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# Squirrel Hill Psychological Services

*Welcome to Squirrel Hill Psychological Services' first e-newsletter! Our goal is to provide helpful information on a range of topics related to emotional well-being. Each issue will highlight a different subject. Please send feedback - positive or negative - as well as suggestions for topics you would like us to address in future issues to [info@squirrelhillpsych.org](mailto:info@squirrelhillpsych.org). We look forward to hearing from you!*

*P.S. Feel free to forward this email to anyone you think could benefit from this information.*

As summer approaches and the weather gets warmer, everyone looks forward to having time to relax or plan a getaway. However, the idea of planning these vacations and taking time for yourself while staying on top of work can be stressful. Thinking about fitting everything into the few short months of summer brings to mind the idea of time management. Time management and stress management go hand in hand - it can be stressful to feel like you can't get it all done.

Bari Benjamin, a licensed clinical social worker at JF&CS's Squirrel Hill Psychological Services, offers some tips on how to keep stress at bay during a busy day -

*As a psychotherapist I help individuals and families address everyday challenges in their own lives and with their relationships. Like many single parents I face some of these issues myself - like managing my personal needs and work responsibilities. Between my daughter, career, extended family and friends...well most days it seems there's barely a moment to catch my breath let alone exercise, read or do any other activities I might choose truly for myself.*

*It becomes stressful for me when I feel like I don't have enough time, so managing my time is a way*

## Summer 2011

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Care Coordination  
and Caregiver services  
for older adults

**Caregiver Connection** is a licensed home care registry offering fully-screened and trained caregivers who provide affordable, in-home personal assistance to older adults for short- or long-term engagements.

To learn more, please call Maxine Horn, information & referral specialist for Agewell Pittsburgh, at 412.422.0400 or email [mhorn@jfcspgh.org](mailto:mhorn@jfcspgh.org)

## Monthly Support Groups



There's a variety of support groups that meet throughout the month. You can join at any time! They are:

*of managing my stress, too. Some tactics I draw on to find the balance between family-work-self:*

**1. Find down time**, even if it's only 30 minutes several times a week. Every Sunday evening I look at the week ahead and determine when I can workout. I then schedule that time and treat it just like any other engagement. Sometimes we have to make appointments with ourselves!

**2. Develop and use a support system** of people you can count on regularly to watch your kids out of the house. As parents we need time alone to attend to our other responsibilities or just to take a break. When my daughter spends time with her aunt and uncle, I have an uninterrupted afternoon to write, and she builds a relationship with other loving adults.

**3. Use your lunch hour** to accomplish simple tasks like going to the bank, picking up household items or paying bills. We often don't need a full hour to eat, and lunch is a place where we can uncover extra time. Or simply just take a lunch break to revive and recharge for the afternoon.

**4. Plan a fun event** to keep you going through the week. I know this Sunday I've set aside some time to shop for myself. Even if I don't feel like I have a "me" moment at all this week, there's planned time all to myself on the horizon.

If you're feeling overwhelmed by life; persistently unhappy, angry or listless; having difficulties in your relationships; or experiencing any other number of emotionally-distressing issues, I hope you'll call **Squirrel Hill Psychological Services** for a confidential consultation at 412-521-3800.

Our team of social workers, counselors, psychologists and psychiatrists are experienced and compassionate, with areas of specialization ranging from play therapy and blended families to marital discord, anxiety and depression. We're here to help.

**Growing Together:** This support group for family members of adults with special needs meets on the first Wednesday of the month. For more information, contact Linda Marino at 412.904.5945 or **lmarino@jfcspgh.org**

**Multiple Sclerosis Support Group:** This support group for individuals with MS and their caregivers meets on the second Sunday of each month. For more information, contact Claire Burbea, LCSW, at 412.421.3470 or **cburbea@jfcspgh.org**

**Caregiver Support Group:** This non disease-specific support group for individuals who are caring for others meets on the third Thursday of each month. For more information, contact Stefanie Small at 412.422.7200 or **ssmall@jfcspgh.org**

**Mom's Coffee Club:** This support group for moms who have adopted internationally meets on the last Friday of the month. For more information, contact Bari Benjamin, LCSW, at 412.422.7200 or **bbenjamin@jfcspgh.org**

For more information on any of these support groups, call **412.521.3800** or check out the monthly calendar of groups on our **website**.



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