



USING PSYCHIATRY, PSYCHOLOGY, AND EDUCATION TO PROMOTE MENTAL HEALTH AND HUMAN DEVELOPMENT

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Happy New Year!

At the Venn Center, we expect that you can change your life for the better. We believe that 2011 can be a year of growth for you.

Join us. We've put together talks, groups, and workshops to bring people together to share ideas, feelings, and experiences all designed to promote strength and well-being.

FREE talks (pages 3-5) provide you with cutting-edge insights into mental health and wellness. We present the latest information available about how to facilitate your growth. Come enjoy our innovative approach to delivering helpful and useful information.

Groups (pages 7-11) bring together people who have similar goals and want to talk about a specific issue. We offer groups for children, teens, and adults. Sign-up now. Groups begin in early March.

Workshops (pages 12 & 13) give you an experience. These workshops will help you see challenges in a new light. Seeing life in a different way, through a new lens, can help you tackle stubborn issues.

It is our hope that we will see you soon. And, if you don't see a service that you'd like to see, get in touch with us. We're here.

Best wishes for wellness and peace in the New Year,

Venn Center Staff

**SEE OUR NEW WEBSITE
 AT VENNCENTER.COM!**



Interested in news and upcoming events?
 > 2011-01-07 09:57:00

New Jersey: 1250 East Ridgewood Avenue, Ridgewood, NJ 07450
 New York: 1125 Broadway, Suite 1200 (Between 20th & 21st St.), New York, NY 10036

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Venn Center Staff Recommends

Steven J. Wruble, MD
Executive Medical Director
Board Certified Child,
Adolescent, and Adult
Psychiatrist



This Emotional Life [television series] is an interesting, motivating three-part PBS documentary about the human quest for happiness. The series goes deep into brain development, relationships, and the demands of life to help us understand how emotions can be optimized. Full of appearances from celebrities and every day people dealing with mental health issues, and commentary by the world's leading scientists.

Jennifer L. Tanner, PhD
Center Director
Developmentalist



NurtureShock [book]. This book makes a good argument for rethinking some of the ways that we have been taught to nurture our children. Drawing on child development research, this book introduces science into some of the perplexing questions parents face every day as they raise children in the modern world.

Deborah Erickson, LMSW
Center Clinician



Race to Nowhere [film]. This documentary film offers an opportunity for parents, teens, educators, and communities to stop and consider whether pressure to succeed academically—to be the best one can be on paper, in efforts to get into the BEST colleges, is the best we can do for our teens. IS IT? See this film and start talking about the way we are educating young people.

Megan Patterson, BA
Center Coordinator



Viktor Frankl: Why to believe in others [video]. Q: *What is the ultimate human goal?* A: *Man's search for meaning.* According to Viktor Frankl, neurologist, psychiatrist, and Holocaust survivor the most important gift we can give any human—specifically our young people—is to recognize that every person has an innate drive to find meaning in his or her life. Only therapy and education and relationships that put this need first will be helpful in facilitating health and well-being in self and others.

Martin Seligman. What is positive psychology? [video]. Much psychology, psychiatry and mental health treatments focus on disease, misery, and suffering. A new science—positive psychology—focuses on what we can do to help individuals live a life worth living. Positive psychology is concerned with understanding human strengths, making life as best as it can be, concerned with people's lives who are doing well, and how professionals can help people achieve wellness and well-being.

FREE Talks

The media sensationalizes important issues, such as bullying, teen sex, apathy, and the hopelessness of the job market. Rather than sensationalize, the Venn Center brings science to you to help you understand the challenges you experience in life. For example, how does the brain of the bully work? What happens when people lose their jobs? What does science say about approaching “loss?” *Get over it or work through it?* Is your teen dallying in sex, drugs, and rock-n-roll just to annoy you? Or is there a deeper story behind headlines that intend to trigger your emotions?

The Venn Center offers talks on topics that people deal with in their everyday lives. What is unique about Venn Center talks is the lens through which we view these “problems.”

Come join us for a FREE TALK at the Venn Center beginning January, 2011

TALK Bully secrets: It's about the bully — not the target

Ages: Adults & children (12+)
Steven J. Wruble, MD
Monday, February 7th at 7:00 pm
Sunday, February 27 at 1:00 pm
Monday, March 21st at 7:00 pm

No one should be bullied. And that's that. What children experience at the hands of a bully is wrong and unacceptable. The child who has the problem is the bully. Period. Not the child who has suffered at the hands or mouth of the bully. Never.

