

Family

# CENTRAL

Volume 12, Issue 1



Grosse Pointe • Harper Woods  
Enrichment programs  
for families & professionals

## Whoa! 5 Core Practices to Get a Grip on Living

Ask the Expert: By Christina Pitts

**Q: My kids barely have time to enjoy one activity before moving on to the next. Any ideas about helping them to be more engaged in the “here and now”?**

**A:** Appreciating the “here and now” is something we all benefit from; nature and horses are great teachers.

In our work, we partner with horses in natural settings to provide learning experiences that enrich relationships and optimize experiences for anyone in any circumstance. Horses teach us “5 Core Practices” to increase awareness

and consciousness of our physical, emotional, mental, spiritual states: Slow = Fast; Be Present; Pause-Reflect-Choose; Less = More and Small = Big.

Increased awareness and consciousness through these 5 Core Practices enhances the quality of engagement, promoting clarity, congruence, and resilience that enable us to thrive in a time of increasing complexity and rapid, chaotic change.

Essentially, these practices are about personal integrity and authenticity. Who am I and what do I value? If I’m yearning for slower pace, meaningful relationships, better results, simplicity, small ways to achieve big wins, then why do I allow others to shift those values in me? If I’m committed to these values, then I need to match my behavior with my intention.

Slow = Fast. Our lives are packed with rushed busy-ness. Ready-fire-aim, “solving” before we know what’s fully happening. This practice is about slowing the chaotic moment to smell the roses. It’s the fable of the hare and tortoise. If we slow to inhale all that’s possible, we move faster to optimum result.

**Q: I have so many demands on my time, how do I slow down?**

**A:** As a first step, consciously take a deep, slow breath. Try it now. D-e-e-p. S-l-o-w. Again. Notice the change in your body from tension, tightness to relaxed comfort and sense of calm. When stressed, we take shallow breaths. Deep breaths slow brain activity and

fuel our bodies with nourishing oxygen. They create mental and physical space to offer us a proactive rather than reactive mode. We step back and calm, center and ground ourselves in order to “see” more clearly.

**Q: How do I slow others down — my family, friends and colleagues?**

**A:** Knowing what you stand for limits what you fall for. Slow yourself, and as others see it work for you, they’ll adopt. And if they don’t, stand your ground in a slowed state; don’t get caught in the whirlwind. There are infinite possibilities for standing your ground in a respectful, effective manner. There are zillion others out there who want the same slow pace, and you can be the role model. Create the “space” to connect meaningfully. Cultivate awareness and consciousness by slowing down. B-r-e-a-t-h-e.

### Save the Date

**PRACTICING SELF CARE:  
Tools to Enrich the Busy Lives of  
Women at Home and Work**

**Presenter:**  
Christina Pitts,  
Pitts-Aldrich Associates

**Thursday, Feb. 9, 7 p.m. – No fee**

**Grosse Pointe War Memorial**  
(32 Lake Shore Drive,  
Grosse Pointe Farms)

**Register online at  
www.familycenterweb.org  
or contact  
The Family Center at 313.432.3832**



*Christina Pitts, of Pitts-Aldrich Associates, is a consultant to businesses and nonprofits, as well as a coach/mentor for executives and individuals. Her background as an educator, business*

*executive, lawyer and volunteer; as a motivational trainer; as an organ donor; and as a poet, novelist and speaker bring a colorful mosaic of experience to her engagements. Contact Christina at 313.881.3433, christina@pittsaldrichassociates.com or visit www.pittsaldrichassociates.com.*

# FAMILY CENTER CALENDAR OF EVENTS

## Winter – Spring 2012

**January 24**

**The RACE to NOWHERE**

Grosse Pointe South High School Auditorium  
6:30 p.m., \$5/person  
Open Seating

**February 1, 2012**

**KINDERGARTEN: MAKING A SUCCESSFUL TRANSITION**

Barnes Early Childhood Center  
6:30 p.m. \$5/person

**February 1, 2012**

**GOOD & ANGRY: A Positive Way for Busy Parents to Express Anger/ Frustration Toward Their Children – Reduce or Eliminate Meltdowns & Explosions**

Barnes Early Childhood Center  
7 p.m.

**February 9, 2012**

**PRACTICING SELF CARE: Tools to Enrich the Busy Lives of Women at Home and Work**

Grosse Pointe War Memorial  
7 p.m.

