



# COUNSELING NEWS

Fall 2019

YMCA COUNSELING SERVICE

## CELEBRATING CITIZENSHIP ACHIEVEMENTS AT THE Y

### NAWC PARTICIPANTS ACHIEVE CITIZENSHIP

The YMCA's New Americans Welcome Center supports newcomers and immigrants in reaching their citizenship goals. Our classes allow students to develop their English speaking skills as well as their knowledge of U.S. history and government.

We would like to highlight some of our participants who wanted to share their goals for the future now that they have achieved citizenship:

**Martha Flores** is from the country of Honduras. She took her oath on August 20, 2019. Now that she is a U.S. citizen, her next step is voting for the first time. She also wants to work to bring her mother to the U.S. to stay with her and spend more time with her. Martha's hobbies include watching television, cooking, and relaxing. She is very thankful for the YMCA's New Americans Welcome Center.

**Juan Castillo** is from Mexico and took his oath on September 5, 2019. Now that he has his citizenship, he would like to open up his own business. Juan enjoys traveling and playing soccer. He encourages others trying to achieve citizenship to keep going and never give up. He understands that the process may be difficult, but it is possible to achieve your goals.

**Rosa Castillo** is from Mexico and took her oath on August 30th, 2019. Her aspiration is to go vote for the first time and to seek out new employment opportunities. She also wants to reunite with her daughter by bringing her to the U.S.. She enjoys spending time with her family and honoring the customs and traditions that are very important to her. She's very thankful for those who helped her along the way and encourages others going through the process to not give up.

Congratulations to all who've worked so hard throughout their program to reach this major milestone.



ROSA & JUAN CASTILLO

South Shore Center, 3911 Richmond Avenue  
Staten Island, New York 10312 (718) 948-3232

North Shore Center, 285 Vanderbilt Avenue  
Staten Island, New York 10304 (718) 981-4382

### OPEN INTAKE HOURS \*NO APPOINTMENT NECESSARY\*

#### South Shore Center (3911 Richmond Avenue)

Monday 1:30PM – 3:30PM  
Tuesday 10:30AM – 11:30AM  
Wednesday 4:00PM – 6:00PM  
Thursday 1:30PM – 2:30PM  
Friday 3:30PM – 5:30PM  
Saturday 10:30AM – 12:30PM

#### North Shore Center (285 Vanderbilt Avenue)

Tuesday 1:30PM – 3:30PM  
Thursday 4:00PM – 6:00PM

### WHO WE ARE

The YMCA Counseling Service is a comprehensive outpatient chemical dependency program providing prevention, treatment and recovery services to children, adolescents, adults and their families. It also serves as an immigrant resource center, providing vital services such as ESOL and Citizenship Preparation classes through its New Americans Welcome Center.

### OUR SERVICES

- ◆ Assessment Services
- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Family Therapy
- ◆ Psychiatric Services
- ◆ Addiction Medicine Management
- ◆ Immigrant Services

### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS OR IDEAS?

Contact Anna Bagliore, the editor, at [abagliore@ymcanyc.org](mailto:abagliore@ymcanyc.org).

## SEASON OF GIVING!

HOW YOUR SUPPORT OF THE ANNUAL CAMPAIGN HELPS STATEN ISLANDERS



### YOUR GIFT OF \$500

can help 5 people on their path to citizenship through our New Americans Welcome Center.



### YOUR GIFT OF \$1,000

sponsors 6 months of treatment for a teen who is struggling with substance abuse & attempting to regain control of their lives.



### YOUR GIFT OF \$1,500

sponsors 8 months of counseling for an individual working on recovery and attempting to restore normalcy in their lives.



### YOUR GIFT OF \$2,500

sponsors 1 year of expressive art/play therapy counseling for 2 children learning to identify and change the patterns of thinking, feeling, and behavior they've learned in response to their loved one's substance misuse.

## IN 2018

**140** Clients met half or more of treatment goals

**61%** Of participants maintained or improved their employment

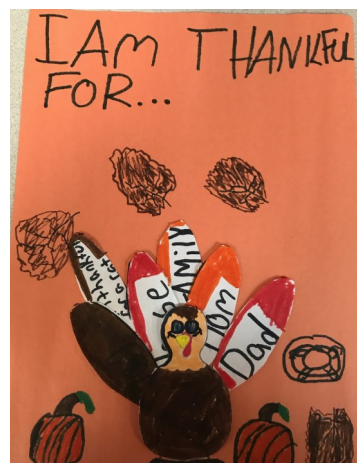
**50%** Of participants stayed in treatment for at least 6 months

**99** People attained citizenship

**PLEASE - HELP US COMBAT ADDICTION**  
LEARN HOW YOU CAN SUPPORT THE YMCA COUNSELING SERVICE'S ANNUAL CAMPAIGN  
BY VISITING [YMCANYC.ORG/GIVE](https://ymcanyc.org/give).

## LITTLE STEPS

PARTICIPANTS SHOW THEIR "ATTITUDE OF GRATITUDE" THROUGH ARTWORK



Each year, we are thankful for the opportunity to change the lives of Staten Island children by helping them cope with their loved ones' substance use through the [Little Steps](#) program.

In the spirit of the holiday season, our Little Steps participants completed "Attitude of Gratitude" activities to tell others what they are most thankful for in their lives. Responses included [family](#), [friends](#), [love](#), and more.

To learn more about the Little Steps program, contact the YMCA Counseling Service at 718-227-3200 or visit [ymcanyc.org/counseling](https://ymcanyc.org/counseling).