

FOR IMMEDIATE RELEASE

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PRESS RELEASE

Challenges of Single Parenting and Ways to Cope Workshop April 5, 2011

The Marblehead Counseling Center is holding a seminar on Thursday, April 28 from 7 to 8:30 p.m. about the various challenges single parents face and ways of successfully coping with them. This free workshop is open to the public and is being held at the Counseling Center on 66 Clifton Avenue. For information and registration call the MCC on 781-631-8273 or go to the website: www.marbleheadcounseling.org/programs.html

Being a single parent is a difficult job. Much of the time it means caring for children, making difficult decisions and running a household all by oneself. "Knowing that you're not alone on this journey is vitally important. We all need people who will cheer us on and steer us in the right direction when we feel overwhelmed and alone," said Paul Crosby, Executive Director of the Counseling Center. "Raising children as a single parent is challenging, but it can be very rewarding as well."

The Single Parenting seminar is part of the Counseling Center's new educational program which every month spotlights one of the many challenges that people encounter during life. The program begins with an interview and discussion shown on MHTV featuring one or more experts on the topic presented. The show will repeat on MHTV throughout the month, followed by a public seminar at the Counseling Center at the end of each month.

The Single Parenting program features Paul Crosby, LICSW and a panel of local single parents. The program will premier on Tuesday, April 5 at 7:30 p.m. on MHTV (Channel 10 on Comcast and Channel 28 on Verizon) and be replayed Wednesday, April 6 at 1 p.m. and throughout the month.

The topic for May's educational series will be Alcohol and Drug Abuse. The full schedule for upcoming topics can be seen on the Counseling Center website: www.marbleheadcounseling.org under Programs.

Founded in 1969, The Counseling Center is a community-based, non-profit that provides high-quality, confidential counseling services for individuals, children and families in Marblehead, Swampscott and surrounding communities. Questions about the topics or ideas for future programs are welcome. To register, submit a question or idea, email info@marbleheadcounseling.org or telephone 781-631-8273.