

**Woods Counseling and Care Center  
8 Cypress Creek Road  
Severna Park, Maryland 21146  
410-975-9605**

*A Community Outreach from Woods Memorial Presbyterian Church*

**August 31, 2015**

**Contact: Aaryn Frick, LCSW-C  
443-261-5974**

**FOR IMMEDIATE RELEASE**

**New Programs to be offered at Woods Counseling and Care Center**

Woods Counseling and Care Center is pleased to be offering three new fall group classes to support families in the process of a divorce or who are bereaved. These groups will be facilitated by Aaryn Frick, LCSW-C, licensed therapist in the State of Maryland providing counseling services at the Center.

**CHILDREN OF DIVORCE**

Divorce can be a very scary and confusing time for anyone, and especially for young children. We are offering a therapy group for elementary school children ages 6-11 years who are coping with parental separation and divorce. In each interactive session, children will work out their fears and worries through play, art and support from other children experiencing similar emotions. All children, regardless of coping skills, will gain a positive sense of self, an ability to express emotions, and lessened anxiety.

This nine-week group will begin on Thursday, September 17, at 4:00 p.m. The cost of the group session is \$300 per participant (which includes all 9 weeks, an age appropriate workbook, materials and light refreshments). Your Out-of-Network benefits may apply and a Sliding-Fee Scale is available. For registration and further information, please contact Aaryn Frick, LCSW-C at [frickcounseling@gmail.com](mailto:frickcounseling@gmail.com) or call 443-261-5974.

**DIVORCE RECOVERY**

The pain and hurt experienced during and after a divorce can leave you feeling drained and overwhelmed. One way to cope with these feelings is to work through them with others who are facing similar experiences and emotions. Beginning Thursday, September 17, from 6-7:15 p.m., Aaryn Frick, LCSW-C will host the first of nine sessions to support and encourage people at various stages of divorce. Participants will learn more about themselves and explore ways to build the lives they desire.

Cost is \$300 (which includes materials and light refreshments). Out-of-Network insurance benefits may apply and a Sliding-Fee Scale is available. For registration and further information, please contact Aaryn Frick, LCSW-C at [frickcounseling@gmail.com](mailto:frickcounseling@gmail.com) or call 443-261-5974.

**BEREAVEMENT SUPPORT GROUP**

If you are coping with the loss of a loved one, participation in the group may help you work through the natural process of grieving and begin taking some important steps to move forward in your life.

Aaryn Frick, LCSW-C, will lead a 9-week bereavement group beginning Tuesday, September 15, at 1:00 p.m. Materials used include *The New Day Journal, A Journey from Grief to Healing*. The cost of this workbook is \$10.00 and the cost of each session is \$10 or \$90 for the whole session. For more information or to register, contact Aaryn Frick, LCSW-C at [frickcounseling@gmail.com](mailto:frickcounseling@gmail.com) or call 443-261-5974.