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**EDITOR'S NOTE: Maple Counseling Center subject matter experts are available for interviews.**

## **10 VALENTINE'S DAY TIPS FOR SINGLES**

*Maple Counseling Center Taps Clinical Staff  
To Help Single People Cope with the Stress of Valentine's Day*

LOS ANGELES, February 5, 2017 — Valentine's Day is not everyone's favorite holiday, especially those who are single. Many solo adults dread every February 14, often reverting to depression, isolation and self-pity.

As one of the nation's leading non-profit community mental health centers, [The Maple Counseling Center](#) (TMCC) and its team of clinical therapists offer 10 tips for singles on how to survive Valentine's Day:

- **Don't fret.** It's OK to not have a date or significant other. More people than ever before are single.
- **Don't watch romantic films.** If you intend on watching a movie, stay away from love films and switch to action, adventure or comedic flicks.
- **Limit time on social media.** Read a good book (no romance novels) or get a good night's rest.
- **Plan a party or informal get together.** Celebrate the time with family or friends and try not to focus on what you don't have or wallow in self-pity.
- **Treat yourself.** Whether it's a small inexpensive gift, a visit to the spa or the purchase of a new golf club, giving yourself treats, no matter how small they may be, can really turn things around.
- **Focus on someone else.** Donating your time to those in need can help you appreciate what you have.
- **Start a journal.** Writing down your thoughts and feelings can help you understand them more clearly and help you gain control of your emotions and improve your mental health.
- **Revisit any New Year's resolutions.** Now could be a good time to think about what you want to accomplish for the remainder of the year.
- **Start dating online.** If you haven't done so already, give it a try. For the budget conscious, there are several free apps to help meet a potential mate.
- **Get help.** If necessary, take advantage of confidential toll-free helplines for depression.

### **About The Maple Counseling Center**

Founded in 1972, The Maple Counseling Center (TMCC) is a private, nonprofit community mental health center that serves the greater Los Angeles area. The Center's mission is to provide low cost comprehensive mental health services to adults, children, couples and families, and training for interns and counselors working toward licensure in the mental health field. The Center also collaborates with other community organizations to provide mental health services in underserved areas of Los Angeles County. Open six days a week, TMCC counselors treat a range of issues, including anxiety, depression, family and relationship conflicts, and grief and loss. For more information on TMCC, visit [www.tmcc.org](http://www.tmcc.org), follow on Twitter [@MapleCounseling](#) and like on Facebook at [The Maple Counseling Center](#).

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