



SoulCycle 2015



Roy Essakow, TMCC Board Member, and Alysia Reiner, actress

Thank you to all who participated and supported our 2nd annual SoulCycle fundraiser. More than \$28,000 was raised to help The Maple Counseling Center improve the quality of life for more than 3,000 clients who receive low-fee counseling at the Center and local schools each year! To see more photos from this event, [Click Here](#).

A special thanks to our sponsors: Public Identity, Roy Essakow, Sarah Jackson, Caron Sapire, Asher Gottesman, Jade Mills, and top fundraisers Nina and Lexi Aloni, Corey Feldman, and Sidonie Freeman.

Happy New Year from TMCC!

We hope that your holiday season was one of peace, happiness, and quality time spent with your loved ones. Thanks to the support of the community, 2015 was a strong year for TMCC and we look forward to another year of growth in 2016. Read on to learn more about what is happening at The Maple Counseling Center. Thank you for your ongoing support.

Saying Goodbye To Mel Feuer



Mel with LuNel LeMieux, Community Circle Coordinator

Last week we said goodbye to someone very special to TMCC- Mel Feuer. As a volunteer Community Circle Leader for 25 years, Mel made weekly visits to classrooms, primarily 5th grade, positively influencing thousands of children with life lessons, often based on his own life experience. Mel had a profound impact on all of the children he worked with, guiding them to become responsible, kind, generous, and confident adults. Thank you, Mel, for all you have given to us and for teaching us that "Everybody is Somebody." We will miss you.

Upcoming Event

April 2016: TMCC's Annual Movie Screening
Stay tuned for more details!

Please contact Director of Development, Romy Longwell (ext. 204 or rlongwell@tmcc.org) for information on event sponsorship opportunities.

"At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg, or your brain, it's still an illness, and there should be no distinction."

-Michelle Obama

DONATE

Fundraise For TMCC While You Shop!

Here are a few easy ways you can help support us.

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

The Maple Counseling Center Updates:

Parent Education Series

The four week series "Common Parenting Challenges" is now an integral part of TMCC's Child and Family Counseling Program. Parental participation is essential for the successful treatment of both children and adolescents. The benefits of parent involvement include improving communication, productive limit setting, and developing a better understanding of how their own family backgrounds may impact their current parenting choices. For more information, please contact Kathy Campbell, PsyD, Clinical Supervisor and Co-Program Coordinator for the Adolescent and Child Therapy Program (ext. 217 or kcampbell@tmcc.org).

Spotlight on Group Therapy

The TMCC group therapy program includes five interpersonal/psychodynamic groups to help clients integrate their life experience with their current relationships. A mixed adult group held on Wednesday evenings now has openings for male and female clients. For more information, please contact Michael Frank, LMFT, Group Therapy Program Coordinator (ext. 237 or mfrank@tmcc.org).

TMCC Interns Support High School Suicide Prevention Day

The topic of the 2015 Mental Health Awareness Day at Beverly Hills High School (BHHS) on November 6 was suicide prevention and its impact on high school students today. The program addressed awareness of potential indicators of suicide risk, and how to effectively deal with feelings of depression and alienation. Resource information was available to all students.

ACT (Adolescent and Child Therapy) interns were available to students the day of the event for those wanting to talk about the impact of the program on them. Counselors have continued to be available to students on a "walk-in" basis for the past several weeks.

For over 40 years, TMCC's school based counseling programs have provided students with a safe place to talk to someone when they need help. For more information about The Maple Counseling Center's Adolescent and Child Therapy Program, please contact Beth Tiras, LMFT, Clinical Supervisor and Co-Program Coordinator for the Adolescent and Child Therapy Program (ext. 226 or btiras@tmcc.org).

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, 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.

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

Did You Know?

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.

Light Up The Night Gala 2015



Amy Ziering, Gala Honoree and Frances Fisher, actress

This year's annual fall "Light Up The Night Gala," bringing awareness to the issue of mental health, was held on October 29 at Montage Beverly Hills. The event host was comedian Andy Kindler. Honorees were actor Trai Byers (EMPIRE), singer/songwriter and mental health advocate Aimee Mann, and documentary filmmaker Amy Ziering (THE HUNTING GROUND) for their contributions to mental health awareness. To see more pictures from this memorable night, [Click Here](#).



Aimee Mann, Gala Honoree, performing

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