**March 11**

**COOKIE Bakers CHALLENGE**

Grosse Pointe Hunt Club  
1:30-3:30 p.m.

**March 7, 14, 21, 28**

**ASK THE EXPERTS SERIES** with Beaumont Professionals  
6:30-8 p.m.

• **March 7**

**SLEEP STRUGGLES with Infants and Toddlers**  
Barnes Early Childhood Center

• **March 14**

**HEALTHY LUNCHES, 'Eat This, Not That'**  
Beaumont Hospital GP, Connelly

• **March 21**

**BLUER THAN BLUE – Is it the Baby Blues or Something More?**  
Barnes Early Childhood Center

• **March 28**

**COUPLE'S QUEST for COMMUNICATION SUCCESS**  
Barnes Early Childhood Center

**March**

**DINING FOR DOLLARS**

(Date/Locations To Be Determined)  
Visit [www.familycenterweb.org](http://www.familycenterweb.org)

**April 28, 2012**

**LEGO Artists CHALLENGE**

Barnes Early Childhood Center  
10:30 a.m. – 4 p.m.

**May 2012**

(Date/Time To Be Determined)

**PARENTING THE MIDDLE SCHOOL YEARS**

Grosse Pointe Academy  
7 p.m. No fee

**May 2012**

(Date/Time To Be Determined)

**CHARITEA BEAR'S TEA PARTY**

2-4 p.m.

**May 2012**

**ARE YOUR KIDS AT RISK?**

(Date/Time To Be Determined)

**May 24**

**MEET & GREET**

**School, Mental Health & Health Professionals**  
Grosse Pointe Academy  
9-11 a.m.

**SPRING 2012**

(Dates/Times To Be Determined)

- **PARENTING the MIDDLE SCHOOL YEARS**
- **WHO IS YOUR CHILD LISTENING TO? Are You a Parent or Friend?**
- **SPECIAL NEEDS RESOURCES in OUR COMMUNITY**
- **KINDERGARTEN: Easing Families/Siblings into transition-parental roles**

All programs are free, unless noted.  
To learn more, watch for our fliers and visit our website:  
[www.familycenterweb.org](http://www.familycenterweb.org)

## Why Do Teens and Adolescents Rebel So Much?

### Ask the Expert: Georgia Michalopoulou, Ph.D.

The teen years are a time of great change and intense growth, where many physical, cognitive and psychological changes are occurring. These changes often cause confusion and upheaval for both the parent and child. A parent, who is used to their younger child being cooperative and eager to please, may now be faced with an adolescent who opposes and asserts more independence. These behaviors are often part of normal development. Constructing an identity, developing autonomy and achieving separation from parents are skills that adolescents need to master in order to grow into the distinct individuals they will become.

To navigate these challenging years, parents must keep the lines of communication open, be ready to listen to their teen's worries and concerns and to provide support. Providing support, however, does not always mean agreement with the teen's requests. Parents have the responsibility to set appropriate limits to ensure their adolescent's safety. When conflict arises parents may choose to pick their battles in order to preserve their relationship with their adolescent and to avoid constant confrontation and arguments.

For example, if you ask a teen to take out the trash and they roll their eyes while complying

with your request, you may choose not to address the behavior.

Knowing which battles to fight becomes easier when parents communicate clearly their expectations based on the family's cultural values and beliefs. For example, if a teen wants to dye his or her hair another color, some parents may feel that this behavior is not harmful and decide that it is acceptable while other parents may find such behavior unacceptable.

When dealing with rebellious, defiant behavior, it is important for parents to

*(continued on page 7)*

# Board Members: What The Family Center Means to Me

The Family Center of Grosse Pointe & Harper Woods boasts an outstanding board of directors, whose members not only provide their time and expertise to the running of the 11-year-old nonprofit organization but also devote countless hours volunteering. We could think of no better way to describe what The Family Center means to them and the community than in their own words:

**Carla Palffy, LPC, School Counselor, GPPSS**  
*This is my third year on The Family Center board. As Programming Committee co-chair, I find it very rewarding to take an active role in bringing informative, timely and exciting programs to the community, especially when I see our attendance numbers continue to increase significantly each and every year.*

**Rebecca Fannon, Community Relations Specialist, GPPSS**  
*My first experience with The Family Center was taking advantage of Play Central where I met new friends, was able to form sentences with adults and my little kiddos got their wiggles out on cold winter days. I'm grateful to be able to give back through volunteering at events and now serving on the board.*

