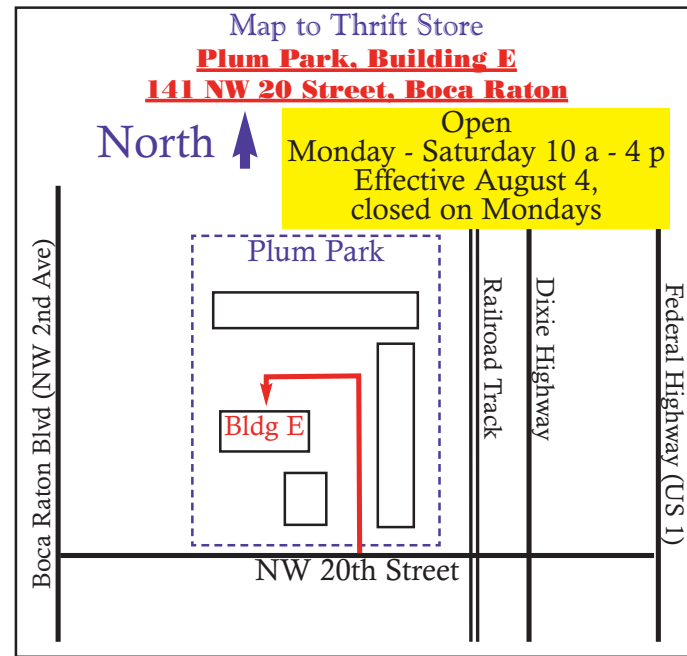


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ELIZABETH H. FAULK FOUNDATION, INC.
CENTER FOR GROUP COUNSELING
22455 Boca Rio Road
Boca Raton, Florida 33433

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



Weekly Counseling and Support Groups
Counseling groups meet at assigned times during the day and evening; call for an appointment. Support groups (listed below) are open to the public without an appointment. All groups are FREE of charge.

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
Thursday, October 23, 2008
Bloomington's Shopping Event
Ticket holders receive a 15% - 20% discount on regular and sale prices on October 23. The event also features storewide entertainment and fashion shows. Tickets are \$10 and benefit the Center.

Friday, January 30, 2009
Hearts of Gold Recognition Luncheon

Volunteers Welcome - The Center welcomes new volunteers to help with fund raising, publicity, computer and clerical assistance, and Thrift Store sales and customer service. Please call Barbara Shaffer, Volunteer Manager, if you're interested. No special training is required, and schedules are tailored to your availability. Volunteering is a great way to support the Center and add a new dimension to your life!

CENTER FOR GROUP COUNSELING

Newsletter



July 2008



Center Gets a Face Lift

Talk about "extreme makeover"! The carpet was threadbare and in some places bordering on dangerous, and after 25 years of wear and tear we finally had to release the strings on our Endowment Fund.

With the generous help of Valerie Formisano, who donated her interior design services, we are bright and shiny again, thanks to Board members Chuck Levy and Lois Weisman, who were instrumental in obtaining Valerie's assistance.

The floors in all the upstairs rooms as well as the psychodrama area provide visitors with a smart, warm, welcoming appearance. But that's not all. The new kitchen cabinets and flooring and resurfaced kitchen table enhance the professional look as well as the "family" atmosphere for which the Center is noted.

The upgrades complement the reception area and counseling room furniture donated by Drs. Phil and Judy Averbuch, along with original paintings by Dr. Judy Averbuch, Program Manager on the clinical staff, and the late Wendy Lippman, a much loved volunteer Group Leader.

If you haven't been around lately, come on by and take a look and say hello. We're always glad to greet old friends as well as new ones!



Dr. Jacqueline Jaffe Joins Staff



Jacquie Jaffe, Ph.D.

Dr. Jacqueline Jaffe recently joined our professional staff as a Clinical Supervisor / Programs Manager. She was formerly Assistant Professor of Clinical Pediatrics at the University of Miami Miller School of Medicine. Her extensive training and experience in pediatric psychology more than qualifies her to assume the helm of our children's programs, which include individual and group therapy, as well as testing and evaluations.

At our Center, parent and child groups are held separately and simultaneously, so that the parents can learn parenting skills at the same time that their children are working on improving social skills, self-esteem and problem-solving abilities. During some sessions, another dimension is added that combines both parents and children during which discussions and activities bring about greater ability to communicate and address each other's concerns. Other programs are provided for at-risk children at participating schools in the county in collaboration with parents, teachers and guidance counselors. For more information about these programs and the Center, go to www.groupcounseling.org

Dr. Jaffe's enthusiasm and experience make her a wonderful addition to our clinical staff and we are happy to welcome her to our Center family.

Ask Dr. Holly



Marcia Mofson, Ph.D.

