



The Maple
Counseling Center

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TMCC Events

2013 Endless Summer

Bash: Check out a gallery of event photos [here](#).

**Wednesday, January 22:
Open House** featuring
TMCC's Adolescent & Child
Therapy Program. **All
are welcome!** [RSVP here](#)

**April 2014: TMCC's
Annual Movie Screening.
More details to come!**
Contact the Development
Director [Jamie Powell](#) for
info on event sponsorship
opportunities.

End the Stigma



Since Elad Nehourai founded the Tumblr page [I Have a Therapist](#) in October, people from all over the world have posted their stories and photos with messages like "no stigma" and "therapy is for

A NOTE FROM OUR CEO

Happy New Year from TMCC! We hope you enjoyed the holidays and were able to spend quality time with your loved ones. Thanks to the support of the community, 2013 was a strong year for the Center. We look forward to another year of growth in 2014. Read on to learn more about everything happening at The Maple Counseling Center this season. **Thank you for your ongoing interest and support!**

Marcy Kaplan, MSW, LCSW
CEO, The Maple Counseling Center

The Maple Counseling Center: Winter 2013

TMCC Thanks Ruth Byelas for her 26 Years of Service as a Peer Counselor

Ruth Byelas, one of the Center's beloved volunteer peer counselors in the Older Adult Program, is retiring from her work at the Center after 26 years. **"It's been a wonderful journey," Ruth said at her goodbye celebration in November.** CEO Marcy Kaplan presented Ruth with a gift from Board member Sylvia Hakim and her husband Kambiz: two tickets to see her favorite team, the Lakers, play at



Staples Center New Year's Eve. Ruth was beyond thrilled.

Ruth started her journey as a paraprofessional counselor at the Center (then located on Civic Center Drive) in 1987, after her

everyone." Nehorai, who suffers from bipolar disorder, hopes to help end the stigma around seeking professional help for mental health issues. Nehorai said, "Asking for help is a sign of strength, not a sign of weakness. Just because you go to therapy doesn't mean that something is wrong with you."

We at TMCC believe that Mental Health Matters to everyone. We are so grateful to Elad and "I Have a Therapist" contributors who are brave enough to share their stories with the world!

Quote of the Month

What mental health needs is more sunlight, more candor, more unashamed conversation.

-Glenn Close

Fundraise For TMCC While You Shop

Here are a few easy ways you can help support us. All you have to do is shop like you normally do, and a percentage of the proceeds goes back to TMCC.

GoodShop

Shop at thousands of online stores and a portion of sales goes to TMCC. **Sign up [here](#)**, search for "Maple Counseling Center" and start 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 to give back to TMCC every time you buy groceries. Click on Community > Community Contributions,

youngest of three sons saw a newsletter article on the Center's program for seniors. He encouraged her to apply, and was so proud when she was accepted. Ruth remembers all of her wonderful clients she's had over the years and has felt gratified to witness their marvelous progress. One client started with her on Civic Center Drive, and followed her for over 19 years. Her most memorable client was a holocaust survivor who came to her for nine years; she helped him deal with his anger and the loss of his wife. **Ruth has found her experience at The Maple Counseling Center to be incredibly rewarding, calling it "the best place to be" for counselors like her and all the people that the Center helps.**

Thank you, Ruth, for your service to TMCC and the community!

Pictured above, from left: Peer Counselors Mary Lynn Gottfried, Harvey Marks, Ruth Byelas, Howard Landres, Charlotte Kornfeld, Frances Frazen, Clinical Director Harold Young and Lori Karny, Clinical Supervisor and Coordinator of the Older Adult Program.

Lee Kapelovitz Helps Restore Psychiatric Services at The Maple Counseling Center



TMCC is honored to recognize Lee Kapelovitz for her long-term commitment to sustain **The Kapelovitz Psychiatric Program**. Because of the passion Lee and her late husband Harold shared for TMCC, we have now restored our psychiatric services and have the opportunity to expand the program to include additional age groups requiring medication evaluation and management. Psychiatry is an important adjunct service to the counseling that is provided by our interns and senior peer counselors.

Lee served as a member of the Center's Board of Directors from 1991-2006, and has continued her involvement ever since. **Lee, thank you once again for being a true friend and supporter to The Maple Counseling Center.**

Pictured above: 2013 Board President Gail Millan, Lee Kapelovitz, CEO Marcy Kaplan and former Board President Mason Sommers

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

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Thank you for helping us keep our doors open for all those in need. Where would people turn if TMCC were not here to help?

TMCC Seeks New Home in 2014, Thanks to Support Provided by Cedars-Sinai Medical Center

Since our founding in 1972, The Maple Counseling Center has been a cornerstone of the Beverly Hills Community, providing counseling services to our residents, within our local schools, and to the employees of the City and of local businesses.

We want you, as a loyal friend of TMCC, to know that the Center's lease at its current location will be up in early 2014, and it is uncertain that we will reach a long term agreement within our budget. We are currently seeking a 10,000 square foot space in or adjacent to the city of Beverly Hills. The Center will continue to provide services to the residents and employees of Beverly Hills regardless of our physical location.

Thanks to an incredibly generous gift of \$200,000 from Cedars-Sinai Medical Center, TMCC will be able to make a smooth transition to a new location or make much needed capital improvements to our current space. The funds were part of a \$2 million grant to health clinics and first-responder agencies throughout Los Angeles last year. TMCC greatly values our ongoing partnership with Cedars-Sinai Medical Center and we would like to extend our sincere thanks.

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