**Linda Whitman, AI Teacher Assistant, Grosse Pointe Schools**  
*As a board member and long-time volunteer, I've learned that The Family Center works on behalf of every single member of this community, making citizens more informed through education, recreation and the vast resources we have to live more meaningful lives.*

**Mary Beth Garvey, Clinical Therapist**  
*Having served as a volunteer, Early Childhood chair, board member and past president, I have great confidence in our ability to enhance the inherent strengths and competencies of our families. As both a parent and a mental health professional in this community, it has been a pleasure to serve The Family Center in advancing their mission.*

**Deann Newman, Tax Partner Deloitte Tax, LLP**  
*The Family Center is a premier organization that brings unique programs to families in our community. Getting involved to help out another volunteer seemed like a natural for me which then moved into a role on the Finance Committee followed by my current treasurer role on the board.*

**Lisa Domas, Speech & Language Pathologist, GPPSS**  
*I have served on the board of The Family Center for almost three years and love how it fosters a true sense of healthy family neighborhood in our community.*

**Cathy Leverenz, Community Representative**  
*I have been an active Grosse Pointe volunteer for years and look forward to my new role with The Family Center continuing their good work supporting families in our community and faith communities with educational opportunities, enrichment, and resources to benefit and guide our youth.*

**Beth Moran, Early Childhood Program Teacher, Grosse Pointe Schools**  
*Serving on The Family Center Board has kept me connected with the community and the needs of families. In this ever changing, frantic world it is good to support families and offer programs for raising happy, healthy children.*

**Lynne Merrill Aldrich, Pitts-Aldrich Associates**  
*I joined The Family Center board to be an advocate of its mission and to work with others to ensure a strong community by providing programs and services that nurture healthy, resilient families and kids.*

**Tom Quinn, Deloitte Consulting, LLC**  
*I am a past president and have served on the board for over six years. I am still impressed by how we continue to refine and enhance the programs that we offer so that we are addressing the ever changing needs of the community.*

**John Minnis, Publisher, Grosse Pointe Magazine**  
*Parenting is probably the most important thing we will ever be called upon to do. Yet we receive little or no formal training in parenting. The Family Center fills the role of getting the experts together with parents, grandparents and other caregivers to help us raise children who will become successful members of our community and successful parents when their time comes.*

**Maureen McKinley Light, Clinical Therapist**  
*I see this organization growing in depth and scope and I want to be a part of that: to have the chance to offer resources to families in this increasingly complex and challenging world.*

**J. Theodore Everingham, Everingham & Associates**  
*I can think of no better way to serve our community than to serve The Family Center, which in turn helps to build healthy, happy and thriving families.*

**Sean Hogan-Downey, Clinical Therapist**  
*I enjoy being on a "working" board. The Family Center is actively involved in this community and I am proud to be part of it.*

**Torrey Stackpoole, Community Representative**  
*Having been a volunteer and a participant in many early childhood events over the years, it's an honor to be part of The Family Center board. The Family Center touches so many people, families and our community as a whole that it's amazing to be part of such an important organization!*

**Diane Strickler, Founder**  
*Since its inception, The Family Center has believed that knowledgeable parents are more skilled and successful at raising healthy children. One of my joys, over the years, is seeing more and more parents attending our presentations, accepting that the landscape of childhood is changing and there is always more to learn.*

**Cindy Banaszewski, Community Representative**  
*Being an active part of a group, with so much to offer the community, has given me such pride as a volunteer and as an individual. Because I am part of The Family Center, I am able to reach out and touch so many lives in a positive way without even coming into direct, person-to-person contact with them, and it's important to me to be able to contribute in such a way.*

The Family Center is always looking for volunteers to write grants and press releases, to serve on program planning and event committees and to work events. Volunteers often move on to become board members and, if they wish, officers to help shepherd the organization in its second decade. If you would like to volunteer or would like more information, contact The Family Center at 313.432.3832 or visit [www.familycenterweb.org](http://www.familycenterweb.org).

# Ask the Experts with Beaumont Professionals

The Family Center will once again present its popular *Ask the Experts* Series in March in partnership with Beaumont Hospital, Grosse Pointe. Parents, grandparents, caregivers and professionals will have the opportunity to join the experts for informal talks addressing common concerns for children and parents. The 6:30 to 8 p.m. presentations, to be held on consecutive Wednesdays, March 7-28, will include Q&A sessions.