Dear Dr. Marcia
(guest columnist),

My mother and brother live in Boca Raton, I am from New Jersey. I feel that they really need counseling, more so my mother who is a

drinker. She kicked me out when I was 20, and my brother who is 17 is now going through the same thing.

She just keeps saying she is done being a mother and doesn't want her kids any more. She thinks she has terrible kids. Meanwhile we were really not that bad, I swear! Just typical teenage stuff.

Now I am 24, I really feel it's her not me, and I just wish there was some way I can help them. She is constantly kicking him out and last night she changed all the locks on him. She pushed him down to the

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

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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 20th Street

Boca Raton, Florida 33431

561/392-6356 (voice)

561/392-6488 (fax)

ground and today he had to call the cops on her.

Sorry this is all over the place, but this is where my mind is.

Any suggestions or advice? Thanks in advance!

Allison

Dear Allison,

I so admire your courage, in living through what sounds like a terrible situation, and in reaching out for help.

First, I will start with the discouraging news, although I'm sure you already know this. Unfortunately, you cannot make your mother get help. She is a grown woman, making her own choices, no matter how bad they are. However, when a child (your brother) is being harmed, you can intervene. Please contact the Department of Children and Families child abuse hotline, 800-96ABUSE, and report the incident of your brother being locked out of the house and pushed to the ground. Even though the police have already been involved, child services may do something else.

Second, I encourage you and your brother to get support around your mother's drinking. To find help, check out Al-Anon and Ala-Teen meetings, www.al-anon.alateen.org

Third, I think you could likely benefit from counseling to help you deal with things. I don't know the details of your community, but there may be a counseling center in your area where you can get support. Here at the Center for Group Counseling, we offer free or low-cost individual and group counseling, and if you are interested in finding out more about whether we can help your brother, you can call us at 561-483-5300 to set up an initial evaluation. Since your brother is under 18, he would need parental consent to be in therapy, and I don't know if your mother would be willing to bring him. However, when he turns 18, your brother can seek counseling on his own.

I hope this information helps you. Again, you seem to be a courageous young woman, and I wish you all the best.

Marcia Mofson, Ph.D.
Clinical Supervisor / Programs Manager
Center for Group Counseling

Save the Date

It Seems Like a Long Time from Now But Time Does Fly

Friday, January 30, 2009
Hearts of Gold Recognition Luncheon
Woodfield Country Club, Boca Raton

It takes a village of volunteers and months of planning, and we believe we've come up with another winner. It is always our goal to be better than the last "best." The Center's Hearts of Gold Recognition Luncheon, our premier fund-raising event, will be held Friday, January 30, 2009. Mark your calendar now! This year we will honor our famous touring Psychodramatists, a dedicated group of volunteer actors who give their time, talent and energy to perform at various organizations throughout the area. Their programs help educate the community, create awareness of the Center programs and help raise funds for the Center.

Our special event will include an elegant luncheon, silent auction, raffle prizes, a take-home Journal and other gifts. The highlight will be an interactive performance by the Psychodramatists. It's fun, it's participatory, it's impromptu and audiences have told us that they have gained valuable insight into relationships from watching these performances.

Some people ask what they can do to help the Center. Here's what YOU can do:

1. Contribute auction and raffle items (e.g., those unopened gifts you never wanted, merchandise from your uncle's factory or store or a special purchase you may choose to make for the Center).

Center Featured on Public Radio



Dr. Holly Katz (left), Center volunteer Ronnie Harrel, and her songwriter husband, Mack Harrel (not pictured) were recent guests on the WXEL radio show, "Florida Forum." The trio provided information about Center services and discussed "Listen," the Center song written by Mack Harrel and inspired by Ronnie's work at the Center. This beautiful song is available for purchase for \$10 on CD at both the Center and the Center Thrift Store. Proceeds from sales of the song support our Center programs.

2. Advertise in our Journal—your greeting or memorial or your business. For your convenience, we are enclosing our journal ad contract and a postage-paid return envelope.

3. Please consider helping us obtain ads from businesses you use. Do you have a favorite restaurant, store, mechanic, hair salon, chiropractor, acupuncturist, personal trainer, computer guru, tailor, tutor...? All we ask is that you give us their name, address and telephone number, and a few details telling why you use their services, and include your name and phone number. We will then write an ad based on your endorsement and use it for our volunteers to solicit an ad. A recommendation from real community consumers may offer greater appeal to businesses to buy space in our Journal.

Your ad or message will reach a select group of people and will send a powerful message of your commitment to the community.

Our journal ad deadline is October 15, 2008. For more information, call Karen Santen, Fund-Raising Coordinator, at 561-483-5300, ext. 106.

