

Summer 2012 Programs at The Family Therapy Center

May 31, 2012

Summer has arrived and The Family Therapy Center is offering a number of new and returning programs and group therapy activities. If you're interested in signing-up and taking part, please speak to your therapist.

Children of Military Families

Helen Skovran, founder and director of The Family Therapy Center, is pleased to announce that "we are privileged to be a site where military families can come to for support." This summer we are offering a brand new program for children with a parent in the military. A child's reaction to a parent's deployment may vary based on individual personality and age. Teenagers may withdraw and act out with anger. School-age children can struggle maintaining grades and friendships during relocations often required by a military lifestyle. In young children, deployment can trigger separation anxiety. We will help your children build skills to process these complicated emotions and express them in a healthy manner. This program will be facilitated by Helen Skovran MS LMFT and Kyoung-Hi Dickson MA LMFT. We offer treatment for children, families, and individuals who are serving our country in private settings as well.

Help Build Our Therapeutic Garden

A therapeutic garden is growing at The Family Therapy Center and you can be a part of it! Add a piece of yourself and/or your family to our garden by bringing in a plant, flower, garden sculpture, or decorative landscaping object or by planting one we will provide for you. You are welcome to work on the garden during or after your session and allow nature to improve your sense of well-being.

Overcome Emotional Eating

Is your life controlled by dieting, food, and the number on the scale? We will help you discover your natural weight: the weight you are when you are neither dieting nor forcing food. Your natural weight is decided by your genes and is similar to the way your body determines your natural hair color. We will help you transform your ideal body weight into your natural weight so you can give up on dieting for good. This group will meet Wednesdays from 6:30-8:00pm.

About The Family Therapy Center

The Family Therapy Center has been serving children, families, and individuals since 1997. We also offer marriage/couple therapy, family therapy, and individual therapy. We accept most insurances.

For more information please visit our website thefamilytherapycenterllc.com or contact Helen at hpslmft@hotmail.com or 860-314-1236 ext: 2.