## March 7

### SLEEP STRUGGLES with Infants and Toddlers

#### Presenters:

Lori Warner, Ph.D., director, HOPE Center, Beaumont Center for Human Development, and Kim Steggles, M.A., L.L.P, program coordinator, Beaumont Parenting Program.



**Description:** Resolutions for sleep struggles from infants through the preschool years. Making the change from bedtime battles to healthy sleep habits in children.

**Location:** Barnes Early Childhood Center (20090 Morningside Drive, Grosse Pointe Woods)

Babies usually start to sleep 8-13 hours a night by the time they are 6 to 8 months old, says Warner and Steggles. "Sleeping through the night" may mean midnight to 5 a.m. or for eight hours or more. There is much variability in sleep patterns in children at this age.

Dealing with nighttime crying, bedtime "monsters," too much energy and napping are also problems to be addressed by Warner and Steggles at the March 7 presentation.

## March 14

### HEALTHY LUNCHESES: 'Eat This, Not That'

#### Presenters:

Dan Kellogg, executive chef, a nutritionist, both from Beaumont Hospital, Grosse Pointe.



**Description:** Enjoy healthy cooking demonstrations, samples and inspiration on healthier ways to follow a recipe, alternatives and substitutions, the benefits of berries and snacking healthy. A Beaumont nutritionist will answer questions and provide nutritional information and recipes.

**Location:** Beaumont Hospital Grosse Pointe, Connelly Auditorium (468 Cadieux Road, Grosse Pointe)

Executive Chef Kellogg will discuss how to pack lunches that are different, yet healthy, and that kids will eat. He will also address changing children's eating habits. No sense packing vegetables and fruit only to have them return home untouched.

"Children emulate their parents," Kellogg says. "Try having an 'appetizer' before dinner that includes raw veggies with dip. Prepare the dip with low-fat yogurt or ranch dressing and place it in the middle of the vegetables, like you would find at a party.

## March 21

### BLUER THAN BLUE - Is it the Baby Blues or Something More?

#### Presenters:

Pam Dzialak Moffitt, Founder of Tree of Hope Postpartum Research and Education Foundation and



Jennifer Buzka McMann, B.S.N. WHNP, Parenting Program coordinator at Beaumont Hospital, Grosse Pointe.

**Description:** Understanding when the baby blues could be something more. As many as two out of 10 women struggle with postpartum adjustment issues in the first year after they give birth. Discussion and education about perinatal mood disorders.

**Location:** Barnes Early Childhood Center (20090 Morningside Drive, Grosse Pointe Woods)

The "baby blues" affects almost 80 percent of new mothers but rarely requires treatment other than rest and support from family and friends. Postpartum depression, on the other hand, occurs in 15 to 20 percent of mothers and can become chronic without treatment. Presenters Dzialak Moffitt and Buzka McMann will discuss the "baby blues" and postpartum depression, what to mothers and spouses can do and community resources available to women struggling with PPD.

## March 28

### COUPLE'S QUEST for COMMUNICATION SUCCESS

#### Presenter:

Kim Steggles, M.A., L.L.P, program coordinator, Beaumont Parenting Program.



#### Description:

The art of healthy communication with your partner: When couples engage in effective communication with each other, they build stronger marriages and happier families. Learn to express your needs and wants without sounding demanding, judgmental or nagging.

**Location:** Barnes Early Childhood Center (20090 Morningside Drive, Grosse Pointe Woods)

Steggles will address such spousal relationship questions as:

- How can I get my partner to help more at home and with the children?
- How can I have my needs met? I feel I'm meeting my partner's needs, but mine get ignored.
- How can we stop constantly arguing about money?
- Why does it seem like most conversations start as a nice interaction but end up in arguments?
- How can I get my partner to really hear and understand what I am saying?

