

# Providing tools for a better life

## New counseling center opens in the Mount Clemens area

By Rita Rose

Macomb Daily Special Writer

When a family or an individual is in crisis, sometimes just a few changes can make a big difference.

That's the philosophy behind a new partnership created by four women with a wide range of counseling experience. The women, all licensed counselors, opened a new practice in March called The Complete Counseling Center.

Located on the third floor of the Olympia Building, near Mount Clemens High School, the center specializes in counseling services for families, teens, individuals, and couples. They also provide career counseling to help with career explora-

tion and assessment as well as resume preparation.

The goal of their work, said managing partner Donna Bright Howard, is to give clients "the tools" they need to make changes on their own — not to create a dependency on the services of a counselor.

"We want to be with them and safely journey through the problems they're having," she said. "We can give them the appropriate coping skills to go out and live their lives — hopefully in a more healthy and happy way."

Howard works as a partner with Sonja Francese, who has extensive experience working with teens and young adults in transition, including family counseling to help when teens

are being disruptive or exhibiting behavioral problems.

In addition to having state licenses, both women are nationally certified counselors and both share "a passion for working with families in crisis."

Many times, Howard said, they can help families and teens make "just a few modifications" that will turn things around. Forcing their kids to respect them, she said, only makes the power struggles worse for parents.

"It's about being able to help all generations and all members of the family," she said.

Also on staff at the center are Diana Garner-Conklin and Deb

See COUNSELING, Page 2C

### Business Bio

#### The Complete Counseling Center

**Location:** 117 Cass Ave., Mount Clemens, MI 48043  
**Phone:** (586) 260-7835

**Services:** Wide range of counseling, especially for family issues, plus group sessions

## COUNSELING: Center gives clients the 'tools' to succeed

Continued from Page 1C

Wheeler. Garner-Conklin has worked for many years as a counselor and coach for L'Anse Creuse Public Schools and has special training in suicide prevention, as well as managing grief and loss. Wheeler is also a licensed school counselor and is certified in global career development.

The center doesn't work with insurance companies directly, but will provide receipts that

may be submitted for reimbursement. Typically insurances will cover about 50 to 75 percent of the fee, which is \$90 per session.

The counselors also facilitate group sessions, with topics ranging from divorce recovery and parenting support to weight and eating issues. The cost for these groups is \$40 per session.

For information on the counselors and their services, visit their website at [www.completecounselingcenter.com](http://www.completecounselingcenter.com), or call for an appointment at (586) 260-7835.

Wednesday, June 2, 2010

Page 8C MacombDaily.com