

Ozaukee Community Therapies

Spring 2019 Groups and Trainings



Groups

Parenting- Teens and Substance Use

In this session group, parents will learn how to stay involved in their child's life in a positive and ongoing way, while also engaging in self-care. This class will help you understand that substance use is a motivated behavior. Teens don't use drugs and alcohol because they are "bad", but because they are getting something in return. Understanding this will help you and your family to take the substance use less personally and how some of your child's needs could be met without using substances. Participants will also gain an understanding on how to incorporate natural consequences as part of the change process.

Facilitator- Jill Dawson

Date/time: Tuesdays 3/12/19 & 3/19/19, 6-7:30pm

\$15/participant



Jill Dawson has a counseling background working with children, adolescents, adults and families. She specializes in dual diagnoses, both mental health and substance abuse. She has worked with clients with substance abuse/addiction issues, depression, anxiety and panic disorders, bipolar, PTSD and trauma. Jill has also trained and educated schools and communities regarding teens and substance use. Jill graduated from Concordia University with a master's degree in professional counseling.

Trainings

Identifying and Supporting Mental Health in the Classroom

This training targets the understanding and identification of a variety of mental health issues common in children and adolescents. Participants will also engage on topics of how to address concerns with parents, and classroom strategies to support children with mental health issues. Trainings are tailored to specific age groups.

Facilitator: Erin Perez

PreK-2nd Grade Educators- 3/20/19 (Wed.) 6:30-8pm

3rd-6th Grade Educators- 3/27/19 (Wed.) 6:30-8pm

Middle/High School Educators- 4/3/19 (Wed.) 6:30-8pm

\$15/participant



Erin Perez, Clinic Director of Ozaukee Community Therapies, is a Licensed Professional Counselor who has over 15 years of experience providing counseling, consultation, and trainings. Erin has many years of experience working with children (ages 3-18), adults, and families, who are experiencing various mental health and life challenges, such as ADHD, autism, anxiety, anger management, divorce, blending families, life transitions, and trauma. Erin has a Master's degree in Clinical Psychology from Cardinal Stritch University.

Space is limited, and all participants must register to attend. To register- please contact Erin Perez at 414-559-0050 or erin@ozaukeecommunitytherapies.com

