

HELPFUL INFORMATION

COMMUNITY EDUCATION

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Our speakers are available and qualified to offer presentations, lectures, seminars, in-service training presentations and media interviews on a full range of mental, emotional health and substance-abuse issues dealing with children, adolescents and adults. These issues include, but are not limited to:

- Depression: The Crippling of Our Soul
- Phobias: What is Yours?
- Anxiety: What am I Really Fearful of?
- Stress Management - Making Your Life Easier
- Anger Management
- Time Management - Organizing Yourself into a Winner
- The Ending of a Relationship
- Effective Parenting: Should it be Democratic?
- Child Abuse - Physical, Mental or Both
- Incest/Molestation: The Burden of the Young
- The Multiple Personality
- The 'Acting Out' Adolescent
- Substance Abuse: A 21st Century Tragedy
- Stress in the Work Environment
- Job Harassment
- Adult Children of Alcoholics - Dysfunctional Families
- Dealing with the Lonely and Withdrawn Child
- Teenage Depression and Suicide
- Women's Issues
- The Addictive - Dependent Personality
- Rape Trauma
- Rebuilding Therapy: Rebuilding from Your Present and Past Experiences
- Psychodrama (Role Playing): Why Re-Enact Your Life Experiences?
- Eating Disorders
- Children: The Victims of Divorce
- What is Emotional Health?
- Love-Sexual Addiction
- Gambling Addiction
- Family Dysfunction
- Co-Dependency
- How to Select the Right Mate
- Rebuilding Your Life from the Past
- The Death of a Loved One
- Step-Parenting
- Violence in the School or Workplace
- Overcoming a Catastrophic Event
- Overcoming Posttraumatic Stress
- Co-parenting for Divorced and Separated Parents
- Intimacy in the 21st Century

Through your own understanding and knowledge you can be helpful to yourself and others.