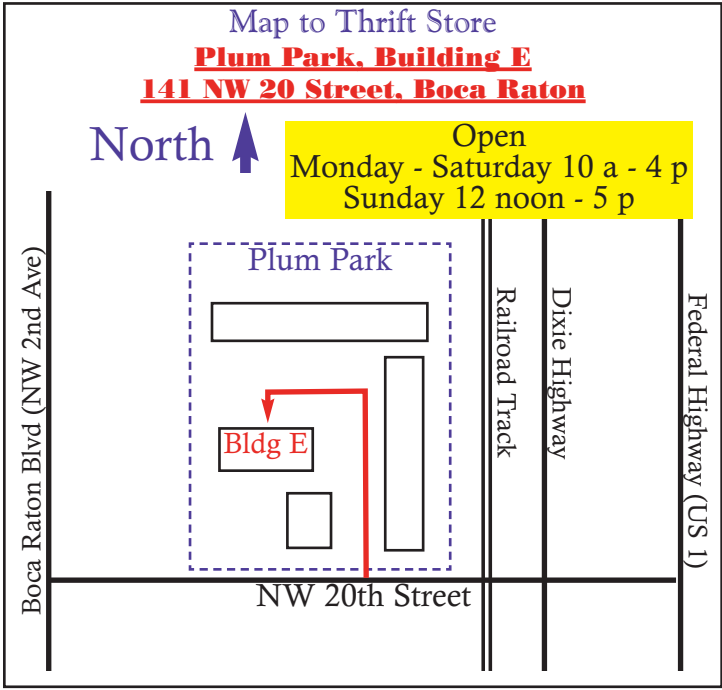


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Weekly Counseling and Support Groups
Counseling groups meet at assigned times during the day and evening; call for an appointment. Support groups (listed below) are open to the public without an appointment. All groups are FREE of charge.

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

Center's Celebrity Doodle Auction
March 28 - 30 The Delray Affair

First Thursdays at the Center, 6:45 pm

April 3 - Life Balances
Barbara Perino, CPCC, ACC

May 1 - Preserving the Power of Your Brain
John Conde, DC, DACNB

Facilitators Training course (FTC)

Monday, April 7	5:30-9:30
Wednesday, April 9	5:30-9:30
Saturday, April 12	9:00-5:00
Monday, April 14	5:30-9:30

Call the Center to register or for additional information.

CENTER FOR GROUP COUNSELING



Newsletter

March 2008



It's Howdy Doodle Time

Celebrity Doodle Auction at The Delray Affair

Save the Dates: Weekend of March 28, 29, 30
Between 10 am and 6 pm each day
Center's booth on Atlantic Avenue just west of Swinton

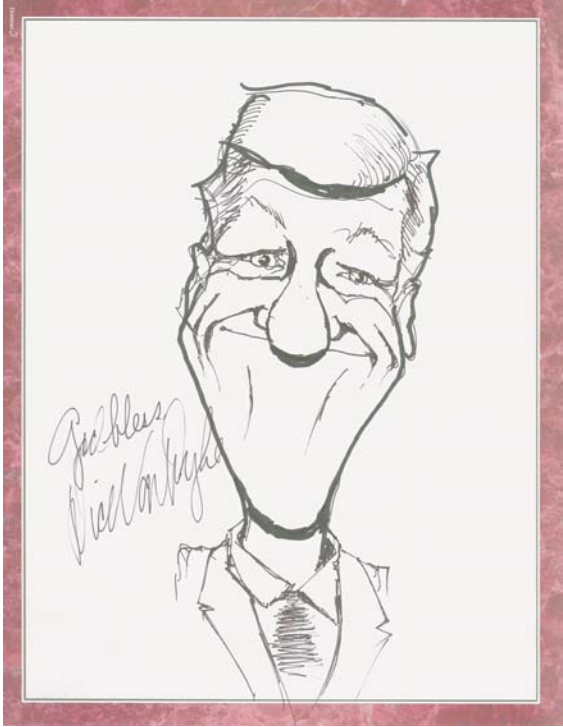
Everybody doodles! Jay Leno doodles, Barbra Streisand doodles, Tom Cruise, Andy Garcia, Arnold Palmer, Sarah Jessica Parker, Al Pacino, Steve Martin and many more! And we have originals of them all.

And you thought you were the only one who doodled?

For the past two years, we have collected a most valuable assortment of over 100 doodles plus other autographed memorabilia of stars and celebrities.

The enthusiastic responses to our requests have shown just how the issue of mental health resonates universally. We've received personal phone calls and/or notes from Michael Caine, Kevin James, Martin Sheen, Valerie Harper and Carol Burnett, who sent two pieces of her own original artwork. Several others have weighed in personally with sincere support for the work we are doing.

Our complete collection will be displayed on the silent auction block at The Delray Affair the weekend of March 28-29-30, and you won't want to miss any part of the big excitement! All monies collected will be used to continue the work of the Center, providing mental health counseling and programming for the entire community (www.groupcounseling.org).



