

The Genesis Therapy Center

SUMMER 2022

Introducing Kelsey Dagenais, LCPC

Hi! I am Kelsey Dagenais. I am the newest therapist at The Genesis Therapy Center. I am a LCPC and have been practicing for the last 9 years. My specialties include working with children and adolescents. I am also a mom of two beautiful boys. I am a crafter who loves all things fall, coffee, and ducks! I love my job because I bring all of what I love and value back into my job. There is so much that goes into raising children. It really does take a village. If you need some help with your village, I am your person. Check out my article about parenting during the summertime.

MOM, I'M BORED!

The dreaded phase for any parent. I am bored! School is now out for the summer and the kids are home all day long for the next couple of months. They are wanting to be fed and entertained 24/7. As a parent it can be hard to come up with new ideas, plan the activities out, and schedule them. As parents we are told we only have 18 summers with your children before they are grown and on their own. With this added pressure we want to make every summer the best one yet, but it is hard. We still need to work, keep up with the house/chores, and ourselves. Let me help you with some of your summer planning. Here are a couple of great ideas/places to try with your children.

*Go to the zoo (Brookfield or Lincoln Park)

*Waterfall Glen

*Camping in the backyard

*Drive in movie

*Go to the Dunes/beach

*Tie dye

Another way to help bring some summer fun into your weekly routine is by having theme weeks or days. Each day can bring a new and fun activity that the whole family can enjoy. Enjoy the summer and your family!

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Embrace the wild world!

Sara Allen, LCPC

Summer is here! And...we are in our third summer of the pandemic, not to mention continuous unrest, racism, hardships of inflation and a recession, disregard for women's rights, and a wave of anti-lgbtq bills sweeping the country. Many people are finding difficulty adjusting, accepting, and finding hope. Adults and kids have both experienced lockdowns, quarantines, work-and-school-from-home protocols, and disruptions to our social lives. If you have not been sick from covid-19, then you know someone or many people who have. Many people have died, and none of us are immune to the stress and some form of trauma connected to the pandemic and its impact on the world.

The chronic stress has taken a toll on our overall health and shows up in the form of anxiety, fear, sadness, loss, depression, frustration, anger, and a wearing on our immune systems.

As we have talked about in our past newsletters and podcasts, how can we embrace hopelessness? I share the same sense of anxiety, anger, and loss as my clients. What do we do when hope is not accessible? How can we make more contact with present moment awareness, and then move toward feeling centered, grounded, and anchored?

For one, we can think of all the ways our practices, actions, and ways of just being can be defined as our humanity and as a tool for change. Action and humanity can begin in community, nature, land, neighbors, and sharing knowledge. Summer is the ripest time to engage in nature, farmers markets, gardening, taking walks, outdoor music festivals, eating local veggies and fruit, local parks, or wild landscapes.

Each summer I do three activities that keep me grounded: hiking, canoeing, and music festivals. Hiking and canoeing both promote mindfulness: following a trail or a river involve practices of being present and moving through uncertainty and ambiguity. Sometimes the river moves quickly and paddling furiously is necessary. Other times the stream is calm, and I can coast. Reading the river becomes a practice of attuning attention. When this happens, my internal chatter quiets and the stuff in my life and mind that I am trying to figure out also begin to take a new shape.

Your community is out there. Finding it might require work, but the trade off in engaging in nature or community is that it teaches us to live and love better.

Follow us on Instagram!

Anyone interested in supporting our testing services may make a designated donation to The Genesis Therapy Center and make clear that the amount donated is to go towards providing an assessment service for a child or adolescent. For further information, please contact our Executive Director, Catherine Fairfield, at 708-535-7320, ext. 11.

The Genesis Therapy Center

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We are on the Web!

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