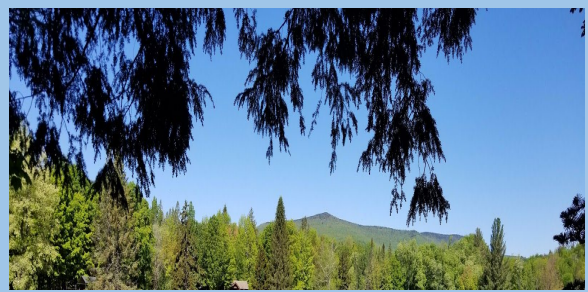




June  
2019



Summer is just around the corner!! We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

### **PROGRAM UPDATES**

May has passed quickly! This is a transition month where many people anticipate the warm weather, wish away the rain, and perhaps emerge from winter gloom. MPB Group is definitely continuing to bloom.

- ★ **Internal Presenters** have prepared mental health trainings to be open to the public. We are waiting for our site to be CEU approved, so stay tuned for specific information in the coming months on topics such as trauma, diagnosing, and effects of adoption.
- ★ **We welcome two new clinicians** to our growing clinical family. **Pamela Wang, LGPC**, has been hired as a full-time clinician. She has experience leading groups and working with adolescents and adults. **Tres Rahim, Certified Psychology Associate**, has been hired as a part-time clinician. She has many years of experience working with people of all ages who present with challenging behaviors.

### **CLINICIANS CORNER**

*This section will highlight the various tasks, skills, and specialties that the MPB employees provide to assist MPB Group in its mission.*

Let's start with **Dr. Magalie P. Brewer, CEO**. She started MPB Group Inc as a private practice in 2003, dedicated to helping foster care children heal from abuse and neglect. In 2007, she expanded into a state licensed outpatient mental health clinic. She earned her Psy.D. from George Washington University and has taught graduate level college courses. She's the one that enables us to help others!

### **INTERNS CORNER**

We have 2 new interns beginning in June, in addition to the 4 "seasoned" interns. They are ready to learn, provide, and contribute to our clinical team.

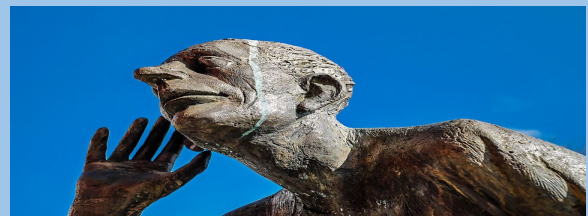
### **CLINICAL TOOLS AND TIPS**

The question is looming - what will I do with my children during summer break? Summer is an opportunity to revitalize your relationship with your child and learn more about them. Keeping some structure to their day can help their mood and energy level. To assess their mental health, you can find a special activity to do with them when they are more likely to share their thoughts. Notice if they avoid interacting with others or are often sad or irritable. Determine if they worry often or view themselves negatively. Summer may give you the extra time to discuss and determine how to help your children feel better.

### **GROUPS**

MPB offers both time limited and ongoing groups. Currently, we are offering groups for: 1) Adults with anxiety, 2) Adolescent coping skills group. The Social skills group for children, and the Support for adoptive parents and guardians is on hold for the summer. More groups will begin in September/October 2019, when the new intern year and school year begins.

### **QUOTE OF THE MONTH**



Most people won't really listen or pay attention to your point of view until they have become convinced that you've heard and appreciated theirs (M. Nichols)

Columbia Office: 6440 Dobbin Rd Ste D  
www.mpbhealth.com Columbia, MD 21045 (410)  
730-2385

Laurel Office: 14205 Park Center Drive Ste 201  
& 202 Laurel, MD 20706 (301) 317-5800