**There is no cost to attend the presentations. Register online [www.familycenterweb.org](http://www.familycenterweb.org) or call 313.432.3832.**

**All presentations have been approved by the Grosse Pointe Public School System and Harper Woods School District for staff development hours.**

## The Family Center **CIRCLE of FRIENDS** Presents...

### *COOKIE - Bakers Challenge*

**Sunday, March 11, 1:30-3:30 p.m.**

**Grosse Pointe Hunt Club**  
(655 Cook Road, GPW)

\$10 entry fee

Entry forms may be downloaded from  
[www.familycenterweb.org](http://www.familycenterweb.org)

*Judges from last year's Cupcake Challenge  
(L) Ann Fouty (L), Grosse Pointe News and  
(R) Julie Lavigne, The Hill Seafood & Chop House*



### *LEGO - Artists Challenge*

**Saturday, April 28, 12:30-3:30 p.m.**

**Barnes Early Childhood Center**  
(20090 Morningside Dr., GPW)

\$15 entry fee

Entry forms may be downloaded from  
[www.familycenterweb.org](http://www.familycenterweb.org)

*Teddy Prokop won first place last year for his  
entry titled "The Compound"*



### *CharITea Bear's 4th Annual Tea Party*

**May 2012, 2 - 4 p.m.**

*(date and location to be announced)*

Invitation forms may be downloaded  
from [www.familycenterweb.org](http://www.familycenterweb.org)

*Allison Vernon visits with ChariTea Bear*

#### The little BIG Discount Card

All proceeds will go to The Family Center & CARE of Southeastern Michigan to support family & community programs in Grosse Pointe & Harper Woods.

**Is Here!! \$10/card**

Reusable discounts through October 31, 2012



## 'The little BIG Discount Card' is Here!

### Save money, help The Family Center and CARE

A \$10 investment can not only save you many times that in area goods and services; it can also directly benefit The Family Center of Grosse Pointe & Harper Woods and CARE of Southeastern Michigan. "The little BIG Discount" fundraiser card — formerly the Our Community Cares Card — offers purchasers just such an opportunity. Just \$10 gets you a discount card with re-usable discounts at over 25 area businesses until Oct. 31. All proceeds will be used to support The Family Center and CARE programs in Harper Woods and Grosse Pointe.

The new card is the same size as a credit card, so it is easy to carry around in your purse or wallet. All discounts are reusable until Oct. 31. To purchase a card or for more information, visit The Family Center's website at [www.familycenterweb.org](http://www.familycenterweb.org) or call 313.432.3832.

The Family Center serves as the community's centralized hub that links families and professionals with resources that promote growth. Our mission is to promote a deeper understanding of the role of parents and others in supporting our youth to become competent, caring and responsible community members.

CARE of Southeastern Michigan is an agency that promotes the empowerment of individuals and families through relationships with schools, businesses, public services and other community based organizations. For more information about CARE or volunteering opportunities, go to [www.careofsem.com](http://www.careofsem.com) or contact Anne Nearhood at email, [anearhood@careofsem.com](mailto:anearhood@careofsem.com) or 313.332.0972.

# 'Race to Nowhere'

## Children Can Achieve Without 'Over' Doing It

### Ask the Experts: By Carla Palffy, Sean Hogan-Downey and Mary Beth Garvey

**Q: How does one raise a well-adjusted child in today's K-12 world obsessed with test scores, over-achievement and individual accolades?**

Recent studies (Weissbourd, 2009) suggest when it comes to raising children the intense focus on over-achievement has taken both an emotional and moral toll on our children. The reality, according to Weissbourd (2009), is that children subjected to intense achievement pressure by their parents do not outperform other students. Part of the solution rests in cultivating healthy definitions of achievement within our homes, our schools and our community-at-large. What can we do?

#### What Parents/Guardians Can Do:

- **Discuss** what success means to your family. Do your family's actions reflect your values?
- **Reduce** performance pressure.
- **Avoid** over-scheduling.
- **Allow** time for play, family, friends, downtime, reflection and sleep.
- **Ask** your children how they are feeling.
- **Allow** your children to make mistakes and learn from them.
- **Have conversations** with your children about their experiences in school.
- **Know** the signs of childhood depression.
- **Attend** school board meetings and other venues where education is discussed and policies are established and reinforced.

- **Organize** other parents to join you. As a group, talk to your children's teachers, school administrators and attend School Board meetings.
- **Discuss** with your child what path he/she may want to pursue after high school.
- **Make** the college search about finding the "right fit" rather than finding the "best" college. Finding the "right fit" will ensure college success and retention.
- **Allow** your high school children to make independent choices on course selection.
- **Follow** your instincts.