When the “*Be A Buddy Not A Bully*” posters fail to work in school, what can we do to reduce the negative impact of bullying on kids? One thing we can do is to stop giving attention to the bully: call the principal, call the teacher, call the bully's parents and call the police.

Stop the bully. But there's something else we can do; we can focus our attention and resources on children and teens who don't bully.

Psychiatrist Steve Wruble, MD will demystify the “game plan” of the bully. Viewing the game from the bully's point-of-view helps kids, teens, and adults understand the target-seeking behavior of a bully. Is bullying random or not? You'll be surprised. Furthermore, Dr. Wruble will talk about the way that various reactions by the victim can intensify the psychological and emotional impact of teasing and bullying.

TALK Identity Creation in Middle and High School

Ages: Adults & children (12+)
Deborah Erickson, LMSW
Thursday, February 3rd at 7:00 pm
Thursday, February 24th at 7:00 pm

It doesn't take an expert to know “you've got to crawl before you can walk.” Everyone knows that. Yet somehow this common knowledge tends to be forgotten when kids get to middle and high school. By then, students are rushing to classes and activities, learning to balance school work with family life and friendship, and acting in many ways all grown up. The fact remains that adolescence is a crucial developmental phase: this is when personal identities are formed.

By experimenting with and evaluating new experiences and ideas, adolescents develop a sense of who they are and who they want to be. This talk will discuss key challenges young people confront during this life phase: from the sometimes overwhelming desire to be accepted and approved of by one's peers, to the pressure to act in ways likely to win that approval, the power of labels, biological changes and learning to think for one's self. Students who attend may find comfort (even if they don't admit it) in having their turmoil explained in the context of human development. Parents and teachers stand to get a compassion boost. All will come away with tips to help adolescents find a role in society that maximizes their personal strengths and affords positive recognition from the community.

Space is limited for free talks. Please RSVP. Register at 201-444-6824 OR contact@venncenter.com

All groups and events are held at the Venn Center, 1250 East Ridgewood Avenue, Ridgewood, NJ

FREE Talks

TALK

Welcome to emerging adulthood

Ages: Emerging Adults (18-29)
& Parents
Deborah Erickson, LMSW
Thursday, February 10 at 7:00 pm
Wednesday, February 23 at 7:00 pm

Evidence is accumulating that longer life expectancy and shifting macro-level forces are giving rise to a brand-new life phase known as “emerging adulthood.” This talk presents an overview of the developmental challenges that young Americans 18 to 30 years old are confronting, as they struggle to define themselves as individuals in a world where social expectations, technologies and opportunities are now quite different from just a few decades ago. Along with a glimpse of neurobiology, attendees can expect to come away with a few laughs and fresh appreciation for the challenges of being an emerging adult, or sharing a roof with one.

TALK

Moving through grief

Ages: Adults and children (12+)
Deborah Erickson, LMSW
Wednesday, February 9th at 7:00 pm

Busy lives, plus the desire to be “strong” and avoid painful feelings are among the many factors that cause people to avoid grieving their losses. Grief is a normal response to the loss of beloved people, careers, pets, dreams of a healthy child...even the inevitable loss of a youthful body. People often become impatient with grief, and want to know how long it will last and whether they really need to go there. The truth is: it takes as long as it takes, and there is no way out but through. This talk will discuss common patterns and consequences of avoiding grief, and encourage healthy expression and acceptance of this fundamental human emotion.

TALK

Doing it in a group is more fun than doing it alone

Ages: Adults & children (12+)
Steven J. Wruble, MD
Monday, January 31st at 7:00 pm
Sunday, February 27th at 2:00 pm

That’s right. You know you’ve always wanted to—participate in a group that is. A group is a safe place where you can focus on you and being you and understanding who you are. It’s a place where you’ll bring your own issues—because you bring them everywhere you go. Everybody does. Everybody.

By understanding how we relate to others in a group, people can learn a great deal about who they are and how they interact with others. This self-knowledge can empower people to seek people and situations that, in turn, can help us achieve what we want for ourselves in relationships.

