



The Maple  
Counseling Center

SPRING 2016

## SOULCYCLE 2016

Come #Sweat4MentalHealth with us on June 26th at SoulCycle Beverly Hills.

By contributing to The Maple Counseling Center's 3rd annual SoulCycle Fundraiser, you become an integral part of helping to shatter the mental health stigma and raise much needed funds for TMCC's critically needed low-fee counseling services that benefit people of all ages within the Los Angeles community.

TO GET STARTED GO TO: [Crowdrise.com/SpinforTMCC2016](http://Crowdrise.com/SpinforTMCC2016)



"No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that or imply that all the time about people with mental illness." -Elyn R. Saks



## TMCC EXPANDS SALVATION ARMY PROGRAM

TMCC has expanded our Salvation Army collaborative preschool program to another Salvation Army preschool site; the South Los Angeles Siemon Center. We are looking forward to reaching greater numbers of children and providing them with important early intervention services to maximize academic and social success.



## MARVELOUS MEL

Horace Mann Elementary School 6th graders Tina Yang and Temmie Park were lucky enough to have the beloved Mel Feuer (1923-2015) as their Community Circle leader in 5th grade. In honor of the unforgettable lessons Mel taught them, Tina and Temmie decorated their classroom door with a tribute to Mel for an assignment last winter. "Mel was inspiring and he would tell us that we were somebody," exclaimed Temmie. Tina revealed that he taught her that "you have power over yourself," and that Mel would make them "speak loudly and be confident" in front of their peers.

## NEW FOR FAMILIES AT THE MAPLE COUNSELING CENTER

TMCC's new *Parenting Skills Series* is an integral part of the Adolescent and Child Therapy Program. Parents are afforded the opportunity to attend four group sessions that focus on common parenting challenges, such as creating effective communication skills, and learning reasonable and constructive discipline skills for helping to resolve family problems in a successful and respectful manner. The series is designed to be affordable and accessible and is co-led by two very experienced TMCC interns. For more information please contact Dr. Kathy Campbell, Coordinator for Adolescent and Child Therapy Program (ext. 217 or [kcampbell@tmcc.org](mailto:kcampbell@tmcc.org)).

## OPEN SUPPORT GROUPS

There are current openings in TMCC's *Therapy Group for Gay Men* (Tuesdays from 6:15pm to 7:45pm) and our new *Therapy Group for Younger Adults* (ages 21-39 on Tuesdays from 1:20pm to 2:50pm). These are psychodynamic interpersonal groups in which a variety of concerns, challenges, and hopes are discussed from a relational perspective. The groups are designed to help members practice new ways of relating to others in the group in order to apply those tools to his or her everyday personal life. For more information please contact Michael P. Frank, LMFT, Clinical Supervisor and Coordinator of the Group Therapy Program (ext. 237 or [mfrank@tmcc.org](mailto:mfrank@tmcc.org)).

## FUNDRAISE FOR TMCC WHILE YOU SHOP!

### GoodShop

Shop at thousands of online stores and have a percentage of your sales go to TMCC. Click Here to sign up, search for "Maple Counseling Center," and have fun shopping. Also, use GoodSearch.com to give a penny back to TMCC every time you search online.

### Ralphs Rewards

Register your Ralphs card at [www.ralphs.com](http://www.ralphs.com) to give back to TMCC every time you buy groceries. Click on Community > Community Contributions, scroll down the page and click on Participant. Once you are logged in, search for and select "Maple Counseling Center," save and you're done.

### AmazonSmile

TMCC is an Amazon Associate. Shop through AmazonSmile and we'll automatically earn donations with every purchase you make.

## SAFE RIDE PROGRAM

Teens living in Beverly Hills can call (888) 654-3211 on Friday and Saturday nights from 10:00pm-2:00am if they need a free ride home because they are under the influence of drugs and/or alcohol. This is a free service. Rides are provided by the Beverly Hills Cab Company and are confidential.



TMCC is very proud of our continued partnership with Cedars-Sinai to provide critically needed mental health services to our community. Through this collaboration we are able to address critically needed gaps in the mental health service delivery system.

**DONATE NOW**

**TMCC Acknowledges Our Ongoing Supporters:**

Lee Kapelovitz  
City of Beverly Hills

Beverly Hills Unified School District  
City of West Hollywood

## THANK YOU TO ALL OF OUR VALUABLE VOLUNTEERS

Each May, The Maple Counseling Center pays tribute to all of our volunteers - Community Circle Leaders, Volunteer Supervisors, Older Adult Peer Counselors and 80+ Interns. We couldn't do our great work without all of you!

*TMCC*  
*Thanks You!*



The Maple Counseling Center (310) 271-9999  
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