



3995 Marcola Rd
Springfield, OR
97477
541-726-1465



You're Invited!



The Child Center's 5th Annual Breakfast

March 11th, 2020
7:30am

<https://tcc5thbreakfast.eventbrite.com>

For the past 5 years, The Child Center has hosted an annual breakfast event in early spring to give our community a chance to hear about our successes and areas of growth in the last year, and goals for the year looking forward. This year the fundraising event will feature two client speakers--a client who joined us at TCC as a child and has grown with us into young adulthood, and a grandmother whose grandchild is with TCC for counseling. Our MC for the event will be the Principal of Centennial Elementary, Marilyn Williams.

Please consider joining us on the morning of March 11th for a light breakfast, to hear more about our work in the community, and learn how you can become involved in supporting children, youth, and families across Lane and Deschutes counties as they heal, grow, and thrive.

To RSVP, please contact Kate at klundquist@thechildcenter.org or at 541-726-1465 ext 322.

You Still Have Time to Decide Your CCO Provider

We know many of our clients access care via OHP. In Lane County, clients now have two options to choose between for CCOs: Trillium and PacificSource. Until March 31st, 2020, members who have OHP and live in Lane County can choose to switch to the other CCO if they prefer. Clients at TCC can still access our services regardless of which CCO they choose as we are contracted with both.

If you need assistance, please contact us at 541-726-1465 and ask for the Wellness Program.

www.thechildcenter.org

@MentalHealthForChildren [linkedin.com/company/the-child-center](https://www.linkedin.com/company/the-child-center)

TCC Launches Neurofeedback Therapy Program

A video game that helps your brain retrain and rewire. That's one way to describe Neurofeedback, a type of brain training that The Child Center now offers in addition to our other counseling services. Therapists Cami S. and Christy J. provide this new service that can help with many issues including ADD, anxiety, depression, and sleep issues. Neurofeedback is a method of training your brain using electrodes on your head that then hook up to a monitor that plays a sort of video game. This game helps your brain learn how to process stimuli and feedback differently to learn new patterning.

In one instance a client, M., was dealing with issues of anger outbursts, hyperactivity, impulsiveness and mood swings. After 21 sessions of neurofeedback therapy with Cami S., the client experienced a better ability to focus, stay calm, and a reduction in mood swings and anger outbursts. In general, clients in this new, cutting edge service reported feeling more relaxed and experiencing better sleep patterns, and studies have shown that the effects of neurofeedback therapy are lasting. Offering new, innovative methods and modalities of therapy is part of The Child Center's dedication to providing responsive, individualized therapy. We recognize that each person needs their own set of skills and support specific unto their experiences, and are excited to have Neurofeedback as a new program offering at our Springfield campus.

Thank You!

Because of these generous sponsors, our Holiday Project for 2019 was a huge success!



Nadine Hollingsworth



Advantage Dental
From DentaQuest