Psychiatrist Steve Wruble, MD will help you understand how you bring you, the good and the bad to each and every situation and relationship in which you are involved. He will teach you about the way patterns form, the way we reenact patterns in our daily lives to get the things we need from others. Last, this talk will discuss the opportunity for personal growth that group work presents.

TALK

ADHD and the brain: Cogmed Working Memory Training-A cutting-edge, non-medication intervention

Ages: Any
Steven J. Wruble, MD
Monday, January 31st at 8:00 pm
Sunday, February 13th at 2:00 pm
Monday, March 21st at 8:00 pm

This free talk will explain how ADHD affects the child and the different spheres of a child’s life. We will discuss the latest scientific findings related to the neuroplasticity of the brain, which explains how the brain can change itself if trained under appropriate conditions. We will introduce the Cogmed Working Memory Training Program®, a non-medication intervention that can be used with or without concomitant medication, to treat ADHD symptoms.

Cogmed Working Memory Training® has been proven in multiple double-blind controlled studies to significantly improve working memory, the main deficit seen in children and adults with ADHD. This program taps into the brain’s ability to change if trained appropriately. Cogmed is a software-based program that you or your child can do at home. The Venn Center provides a certified Cogmed coach to remotely supervise progress. The program is fun and engaging with 3 variations created for different age groups, preschool through adult, each designed to produce results after use for 30 minutes a day, 5 days a week, for just 5 weeks.

Space is limited for free talks. Please RSVP. Register at 201-444-6824 OR contact@venncenter.com

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FREE Talks

TALK

Smile: How to star in your child's life

Ages: Parents of children, any age
Steven J. Wruble, MD
Monday, February 28th at 7:30 pm

You have your child in the right school and the right activities. You've worked hard to make certain that your child is popular and has a lot of friends. You've found the best programs, tutors, and camps. You've even taken him to the polls on Election Day.

And guess what? Someday your child may despise you for all of this. (If you're lucky, perhaps your child may only resent you). *Why?* Because, children grow up. And as children grow up, they have the potential to adopt interests, values, and ideas about the world that are very different from those of their parents.

Psychiatrist Steve Wruble, MD will introduce the concept of the Mission Statement as a way of understanding how each individual in the family, as well as the family, grow-up in relation to, but not as mirrors of one another. This talk will also reveal best practices for supporting the mission statement of your child while remaining a good parent to him or her. Becoming aware of the fact that each family member has his or her own mission statement is a first step in taking a supporting rather than a leading role in your child's life. And this leaves your child center stage. Take all the pictures you want.

TALK

Sex, Drugs and Rock 'n Roll: All the teens are doing it

Ages: Parents of teens
Teens welcome too
Steven J. Wruble, MD
Sunday, February 13th at 1:00 pm
Monday, March 7th at 7:30 pm

You're annoyed with those white ear phones stuck in his ears all the time; you're worried that she's out having sex when she says she's studying with her friends; and you're tired of doubting yourself — you know what pot smells like, *right?* Sounds like you might have a teenager at home. Tired of having the same fights over and over again? Then don't.

Stop fighting the natural order of teenagehood. It wasn't your kid who invented sex, drugs, and rock-n-roll, you know. If you choose to swim upstream, battle the wills of the teen, you're going to get exhausted. And, perhaps more importantly, you're not going to learn anything about your child.

Psychiatrist Steve Wruble, MD will give you a new lens for looking at your teen's interest in sex, drugs, and music. He will present trade secrets used by mental health professionals that will help you see just what it is a teen is doing with her time and will help you hear just what a teen is saying when she slams the door in your face.

TALK

Growing Personally, Advancing Professionally

Ages: 30+
Deborah Erickson, LMSW
Wednesday, February 2nd at 7:00 pm
Thursday, February 17th at 7:00 pm

Many people have had the experience of reaching a point in life when they realize: "Things are not turning out the way I hoped. I am not in a good place, not on a good path." This moment of truth can be allowed to slip away for a couple of years or decades, or it can be embraced now as an opportunity: a call to gather your inner forces and get support to begin making your life more how you want it to be. While there are few instant fixes for life's challenges, there is always the possibility of positive change.

Sometimes a fresh perspective is enough to make a difficult situation more bearable. Sometimes decisive action is required. But solving any problem always starts with acknowledging that there is one. If you are feeling stuck or stalled, burnt out or scared, hopeful but uncertain how to proceed, you may benefit from spending some focused time considering how you would like your life to be different and what is getting in your way. This talk will spotlight common emotional obstacles that block people's progress in life and provide practical tips for growing personally and advancing professionally.

