

JANUARY 2016



Ascension Counseling Center

Editor: Suzanne Berteau Hamilton

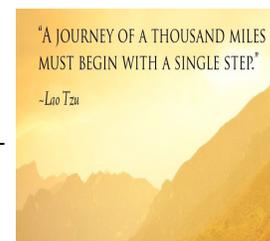
Parish President: Kenny Matassa

HEALTHY VS. UNHEALTHY FAMILIES

Healthy Families:

Healthy families aren't perfect families. They still have the challenges, arguments, disagreements, and problems that other families do. The difference is in how they handle them and in the type of atmosphere in the family. They:

- Function effectively
- Positively nurture each individual
- Create an emotionally safe environment (you can state your thoughts, wants, and emotions)
- Face problems with resiliency, pulling together for a solution
- Apologize when needed.
- Parents work together as a team to co-parent.
- Provide clear boundaries
- Respect is present among all family members.



Unhealthy Families:

Unhealthy families aren't always in crisis. They can have some good times and loving members. However, in unhealthy families one or more family members display the following:

- Parents are under-involved or over-controlling
- Addiction to drugs, alcohol, gambling, internet, or other behaviors
- Have emotional or mental problems
- Are verbally, emotionally, physically, or sexually abusive.
- Are extreme in their viewpoint, behavior, or structure.
- Have poor communication.

Call **Ascension Counseling Center** at **450-1158** to find out how we can help your family become healthier for all members. We help intact families, divorced families, and blended families set goals for better living and show you the steps needed to reach those goals.

A NEW YEAR, A NEW YOU

Most of us will make at least one New Year Resolution, whether it is to earn more, go back to school or lose a few pounds. Nearly all of us take the beginning of a new year to focus on what we want to achieve. There is nothing wrong with that. After all, focusing on change and looking closely at what we would like to achieve and setting goals for ourselves are all constructive things to do. The problem with resolutions is that resolutions rarely last. Many fall by the wayside by the third week of January. The most common reason is that we don't set realistic goals and we lack the willpower to complete the goal. In order to reach our goals, we must be realistic, be dedicated and take action.

Be Realistic: When setting a goal, we must decide on a realistic resolution. We must ask ourselves: is this resolution something I really want or just something I feel compelled to do. If we really don't want to give up junk food or get a better job, then we are more likely to fail. If we know we want it, we then have to look at how we will go about achieving our goal. All resolutions must have a plan of action.

Time and Dedication: We don't wake up on January 1st and discover that our resolutions have taken place. We must be prepared for it to take time and dedication. We must set our goals based on the time and dedication we are prepared to give them in order to achieve them.

Take Action: Once we have a goal and a plan, next we must take action. Quitting smoking? Then join a smoking cessation group like the one offered at Ascension Counseling Center. Also, rip up your cigarettes and find a friend who has quit to get some motivation. Want to eat healthy? Buy fruit instead of cookies. Join a health club or start walking. Nothing can get done without action.



NEWS, TRAINING & OUTREACH

CLOSED FOR MARTIN LUTHER KING, JR. DAY

Ascension Counseling Center, as well as all Parish offices, will be closed on Monday, January 18th in observance of Martin Luther King, Jr. Day.

ST. ELIZABETH FAMILY FEST

Ascension Counseling Center will be participating in the St. Elizabeth Family Fest: Adventures in Health on Saturday, January 30th. The fest will be from 9-1 at the Lamar Dixon Expo Center in the Trade Mart building. There will be live entertainment, great food, interactive exhibits, shopping, free screenings, AND a kids Play Zone! This event is free and open to the public. Stop by our table for free give-aways and a free brief ADHD assessment.



WELCOME OUR MENTAL HEALTH BOARD MEMBERS

We have three new and one returning mental health board members. They are:

- **Elsie JoAn Brown** is a Licensed Addiction Counselor who has many years of experience serving the people of Louisiana in the treatment of addictions. She has served on the Louisiana Addictive Disorders Regulatory Board for 12 years.
- **Kimberly Burgess-Smith**, Vice-Chair is a National Certified Counselor and a National Certified School Counselor with a background in mental health/school counseling and rehabilitation services.
- **Lisa Chavis Anderson**, Chair is a Psychiatric Nurse Practitioner with over 22 years experience working in both the private and public mental health sector. She has experience in policy development and implementation and in program development and implementation.
- Returning member, **Kathy Edmonston**, works for the Ascension Parish School Board assisting families who have children with mental disorders. She has recently been elected to the BESE school board.

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).