



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

A handwritten signature in cursive script, reading "Charles C. Releford, Jr.", written in dark ink.

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



Changing Lives

Making a difference in someone's life has never been so much fun.

Join us for Odyssey Family Counseling Center's 3rd Annual Golf Tournament **Odyssey on the Green, Swinging Fore Mental Health** for a day of friendly competition and meaningful impact! By participating in this event, you are partnering with Odyssey to provide accessible, quality behavioral health services that create hope, healing, and community.

Swinging Fore MENTAL HEALTH ODYSSEY ON THE GREEN

TOURNAMENT INFORMATION

Registration Monday, September 16, 2024
8:30 am Registration & Breakfast
Mulligan & Raffle Ticket Sales
10:00 am Shotgun Start

All Golf Registrations Include:

- Cart & Green Fees
- Driving Range
- Breakfast in Cart
- Lunch & Reception After Tournament
- Prizes & Awards

TPC Sugarloaf Golf and Country Club 2595 Sugarloaf Club Dr, Duluth, GA 30097

Sponsorship & Registration Information: Contact Stephanie Shapiro at 678-520-5325 or sshapiro@odysseycounseling.org

Facebook: facebook.com/OdysseyFamilyCounselingCenter/ | Instagram: instagram.com/odysseyfamilycounseling/ | Twitter: twitter.com/odyssey_family

REGISTER TODAY!

This year's tournament will be held at **TPC Sugarloaf Golf & Country Club**, offering a unique opportunity to play on one of the premier golf courses in the region.

NEW LOCATION!

odysseygolf4mentalhealth.com

GOLF CONTESTS:

- Closest to the Pin
- Longest Drive
- Hole-In-One \$10,000 cash prize!

CELEBRATING 50 Years ODYSSEY FAMILY COUNSELING CENTER

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

ODYSSEY FAMILY COUNSELING CENTER PRESENTS THE MATERNAL WELLNESS INITIATIVE

How have you been feeling emotionally during your pregnancy or after birth?

Do you find yourself feeling overwhelmed or anxious about motherhood?

Have you had any persistent feelings of sadness or hopelessness?

We Provide Individual Counseling to
Pregnant and Postpartum Women
to Empower You to Take Control of Your
Maternal Health and Wellbeing

To make an appointment call

Intake Department

404-762-9190 ext. 203

odysseycounseling.org



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



Appointments are
subject to availability

CALL TODAY
404-762-9190

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

Donate



Odyssey Family Counseling Center
1919 John Wesley Avenue



College Park, GA 30337

404-762-9190

Visit our Website



info@odysseycounseling.org

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