Space is limited for free talks. Please RSVP. Register at 201-444-6824 OR contact@venncenter.com

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ADHD Services

A major breakthrough for 5 million kids.



COGMED
Working Memory Training
www.cogmed.com

Finally, an Evidence-Based, Clinically Proven Non-Medication Intervention for ADHD and other forms of inattention:
Cogmed Working Memory Training

5-week, home-based computer training for Children & Adults

- Increased focus and attention
- Better academic performance
- Improved organizational skills

"This program takes advantage of the human brain's potential to change."



REAL RESEARCH

The Venn Center Offers Cogmed Working Memory Training

ScienceDaily (Dec. 11, 2010) — An intensive, five-week working memory training program shows promise in relieving some of the symptoms of Attention Deficit Hyperactivity Disorder in children, a new study suggests. Researchers found significant changes for students who completed the program in areas such as attention, ADHD symptoms, planning and organization, initiating tasks, and working memory.

"This program really seemed to make a difference for many of the children with ADHD," said Steven Beck, co-author of the study and associate professor of psychology at Ohio State University.

"It is not going to replace medication, but it could be a useful complementary therapy."

Beck conducted the study with Christine Hanson and Synthia Puffenberger, graduate students in psychology at Ohio State. Their findings are published in the November/December 2010 issue of the *Journal of Clinical Child & Adolescent Psychology*.

The researchers tested software developed by a Swedish company called Cogmed, in conjunction with the Karolinska Institute, a medical university in Stockholm.

The software is designed to improve one of the major deficiencies found in people with ADHD -- working memory.

Working memory is the ability to hold onto information long enough to achieve a goal. For example, you have to remember a phone number long enough for you to dial it. Students have to remember the passage of a book they just read, in order to understand what they're currently reading.

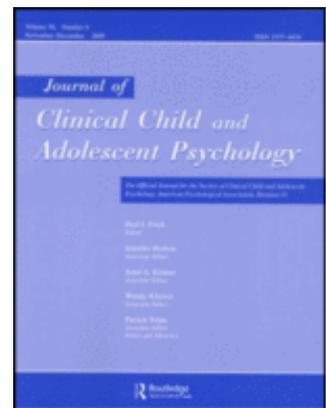
"Working memory is critical in everyday life, and certainly for academic success, but it is one of the things that is very difficult for children with ADHD," Hanson said.

Join Psychiatrist, Dr. Steven J. Wruble for a FREE talk (See page 4)

ADHD and the brain: Cogmed Working Memory Training — A cutting-edge, non-medication intervention

Join us at one of the following:

- Monday, January 31st at 8:00 pm
- Sunday, February 13th at 2:00 pm
- Monday, March 21st at 8:00 pm



Space is limited for free talks. Please RSVP. Register at 201-444-6824 OR contact@venncenter.com
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ADHD Groups

My child has ADHD Parent Group

Parents of children (ages 5-11)
with ADHD
Steven J. Wruble, MD
Tuesdays 12:30-1:45 P.M.
3 weeks (March 1st, 8th, 15th)
\$35/session

Children and adolescents with Attention Deficit Hyperactivity Disorder are inattentive and/or hyperactive. At home, they may be unruly and unable to concentrate. Many parents want to find ways to have more empathy and be more patient in order to help their child or teen dealing with ADHD. In addition to all the good and rewarding experiences that come with having an energetic and loving child, ADHD certainly adds to the list of parenting challenges that arise daily. Parenting children and teens who are dealing with ADHD can be difficult, even exhausting.

My teen has ADHD Parent Group

Parents of children (ages 12-18)
with ADHD
Steve J. Wruble, MD
Tuesdays 12:30-1:45 P.M.
3 weeks (March 29th, April 5th, 12th)
\$35/session

This group provides parents of children who have ADHD with a forum where they can articulate their struggles and fears in a non-judgmental and supportive environment. Participants will benefit from Dr. Wruble's expertise and from the other members' experiences; much can be learned from hearing about other families' successes and setbacks. Experiencing the support of the group is invaluable to a parent who may at times feel alone trying to support and care for a child who needs extra help and guidance.



REAL RESEARCH

What works best, ADHD groups led by parents or clinicians?

