



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
JUL AUG SEPT 2015

A Note from the Editor



Hello, everyone! Summer season is upon us. As the heat sets in and air conditioners turn on we can look forward to the final chimes of the school bells and more time spent outdoors. Situations may seem overwhelming at times, but when we live day by day, mindfully and with purpose, the world can feel like a bright and loving place. Take time out to talk with old friends, new friends, and family and to play with kids and pets. Wear your sunscreen, fill the cooler with ice and drinks, and never forget that each day brings a new opportunity to brighten your life and the lives of others.

Suzette

Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking five-year-old son. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.

Calendar of Events

BOARD MEETINGS
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, July 17, 2015
Friday, September 18, 2015
Friday, November 13, 2015
Friday, December 11, 2015

All meetings 9:15 - 11 am
All are welcome.

QUARTERLY NETWORKING EVENT
Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

Friday, July 10, 2015

Pre-pay online- \$12
At the door- \$15

Check-In is at 11:45.
Lunch is from 12 to 1:30 p.m.
All are welcome.

RSVP : Kimberly Wong at 626-260-1356, or Rachel Thomasian at rachelthomasian@gmail.com by the Wednesday prior to event date.

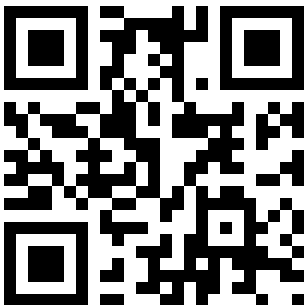
2015 Luncheons

Friday, October 2

Call for Submissions

We want to hear from YOU!
GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at suzette@villagecounselingandwellness.com





ShrinkSync is a revolutionary social network created specifically to meet the needs of mental health professionals. Connect with therapists, build your network, grow your practice - ShrinkSync makes it all happen with little to no effort. Get client referrals, event invitations and job posts sent directly to your phone. Earn free CEU's. Join in on discussions on a secure, private platform exclusively for therapists.

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Healthy Finances

By Robert Glassenberg, Financial Representative

It's no secret that one of the challenges individuals with small businesses and families face is planning and managing finances. People with small businesses, such as mental health practitioners have an extra layer of financial considerations because of costs associated with their practice, such as office expenses and book keeping, as well as costs with their life outside of their practice. There may be credit cards and other short term debt, mortgages/rent, insurance policies of all types, education costs, not to mention groceries, automobile expenses, day to day expenses and lots of other costs including costs for events we don't foresee. Does the practitioner spend the time and have the knowledge and experience to be efficient and balanced in his or her financial life? If you are like most people I meet, the answer is "between my family and my business, no I don't spend enough time on finances," or "the idea of balancing a check book and my financial life is daunting," or "I work at it but still have challenges."

Anyone who has applied for a major purchase such as a vehicle or home can understand what a time consuming and stressful activity keeping our financial lives in order has become. Using book keeping software can make it easier, but it still doesn't answer the questions like, is this the best way to use my money? How do I plan for the future? What is the best approach to putting money aside for a rainy day? Where do I find the money to put aside?

The approach that many people take to understand their finances involves creating a balance sheet. Simply put, it shows us Assets, Liabilities and Net Worth.

For the mental health practitioner, add the fact that cash flow can vary according to the number of patients, groups and consulting opportunities, as well as cash receivable accounts (late paying insurance billing) one has at any given time. This means keeping close watch on business costs and figuring monthly cash flow as an average over time (income/cash flow averaging). For example if in six months the gross inflow of cash is \$48,000.00, then average cash flow is \$8,000 per month. From this number, we subtract our average costs of that period of time. Going forward when cash flow exceeds that average and costs are normal, the excess can be put aside for months when cash flow is short of average. This practice can help smooth out cash flow bumps if the temptation to spend the excess is not exercised.

Often overlooked in this approach are unseen circumstances for which many people have not planned. When I ask people what keeps them up at night, there are many "what if scenarios" that come up. "What if I can't work for a while, or worse? How will I pay my bills? How will my family survive?" As a financial professional, I hear questions such as this every day. Adding a layer of protection over your balance sheet helps answer these questions.

(continued on pg 3)

Healthy Finances Cont'd

1. Do I have a Will and Estate Plan?

In California, an estate plan is usually necessary to keep the distribution of your assets out of probate, which will cost your heirs money. It lets you make decisions regarding transfer of assets, as well as who will make financial and medical decisions if you are incapacitated or die. It can designate how and when your children will receive assets. And in certain cases, a trust helps to avoid estate taxes.

