



## Our Monthly eNewsletter: July 2016

It's already July and the summer is progressing much too quickly. We hope you will take time from your busy summer schedule to read our newsletter and most recent blog post. And, if time allows, visit our website to learn much more about the Center.

We're hopeful that our monthly updates on counseling topics and the Center for Human Development are helpful to you. We would appreciate your completing the survey below to help us to plan for future editions and blogs.

[Visit our Website](#)



### Some Reflections on July 4th and Orlando

Today when I think about our history and the 4th, I of course think of the fireworks, picnics, swimming, time with family and friends (and of course a day off of work). All of these things have become traditions and represent a time of celebration, bonding and patriotism.

BUT take a moment and think about a parallel between today and what it must have been like for the colonists. Then, as now, there were major divisions philosophically, tension was high in anticipation of battles and all citizens and children were impacted by the events of the day. Unfortunately, our celebrations today take place in the backdrop of the tragic events in Orlando. These kinds of situations raise anxiety in all of us and particularly in children who cannot help but be impacted by the news. In addition, children have great fantasy lives and their peers will embellish the negative events with them. What can parents do to help?

- keep calm yourself
- maintain routines in your family
- be aware of changes in your child's behavior
- listen and answer questions in an age appropriate manner
- help them understand the difference between facts and "scary or thrilling stories"
- seek professional help if necessary

Finally, you will find some great information on negative thinking in our latest blog post. Be sure to check it out!

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## Special Drawing

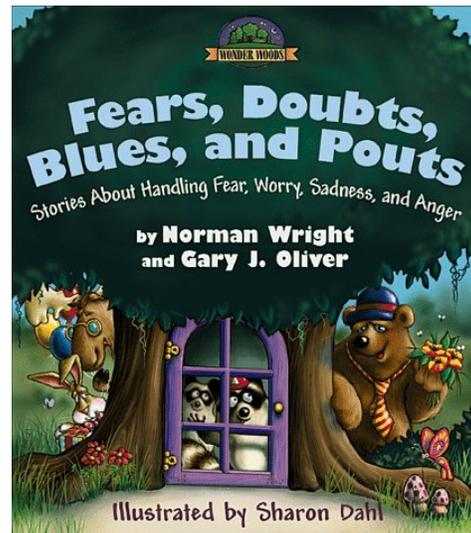
Complete our online survey to be enrolled in a drawing for the children's book **Fears, Doubts, Blues and Pouts** by H. Norman Wright and Gary Oliver.

### [Take the Survey](#)

Drawing to be made on July 25th.

*It's a woeful day in Wonder Woods when Ric and Rac Raccoon get scared, Bruce Moose has the "what-ifs" hanging on him, Buford Bear has the blues, or HipHop Bunny puts on his angry face. Fortunately, the Wonder Woods friends are always around to help each other work out their feelings.*

*In this compilation of four beloved tales, kids will discover that fear can be either a friend or a foe; worrying about things that might happen makes us miss out on all the fun; talking about our sad feelings with our friends helps us feel better; and learning to control our anger helps us get along better with others.*



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## Counselor's Corner

Our latest blogpost: [ANTS \(Automatic Negative Thoughts\)](#) is now available at Counselor's Corner.

Your thoughts are powerful and they can either help your or hurt you. Like the ants at a picnic, these ants can mess up your joy. This blog gives practical and useable solutions to the ant problem.



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## Meet Our Staff: Stephanie Hamann

Stephanie is a seasoned therapist with a particular passion for working with children and adolescents. She has been an anchor for the Center for Human Development staff since 2004.

*She reflects that "What I enjoy most about being a therapist is to see people gain new skills or understanding and move forward in life in a positive direction."*

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!



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