Support groups for parents provide parents with parenting skills to help manage ADHD behavior issues and symptoms. Parent-led programs emphasize the experiences of parents and offer a place for parents to help other parents. Clinician-led groups emphasize skills training to help parents deliver effective, therapeutic resources to children and adolescents in the home.

Venn Center groups (see above) bring together the best of both worlds. Led by psychiatrist, Steven Wruble, MD, parents have the opportunity to ask for advice and insight into issues that are arising at home related to ADHD that their child or adolescent experiences. Because parents come together in a group, they also have an opportunity to learn from other parents what works and doesn't work. These groups provide the best of both worlds: an opportunity to get support and guidance from a network of parents who are "in the same boat" and information from a psychiatrist who has worked for over 15 years with families, children, and teens dealing with ADHD issues.

Hoagwood, K., E., Cavaleri, M. A., Olin, S. S., Burns, B. J., Slaton, E., Gruttadaro, D., & Hughes, R. E. (2009). Family support in children's mental health: A review and synthesis, 13(1), 1-45.

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Groups for Adults

The Value of Group Therapy

Group therapy is a powerful healing modality that can successfully treat a wide range of mental-health disorders—and it's more than that, too. It is a time and a place and a process for emotional education and change. Participants develop tools they can use to create meaningful relationships with others and even with themselves.

Read and learn more from Venn Center social worker and group leader Deborah Erickson,

<http://www.venncenter.com/staff/value.htm>

Personal and Professional Development: How the present and future go together

Adults age 30+
Deborah Erickson, LMSW
Thursdays 6:45-8:00 pm
12 weeks (starts March 3rd)
\$35/session

You made many plans in your teens and twenties—plans help us get where we want to go. But in adulthood many people find that there is less force pulling and pushing them forward. This can lead people to wonder—*Why isn't it happening for me? Why can't I just make myself do it?*

With group members, discuss the meaning of goals and motivations for moving onward, upward and forward. Explore the challenges of changing and consider how the process of “becoming” works after you have reached adulthood. Learn to let go of old stories and begin composing new chapters of life.

Why do I always get treated this way? Changing life patterns

Adults age 30+
Deborah Erickson, LMSW
Thursdays 8:15-9:30 pm
12 weeks (starts March 3rd)
\$35/session

Perpetually finding yourself in unsatisfying relationships? Struggling to form an intimate relationship that satisfies you? Failing to receive recognition at work? Incessantly fighting with a spouse? Issues like these can often be resolved through group work.
How so?

In the group, you'll form relationships and these relationships can provide information about one's self and about how others treat you. It becomes possible for participants to help each other see different patterns of behavior. What you learn in the room, you can take with you — new tools for changing life patterns.

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Groups for Adults

Becoming our best selves: A woman's group

Women age 30+
Deborah Erickson, LMSW
Mondays 12:00-1:15 pm
12 weeks (starts February 28th)
\$35/session

Women fill many roles in life, as friends, caretakers, wives, mothers, lovers, employees, entrepreneurs and ultimately, as architects of their own lives. The ability to find a good balance between the necessary and the nourishing does not always come naturally—and may not develop at all without support.

Group sessions provide a unique, supportive time and place for women to focus on becoming their own best selves. In the group, members explore feelings that arise in response to their life roles and society's expectations. Participants gain insight into desire and potential for their personal growth.

Moving through grief

Adults age 40+
Deborah Erickson, LMSW
Mondays 6:45-8:00 pm
12 weeks (starts February 28th)
\$35/session

Grief is a normal response to loss, and loss takes many forms. Unfortunately, many people do not receive permission to mourn. Some people feel great pressure to “get over it” and “get on with life.” All too often, well-intentioned others may discourage expressions of grief. But avoiding grief can have serious consequences both in the short- and the long-term.

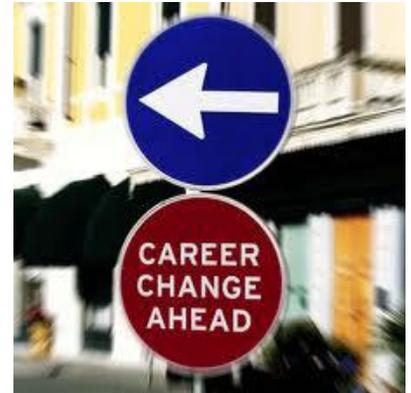
Group work helps participants recognize common patterns of avoiding grief, and the consequences of doing so. Most importantly, the group provides a safe environment for healthy expression and acceptance of grief, a fundamental human emotion that many in modern society wrongly believe they can choose to simply skip.

