

COUNSELING SERVICES AVAILABLE THIS SUMMER AT
EAST GRANBY AND GRANBY YOUTH SERVICE OFFICES

By Colleen Golnik, MA MFT and Sue Lawshe, JD, MA MFT

Summer vacation isn't always fun and games. Sometimes family or personal issues come to light when the burdens of the school year are not as heavy. For those teens and families struggling with emotional or behavioral issues, the Youth Service Bureaus in East Granby and Granby are open all summer.

We are equipped to handle a wide range of issues including, but not limited to, depression, anxiety, social difficulties and transitional counseling. We also work with clients who are engaging in destructive behaviors such as eating disorders, cutting, alcohol and drugs. Individual or family focused therapy may be provided. Therapy sessions are held at either the Granby or East Granby Youth Service offices.

Our experienced and professional staff can provide individual and family counseling or assist families in finding an appropriate provider for their needs. All counseling services are provided by Master's level professionals or Master's Degree candidates completing a supervised internship. From the moment a youth or family member contacts the bureau, information is strictly confidential.

This summer, the East Granby and Granby Youth Service Bureaus are offering a parenting class entitled Becoming a Love and Logic Parent®. This 7-week program is designed to give parents practical skills that can be put to use immediately. The program will run on Thursday nights from 6:30 – 8:00 PM from June 26 to August 7. Classes will be held at the East Granby Youth Service Bureau office, East Granby Farms, 79 North Main Street, East Granby, CT. To register for the class contact Sue Lawshe, East Granby Youth Service Counselor, at suel@egtownhall.com or 860-653-7800.

Granby residents interested in counseling services should contact Colleen Golnik at 860-844-5350. East Granby residents can contact Sue Lawshe at suel@egtownhall.com or 860-653-7800.