

# Axis Community Health

## News Release

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### FOR IMMEDIATE RELEASE

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Pleasanton, Calif. -- Axis Community Health, the Tri-Valley's provider of medical, mental health, substance abuse counseling and health education services for all members of the community, will host three teen-focused programs this fall; the *Young Voices for Recovery Essay Contest*, a *Teen Males Anger Management Series* and *The Parent Project* program.

Entries are now being accepted for Axis' second annual *Young Voices in Recovery Essay Contest* in an effort to recognize teens for their achievements in seeking drug and alcohol treatment services and to celebrate their successes.

Contestants between 13 and 19 years of age are invited to submit essays of 250-500 words that describe "What impact long-term recovery has had your life, either through your own experiences or that of a person close to you?" Entries are due October 2, 2009 and winners will receive one first place prize of \$500, a second place prize of \$150 and a third place prize of \$50 to be used as scholarships to further their education.

Contest information is available by contacting Amie Sousa at [asousa@axishealth.org](mailto:asousa@axishealth.org). Contestants may pick an application at Axis Behavioral Health, 6666 Owens Drive, Pleasanton, CA 94588 or may call 925-201-6201 to request one by mail.

The *Teen Males Anger Management* series will meet on ten consecutive Monday afternoons from 4:00-5:15 p.m. September 21-November 30, 2009, except for November 23 during the Thanksgiving break. All sessions will take place at Axis Behavioral Health, 6666 Owens Drive in Pleasanton.

The Teen Males Anger Management series is open to young men 13-18 years of age *who are enrolled in high school*. The series is designed to help teens address conflicts constructively and includes education and group counseling designed to help participants feel in control, handle anger positively, improve relationships, resolve conflicts and reduce stress.

The fee for the series is \$300. A \$150 deposit is due before September 21, 2009. Scholarships for low income youth may be available upon request. Interviews with the participants and their parents must be scheduled with counselor Amanda Goletto during the week of September 14-17, 2009. Ms. Goletto may be contacted at (925) 201-6213 or [agoletto@axishealth.org](mailto:agoletto@axishealth.org).

***The Parent Project***, a 12-week program, is open to all Tri-Valley parents who wish to improve their relationships with their teenage children. Meetings will be held at Valley High School, 6901 York Drive, in Dublin, beginning Wednesday, September 23, 2009 at 6:00 p.m. Sessions will meet on consecutive Wednesdays from 6:00-9:00 p.m. through November 25, 2009.

The Parent Project gives parents an opportunity to learn hands-on tools to help support their teens in making positive choices. The goal is to assist parents in helping their teens improve school attendance and performance, avoid alcohol and other drug use, have a happier family life and stay safe.

Cost for The Parent Project is \$150 per person or \$200 per couple. Payment plans are available. For more information or to register, contact Amie Sousa at (925) 201-6201.

#### About Axis Community Health

Axis Community Health provides medical, mental health, substance abuse counseling and health education services for residents of the Tri-Valley. Founded in 1972 as a licensed nonprofit organization, Axis serves 14,000 community members annually through direct services and school- and community-based education, prevention and treatment programs. The agency operates three facilities in Pleasanton and one in Livermore and is supported by local, state and federal funding, foundation grants, client revenues and community donations. Additional information is available at [www.axishealth.org](http://www.axishealth.org).