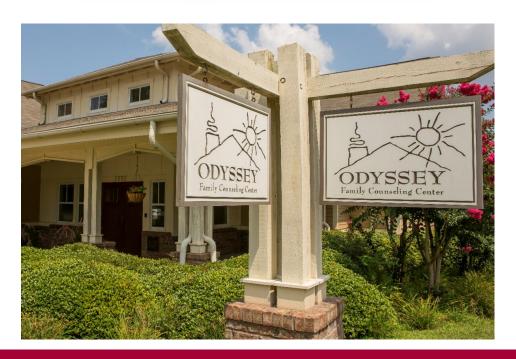


Community-wide Mental Health



Odyssey Newsletter

August 2024

Hello Pam,



A Message from Our CEO, Charles C. Releford Jr.

Dear Friends and Supporters,

As we step into August, I am thrilled to share with you the exciting updates and upcoming events at Odyssey Family Counseling Center. This month, we are gearing up for one of our most anticipated events

of the year – our 3rd Annual Golf Outing at TPC Sugarloaf on September 16th. This event, which is our biggest fund raiser each year, not only provides an opportunity for a day of camaraderie and enjoyment on the greens but also plays a vital role in supporting our mission to improve the well-being of individuals and families by providing comprehensive behavioral health services.

With the new school year already underway, we understand that this time can bring both excitement and challenges for students and parents alike. To help navigate this transition, we've included valuable tips and strategies in this newsletter to support a mentally healthy and successful school year for your children. Our goal is to assist you in creating an environment that promotes well-being and resilience.

At Odyssey Family Counseling Center, we remain deeply committed to our vision of accessible quality Behavioral Health Services for our community. Your continued support and participation in our events are crucial in helping us achieve this mission. We are grateful for the community we have built together and look forward to the positive impact we can make.

Thank you for being a part of our journey. We hope to see you at our Golf Outing and wish you and your family a wonderful and successful school year.

Warmest regards

Chile Chelford

Charles C. Releford, Jr. CEO, Odyssey Family Counseling Center

Tee Off for a Good Cause: Odyssey Golf Outing Swinging Fore Mental Health

We are excited to announce our annual Golf Outing on Monday, September 16th at the prestigious TPC Sugarloaf! This is a fantastic opportunity to enjoy a day on the greens while supporting a great cause. The event will feature a round of golf, dinner, and an awards ceremony.

Date: Monday, September 16, 2024

Time: 10AM Shotgun Start

Location: TPC Sugarloaf, Duluth, GA



Register Now

Spaces are limited, so be sure to secure your spot early. Click here to register or learn more about sponsorship opportunities.

Back to School: Setting Your Child Up for Success



As the new school year begins, it's a great time to prepare your child for a successful and mentally healthy year. Here are some tips to ensure a smooth transition:

- Establish a Routine: Consistent sleep and mealtimes can help ease the back-to-school transition and improve focus.
- Stay Organized: Help your child set up a study area and keep their school supplies organized to reduce stress.
- **Open Communication:** Encourage your child to express their feelings about the new school year and be open to discussing any concerns they may have.
- Healthy Habits: Promote balanced nutrition and physical activity to support your child's overall well-being.

Consider if/when your child should seek outside help, like therapy

If a child is not getting back into the groove after about a month of school and is experiencing mood swings, anxiety, using drugs or alcohol, experiencing changes in appetite, sleep patterns, lack of socialization, apathy, and/or not fulfilling assignments or obligations, this would be the

time to seek the help of a therapist.

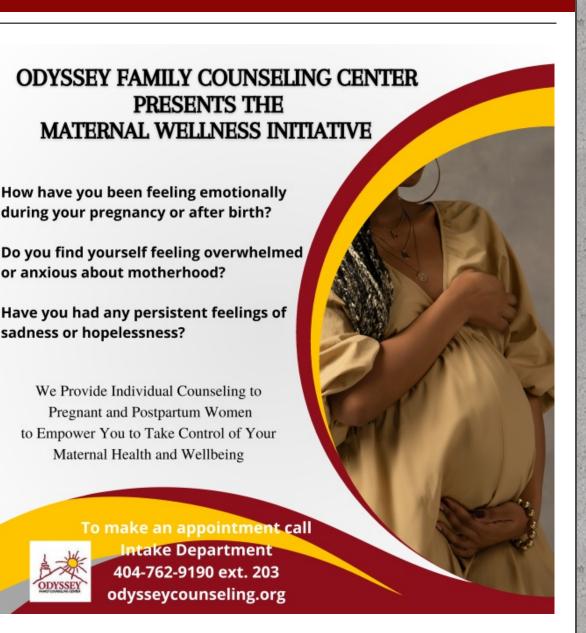
Odyssey's Child and Adolescent Services offer specialized support for children and teenagers dealing with emotional and behavioral challenges. Our team works to provide a safe and supportive environment where young people can address their concerns and develop coping strategies.

