

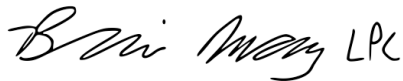
Community Counseling Center

A Note from Brian Martin, Executive Director

Dear Reader,

On behalf of us at the Community Counseling Center, I would like to wish you the best of wishes and kind regards as we journey into the new year. After celebrating 50 years, we're glad you're still here with us. Whether it is following new year's resolutions or returning to a new normal amidst the pandemic, we are here for you in 2023.

Sincerely

A handwritten signature in black ink that reads "Brian Martin LPC". The signature is fluid and cursive.

Brian Martin, LPC





Spring Interns

Warm thanks to the three undergraduate psychology interns we have helping us during the Spring Semester: Kaitlyn English, Logan Falk, and Sammy Keenan. They have been helping supervise visitations, managing the front desk when our office manager is not here, decorating and filing around the office, and helping with fundraising!



Life can bring about unexpected challenges. Here are some tips for practicing mindfulness in 2023:

- **Focus on breathing:** Take a deep breath and close your eyes. Sitting and breathing for just a few minutes a day can help!
- **Go out for a walk:** Walking meditation helps you remain mindful by focusing on the experience of walking and being aware of your surroundings.
- **Practice mindfulness or meditation:** When life gets overwhelming, rest in a quiet place and turn on some white noise that helps you focus. Imagine yourself near a moving stream of water, then place your thoughts on a leaf and imagine them floating away.
- **Challenge your self-talk:** The way you think impacts the way you feel. Try to think of different interpretations of a situation that is making you anxious, rather than jumping to the worst-case scenario.



Support CCC On April 19 for the Great Community Give!

April 19, 2023 is the Great Community Give, a sunup to sundown day of giving in Harrisonburg during which people can donate to support local nonprofits. This year, the Community Counseling Center is participating, having raised over \$20,000 during the 2022 event! We hope to meet or surpass this goal again in 2023, so please remember to donate to us in order to help keep the costs of vital mental health counseling low. Early giving starts on

[Our Profile](#)

We are looking for a Supervised Visitation Program Director!

The Community Counseling Center is currently looking for a Supervised Visitation program director to start in April 2023. Supervised visitation is a program provided for parents who do not have custody of their children in order that they can have visits with their children in a neutral, safe environment.

Responsibilities for this role include coordinating the visits between visiting parents and custodial parents, conducting orientations for both parties before visits begin, training, scheduling, supervising the staff and/or interns who are conducting visits, and being responsible for questions and concerns that may arise from the visiting or custodial parties, their attorneys, and child protective services. Depending on the number of families the director has, the expected workload can

range from 5 to 15 hours per week. The program director will need to be able to set and keep boundaries, clearly communicate expectations to the families involved, and be comfortable with managing conflict or other difficult situations.

If you have any questions please call us at 540-433-1546

[Donate To CCC Today!](#)

We encourage you to consider contributing a gift to the Community Counseling Center. With your help, we can continue to provide affordable, quality mental health services to fellow Harrisonburg and Rockingham County residents. Set your new year's resolution of donating to the Community Counseling Center today.

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