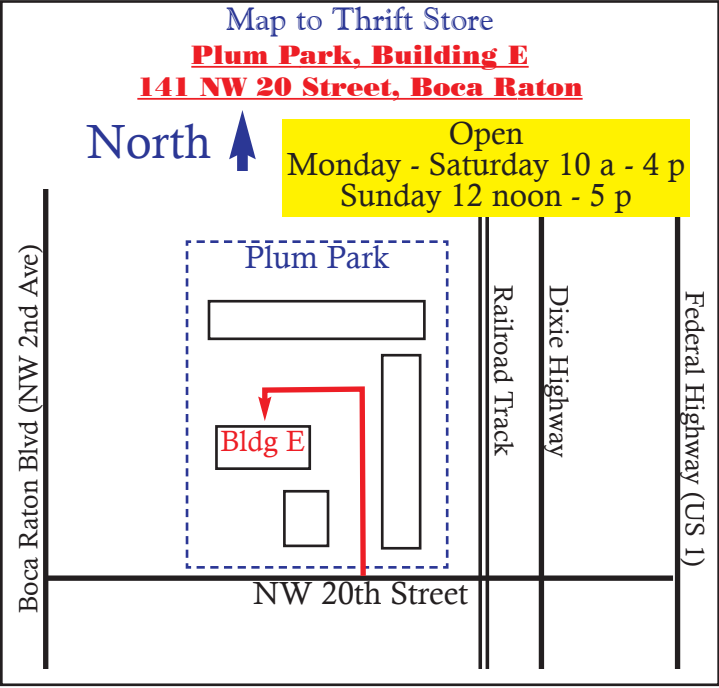


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CENTER FOR GROUP COUNSELING
22455 Boca Rio Road
Boca Raton, Florida 33433

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

October 25	Bloomington'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)
February 7	It's Never Too Late to Improve Your Marriage

CENTER FOR GROUP COUNSELING



Newsletter

September 2007



YOU-are the media!!



Emily Rosen

It's your sister, your manicurist, your spouse's best friend, your tennis or card partner, your doctor's receptionist, someone in your "crowd" or the relative or friend of someone--anyone--you talk to. It's someone who is having serious difficulty coping with life problems: illness, death, loss of a friend, betrayal, financial burdens, teenage rebellion, relationships gone bad, loneliness, aging, disappointment in grown children, drastic life style changes, feelings of hopelessness, helplessness, despair, anger, hurt, ambivalence, confusion.

If you know people who are experiencing any of these problems, and who seem to need an outlet for their emotions, a place to vent, a support system of people who are there to care and listen in a non-judgmental atmosphere, who are there to help people help themselves, then--be a friend! Tell that person about the Center. WORD OF MOUTH is our most effective means of mass communication, our easiest and least costly way to reach out to those we serve.

If every person reading this newsletter became personally responsible for telling the Center story to as many people as will listen, we can develop a powerful and effective Public Relations network that will have far-reaching positive effects on the mental health of our community.

Talk about us at meetings, at dinner parties, at social and business gatherings. People will listen. They may be tired of hearing stories about doctors and medicines, genius children and grandchildren, and the sorry state of the world. Give them something more immediate, more easily accessible to talk

about. It is a basic part of human nature that people feel personally gratified when they help other people. Talk about our:

- Free therapy groups for adults and children--where clients are appropriately assigned to a group after an initial evaluation
- Free support groups--caregivers, bereavement, divorced and separated, women's issues, men's issues, senior issues--where people can just walk in and become part of the group
- Low-cost individual, couples, and family therapy

See back page for the "so much more" that we do. You are our liaison to the community. YOU--are the media!

Emily Rosen, Chair, Public Relations Committee

Thrift Store Begins New Pricing Scheme

The Center's thrift store has started a new pricing scheme where prices on items \$100 and higher are reduced every week until the item is sold.

Customers can buy at today's price or wait for the lower price and hope the item isn't sold.

With items in thrift stores being one-of-a-kind this new pricing scheme should add excitement to the buying experience.

White Sofa	
August 12, 2007	\$299
August 19, 2007	\$254
August 26, 2007	\$229
September 2, 2007	\$206
September 9, 2007	\$185
September 16, 2007	\$167

—Sample—>

Dear Dr. Holly,

A few months ago, I attended one of your Psychodrama performances on problems between Parents and Their Adult Children. Not only did I enjoy the play immensely, but I also found that I completely related to much of the conflict portrayed. Do you have any suggestions or insight that might be helpful in my relationship with my own grown son?

