



APRIL 2016

Ascension Counseling Center

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HANDLE YOUR CHILD'S ANGER

Anger, as an emotion, is neither good nor bad. What makes it good or bad is how we express it: in words or behaviors. We learn how to handle our anger from the people around us. If your child handles anger poorly, then you can retrain him to handle his anger in a different way.

First, let's look at what children say when they're angry. This list below contains things children should not be . Make your own list of things you don't want your child to say when she is angry.

Don't Say:

I'm going to hit you.

They hurt me on purpose.

No! Me first!

No! Do it my way.

No, I won't do it.

I want to hurt the bad kids.

I wish you were dead.

No fair! I want to win.

I hate you.

I am going to get back at them.

I hate my life.

You are a *&%#! (Name calling)

Then, make a list of acceptable things for your child to say.

Do Say:

I don't want to stop what I'm doing now.

This is hard.

I'm angry.

I'm disappointed.

I need to talk.

I need a break.

I need to be alone.

I feel like I'm no good.

I feel scared/hopeless.

I'm worried.

One of the goals of expressing anger verbally is to reduce the need to express it by our behavior.

When children can't express their anger verbally, they will act it out behaviorally. They may hit things, throw things, stomp, or make a mess. Notice what your child does when he is angry. Remember that this is just one small step in bringing the expression of anger under control. Next task is to express it appropriately.

Small step approach. Try to replace the natural unacceptable behavior with an acceptable one.

- If he throws things, find something soft to throw like rolled up socks, balled up paper, balloons, paper airplanes, a ball of yarn (tie off the end so it doesn't unravel).
- If she hit things, pound on play dough, play hammer, inflatable bat, toy boxing set, bop bag (weighted inflatable boxing toys).
- If he stomps, give him an acceptable substitute.: stomping on empty cardboard boxes, stomping on bubble wrap

Call [Ascension Counseling Center](#) at [450-1158](#) to find out how we can help with gambling and other addictions. For more info, visit [ncpgambling.org](#).

CREATE A CALM-DOWN BOX

An calm-down box contains things that can be used when your child is angry to calm her down.

In addition to the items above, it could also include:

- A pinwheel or blowing bubbles to help your child practice deep breathing.
- Squeeze toys, textured balls
- Music
- Coloring books
- Bubble wrap



NEWS, TRAINING & OUTREACH

VIDEO NEWSLETTER

Be sure to catch our video newsletter on Ascension Parish Channel 21. We record a new program each month on a variety of topics. The program can be found on Youtube as well.

SERVICES WE OFFER

Ascension Counseling Center provides Resource Referrals:

Find resources for abuse, addiction, dental, food, shelters, insurance, lab work, legal, material aid, health services, prescription assistance, mental health, utilities, and more. Call Gina at 450-1167 for assistance.

Ascension Counseling Center is a Certified Medicaid Application Center:

We will help individuals apply for Medicaid free of charge. Your application will be processed free online here in our Gonzales clinic with the help of a trained Medicaid Representative. Call Gina at 450-1167 to get started or to speak to the Medicaid Representative.

www.AscensionParish.Net/MH

**ASCENSION COUNSELING
CENTER**

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**HELPING INDIVIDUALS AND
FAMILIES CHANGE BEHAVIORS AND
CHANGE LIVES.**

Ascension Counseling Center provides comprehensive therapeutic services to individuals and families in an effort to foster healthy coping skills that will improve their quality of life.

HOURS

Gonzales:

Business Hours

Mon - Thur: 8 am - 5:30 pm; Fri: 8 am - noon

Counseling Hours

Mon - Thur: 7 am - 8 pm; Fri: 8 am - noon

Psychiatrist Hours

Monday and Tuesday: 8 am - 6 pm

MONTHLY EVENTS

Mondays:

- ***Adult Substance Abuse Treatment group***, 10- 12 pm & 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.

Tuesdays:

- ***Nurturing Parenting, adult & children groups***: 5 - 7:30 pm, Gonzales.
- ***Anger Management Class***, 4 - 5 pm, Gonzales.
- ***Stop Smoking Group***, 4 - 6 pm, Gonzales
- ***Adult Substance Abuse Treatment group***, 6 - 8 pm, Gonzales.

Wednesdays:

- ***Adult Substance Abuse Treatment group***: 1 pm, Donaldsonville.
- ***Adolescent Substance Abuse Treatment group***, 3 - 4 pm, Donaldsonville.
- ***Adult Substance Abuse Treatment group***: 10 - 12 pm & 6 - 8 pm, Gonzales.
- ***Living Strong Cancer Survivors group***, 3 - 4 pm, Donaldsonville. 2nd Wed of each month.
- ***Grandparents Raising Grandchildren***, 10:30 am - noon, lunch provided, Donaldsonville, 3rd Wed of each month

Thursdays:

- ***Adult Substance Abuse Treatment group***: 6 - 8 pm, Gonzales.
- ***Adolescent Substance Abuse Treatment group***, 4 - 6 pm, Gonzales.
- ***Anxiety Reduction group***: 4 - 5 pm, Gonzales.



At Ascension Counseling Center you are at the center of your own care. We aim to treat you the way you want to be treated, with dignity and respect. If you are not receiving the services you want in the way that you want them, please speak to your counselor or ask to speak with Lisa Weber-Curry, Clinical manager (225-450-1172) or Suzanne Hamilton, Director (225-450-1160).