



UPDATE FOR MARCH 2010

WITH COUNSELING SITES LOCATED IN:
NASSAU SUFFOLK MANHATTAN QUEENS WESTCHESTER

Prepared especially for LCC Association Congregations & Schools

Is your pre-teen or teen daughter struggling with self-esteem or body image issues?*

Self-Respect: Getting There Together* is for girls (4th through 12th grades) who struggle with poor self-esteem and issues of body image (including tendencies toward self-injuries, addictions, behavioral issues and eating disorders). A total of ten support group sessions will be held on Mondays beginning Monday, March 22, 2010. Sessions for younger girls (ages 9 through 13) will be held from 4:30 to 5:30 p.m. and sessions for older girls (ages 14 through 18) will be held from 6:00 to 7:00 p.m. All sessions will be led by LCC children's counselors at LCC's Mineola site. Cost is \$5.00 per session. Registration is required (see contact information at bottom of page).

Support group topics during these weeks will include: understanding body image and media influence; developing a healthy self-perception; ending destructive patterns of behavior; managing your emotions in healthy ways; recognizing abusive or unhealthy relationships and ending them; handling peer pressure, rejection and loss; avoiding over and under achievement; and making healthy decisions while taking control of your life. LCC counselors will ensure that girls are encouraged to share their feelings, learn positive choices and gain peer support in a safe and caring environment.

Parents of participating girls are invited to meet while their daughters are participating in the group sessions. The discussion group will be facilitated by one of LCC's counselors and will provide parents with helpful tips to improve communication with their daughters; ways to recognize signs of self-injurious, harmful or addictive behaviors; and parental approaches that will make a positive difference in their child's life. Sessions are free.

A limited number of individual counseling sessions at \$10.00 per session are also available for the girls enrolled in this program. Contact LCC for more information or to register your daughter.

ANNUAL CORPORATORS' MEETING TO ADDRESS "FINDING HOPE IN AN UNCERTAIN WORLD"

Lutheran Counseling Center invites pastors and two representatives (delegates) of each Association Congregation and/or School to join us on Thursday, March 11, 2010 from 6:00 to 8:30 p.m. for dinner and our annual Corporators' Meeting. The focus of this year's meeting will include a panel of LCC counselors to answer your questions about how to keep our Christian hope alive and well while dealing with the complexity of personal issues, uncertainty about the future, and an increasingly changing, fast-paced world. Those present will be encouraged to submit written, anonymous mental health questions of personal concern. No miracle answers are guaranteed but helpful suggestions will be given.

Delegate forms have been mailed to your church and/or school. Please let your pastor know if you would like to attend this dinner/annual event. Return your delegate form or register your church by either calling LCC at 516-741-0994 or e-mailing us at Center@lccny.org. LCC will present a brief annual report and present candidates for board membership or renewal of terms.

**This program) is made possible, in part, through grants from the Lutheran Services for Children Endowment at the ELCA Foundation and the WE CARE Fund of the Nassau County Bar Association.*

If you or someone you know is in need of counseling support for this or any other mental health issue, please call the Lutheran Counseling Center at 516-741-0994 or 1-800-317-1173 or e-mail us at Center@lccny.org. LCC has six counseling sites over the New York metropolitan and surrounding area. Visit our website at www.lccny.org.