My Kid's 35, our relationship is still rocky, and I'm tired.

Ask Dr. Holly

Dear My Kid's 35,

You are not alone. Everybody knows that the toddler years are exhausting and the teen years are...well, the teen years. Many people, however, do not realize how challenging the relationship can be between parents and their adult children. Somewhere along the way, the parent-child relationship changes, roles may even reverse, and both sides are often left fumbling with how to relate to the other. In response, I have been working on a guide for parenting adult children with Bea Lewis, advice columnist featured in the Palm Beach Post. Along the way, we developed a two-sided, 12-point plan for intergenerational harmony, which appeared in Bea's weekly column. I think you and your family might find it helpful.

Dr. Holly

What Adult Children Want from Their Parents

- To be treated like a grown-up
- To forgive the hurts we caused you
- To not compare us with our siblings or your friends' children
- To not expect too much from us
- To have faith in us and our abilities
- To love us for who we are today, not who you wanted us to be
- To not hold us responsible for your happiness
- To express our feelings without being judged
- To understand we have our own lives and obligations
- To be there in our time of need
- To respect our spouse or significant other
- To feel we made you proud

What Parents Want from Their Adult Children

- To be treated with respect
- To forgive the hurts we caused you
- To not compare us with your friends' parents
- To not expect too much from us
- To appreciate what we've given you
- To love us for who we are today with compassion for our limitations
- To not hold us responsible for your happiness
- To express our feelings without being judged
- To be included in your lives
- To be there in our time of need
- To respect our new spouse or significant other
- To believe we did the best we could

Bloomington's Shopping Event Thursday, October 25, 2007



through ticket sales.

Tickets are on sale for \$10 each and 100 percent of these proceeds benefit the Center directly. The Center also will receive a \$5 bonus for each person holding a pre-sold ticket who attends the event. In addition, a portion of the proceeds from all ticket sales on that day will be divided among the participating charities.

Tickets identifying the Center may be purchased in advance by contacting Karen Santen (561/483-5300 x105 or k.santen@groupcounseling.org), the Center's fund-raising coordinator.

Plum Park Thrift Stores Open Sundays

All four thrift stores at Plum Park are now open on Sundays from 12 noon until 5 pm.

Visit all four:

- Center for Group Counseling
- Florence Fuller
- Hospice by the Sea
- Levis JCC

SunTrust Bank Donates \$100 Bills to Charity



Considering open a new bank account? Consider SunTrust. Anyone that opens a new account at SunTrust will get to choose from a list of pre-qualified charities that SunTrust will donate \$100 to.

Please choose the Center for Group Counseling!

Thank you!

Attention Shoppers - and the Rest of the World

It's a happening, a fun activity, a treasure hunt, and the formula is: quality merchandise at the right price in an atmosphere of friendship and congeniality. Granted, first you have to find us, a challenge that is mighty worth the effort. Take U.S. 1 (Federal Highway) to 20th Street in Boca, go west two blocks to Plum Park on the right and aha!! If we only had a yellow brick road! We are neatly tucked around the corner in Building E, and once you have "found us, you'll never let us go."

If you're particularly lucky, you might hit a sale day, but pay attention. One customer fell in love with a couch listed at \$200. It happened to be a 50% off day, and when he asked if they could do better on the price, the salesperson said, "Yes. You can have it at half off." The customer scratched his head, and not quite satisfied, he summoned his best bargaining skills, "Well, then" he said in full seriousness, "would you take \$175 for it?" Check with thrift store coordinator Sheila Thomas for the end of that story.

It's rare to find such happy people working together and loving what they do. In addition to Rachel Zuckerberg and Sheila, our thrift store coordinators, we have a staff of dedicated volunteers most of whom have bonded as friends. They love spending time with each other, and they know how to recognize when customers want to be directed to the treasures and when they want to be left to find them on their own.

And of course the real fun of it is that as the merchandise flows in, there is always something new, something you didn't see there yesterday.

Donate !! Volunteer !! Shop !!

We always need quality merchandise. We always need people to help in the shop. And of course, we always need people to buy!

And guess what!!! We need YOU to be one of those people - or all three - and certainly, we need you to SPREAD THE WORD.

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

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