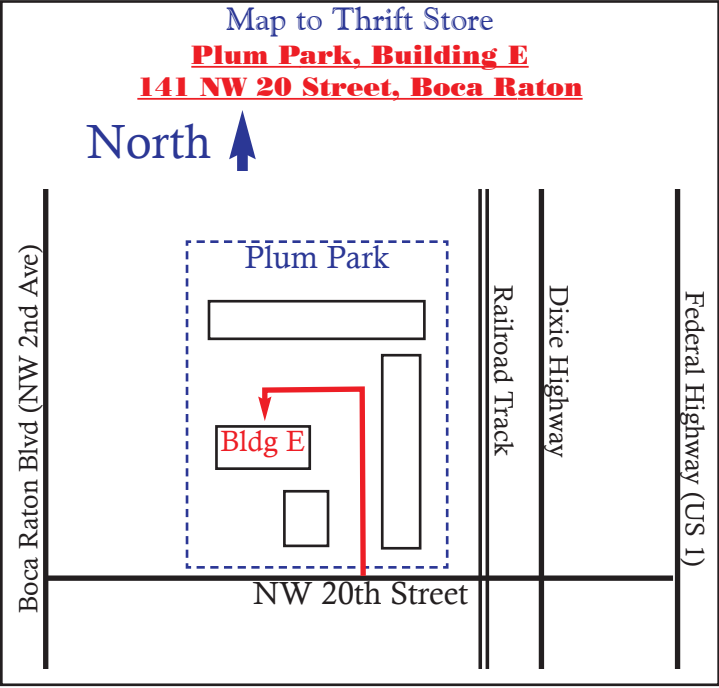


ADDRESS LABEL

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 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<br>7:00 - 8:30 pm |

**Mark Your Calendar**

October 25  
Bloomingdale's Shopping Day Benefit

November 12-19  
Facilitator Training Course

**First Thursdays at the Center**

October 4  
Depression, Dementia or am I just getting older??

November 1  
Expressive Art Therapy:  
An Experiential Workshop  
(limited seating)

# CENTER FOR GROUP COUNSELING



## Newsletter

June 2007



### Community Programs Increase Mental Health Awareness



Larry Siegel, certified sex therapist and President of the Sage Institute for Family Development, presented a lively discussion about how sexuality changes as we grow older. A standing-room-only crowd!

#### Art Therapy: See What I'm Saying

Dr. Myra F. Levick, Director of the South Florida Art Psychotherapy Institute, in an illuminating introduction to art therapy, conducted a hands-on workshop with enthusiastic audience participation, illustrating what children and adults communicate in their drawings.



If you missed any of the exciting "First Thursday" programs we presented during the past season, we hope you will watch for our "Save the Dates" beginning in the fall. These programs are attended by some "regulars" who wouldn't miss one and the general population who come to learn. In addition to our ongoing counseling groups and support groups, "First Thursdays" are a bonus to the community providing workshops and programs on a variety of mental health topics that we make accessible to the general public.

#### Cooking as Therapy



Dr. Andrew Gast, Director of the Hollywood Psychology Center and a former predoctoral psychology intern at the Center, had us "eating out of his hand" almost literally, when he presented an interactive workshop showing how cooking can be therapeutic for many issues including grief, depression, and social anxiety. This program combined his past career as a renowned south Florida chef and his counseling techniques.

#### Sex After Sixty



## Ask Dr. Holly

Dear Dr. Holly,  
I feel depressed much of the time and I was interested in joining a Depression Support Group. I was told that your Center does not offer that group, but that a general counseling group might help me. How can I be helped by a group of people with problems that are different from my own?  
Seeking Help

Dear Seeking Help,  
Counseling groups at the Center are based on a client-centered model, where the role of the group leaders and facilitators is to listen to our clients, to accept them unconditionally, to help them understand the feelings behind their concerns and behaviors and to find their own solutions to their problems. People come to groups to be heard, to talk about issues that they often cannot share with friends or family, and to get support and feedback from other clients. Despite their different backgrounds, problems, and experiences, clients in the group accept, support, and help one another, and form a cohesive unit. Through this powerful group process, clients gain in self-understanding and self-acceptance and have the opportunity to live more enriching lives.

