



- April is Stress Awareness Month
- May is Mental Health Month
- May 1 is Loyalty Day
- May 10 is Mother's Day
- May 25 is Memorial Day (offices closed)
- June 1 is National Child's Day
- June 21 is Father's Day

EFFECTIVE
4.1.09

New per session fee schedule:

\$150 Initial Evaluation

\$135 Family Counseling

\$120 Individual Counseling

Fees may be subsidized based on ability to pay. Please speak to a SCC staff member for more information. All fees effective 4.1.09 and subject to change without notice.

Kim Forsey joins the SCC as E.D.

In November 2008, the Samaritan Counseling Center's Board of Trustees hired **Kim Forsey** as the 6th Executive Director in its 35 year history.

Board President, **Bruce Nitz** buzzed about the "unanimous vote of confidence the Board has in Kim's skills and ability to lead the Center forward and with strength and conviction, while maintaining the agencies values and mission."

Kim has over 20 years experience in not-for-profit work and comes to Southwest Michigan from the not to distant Michiana area.

"To be involved with such an important and worthy agency, while living in this picturesque environment, is a true blessing," stated Forsey.

Kim is currently a member of the St. Joseph/Benton Harbor Rotary Club. When not at the SCC, you can find her behind her camera along the shoreline.



Kim Forsey, Executive Director
kforsey@samcounseling.org

MORE STAFF NEWS

Josephine Cassar, MSW, LMSW, SSW, LMFT and **Jeanne Dunn**, MA, MSW, LLPC, NCC both celebrated their first year anniversary at the SCC in March.

Glenn Chapman, D. Min.,

LPC, LMFT, recently addressed a support group regarding "Intimacy After Prostate Cancer" and it was so well received, the group is looking to offer the presentation again. Contact gchapman@samcounseling.org if you would like more information.

Shelly Perry, MSW, LMSW, recently facilitated a Kids in Crisis in-service training class in conjunction with a collaborative effort of Michigan colleges. Contact sperry@samcounseling.org if you would like information about future classes.

Congratulations to **Christy Plangger**, who has been promoted to Administrative Manager of the SCC. **Linda Kowrach** and **Frances Postelli** have both joined the SCC team as Receptionists.

Stress Awareness Class Offered April 15th

The SCC's newest therapist, **Melanie Page-Wood**, MA, LPC, CAAC, will be teaching a Stress Management Class on April 15th, 2009 at Trinity Ministry Center (619 Main Street) in St. Joseph, MI.

The class will begin at 6:30pm and run approximately 90 minutes.

The topics covered will include how to recognize signs of stress, teaching stress management skills, sleeping problems and dealing with a layoff.

For more information about this class, please contact the SCC at 269.926.6199, email mpagewood@samcounseling.org, or call the Trinity Ministry Cen-

ter at 269.983.5000.

Do you need another reason to attend? There is no charge for this class!





1850 Colfax Avenue
Benton Harbor, MI 49022

Satellite Offices:

Wesley United Methodist Church
Niles, MI (269.683.7604)

First Congregational Church
South Haven, MI (269.637.6236)

First Congregational Church
St. Joseph, MI (269.926.6199)

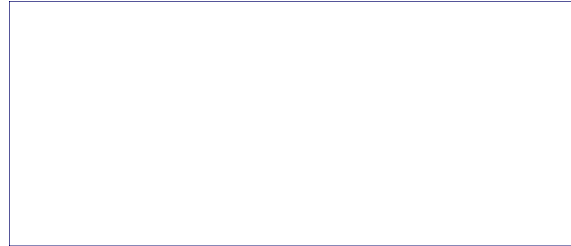
Trinity Lutheran Church
St. Joseph, MI (269.926.6199)

Stevensville United Methodist Church
Stevensville, MI (269.926.6199)

phone: 269.926.6199

fax: 269.926.6780

e-mail: info@samcounseling.org



Becoming a Love and Logic Parent[®]



A seven part parent training program designed by the Love and Logic Institute



Facilitated by:
Diane Kopp, LPC
Samaritan Counseling
Center Therapist

Beginning Wednesday, April 22, 2009

and continuing every Wednesday for the next seven weeks

Classes held at the Samaritan Counseling Center

(1850 Colfax Avenue, Benton Harbor)

6:30 pm - 8:30 pm

\$50 per 2 person family
(both parent(s) and/or caregiver invited)
\$35 individual attendee
(workbook included)



Class size is limited. Please call the SCC for more information 269.926.6199

Creating Respectful and Responsible Kids

You will learn how to:

- ♥ Get your kids to do chores without reminders
- ♥ Handle defiance and backtalk
- ♥ Parent with a spouse who has a different style
- ♥ Handle sibling rivalry
- ♥ Increase your child's motivation to do well in school

Parenting Toddlers and Preschoolers

You will learn how to:

- ♥ Make potty training fun
- ♥ Put an end to whining
- ♥ Handle misbehavior in public
- ♥ Take the stress out of bedtime and sleeping
- ♥ Teach them to listen the first time

Coaching Parents of Young Kids

You will learn how to:

- ♥ Have happy, fun families
- ♥ Get toddlers who go to bed the first time
- ♥ Have meals without the battles
- ♥ Discipline without losing their love
- ♥ Acquire great comebacks all parents need to know
- ♥ Help youngsters grow to safe, smart, confident teens
- ♥ And so much more!