

A Sound Mind Counseling Service, LLC

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Welcome

Hello and welcome to A Sound Mind Counseling Service. We at A Sound Mind Counseling Service believe everyone can achieve total mind, body and spiritual wellness. We offer individual, couple, group and family therapy. There are 11 therapists some of whom have over 20 years of experience.

Parenting Tips for the New School Year

Fall it is that time of year when parents and their children are preparing for back to school. Returning to school can be an exciting and equally stressful time for both parents and children. Below are a few suggestions to help make the school year go smoothly.

We encourage parents to make personal contact with their child's teacher within the first 3 weeks of the school year. Provide the teacher with your contact information so he or she can keep you informed of your child's progress. We also encourage parents to attend school meetings on a regular basis, as personal contact with the teacher is an invaluable tool for educational success.

We encourage parents to emphasize to their child that good grades are achieved through hard work, diligence and discipline. A daily conversation with the child about the school day is important. The *triangle of communication* between teachers, parents and child cannot be over emphasized. Here are some important points for effective studying at home: 1) Create a personal study place, 2) Create a quiet, distraction-free atmosphere—turn off the television and music, 3) Younger children may need closer parental supervision so they may ask questions more easily, 4) Review all homework as it is implemented, 5) After an hour of studying have the child take a 10-minute break before resuming study, 6) Monitor computer activity to make sure the child is on task, and 7) Encourage your child to read for pleasure, as reading is the best exercise for the mind.

--Monica Hayden, LISW-S

Upcoming events:

A Sound Mind Counseling therapists are participating in three events over the next two months.

Women Empowerment Day-- The Women's Empowerment Day will be held at Duke Energy located at 525 Elm Street on Saturday September 29, 2012.

The event begins at 9 am and ends at 3 pm. Therapists from A Sound Mind will conduct presentations on relationship issues.

Women's Mental Health Day-- Save the date for A Sound Mind's Annual Women's Mental Health Day. The women's mental health event will be held on Saturday October 20, 2012 at the Destiny Youth Center, located at 2324 May Street, 45206. You can find details in the Shoppers Guide. There will be space for vendors and the first ten women to register will receive a FREE massage. Please call 948-0023 to reserve your space.

Cincy Magazine-- Cincy Magazine is having a luncheon on Wednesday 24, 2012. This event will be held at the Cintas Center, 1624 Herald Ave. from 11:30 – 1:30 pm.

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