In addition, our **School-Based Mental Health Program** provide on-site support within the school environment. These programs are designed to help students manage emotional and behavioral difficulties in a familiar setting, promoting better academic and social outcomes.

Get in Touch

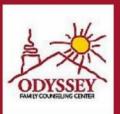
For more information on how Odyssey can support your child and family, please visit our website or email info@odysseycounseling.org.

Maternal Wellness Initiative



Maternal mental health is a crucial yet often overlooked aspect of overall well-being. Each year, an estimated 30,000 women in Georgia experience **Perinatal Mood and Anxiety Disorders (PMADs)**, which include depression, anxiety, obsessive-compulsive disorder (OCD), and sometimes psychosis. These disorders are a leading complication of childbirth in the United States and can occur during pregnancy and up to one year after giving birth.

Here at Odyssey, we recently developed the Maternal Wellness Initiative where we provide individual and group therapy services to pregnant and postpartum moms who may experience PMAD's. Take the first step in feeling better and schedule an appointment today!



Odyssey Family Counseling Center presents

The Odyssey to Change Anger Management Series

Assessments - \$160 Classes/Groups - \$40 per session Individual Therapy - \$75 per session

Topics May Include:

- What triggers anger
- Understanding the difference between healthy anger and unhealthy anger
- How to better communicate to get your needs met
- Situational anger management techniques
- How to manage anxiety and stress

Preferred Payment is credit/debit card
Cash payment is also accepted
No insurance
Payment must be made at the time of
class or session.



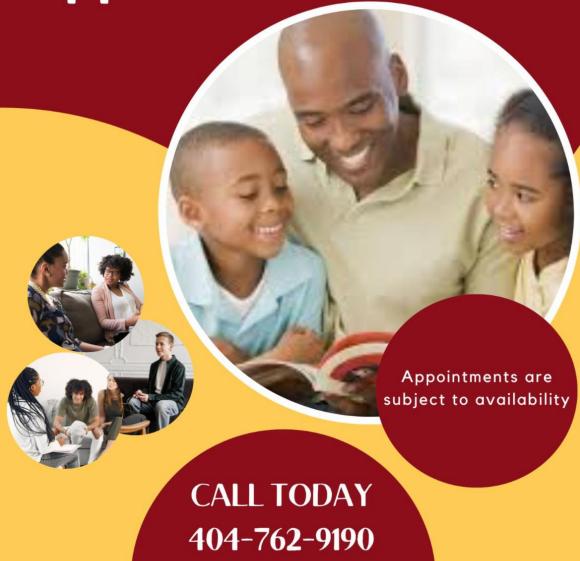
Classes are held on Fridays from 1pm to 3 pm 1919 John Wesley Ave College Park, GA

For more information Contact Pam Braxton 404-762-9190 ext. 229

pbraxton@odysseycounseling.org

Same Day & Next Day Appointments

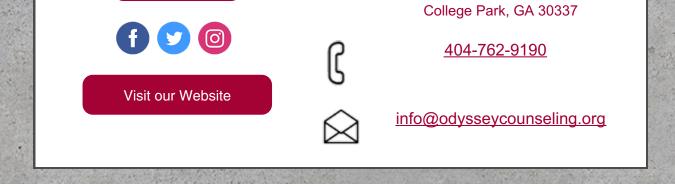




Contact Us

For more information about our services, upcoming events, or to schedule a counseling session, please visit our website or contact us directly at 404-762-9190 or info@odysseycounseling.org





Odyssey Family Counseling Center | 1919 John Wesley Avenue | College Prk, GA 30337 US

<u>Unsubscribe</u> | <u>Update Profile</u> | <u>Constant Contact Data Notice</u>

