

Finding BALANCE



ANGER MANAGEMENT

EVERY MONDAY AT 4PM; 5PM; 630PM

◆ Children ◆ Teens ◆ Adults

Topics of Discussion: Anger History; Anger Intensity; Anger Triggers; Anger Expression Style; Anger Consequences

❖ Call for more information about your age group
OR visit us online.

SUBSTANCE RECOVERY

EVERY WEDNESDAY FROM 6PM TO 730PM

Adults – Overcoming Addictions

LIFE HAPPENS!

WHAT ARE *COPING* SKILLS?

Learning how to deal with and survive the events that create negative feelings.

◆ Adults ◆ Teens ◆ Children

Topics of Discussion: Focusing on our strengths; Understanding mental illness; Reducing stress; Connecting with people; Expressing our positive feelings; Getting closer to people; Standing up for ourselves in a positive way; Managing anger; Using our time well; Avoiding problems with alcohol and drugs

SEMINARS

These meetings are intended to introduce the topics covered in the on-going groups that meet weekly.

Parental Alienation Seminar (3-hours):

Nothing stirs up passions more than the controversy generated when parents are at war over the custody of a child; where evidence on both sides can make a compelling case. Fear takes over reason, incomplete facts become evidence, and court calendars become jammed with repeat visits to a judge to try to bring sanity to what is unlikely to ever be sane. This class identifies signs of alienation and what we can do to stop it.

EVERY 2ND SATURDAY OF THE MONTH

Families & Relationships:

- Mastering my Marriage!
- Parents and Teens on the same TEAM
- Family Reunion – Having fun together!

Mental Health:

- Post-Traumatic Stress Disorder
- Special Needs
- AD/HD
- Anxiety Disorders
- Understanding Mental Illness

Informative:

- Parental Alienation Syndrome
- Reactive Attachment Disorder

CALL OR VISIT OUR WEBSITE TO REGISTER

Counseling Center of Montgomery County

212 Conroe Drive Ph 936-760-1880
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CCMC@CounselingCenterMoCo.com

www.CounselingCenterMC.com



COUNSELING CENTER OF MONTGOMERY COUNTY

(936) 760-1880 or (936) 760-2915

CCMC

*If you're looking for extra support
and guidance through a
challenging situation or you're just
ready to move in a new direction in
your life, we look forward to
working with you to achieve your
goals.*



*Today you are one step closer to a
new you where you feel empowered
and on a positive path to growth
and well-being.*



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CCMC facilitates therapy in a variety of settings. You can attend therapy as an *individual, couple, family*, or join a *group*.

Other Services:

- ✓ Mental Health Evaluations
- ✓ Custody Evaluations
- ✓ Diagnostic Reports
- ✓ Court Testimony
- ✓ Court Reports
- ✓ Supervised Therapeutic Visitations



“The past exists only in our memories,
the future only in our plans.
The present is our only reality.”

-Robert Pirsig



Family

PARENT GROUPS

»» RECEIVE A CERTIFICATE OF COMPLETION ««

- Court Approved *Parent Class* for divorcing families (4-hours)
DAYS & TIMES VARY
- *Extended Parent Class* for families of divorce – for families that have extreme conflict.
***Every Tuesday from 630pm to 8pm**
- *Blending your family* – Step-Parents: Understanding the unique challenges of your new role!
DAYS & TIMES VARY
- *Productive Parenting* – A Parent Education Class for effective child training!
***Every Thursday from 6pm to 8pm**

HEALING AFTER THE DIVORCE

- Divorce Recovery for **Adults** – *REBUILDING: After your relationship ends!*
Every Wednesday at 5pm
- Divorce Recovery for **Teens** – *How to keep it together when your parents are splitting up!*
Every Tuesday at 430pm
- Divorce Recovery for **Children** – *Helping kids to overcome difficult family changes & grow up happy!*
Every Tuesday at 530pm

Phone: (936) 760-1880 or (936) 760-2915

Fax: (936) 760-9101

Email: CCMC@CounselingCenterMoCo.com



Relationships



◆ Adults ◆ Teens

Topics of Discussion

For Couples: Becoming Soul Mates; Principles for improving your partnership; Your temperament and communication style; Signs of destruction and growing through conflict; Learning your love language; etc

For Teens: Evaluating your relationship; Understanding abuse; Social influences; Building healthy relationships; Making good decisions; etc

»» Call or visit our website to register today! ««

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