#### What Students Can Do:

- **Speak** to the adults in your life about how you are feeling.
- **Make sure** you get plenty of sleep.
- **Unplug**, slow down and reflect on the important things in life.
- **Make time** for things you enjoy.
- **Limit** AP classes to subjects you enjoy.
- **Limit** extra-curricular activities.
- **Seek** colleges that use a comprehensive approach to looking at applicants.
- **Learn** about the long-term impact of stimulants and performance-enhancing medications.
- **Create alliances** with students at your school who desire a mindset that values the individuality of every student and moves away from a one-size-fits-all approach to education. Seek the support of one or more faculty members.

#### Resources include:

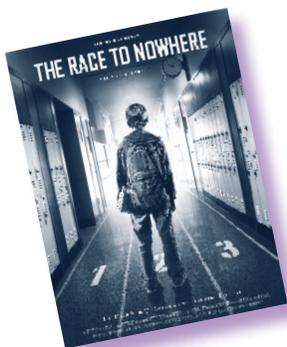
- [www.racetonowhere.com](http://www.racetonowhere.com)
- Weissbourd, Richard (2009) "The Overpressured Student" Education Leadership. Retrieved from [www.ascd.org](http://www.ascd.org).

This article was authored by Carla Palffy, Sean Hogan-Downey and Mary Beth Garvey. All three of these experts will serve on a panel to discuss the documentary film *The Race to Nowhere* on September 27.

*Carla Palffy, M.A., M.Ed., LPC is a school counselor at Parcels Middle School. She is also founder of College Prep Rx [www.collegepreprx.com](http://www.collegepreprx.com) in Grosse Pointe. Palffy is a member of The Family Center's Association of Professionals, Board and Co-Chair of its Program Planning Committee.*

*Sean Hogan-Downey, LMSW, LMFT is a Licensed Master Social Worker and Licensed Marriage and Family therapist. She has been in clinical practice for over 30 years. For over 10 years, she has had the pleasure of working at Grosse Pointe Academy as staff consultant and school counselor. Sean is a member of the The Family Center's Association of Professionals, Board and Program Planning Committee. She can be reached at 586.774.7779.*

*Mary Beth Garvey, LMSW is a member of the The Family Center's Association of Professionals, Board and Program Planning Committee. She is a Clinical Therapist who works with children, adolescents and adults. She can be reached at 313.408.2180.*



## Save the Date . . . The RACE to NOWHERE

Documentary Film Presentation and Panel Discussion

January 24, 6:30 to 9:30 p.m.

Grosse Pointe South High School, Grosse Pointe Farms

Seating limited to 420, first come first served  
\$5 admission per attendee

Please note that due to the sensitive nature of this documentary, this presentation is designed for adults and open to high school students accompanied by their parent.

This presentation has been approved by the Grosse Pointe Public School System and the Harper Woods School District for staff development hours.

# Programs & Resources

## PLAY CENTRAL – Ends April 26

### MORNINGS:

**Wednesdays & Thursdays:** 9:30 - 11:30 a.m.

### AFTERNOONS:

**Wednesdays & Thursdays:** 12:30 - 2:30 p.m.

Barnes Early Childhood Center gym  
20090 Morningside Dr., GPW

**Fee is \$5 per session per family.**

Play Central is a place for parents, grandparents and all caregivers to play with their children while socializing with other families in an open play setting. Play Central Plus, offered at Barnes Early Childhood Center, features an opportunity for children to experience a pre-school classroom and Merry Music Maker Time.

## RACE TO NOWHERE: *The Dark Side of America's Achievement Culture*

**Tuesday, January 24, 6:30 p.m.**

**Grosse Pointe South High School Auditorium** (11 Grosse Pointe Blvd., GPF)

**\$5 per attendee, open seating**

A nationwide documentary release focused on the pressures our schoolchildren and their teachers face as they define and manage middle school, high school and college expectations – followed by an open Q & A Panel Discussion.

## KINDERGARTEN: Making a Successful Transition

**Wednesday, February 1, 6:30 p.m., \$5 per attendee**

**Barnes Early Childhood Center** (20090 Morningside Dr., GPW)

Annual presentation offered by professionals on preparing young children for kindergarten today.

## GOOD & ANGRY: A Positive Way for Busy Parents to Express Anger/ Frustration Toward Their Children

**Wednesday, February 1, 7 p.m.**

**Barnes Early Childhood Center** (20090 Morningside Dr., GPW)

No Fee. Register early!  
Workshop limited to 30 attendees.