Professionals in career transition

Adults age 40+
Deborah Erickson, LMSW
Thursdays 12:00-1:15 pm
12 weeks (starts March 3rd)
\$35/session

The contracting U.S. economy is causing many people to lose their jobs—or fear they could be next. Being forced from a job in which one was professionally successful can be hard. Treating this life transition as one that is only financial may leave out an essential element of being able to put your best foot forward. Moving onward and upward involves more than just networking.

Group work can help professionals move through career transitions with greater ease and insight, obtaining more positive outcomes than they could on their own. Any and all feelings experienced in the group setting can help kindle fresh ideas and spur action. Group members emerge more confident and capable of constructing lives they enjoy.



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Emerging Adults (18-29)

The Venn Center is one of only a few places in the country to offer programs and groups to emerging adults.

What is an emerging adult?

Wikipedia. **Emerging adulthood** is a phase of the life span between adolescence and full-fledged adulthood, proposed by Jeffrey Arnett in a 2000 article in the American Psychologist. It primarily applies to young adults in developed countries who do not have children or begin a lifelong career in their early 20s. That emerging adulthood is a new demographic is contentious, as some believe that 20somethings have always struggled with "identity exploration, instability, self-focus, and feeling in-between."

Understanding 20somethings. What are they doing?

- Trying to become financially independent
- In the process of deciding what their career goals are
- Deciding who their future partners will be
- Balancing independence and family relationships
- Choosing between many different options

Here's an excerpt:

Want to know more? Read the blog of Venn Center's Director, Jennifer Tanner, [Becoming Adult](#) on *Psychology Today's website*

We, as a society, have begun to take seriously the impact we can have on the lives of newborns and children in those first few days, months, and years of life. I equate the transition to adulthood with those years. I often tell my students, 'the first years of life are critical in terms of preparing you for early childhood, for school, and for the way you will experience adolescence. Similarly, the first years of adulthood, when you become the driver, navigating adult life for the very first time, are the very first steps of adulthood and they make a significant contribution to where you will go and how you will do.'

([continue](#))

Becoming an Adult: Dealing with real life

Emerging Adults (ages 18-29)
Deborah Erickson, LMSW
Mondays 8:15-9:30 pm
12 weeks (starts February 28th)
\$35/session

The first years of adulthood are exciting in many ways, but not necessarily the easiest. Becoming an adult involves doing everything adults do—but for the first time, and without a GPS. Expectations are high, because everyone wants to succeed.

Talking to peers in a group setting, about matters practical and profound, can help young people gain insight into how to deal with the demands of becoming adult. Coming together to talk about becoming adult takes advantage of the collective wisdom of 18 to 29 year-olds. Group is a place where emerging adults can find and lend support at a time in life when certain types of difficulties are normal.

Space is limited for all groups and events. Register at 201-444-6824 OR contact@venncenter.com

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Groups for Preteens and Teens

Making the most of middle school

Steven J. Wruble, MD, AND
Deborah Erickson, LMSW
Boys (grades 6th-8th):
Thursdays 4:00-5:00
Girls (grades 6th-8th):
Thursdays 5:30-6:30
12 weeks (starts March 3rd)
\$35/session

There is a lot to learn in middle school, and not only from books and blackboards. These years are the time of life when boys and girls begin needing to balance school, family and social interests—a juggling act that only gets more complex as years go by. It's a time when students start finding their own voices, their own interests and the values that lay the foundation of identity.

Being a part of this group is an opportunity to talk about and get better at dealing with the types of challenges that people tend to face at this time—from shouldering new responsibilities to navigating cliques, adjusting to shifting tensions between guys and girls, exploring new interests, and finding the common ground that makes it easier to connect with other people. Group is the place to expand your sense of who you are and who you want to be, now and in the years ahead.



High School Boys: Putting your best foot forward

Steven J. Wruble, MD
9th & 10th grade boys
Tuesdays 6:15-7:15 PM
12 weeks (starts March 1st)
\$35/session

Boys are often discouraged from expressing themselves emotionally. But when adolescence comes along, biological changes make it very difficult to ignore strong emotions. Having had little experience processing emotions when they were younger, male teens may not have developed skills needed to tune-in to emotions, interpret the emotions of others, or respond to emotions in healthy ways. The good news--this intense era of emotions can be a window of opportunity for gaining skills and learning to value and process emotional information.

