

INROADS AT FAMILY GUIDANCE CENTER IS THERE FOR YOU

Individual and families are faced with increasing stress and pressures. Coping with these problems sometimes requires assistance. Inroads at Family Guidance Center can arrange for or provide help in dealing with these familiar problems.

MARITAL/FAMILY:

Couples sometimes find themselves evaluating their marriage in terms of the fantasies they had about marriage life before their wedding.



The realities of an actual marriage partnership can suffer when compared to an idealized romance. Relationships, like individuals, change resulting in partners sometimes heading in different directions. When this happens, conflict arises and marital counseling may be needed.

PSYCHOLOGICAL/EMOTIONAL: We live in a very complex society. Sometimes it may seem as though you just finished solving one problem only to see two new problems approaching. Unexpected events like a death in the family, an elderly parent going to a nursing home, divorce, etc. can play havoc with a person's emotions. Having someone or somewhere to turn to at times like these can help to make life a little easier.

DRUGS/ALCOHOL: Dependence on alcohol or other drugs is a widespread problem. Chemically dependent people often pull away from family and friends. Many times, they blame those closest to them for making their lives unmanageable. If you have a dependency problem recognition can help you move towards a happier and healthier life.

PARENT/CHILD: Being a parent is no easy task in today's society. When a child is experiencing consistent problems in school or home, having someone to talk with can help to alleviate the tension.

FINANCIAL: Caught in the double crunch between inflation and finances. Many people are getting themselves over their heads with credit cards, mortgage payments, etc. If you're feeling stressed by money worries, there are agencies willing to help you look constructively at your finances and assist you in budgeting your money.

CODEPENDENCY: Do you lose sleep because of a problem drinker/drug user? Do most of your thoughts revolve around them, or problems that arise because of them? Do you feel alone-fearful-anxious-angry and frustrated most of the time? Remember that chemical dependency is a family disease. Help is available. Through proper education and support, the helplessness and confusion to those close to a chemically dependent person can be lessened.

REMEMBER: Inroads at Family Guidance Center services are confidential and are available to employees and to whoever lives in the same household as the employee.