

November 2010 E-News

Welcome to the premier issue of Family Service Center's e-newsletter. This quarterly publication will highlight various services provided by FSC, will provide thought-provoking information on research related to the family, and will update readers on the current events associated with our organization. We are pleased to offer this newsletter to make our readers more aware of the differences we are making in our community.

Family Service Center:

A Community Resource for 97 Years

Given the pressures experienced by the modern family, FSC represents a resource for addressing and resolving the myriad of difficulties faced by the family unit and its members. Emotional disorders, marital and parent-child conflicts, substance abuse, and concerns about aging parents are among the difficulties families seek help for at FSC.

In addition to psychotherapy, FSC plays an active role in a number of community associations, which includes the two community crisis response programs serving New Trier and Northfield Townships. In the past several years, FSC staff have responded to a number of community tragedies including three homicides, four suicides, and several fatal accidents.

FSC is active in providing community education programs and, in collaboration with the other two New Trier Township family agencies provides an Employee Assistance Program for area businesses and organizations.

And finally, FSC collaborates in sponsoring several professional education seminars and conferences on the family throughout the year.

Glenview Giving Foundation Event

The Glenview Giving Foundation is hosting a new event called "Kids' Heart of Glenview...Dinner and a Movie" which will take place on November 29 at Glen 10 movie theatres. Come see a movie, taste the amazing cuisine of the "Taste of the Glen" and support the efforts of the children of Glenview. Visit www.glenviewgivingfoundation.org or call FSC for more information. The Glenview Giving Foundation will sponsor another fundraising event on February 7, 2011.

FSC is one of the Glenview charities that will benefit from the proceeds of this event. [Donation of Note](#)

The Joseph Mirza Foundation for Advocacy and Justice, Inc. has generously awarded FSC a \$26,000 grant for its work in the community.

FSC Staff Active Presenters in Your Community

A number of staff members conducted community education presentations this fall. Below is a recap of some of the programs that were provided.

- Kathryn Lamer Mayer, LCSW, presented multiple programs in Glenview as part of the Wesley Child Care Center's Parenting Support Group, a monthly meeting held on Mondays from 6:00 - 7:30 p.m. at the center. Topics included "Managing Behaviors," "Living in Balance," "Childhood and Technology," "Single Parenting," and others.
- Bev Shurman Lavitt, LCSW, moderated a panel discussion at the 2010 Northfield Township and Circuit Court of Cook County 2nd Municipal District's Domestic Violence Awareness Seminar on October 15th entitled "It's Happening Here...Domestic Violence: Elder Abuse, the Hidden Victims."
- As part of Glenview District 34 "Parents in Partnership", Kelly Matthews-Pluta, LCSW, presented at the Attea Middle School in Glenview on October 30th on the topic of "Parental Anxiety: How Parents Can Navigate in This Often Crazy World."
- Dr. Robert Noone also presented at the Attea Middle School on "Family and the Development of Resilience in Children."
- Mary Lynn Meyers, LCSW, presented at Glenbrook North High School as part of the Northbrook Citizens for Drug and Alcohol Awareness Parent University on November 6th on the topic of "Mindful Parenting."

For additional information on available community education programs or to request a speaker or topic, please visit our website at [Family Service Center](#)

The Latino Family Program

Over the years FSC has developed a working relationship with the schools, hospital, and police department related to assisting Latino families in accessing services. FSC has committed to continue to expand and enhance its Latino Family Program. The goal of the Latino Family Program is to assist individuals and families in their effort to have greater control over the unique challenges they encounter. In addition to counseling, the staff has been involved in responding to crises involving Latinos. FSC helped families obtain services and housing following a large apartment complex fire which displaced 23 Latino families in Glenview. FSC also met with Latino employees following a very public homicide in a restaurant in Wilmette.

Since 1993 FSC has had a bi-lingual, bi-cultural master's level social worker to provide counseling to the Latino community. In 2001 this was expanded to two part-time Latino professional staff members

Recent Professional Meetings

On October 22, FSC co-sponsored a conference for mental health professionals held at Loyola University in Chicago. Dr. Daniel Papero of the Georgetown Family Center in Washington, DC presented on the topic of **Challenge and Crisis in the Family: When the Going Gets Tough**. For more information about the Georgetown Family Center see www.thebowencenter.org.

FSC Executive Director, Dr. Robert J. Noone recently presented at two national meetings related to family theory and therapy. The first conference, **Stress and the Family: Widening the Lens**, was held in Vancouver, BC and featured both neuroscientists and family therapists. The principal speaker was Dr. Bruce McEwen, a professor of neuroscience

at Rockefeller University, and author of *The End of Stress as We Know It*. For more information about Dr. McEwen and his work, please see www.Rockefeller.edu.

The second conference, **Forty-seventh Symposium on Family Theory and Family Psychotherapy**, featured Dr. Peter Stearns, author of *Anxious Parents*. Dr. Stearns, a social historian, described the historical trends which have resulted in a significant shift in how both children and parenting are viewed in the U.S. For additional information about Dr. Stern's book, *Anxious Parents*, see provost.gmu.edu/stearns/books/anxious/

All three conferences were focused on the pressures families are currently under as well as the factors which can contribute to the development of resilience and impairment in both children and adults.

Coming in February...

FSC and the Center for Family Consultation are co-sponsoring a Day of Workshops at The First Presbyterian Church of Evanston on Friday February 18, 2011. More details will follow. Contact FSC at 847-251-7350 for more information

Video Series at FSC

For the past seven years FSC has sponsored a monthly series of videotaped lectures on topics related to the family. The lectures or interviews have included neuroscientists, anthropologists, family therapists, and many others. A discussion following the video is led by a FSC staff member.

The series is usually held 2:00-3:30 p.m. on the third Friday of each month. For further information call the FSC office at 847-251-7350. As space is limited, pre-registration is requested. CEU's are offered.