2. How will I pay my bills and keep going if I can't work due to medical circumstances?

Many financial professionals recommend putting away a year's salary or save 15–20 percent of salary yearly. Putting away money for the health care professional is especially important, since, as noted, there can be swings in billing and cash flow according to the number of patients one has over time. Additionally, a disability insurance policy can help pay up to 60 percent of your monthly salary and in the case of a business owner, by adding an overhead expense policy it can help pay office expenses, including salaries. Some disability policies or riders can help pay back student loans. A long term care policy is also appropriate in certain circumstances.

3. How will my family survive if I die?

One answer is Life Insurance. A good permanent life insurance policy can actually create a financial resource for the owner as she or he ages. To many people all if this sounds complicated and expensive. But if one stops to think about it, having the proper protection for yourself, the machine that create cash flow for your household, is just as important as home, auto or personal property insurance.

To many people all of this sounds complicated and expensive. But, if one stops to think about it, having the proper protection for yourself - the source of cash flow for your household - is just as important as home, auto or personal property insurance.

Robert Glassenberg is a graduate of the University of Wisconsin, Madison. He worked for many years in the production and post-production community both in New York and Los Angeles, as a senior manager and business consultant. In 2011, he became a financial representative at Pacific Advisors, a wealth building firm with offices throughout California. He works with business owners and families to help them sort through today's financial noise moving them closer to financial efficiency and balance. He would be happy to discuss your specific financial situation. You can reach Robert at (818) 262-4894; Robert_glassenberg@Pacifcadvisors.com ; Pacificadvisors.com\robertg.



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Six Questions with Anita Avedian, MFT

1. If you weren't a therapist, what would you be?

I love business. I would have sought to be in Organizational Development or a Consultant to Corporations. I love the business world and the business aspect of our field.

2. What is the one thing in your bag of therapeutic tricks you could not live without?

I am very grateful for learning Thought Field Therapy. It has helped my clients especially when they have been stuck with their trauma. It's such a quick treatment, and offers so much relief. I have even worked with clients who are already in therapy, merely to treat their phobia or trauma.

3. What is your favorite book?

- won't answer.

4. Where is the most beautiful place you have ever been?

The most beautiful place I have been to is Iguazu Falls. The energy and the sound of the waterfalls are both breathtaking. I would have thought it would be one of World's Natural Wonders.

5. What is the best advice you have ever been given?

"It's not right or wrong, it's how much you are willing to tolerate."

6. What do you do to re-energize yourself?

I love taking a 10-minute nap in the middle of the day. I schedule clients either during the morning or the evening time to give myself a few hours of a break. On a monthly basis I like to take a weekend trip to give myself a break. And once a year I take an overseas vacation to really get away, and not answer any business calls.

Anita Avedian is a Licensed Marriage and Family Therapist in a private practice setting in Sherman Oaks, Glendale, Tarzana and Beverly Hills. She graduated with her M.S. in Educational Psychology, along with certifications in Employee Assistance Program and Human Resources from California State University of Northridge. Specialties include: relationships, depression, anxiety, trauma, addictions, stress, and anger. Anita is the Director of Anger Management 818. She is the author of *Anger Management Essentials*, and is a NAMA authorized trainer to certify counselors to becoming Anger Management Specialists. Anita is the Co-Founder of ShrinkSync, a digital hub for therapists. Visit her website at anitaavedian.com, email her at avediana@aol.com or contact her practice at (818) 426-2495.



Classified Advertising

GROUPS

Dialectical Behavior Therapy Skills Training Groups for teens and adults who have difficulty with emotional regulation. We are comprehensive DBT program in Burbank. Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness, (818) 238-9895 or suzette@villagecounselingandwellness.com.

Co-ed Adult Personal Development Group. Growth group for high achievers who want more out of life – to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714
jidesantis@aol.com.

Gay Men's Personal Development

Group. Growth and insight-oriented group addresses dating and relationships, career issues, life-enrichment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 7-9 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818)551-1714
jidesantis@aol.com.

Moving Through Bereavement. On-going supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

Thriving with Diabetes. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women. This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault, and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardrossian, LMFT at (818)434-6051 for more information.

Men's Separation and Divorce Support Group. For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a

new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818)551-1714, jidesantis@aol.com.

Teen Talk Support Group. This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decision-making and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817 contact by 818-839-0390 or susan@susanchakmakian.com.

Write Your Life to "Right" Your Life. Writing group in Toluca Lake. This group meets once per week for 10 weeks; anyone can join any week as this is not a "chronological" process. Help your clients augment their therapy process by journaling and writing, even fictionalizing the stories of their lives into publishable works. I am both a licensed MFT in California and a professional writer and teacher of creative writing. Vickie.saxon@gmail.com or 818-640-3789.

Men and Women's Interpersonal

Therapy Group - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 818-839-0390.

Divorce Class. The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way.

If you would like more information on this topic, please call Courtney at (818)348-6700 or send an email to courtney@thelawcollaborative.com.

