



## Our Monthly eNewsletter: March 2017

Welcome to the 3rd edition of our monthly e-Newsletter for 2017 here at Center for Human Development. In light of the recent shooting in the Rothschild area of North Central Wisconsin, CHD counselors and staff would like to take this opportunity to extend our deepest and heartfelt condolences to all of you who have been directly and indirectly affected by this tragedy. Our thoughts and prayers are especially with all the families who have lost loved ones, to all the police, EMT's, community leaders, and community members. In the Bible it says this, "God blesses those who mourn, for they will be comforted." (Matt. 5:4 NLT)

May the God of comfort and peace be with us all.

[Visit our Website](#)



### When Tragedy Strikes a Community

When violence, tragedy, and disaster hit a community, it is potentially painful on many levels; emotionally, physically, financially, spiritually, and mentally. Many things happen internally that seem abnormal when we are experiencing them. For example, feeling on edge, having new concerns related to safety, feeling sad and becoming angry are some of the emotions we feel. All of these thoughts and feelings are really a normal response to an abnormal experience. When considering what a community is going through and what they can do in response to a disaster, I look to a fact sheet from the American Counseling Association on Post-Trauma and Disaster Stress. The following sums up for us what many of us are experiencing, or may experience in the near future as a result of this recent traumatic event.

*After a traumatic event, some people may want to avoid remembering, or feeling things that remind them of the traumatic experience, such as wanting to talk about the experience, or going to the place of the event.*

*Other things that people might experience after a traumatic event include:*

- Sleeping difficulties
- Flashbacks
- Intense memories
- Feeling sad and depressed
- Feeling angry
- Feeling helpless
- Physical problems such as headaches, stomach aches, and dizziness
- Difficulty with being close to others
- Feeling life is very short and wanting to do things put off in the past, such as getting married, traveling, going back to school, etc.
- Wanting to be close to family and friends
- Memory and concentration problems which can make an 'A' student suddenly become a 'D' student (this is only temporary and normal)
- Finding that old beliefs and values about

- Feeling numb
- Overeating and under eating

oneself, others, and the world have been impacted

[Click here](#) for the complete copy of the ACA Fact sheet #1 "Post-trauma/disaster". For additional resources please [click here](#), you will be directed to the ACA webpage for Mental Health and Disaster.

Keep in mind that the above experiences may last longer than we may expect, upwards of 6 months to a year and sometimes even longer. If you, a loved one, or someone else you know is experiencing the above symptoms, consider talking to one of our trained counselors who can help you process what you are experiencing. Please do not hesitate to call us at 715-842-0944. We would be glad to help you in anyway we can.

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## Staff Spotlight

This month our featured staff member is **Harlan Hebbe**, Mediator / Credentialing Specialist. Harlan just celebrated ten years here at CHD and has provided exceptional service to both our clients and our entire staff. He says this about his work at CHD, *"I enjoy working at the Center for Human Development with others who have the same desire to help persons in need as I do. It is rewarding being part of the process that helps those dealing with uncertainty or loss in their lives."* In addition to his mediation and credentialing duties, Harlan is also the Program Director for our annual marriage conference. Please congratulate him when you see him on his recent anniversary.



To read more of his bio, [click here](#).

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## Counselor's Corner

Checkout our newest blog titled "Focus on the Process", written by Corina Helgestad.

Here is an excerpt: *No one gets divorced because of the issue – whether it be parenting, finances, or an affair. They get divorced because of **the way they handle (or don't handle) the issue.***

To read more, [click here](#).



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## Upcoming Events

There are two exciting events coming soon to the Wausau area:

- On April 8th the movie "Priceless" will be showing for free at Mt. Olive Lutheran Church.
- 2017 Banquet - Hope Life Center will be hosting their annual banquet on April 24th (Wausau) & April 25th (Antigo).



For more details on either of these events please [click here](#).

# HOPE

LIFE CENTER

Center for Human Development | Wausau. Stevens Point. Tomahawk |  
800.236.3792 toll free | 715.842.0944 office  
[chd@chdevelopment.org](mailto:chd@chdevelopment.org)

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