

FAMILY SERVICE CENTER

A resource for you and your family during difficult times

INDIVIDUAL, COUPLES AND FAMILY THERAPY
IN AREAS INCLUDING:

ANXIETY

DEPRESSION

MARITAL DIFFICULTIES

CHILDHOOD EMOTIONAL, BEHAVIORAL PROBLEMS

ALCOHOLISM

DOMESTIC VIOLENCE

WORK RELATED STRESS

SUBSTANCE ABUSE

AGING ISSUES

DO YOU HAVE QUESTIONS?



Visit the FSC website at:
familyservicecenter.com



PARENTAL ANXIETY

Robert J. Noone, Ph.D., Executive Director



The birth of a child gives birth to the hopes and dreams of the parents, hopes that their child will grow to live an interesting and fulfilling life. Each child holds the promise of a life better lived, of “being all one can be.” The family is the ground in which the child grows, the environment in which he or she first experiences and explores the world and its challenges. The family clearly shapes the child’s cognitive, emotional, and physical development.

Alongside the hopes lie the fears of threats, large and small. What new parent doesn’t harbor some anxiety that he or she may not be quite up to the challenge of successfully raising their precious child in this complex world? Worry about the health and safety of one’s child is a natural part of parenting.

But a curious development has occurred. Parental concern about children has been on the rise in recent decades. Parents seem less sure of themselves, concerned they may not be doing enough to meet the needs of their child. Our child-oriented culture contributes to this anxiety with endless admonitions to be more involved. The problems they are told to be on the lookout for have expanded exponentially along with a myriad of suggested “solutions”.

Paradoxically, this focus appears to be one of the burdens children face. As parental anxiety has increased, so too has anxiety in children. If problems develop, parents are prodded to do more and often subtly blamed. Heightened anxiety can lead to the erosion of parental confidence and the ability to be clear about roles and responsibilities, making it more difficult to hold the line when needed or tolerate a child’s discomfort when dealing with age appropriate challenges.

Social historian Peter Stearns says a major change in the perception of children has occurred in the past century. Previously seen as hardy and capable, they are now viewed as more fragile and vulnerable. The pressure parents put on themselves to be more for their children has steadily increased. Teachers from preschool to college levels likewise describe an increase in parental over-involvement.

Parental anxiety can become self-sustaining when a focus on the child leads to more anxiety in the child and an increased effort to manage this problem in the child. When parents make an effort to manage their own anxiety and to develop realistic expectations of themselves and their child, the family becomes more of a resource for the child and less a source of stress.

Allowing a child to become more separate and responsible for self is one of the major parental challenges. But the pressures parents experience to be more involved in their child’s life can make this more difficult. Other family stressors, i.e. marriage, career, illness, etc., often contribute to parental anxiety and can be unwittingly projected onto a child. Parents are not causing the pressure, but they experience it and also have the capacity to reduce it.

The Family Service Center is a resource for parents who wish to take a step back and thoughtfully define how they wish to parent. Social pressures have made this more difficult. Anxiety often overrides one’s own best judgment. One of the goals of the Family Service Center is to assist families in their effort to raise healthier, more responsible, and self-directed children. This effort is more successful when a parent learns to rely on their own best judgment rather than responding to social anxiety so present in our world today.

CONTACT FAMILY SERVICE CENTER AT:

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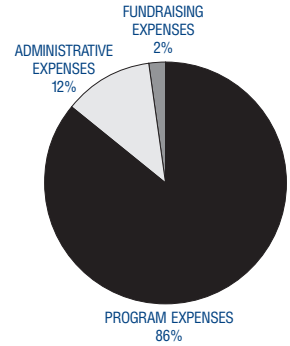
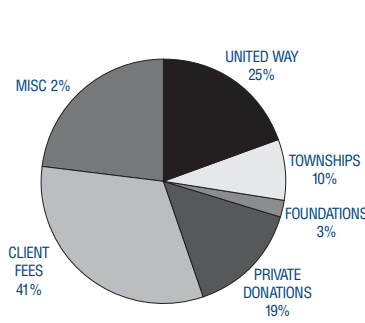
FSC FY 2006/2007 FINANCIAL REPORT

Revenues:

| | |
|-------------------|-----------------|
| United Ways | \$123,500 |
| Townships | \$47,918 |
| Foundations | \$14,075 |
| Private donations | \$93,911 |
| Client Fees | \$199,970 |
| MISC | <u>\$11,478</u> |
| | \$490,852 |

Expenses:

| | |
|----------------|----------------|
| Program | \$402,608 |
| Administrative | \$57,375 |
| Fundraising | <u>\$7,687</u> |
| | \$467,670 |



FSC RECEIVES BAXTER INTERNATIONAL FOUNDATION GRANT!

This fall Baxter International Foundation awarded Family Service Center \$15,000 to underwrite services for Latino families in the Glenview-Northbrook communities. This program also has received support from the Village Treasure House and Glenbrook Hospital.

These funds will facilitate increased access to services for Latino families and permit FSC's Latina therapists to increase their availability to work with area schools and agencies.

SIBLING POSITION: RETIREMENT: BULLYING: EFFECTS OF DIVORCE ON CHILDREN: EMOTIONAL INTELLIGENCE

Ever wonder how any these topics can or do affect you and your family? Would your group like to explore these or other mental health issues? Family Service Center can provide staff members experienced in dealing with these issues to make presentations to your group, school, or business. Format can be adjusted to the needs of the audience.

Please visit the website or call Family Service at (847) 251-7350 for a listing of suggested topics or more information.

IT'S A SMOQUEING GOOD TIME: Saturday, May 3rd, 2008

Join Family Service Center for its Annual Benefit that will be held at Wilmette Woman's Club on May 3rd. Highlights of the evening include a delicious dinner from now-famous Smoque BBQ, great music, an impressive, extensive silent auction and raffle.

This year we will be awarding the 4th Annual "Heart of the Family Award". The Award is given to a member/organization in FSC's community that has contributed time and energy into significantly improving the lives of those who live here. Past winners include The Wilmette Woman's Club, The Village Treasure House, Dr Gilbert Bowen and Kenilworth Union Church, and Myron Resnick. The 2008 winner will be announced in the invitation to be sent in mid-March.

Proceeds of the Benefit help to underwrite therapeutic services at FSC. To request an invitation, please call (847) 251-7350 or email FSC at fsc1913@rcn.com



MomCare

Home with your young child? Join FSC therapist and mother of 3, Kelly Maththew-Pluta for discussions of parenting issues in a casual atmosphere.

Wednesdays — 9:15am – 11:15am
Community Church of Wilmette, 1020 Forest Avenue

For more information call: Community Church of Wilmette (847)251-4370
Child care will be provided. \$5 donation suggested

Don't forget to visit the FSC website: familyservicecenter.com for listings of educational programs, informative articles, staff profiles, upcoming events and more.