Groups are especially helpful for learning how to read and understand emotions. These skills have been shown to be an important avenue for males to achieve competency and form rewarding relationships.

High School Girls: Seeing yourself and others

Deborah Erickson, LMSW
9th & 10th grade girls
Mondays 5:00-6:00 P.M
12 weeks (starts February 28th)
\$35/session

Girls are often socialized to think about the way others see them—*what do friends think of me? Do boys think I am pretty? How popular am I? How stylish?* And adolescence doesn't make things easier. Floods of hormones affect how teens think and feel. Sometimes all of this new emotion is hard to handle. It doesn't feel good when life feels out-of-control. Understanding emotions and how to deal with them can result in having more control. Feeling in control of her life, a girl can navigate adolescence caring less about what others think and say.

Group is a place where girls can get perspective on life. It's a place to be real, talk about who you are and what your life is like—not who others think you are or want you to be. It's a safe place to take a breath, say what you feel and think, and learn about yourself.

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Workshops

WORKSHOP Growing Personally, Advancing Professionally

Age 30+
Deborah Erickson, LMSW
Sunday, March 13th 1:00-3:30 pm
\$100 per person
Workbook included

Many people have had the experience of reaching a point in life when they realize: “Things are not turning out the way I hoped. I am not in a good place, not on a good path.” This moment of truth can be allowed to slip away for a couple of years or decades, or it can be embraced now as an opportunity: a call to gather your inner forces and get support to begin making your life more how you want it to be. While there are few instant fixes for life’s challenges, there is always the possibility of positive change.

Sometimes a fresh perspective is enough to make a difficult situation more bearable. Sometimes decisive action is required. But solving any problem always starts with acknowledging that there is one. If you are feeling stuck or stalled, burnt out or scared, hopeful but uncertain how to proceed, you may benefit from spending some focused time considering how you would like your life to be different and what is getting in your way. This workshop will spotlight common emotional obstacles that block people’s progress in life and provide practical tips for growing personally and advancing professionally.

WORKSHOP Identity Creation in Middle and High School

For middle and high school students,
parents and educators
Deborah Erickson, LMSW
Sunday, March 20th 1:00-3:30 pm
\$100 per person
Workbook included

It doesn’t take an expert in human development to know, “You’ve got to crawl before you can walk.” Everyone knows that. Yet somehow this common knowledge tends to be forgotten when kids get to middle and high school. By then, students are rushing to classes and activities, learning to balance school work with family life and friendship, and acting in many ways all grown up. The fact remains that adolescence is a crucial developmental phase: this is when personal identities are formed.

By experimenting with and evaluating new experiences and ideas, adolescents develop a sense of who they are and who they want to be. This workshop will discuss key challenges young people confront during this life phase: from the sometimes overwhelming desire to be accepted and approved of by one’s peers, to the pressure to act in ways likely to win that approval, the power of labels, biological changes and learning to think for one’s self. Students who attend may find comfort (even if they don’t admit it) in having their turmoil explained in the context of human development. Parents and teachers stand to get a compassion boost. All will come away with tips to help adolescents find a role in society that maximizes their personal strengths and affords positive recognition from the community.

WORKSHOP Welcome to Emerging Adulthood

For emerging adults (18-29)
and parents
Deborah Erickson, LMSW
Sunday, March 27 1:00-3:30 pm
\$100 per person
Workbook included

Evidence is accumulating that longer life expectancy and shifting macro-level forces are giving rise to a brand-new life phase known as “emerging adulthood.” This workshop presents an overview of the developmental challenges that young Americans 18 to 30 years old are confronting, as they struggle to define themselves as individuals in a world where social expectations, technologies and opportunities are now quite different from just a few decades ago. Along with a glimpse of neurobiology, attendees can expect to come away with a few laughs and fresh appreciation for the challenges of being an emerging adult, or sharing a roof with one.

