



Our Monthly eNewsletter: September 2016

School is in full swing and fall is quickly approaching. Welcome to the current edition of our monthly e-Newsletter. We hope that you will take time to read our monthly newsletter and complete our survey which helps us to stay in touch with you. Your communication back to us is helpful in our planning and provision of quality services here in Central Wisconsin.

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Parenting Tips Gleaned from the Parents of Olympic Champion Simone Biles

The world was recently thrilled by the performance of 19 year-old Simone Biles, perhaps the world's greatest gymnast. You may remember seeing her adoptive parents in the stands during her routines. Here are some important lessons all parents of students in extracurricular activities can take away from their example:

- Love unconditionally—Simone was a child of a drug abusing parent who was chosen by her adoptive parents. Their love helped spur her onto success.
- Recognize and encourage potential—there is a champion in all children. From an apparently impossible situations Simone was reared in a nurturing environment and supported developing her interests.
- Nurture your marriage—Ron and Nellie Biles maintained a healthy loving relationship which provided security for their children. Remember their internationally televised kiss after one of her routines.
- Keep 1st things 1st—As parents the Biles were motivated by their faith in God and raised Simone to live and share that faith—*"How Firm a Foundation"*

More about the Biles' at:

[Simone Biles' Mom on Keeping Her Daughter Grounded and Goal-Focused](#)

Save the Date:

The Center for Family Development's **Annual Marriage Conference** will be on **Saturday February 25, 2017**. Featured presenters will be Dave and Ann Wilson. Their practical and humorous style has uplifted thousands for over 30 years. Complete our survey and be automatically registered in a **drawing** for two tickets (Drawing on Feb. 15, 2017). Learn more about our speakers, [Click here](#).



[Take the Survey](#)

Meet Our Staff: Gena Mckenzie

Please join us in welcoming Gena Mckenzie to the clinical staff here at the Center of Human Development. She is a Licensed Professional counselor and a Clinical Substance Abuse Counselor.

Her experience is vast and she has worked with various populations. She says this about her work, *"I view therapy as a way for me to guide my clients to reaching their goals and broadening their understanding of themselves and others."* Gena will be seeing clients in both Wausau and Tomahawk.

Our [counselor's bios](#) are on our website, check them out and make an appointment today. For your convenience we have offices in Wausau, Stevens Point and Tomahawk!



Counselor's Corner

Our competent and experienced staff contribute their thoughts and expertise regularly through our blog page called [Counselor's Corner](#). You will find relevant information on a variety of mental health topics like, marriage, depression, anxiety, and parenting, to name a few. Please see our most current blog entry by [clicking here](#).



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