

FOR IMMEDIATE RELEASE

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PRESS RELEASE

Marblehead Counseling Center--New Educational Series

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The Marblehead Counseling Center is about to launch a new monthly educational series with each program airing on MHTV followed by a workshop. The Executive Director, Paul Crosby, and the Center's counselors will discuss the many challenges and anxieties which people in our community encounter during life. They will also deal with any questions which have been submitted, in advance, to the Counseling Center.

"We thought it would be a good idea to develop a series of programs which focus on the situations in life which cause trauma and stress to individuals and families", Crosby said. "We have picked topics that reflect the most common problems that people bring to us, including depression, coping with being a single parent, recognizing and dealing with stress and anxiety, and the issues which face veterans and their families".

Shortly after each program has begun airing on MHTV (Comcast channel 10) and Verizon (channel 28), a workshop will be offered at The Center to further discuss with attendees the challenges and coping strategies for the topic.

Founded in 1969 by Ron Michaud and a part-time therapist, The Center now has six experienced, licensed, professional therapists and sees over 550 patients a year. The therapists at The Center help people cope with a wide array of challenges such as the emotional and financial trauma of unemployment, understanding why adolescent children behave the way they do, and how to deal with depression, the latter of which affects over 10% of American adults every year.

The Counseling Center also continues to be a catalyst for many important community activities. Some, such as the Marblehead Food Pantry and Making Ends Meet Foundation go on to become self-sufficient. Others, such as the foundation of a Teen Center and the formation of the Marblehead Cares Coalition to address substance abuse are still being spearheaded by the Center. Its' clinicians teach time management and social skills to students in the school system and provide help to families in need and the elderly.

The February program will kick off the series with its premiere on Thursday, February 3 at 6pm and be repeated during the following three weeks. Any questions for consideration in advance of the taping should be submitted to the Counseling

Center by email to info@marbleheadcounseling.org or by telephone to 781.631.8273 and they will be treated confidentially.

The monthly schedule of topics is:

February	Issues facing veterans and their families
March	Depression and its impact on children, adults and the elderly
April	The challenges of single parenting and how to cope
May	Alcohol and drug counseling
June	Understanding the brains and development of kids and teens
July	Dealing with change- divorce, separation, moving & relocation
August	Post traumatic stress – its symptoms and treatment
September	Recognizing and dealing with stress and anxiety
October	Enriching couple relationships
November	Understanding grief and loss and their impact
December	Dealing with families over the holidays

For more information, please visit the website at
<http://www.marbleheadcounseling.org/>

The Counseling Center provides a spectrum of counseling services and community programs for individuals and families in the Marblehead/Swampscott communities, delivering support and guidance in dealing with life's problems, family issues, and mental health issues. The Counseling Center accepts most health insurance and can also offer discounts for income-eligible Marblehead residents.

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