



Our Monthly eNewsletter: August 2016

Our Wisconsin 3 months of hard sledding are almost over. Packer Fans are already looking forward to the NFL season, we have been inundated with political news (much of which impacts families), and families are preparing for school. It is our nature to anticipate the future.

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.

[Visit our Website](#)



Starting School

Parents and even grandparents are already preparing for the upcoming school year. I understand that for many stores like Walmart and Office Max it is one of the busiest times of the year as school supplies and school clothes are being purchased. Students are looking forward with either excitement or dread anticipating the big day. Almost every family member knows the date that school starts.

With the advent of school, family rituals quickly change. These rituals are part of every relationship and include specific behaviors that take place at various times of the day, usually upon arising, departing for school and work, greeting upon return, hopefully the evening meal and again at bed time. They keep life going smoothly and are very predictable. As you prepare for the coming months, rather than simply letting the old patterns continue consider planning and making these times meaningful for everyone in your family by:

- Have a positive greeting for each family member in morning and when reconnecting (include smiles, hugs, and kisses)
- Share a **meaningful** hug when departing for school, daycare, or work
- Schedule time, even a few minutes to find out how each person's day went
- Plan on having a meal together daily when the family can be together
- Make bedtime special time to connect and tuck in (don't forget to pray specifically)
- **Finally**, couples...schedule a date time once a week!

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](#)

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](#).



Meet Our Staff: Corina Helgestad

Corina Helgestad is a professional counselor here at the Center for Human Development with an array of experience working with various populations in residential and outpatient settings. She says this about her work, *"One of the best aspects of my life is helping others succeed in theirs."* To learn more about Corina, please [click here](#).



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!

Center for Human Development | Wausau. Stevens Point. Tomahawk |
800.236.3792 toll free | 715.842.0944 office
chd@chdevelopment.org

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