Some of the most respected scholars have studied "Doodling" from the perspective of what it reveals about personality. Men and women tend to doodle differently, males more inclined to make geometric shapes while women more likely to make human figures and faces. You can Google examples and interpretations of some typical doodle patterns, and then: **Come to the fair. You'll want to be there!**

Doodle Auction Rules

Each Doodle will be assigned an opening bid price (generally \$50-\$100, with a few higher exceptions).

Each Doodle will have a "Buy It Now" price so those who *must have* an item can buy it without worrying about being outbid.

"Registered Bidders" (those who complete a registration form and sign a credit card slip) can have the Center's booth workers increase their bids if someone outbids them.

Originally signed photographs will also be auctioned. Machine signed photographs will be sold at preset prices.



Holly Katz, Ph.D.

Dear Dr. Holly,
I have been married for 17 years. My husband is an okay guy, but definitely not the knight in shining armor who courted me. In those days he was romantic and sensitive and talkative and made me feel like a princess. Now he prefers relative silence, and takes me for granted and makes me feel unappreciated. I know he works hard and needs his quiet time, but I am a person too and would like a little attention. The kids are in school and don't need me like they used to and life is one big bore. I'm thinking of having an affair but I don't know what would happen to my life if I got caught. I'm looking for a little happiness. What should I do?
Discontented Wife

Ask Dr. Holly

Dear Discontented,
After 17 years of marriage, it is no surprise that your husband is no longer the knight you married. My guess is that you're not the princess that he married either. Most marriages go through changes, and the trick is to learn how to change with the times and if you can't manage to rekindle the old magic, then learn how to make new magic.

Start with yourself. How can you be expected to light a spark in your marriage when your own flame is barely burning? If you feel dull and dreary that is probably how you present yourself. Rather than having an affair (which usually makes things worse), try spicing up your life with new interests and hobbies. You've probably been focused on the children for so many years that you've neglected to pay attention to yourself, not to mention your partner. Sometimes changing yourself is one of the easiest, best ways to change your marriage.

Of course, you can also put some direct effort into improving your marriage. Remember the things you used to enjoy doing together and do them or find something new to enjoy. Go on a date, a real date where you get dressed up and don't talk about the kids. Notice all the positive things he does, and be sure to compliment him often.

Although couples make both positive and negative statements to each other, research shows that in strong relationships, they say positive to negative statements in a ratio of 5:1. That means you need to compliment each other often, and when you do provide negative feedback, try to criticize only the specific behavior and not the man. The more you change, the more he is likely to change.

Finally, consider seeking couples counseling. Most couples wait an average of seven years after the trouble starts to get professional help which is often too late. A good couples counselor can help you improve communication and intimacy in your marriage, the lack of which is one of most common reasons why couples divorce. It may also help you to recognize which areas of your marriage cannot be changed and then it's up to you to decide if you can accept that or not. Good luck!

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.

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Volunteer Appreciation Party

It was a jazzy evening when more than 200 enthusiastic volunteers, members, and guests attended the Center's Annual Membership Meeting and Volunteer Appreciation Party on Saturday, January 26, starting a year-long celebration of the Center's 35th anniversary. In keeping with its "All That Jazz" theme, the party featured New Orleans style cuisine provided by Howard's Catering and big-band jazz entertainment by the Loggers Run Middle School Band, directed by Craig Denny. A highlight of the evening was the debut performance of "Listen," a beautiful song written especially for the Center by R. Mack Harrell, husband of Group Leader Ronni Harrell. The CD can be purchased from the Center for \$10.



Craig Denny and the Loggers Run Middle School Band

Teresa B. Sjogren, Esq., Board President, received special recognition for her 30 years of volunteer service to the Center. Gold and silver pins were presented to those volunteers who had provided significant contributions to the Center during the past year. In addition, Scott Edgerton, CEO, and Holly Katz, Ph.D., Clinical Programs and Training Director, presented award certificates for specific volunteer services as well as the President's Volunteer Service Awards for annual hours of service (bronze, silver, gold). Each Center volunteer also received a special thank-you gift.

Barbara Shaffer, Volunteer Manager, coordinated the event, with considerable support and assistance

Clients Express Appreciation

The Center often receives letters of appreciation from grateful clients. Here are two sent to the group leaders of a senior support group:

"Thank you for your quiet sense of calmness, your well-chosen words of validation and encouragement, and your willingness to give of your time, energy, and kindness. Your leadership is much appreciated."

from the Center's staff and graduate students. Our volunteers, who serve in many capacities, are integral to fulfilling the Center's mission: "People Helping People Help Themselves."



Teresa B Sjogren, Esq. with the Center's CEO Scott N. Edgerton

We don't USE volunteers - we ARE volunteers. The Board of Trustees, group leaders and facilitators, office and thrift store assistants, committee members, psychodramatists - all are volunteers! In addition, our staff members contribute countless volunteer hours at the Center. For information about volunteering, call Barbara Shaffer or visit the Center's website (www.groupcounseling.org).



Louise Mirkin (center), volunteer facilitator, receives a service award from Scott N. Edgerton and Holly Katz, Ph.D.

"You listen not just with your ears but with your heart and that is much more important. Your group has become one of the many positive staples of my new life here, and I thank you for your willingness to devote your time and energy toward helping me and the other group members grow and move forward with our lives."