Space is limited for all groups and events. Register at 201-444-6824 OR contact@venncenter.com

All groups and events are held at the Venn Center, 1250 East Ridgewood Avenue, Ridgewood, NJ

Workshops

WORKSHOP Parenting in the Age of Facebook, Porn & Apathy

Adults 35+
Steven J. Wruble, MD
Sunday, April 3rd 1:00-3:30 pm
\$100 per person/\$150 per couple
Workbook included

Parenting is about providing for children in the many ways they need it: emotionally, financially, spiritually and authoritatively. With the explosion of the internet and the implosion of the economy, our children seem to be growing away from us at warp speed yet they are still just a few doors down the hall. The fact our parents weren't such great parents only magnifies the problem. Do couples have to be on the same page with everything? How do we inspire our kids? Where's the limit to policing our kids and squashing their individuality? Many of the difficult hurdles that parents today are dealing with have been around for a long time. How can we face them anew?

Becoming a better parent may not be in the cards unless we replace old patterns of relating with new ways of parenting based on cutting-edge brain research. New science can help us understand how we can train our brains to parent in healthier and more effective ways.

Psychiatrist Steven Wruble, MD designed this workshop to shed light on the "Parent Brain." The Parent Brain refers to our brain's natural tendency to use default strategies, ways-of-relating learned in our own childhoods, whether we like them or not. The Parent Brain plays a significant role in shaping parent-child relationships. In this workshop you will learn how the Parent Brain is shaped and how and when you are most likely to access the Parent Brain for good and for bad. Learn also how brain change can support you in becoming the parent you want to be, rather than the parent you learned to be.

Useful Information

To register for groups, talks, or workshops, please:

Call: 201-444-6824 or

Email: contact@venncenter.com

All groups and events are held at the Venn Center, 1250 East Ridgewood Ave., Ridgewood, NJ

General payment information: Payment for services is due at the time services are delivered. Payment for Groups is requested in 2 installments; 50% before the first session and the remaining 50% after 6 sessions.

Insurance: The Venn Center does not take health insurance as payment for services. Under some circumstances and in some cases, an individual or family may be eligible for reimbursement for services provided at the Venn Center. Please consult with the Venn Center about your specific circumstances if you have questions regarding insurance or payment for services.

Groups: Please expect an introductory phone call prior to any first session of group. You will have an opportunity to ask the group leader any questions you may have.

Please see our website www.venncenter.com for additional information

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Free Talks

Bully secrets: It's about the bully-not the target

February 7, February 27, March 21
P. 3

Doing it in a group is more fun than doing it alone

January 31, February 27
P. 4

ADHD and the Brain: Cogmed Working Memory Training

January 31, February 13, March 21
P. 4

Growing Personally, Advancing Professionally

February 2, February 17
Pg. 5

Identity Creation in Middle and High School

February 3, February 24
Pg. 3

Welcome to Emerging Adulthood

February 10, February 23
Pg. 4

Moving Through Grief

February 9
P. 4

Smile: How to star in your child's life

February 28
Pg. 5

Sex, Drugs and Rock 'n Roll: All the teens are doing it

February 13, March 7
Pg. 5

Workshops

Growing Personally, Advancing Professionally

Sunday, March 13: 1:00 pm to 3:30
P. 12

Identity Creation in Middle and High School

Sunday, March 20: 1:00 pm to 3:30
P. 12

Welcome to Emerging Adulthood

Sunday, March 27: 1:00 pm to 3:30
P. 12

Parenting in the Age of Facebook, Porn & Apathy

Sunday, April 3: 1:00 pm to 3:30
P. 13

Groups (12 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-1:15 Women's Group Pg. 9	12:30-1:45 My Child/Teen has ADHD (3 weeks) Pg. 7		12:00-1:15 Professionals in Career Transition P. 9	
5:00-6:00 High School Girls 9th & 10th grade Pg. 11	6:15-7:15 High School Boys 9th & 10th grade P. 11		4:00-5:00 Middle School Boys P. 11	
6:45-8:00 Moving Through Grief P. 9			5:30-6:30 Middle School Girls P. 11	
8:15-9:30 Becoming An Adult: Dealing with Real Life P. 10			6:45-8:00 Personal & Professional Development Pg. 8	
			8:15-9:30 Why do I get treated this way? Changing Life Patterns Pg. 8	

All groups start the week of February 28th and run for 12 weeks, unless otherwise noted.

*Other groups are always forming and may not be in this schedule.

Please call the Venn Center at 201-444-6824 anytime to see which groups are available.