### 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)

Continued from Page 1

## Mothers-in-law, Daughters-in-law, and Other In-laws and Outlaws

Dr. Holly Katz, Clinical Director of the Center, as well as writer, producer, and director of the Center's Psychodramatists, packed the house for the ever-popular subject of in-law relationships. The skits drew audience interaction while the actors remained in character after each scene. It was "Comedy Central" at the Center, even as the audience was made aware of the kinds of behaviors that are destructive to relationships.



### Psychodramatists on the Road

The Center's Psychodramatists are available for performances at different community venues. Fifteen performances are already booked for next season! This program helps raise awareness of the various mental health issues that people confront in their daily lives. The performances also raise funds for enhancing the Center's services and programs. You can help spread our good work if you know of a group that might be interested in one of our Psychodramatists programs. Call the Center at 561-483-5300.

STAGES, a recently formed psychodrama group of teenage actors directed by Dr. Marcia Mofson, is expected to go on the road to schools and other audiences next season!

### FPA Meets at Center

Here at the Center, we enthusiastically support continuing education for our clinical staff as well as our graduate students. Thanks to her involvement with the Palm Chapter of the Florida Psychological Association, Dr. Holly Katz was instrumental in arranging a professional seminar titled "Intersection of Therapy with the Legal System: Helping Your Patients." Held at the Center on April 13, the seminar was led by Denise Rappaport Isaacs, Esq., President, South Palm Beach Chapter Bar Association. Familiarity with certain legal issues (e.g., divorce, child custody) enables therapists to be more effective with their clients.

## Recognition Luncheon Raises Awareness and Funds



Last year's annual recognition luncheon was a hard act to follow, but with Lois Weisman steering the way and Eileen Sands and United Way of Palm Beach County as our honorees, we managed to put this one over the top. Held on March 16th at Woodfield Country Club, with more than 240 attendees, we raised \$20,000 to support the Center's programs and services. Not the least of the accomplishments was a memorable afternoon of camaraderie, great food, and elegance on every level. Thanks to the many volunteers without whom we could not have made this event the success it was. Here's the question: Can we top this?



## Letter to Thrift Store

It started at a holiday party. Someone I didn't know told me about this unusual store in Boca Raton that sold good furniture, designer clothes, china, lamps, purses, shoes and assorted other goodies at amazingly low prices ... and it wasn't Bloomies. Of course it was YOUR thrift shop that she had picked out from all the others at Plum Park.  
She didn't know that she was talking to a thrift store junkie, and so I checked it out a few days later. The first thing that struck me was how clean and well organized it was, and what a great assortment of merchandise it had. The next thing was the warm greeting I received from one of the volunteer workers who was just helpful enough without pushing. I wasn't yet sure of what I was looking for.  
Since it was just before Christmas, before I left, I had practically completed my whole gift list. I felt like I had discovered a treasure.  
I was so impressed, as a matter of fact, that I decided to become a volunteer, and I've sent out the word to my group of fellow thrift store junkies. Now it's my turn to give the warm greetings to fellow shoppers. I love that store!--Margaret Sorensen, Boca Raton

## Third-Graders in Schools Program Thank Facilitator

A volunteer facilitator in the Center's schools preventive program received thank you notes from two third-graders in her counseling group:

"You are the best counseling teacher I have ever had for a long time. I will miss you, and I learned so much from you this year. You helped me a lot. I had fun with you every Tuesday."

"Thank you for a great year in counseling. You have taught me with a lot of joy and I hope you have a great summer. I hope to see you real soon...P.S. You're the best!"