

Hello,

I hope this email finds you well in the midst of a hectic and uncertain season. My name is Hunter, and I am an intern therapist at Center for Community Counseling. I am reaching out to share what will be follow-up information for some, and new information to others regarding parent and student support groups through CCC.

What CCC is Offering:

The Center for Community Counseling will be offering parent support groups as well as student mindfulness groups beginning in January. These groups are intended to provide support to parents and children as they navigate the unique challenges of such a difficult year. We recognize that the transition to online learning has been trying for both parents and students; therefore, we would like to offer the resources we have at CCC in effort to help.

Our parent support groups will focus on the challenges parents are facing and how others are overcoming those same challenges. Mindful parenting techniques will be presented for parents as well. Further, we will also offer a student mindfulness group for children grades K-5. This course will provide students with age appropriate mindfulness techniques related to stress.

Additionally, there will be one in-person-outdoor group with limited spots starting in late January or early February (date is TBD). CCC shares an outdoor space with St. Thomas Episcopal Church and Grassroots garden and we will use the grounds to host the group. These groups will be socially distanced and masks will be required. Parents are encouraged to bring their children, as groups will run concurrently. **Please note** that children will need to be able to keep a mask on and maintain social distance. Please call for more information.

Group Information at a Glance:

Online Parent Groups:

- Monday's 9:30am (Start date: 01/25)
- Tuesday's 3:30pm (Start date: 01/19)
- Wednesday's 6:30pm (Start date: 01/20)

Online Student Mindfulness Groups:

- Friday's at 3:30pm (Start date: 01/22)

Coming Soon:

- Parent and Student In-person (socially distanced) groups

Additional information:

All groups are offered on a sliding scale fee with scholarships available.
Open to all K-5 students in Lane County and their caregivers.
Grandparents raising grandchildren groups also available

Spots are limited, please call soon to reserve your space.

Sincerely,

Hunter Turner

Center for Community Counseling

[\(541\) 344-0620](tel:5413440620)

1465 Coburg Rd, Eugene, OR 97401

ccc.eugene.org

DEPRESSION

EDUCATION & SUPPORT

A GUIDE FOR OUR COMMUNITY



Depression is a common and serious mental wellness issue. Those who suffer from depression generally experience persistent feelings of sadness and hopelessness, often accompanied by a loss of interest in activities they once enjoyed. Excessive self-criticism, guilt, and rumination are also common to the disorder. Aside from emotional difficulties, depressed individuals may experience physical symptoms such as fatigue, lack of sleep, and altered eating habits.

COMMON CAUSES

Traumatic Events
Childhood Neglect
Childhood Abuse
Life Stressors
Genetics
Brain Chemistry

SELF CARE

Exercise
Positive Activities
Talk to a Friend
Keep a Daily Schedule
Avoid Drugs/Alcohol
Talk to Physician
Seek Counseling

SIGNS & SYMPTOMS

MOOD

anxiety, apathy, general discontent, guilt, hopelessness, loss of interest/pleasure in activities, mood swings, sadness

BEHAVIORAL

agitation, excessive crying, irritability, restlessness, social isolation

SLEEP

early awakening, excessive sleepiness, insomnia, restless sleep

PHYSICAL

weight gain/loss, excessive hunger, loss of appetite, fatigue

COGNITIVE

lack of concentration, slowness in activity, repetitive negative thoughts, thoughts of suicide or self-harm

WE'RE HERE FOR YOU

Depression can be treated, and the earlier the treatment begins, the more effective it likely will be. Often depression is treated with medications, psychotherapy, or a combination of the two. If you are experiencing symptoms of depression, talk to your doctor or a mental health professional. **We are here to help.** You can contact the **Center for Community Counseling** at **541.344.0620**.

ANXIETY

EDUCATION & SUPPORT

A GUIDE FOR OUR COMMUNITY



Anxiety is one of the most common mental wellbeing issues. Those who experience anxiety generally experience feelings of intense worry or dread, restlessness, irritability, repetitive negative thoughts and an impending sense of doom are common as well. People with anxiety may also experience shortness of breath, heart palpitations, and insomnia.

COMMON CAUSES

Traumatic Events
Childhood Neglect
Childhood Abuse
Life Stressors
Genetics
Brain Chemistry

SELF CARE

Moderate Exercise
Positive Activities
Talk to a Friend
Keep a Daily Schedule
Avoid Drugs/Alcohol
Talk to Physician
Seek Counseling

SIGNS & SYMPTOMS

- Excessive anxiety and worry
- Feelings of panic
- Tightness in chest
- Irritability or restlessness
- Feeling tired or fatigued
- Difficulty concentrating
- Difficulty falling asleep
- Difficulty staying asleep
- Changes in appetite
- Feelings of impending doom or danger

WE'RE HERE FOR YOU

Anxiety is common, and according to the National Institute of Mental Health, about **1 in 5 adults** has been dealing with an anxiety disorder within the last year. If you are experiencing symptoms of anxiety that disrupt your day-to-day life, talk to your doctor or a mental health professional. **We are here to help.** You can contact the **Center for Community Counseling** at **541.344.0620**.