

ATTENTION STAFF

GET HELP WITH JOB STRESSORS BY USING SERVICES FROM
MIDWEST FAMILY AND COMMUNITY RESOURCES

www.MFCR.INFO

708-745-3040



**SOLUTION
FOCUSED
THERAPY**

**IDENTIFY
TOOLS TO
MANAGE
SYMPTONS
AND COPE
WITH
STRESSORS**

OUR SERVICES

Midwest Family and Community Resources is now available to assist school staff in managing work-related stressors .

These services are available via Telehealth during the school day

MFCR therapists utilize a Solution Focused Brief Therapy approach to manage stressors.

Recognize that coping skills previously used may no longer be working and require new skill development

Delivered at NO cost to the school staff

Identify New Coping Skills

**COMPLETED
IN 3-10
SESSIONS**

MIDWEST FAMILY AND COMMUNITY RESOURCES

In Partnership with the Cook County Southland Juvenile Justice Council

FREE SERVICES OFFERED TO PARENTS WITH STUDENTS IN SOUTH SUBURBAN SCHOOL DISTRICTS

CALL 708-745-3040

www.MFCR.info

If you would benefit from:

- ◆ support from other parents
- ◆ strategies for managing your child's behavior
- ◆ ideas on how to encourage your child
- ◆ Strategies for helping you and your child(dren) cope with grief
- ◆ Access to a counselor who can answer your parenting questions
- ◆ a better understanding of what behaviors are developmentally appropriate for your child's age and developmental level
- ◆ a better understanding of how to advocate for your child's needs with the school system
- ◆ Reducing your stress related to parenting

these services are for you!

Services are available in private or group sessions with a qualified counselor. Help is only a phone call away.

ENROLLMENT STARTS NOW!!!!

Office: 708-745-3040

Midwest Family and Community Services (MFCR) was founded by Robert Thurman, a Licensed Clinical Social Worker with over 20 years of clinical experience. Realizing that behavioral health has traditionally lacked the importance and compassion that medical services have garnered and often does not properly match patient needs to therapist capabilities, Mr. Thurman sought to change this paradigm by creating a company that aligns a patient with the right therapists, psychologist or psychiatrist.