the house I finally sold to the Center Thrift Shop. And boy! Am I glad you suggested it because I had another shop lined up first and they refused to take it all, but the Center took everything and the man they sent (Mr. Edward Jones) was such a pleasure to deal with – so helpful and with such a wonderful attitude. I gave him a lot of really good stuff and plan to mention it to all my realtor friends and colleagues who often come in contact with people who have things to give away after selling a house. I can't thank you enough for suggesting it."

Jane Kavenau, formerly of Boca Raton  
Now living in Lenox, MA, 12-13-06

## About Us

The Center for Group Counseling promotes emotional well-being through a variety of programs offered on a free and low-cost basis. Our programs include counseling and support groups, psycho-educational workshops and life enrichment programs for adults, children, seniors, families and couples.

CENTER FOR GROUP COUNSELING  
(map on back page)

a dba of the

Elizabeth H. Faulk Foundation, Inc.  
22455 Boca Rio Road  
Boca Raton, Florida 33433  
561/483-5300 (voice)  
561/483-5325 (fax)

center@groupcounseling.org (e-mail)  
www.groupcounseling.org (web site)  
Scott N. Edgerton, CEO

Center for Group Counseling Thrift Store  
(map on back page)

Plum Park, Building E-7  
141 NW 20<sup>th</sup> Street  
Boca Raton, Florida 33431  
561/392-6356 (voice)  
561/392-6488 (fax)