## PRACTICING SELF CARE: Tools to Enrich the Busy Lives of Women at Home and Work

**Thursday, February 9, 7 p.m., No Fee**

**Grosse Pointe War Memorial** (32 Lake Shore Drive, GPF)

## ASK the EXPERTS SERIES with Beaumont Professionals

**Wednesdays, 6:30-8 p.m., No Fee**

### • **March 7: SLEEP STRUGGLES with Infants and Toddlers**

Barnes Early Childhood Center (20090 Morningside Dr., GPW)

### • **March 14: HEALTHY LUNCHES, 'Eat This, Not That'**

Beaumont Hospital GP, Connelly (468 Cadieux, GP)

### • **March 21: BLUE THAN BLUE, Is it the Baby Blues or Something More?**

Barnes Early Childhood Center (20090 Morningside Dr., GPW)

### • **March 28: COUPLE'S QUEST for COMMUNICATION SUCCESS**

Barnes Early Childhood Center (20090 Morningside Dr., GPW)

## MEET & GREET FOR PROFESSIONALS

**Thursday, May 24, 9-11 a.m., No Fee**

**Grosse Pointe Academy, Lakeshore House** (171 Lake Shore Road, GPF)

All school, community mental health and health professionals are invited to attend this gathering and are encouraged to exchange business cards and brochures.

## COMING SPRING 2012

### PARENTING the MIDDLE SCHOOL YEARS

**WHO IS YOUR CHILD LISTENING TO? Are You a Parent or Friend?**

### SPECIAL NEEDS RESOURCES in OUR COMMUNITY

**KINDERGARTEN: Easing Families/ Siblings into transition-parental roles**

To LEARN more or RSVP/REGISTER online for all programs visit [www.familycenterweb.org](http://www.familycenterweb.org) or call 313.432.3832.

Please RSVP one week before presentation and note that all programs will start at time listed.

All presentations have been approved by the Grosse Pointe Public School System and the Harper Woods School District for staff development hours.

## Why Do Teens and Adolescents Rebel So Much?

*(continued from page 2)*

evaluate if the rebellion is an expression of a normal developmental process or a sign of a more serious problem.

If an adolescent consistently exhibits disrespectful, angry or violent behavior with authority figures or is disruptive in school or in the community, it may be worthwhile to seek the advice of a professional.

Sometimes rebellion can be a sign of a more significant problem, such as depression, separation anxiety or even obsessive compulsive disorder. An evaluation with a behavioral expert may unlock underlying issues and lead to a successful treatment of the problem.

*Georgia Michalopoulou, Ph.D., is a Licensed Clinical Psychologist and Chief of Staff, Child Psychiatry/Psychology, at DMC Children's Hospital of Michigan. For further information on the Psychiatry/Psychology Department at DMC Children's Hospital of Michigan visit [www.childrensdmc.org/pediatric-psychiatry-and-psychology](http://www.childrensdmc.org/pediatric-psychiatry-and-psychology).*



## Founder

Diane Strickler

## Board of Directors

John Minnis, President  
*Publisher, Pointe Magazine*

Mary Beth Garvey, LMSW,  
Vice President  
*Clinical Therapist*

Deann Newman, Treasurer  
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Thomas F. Quinn, Director at Large  
*Deloitte Consulting LLC*

Lynne Merrill Aldrich  
*Pitts-Aldrich Associates*

Cindy Banaszewski  
*Community Representative*

Lisa Domas  
*Grosse Pointe Public Schools*

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## Kroger Community Rewards Annual Renewal – May 1, 2012

Kroger's Community Rewards Program makes fundraising for The Family Center automatic every time you use your Kroger Plus Card.

**Annual Renewal:** Everyone who uses their Kroger Card to donate to The Family Center must go online each year on May 1 or after to re-assign The Family Center (#83811) as their preferred charity. This can only be done through the Kroger Community Rewards website, [krogercommunityrewards.com](http://krogercommunityrewards.com). You will need to enroll online to continue contributions to The Family Center, so we encourage all our members to do so as soon as possible each May.

A link to Kroger Community Rewards and more information may be found on The Family Center's website, [familycenterweb.org](http://familycenterweb.org).

### KROGER SUPPORTERS

Thank you to our Kroger Community Rewards Program participants listed below for 5.1.11–10.30.11 (Names provided by Kroger Community Reward Program as of 11.28.11).

Cindy Banaszewski  
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## Celebrate 11!! Donors (as of 7/1/11 – 11/28/11)

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