GROUPS FOR PROFESSIONALS

Consultation Group. For experienced licensed therapists who are interested in contemporary psychoanalytic theory. The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Tuesdays 12:00 – 1:45. For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com

Consultation Group for therapists starting out in private practice. Targeted to clinicians

with less than 5 years of post licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively use in one's self in the clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com.

SERVICES

INTERN/TRAINEE Process Group Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT. MFC41817. For info: 818-839-0390. susan@susanchakmakian.com

Attention Deficit Disorder and Specific Learning Disorder. The Assessment Center offers psychoeducational testing to evaluate specific learning disorders, attention deficit/hyperactivity disorder, and emotional difficulties, in both children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact Jim De Santis, Ph.D., Lic # PSY10315, (818)551-1714 jidesantis@aol.com. **Business Consultation.** Private, individualized how-to for mental health professionals and students/interns wanting to start a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail. Jim De Santis, Ph.D. At (818) 551-1714 or JJDeSantis@aol.com.

Private Practice Office Forms. Field tested, up-to-date fast-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Therapist's Journey formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey works with small groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr. Larry Brooks at (818) 243-0839 or check out the website at drlarrybrooks.com.

PUBLICATIONS

Child Psychiatrist Directory. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at JJDeSantis.com.

Subscribe to The Therapist's Journey, an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to drlarrybrooks.com.

Diagnostic Testing Directory. Free directory of 350 licensed psychologists throughout Los Angeles County who offer psychological assessment services: educational, neuropsychological, forensic vocational, custody, and general psychiatric differential diagnosis. View or download from www.JJDeSantis.com.

East San Gabriel Valley Directory. Free directory of 156 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory. 117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gamhpa.org.

Group Therapy Directory. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 500 facilitators and 1,250 groups. Directory has received over 25,000 visits on the internet. View or download from www.TheGroupList.org.

Home Schooling. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought provoking exercises by GAMHPA member Michelle Barone, MFT. Learn more at michellebarone.com.

OFFICE SPACE FOR RENT

EAGLE ROCK OFFICE: Lovely window office in a professional suite. Sunny and light. Nice two-story garden building. Attractive warm suite has two professional offices, secretarial office, comfortable reception room, and private restroom. Free parking. On Colorado Blvd. (between Orange Grove and Figueroa). Easy access to 134/210 freeways. Available 3-5 days per week; month-to-month or annual sub-lease.

Call (323) 340-1596 or (626)796-1093.

GLENDALE. Floor to ceiling windows office for rent. 3 person suite, soundproof, call lights, newly furnished, easy freeway access, parking garage, prime location and view of Brand Blvd. (818)913-7301.

LA CANADA. Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at www.drdebrakessler.com

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand and Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALE. PT space available for mental health professional. Attractive, upscale and professional building. Highly secured. Beautiful waiting area with refreshments available. Separate exit. Handicap accessible. Great networking opportunities. Newly painted and furnished tastefully. Floor to ceiling window with a view. Nearby freeway. Reasonable rates. Café within the building. Call Anita Avedian at (818) 426-2495 for more information or email her at avediana@aol.com.

PASADENA. Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Friday and on weekends, Monday mornings and until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com

PASADENA. Office space available at 309 office at 711 East Walnut Street in Pasadena for reasonable rates. Includes free mentoring in helping you get started in your practice. Lovely office and free parking. Great location in the Playhouse district. Contact Debbie Hedgecock at 626-821-4028 for info.

SILVERLAKE. Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists wishing to serve the East side communities

of Echo Park, Silverlake, and Los Feliz. We are "freeway close" -- just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at 323-661-0297.

BURBANK. Office space to share. Available Monday-Friday all day, plus some evening and weekend hours if needed. Located in the heart of Toluca Lake at 10000 Riverside Drive (across from Paty's). Rent is less than \$400/month depending on time needed. Waiting room, plus comfortable, bright corner therapy office. Vickie Saxon: 818-640-3789 or Vickie.saxon@gmail.com

BURBANK. Comfortable, warmly decorated office space available in therapy suite. Medical building close to Toluca Village, St. Josephs Hospital, NBC, Disney and freeways. All amenities supplied, including call light. Available on hourly, daily or monthly basis Contact: Miriam Davis, MFT at (818) 848-3022 or miriamdavis@verizon.net

GLENDALE. Competitive rent for furnished office (with waiting and common room) on Brand. Available in half and full day blocks with best rates for multiple days; includes internet, call light, printing, etc. Accessible by all freeways (134, 5, 2). Covered parking included for Therapist and guest parking. Contact Susan Chakmakian, MFT at 818-839-0390 or email at susan.chak.mft@gmail.com.

BURBANK. Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818)288-6711 or wsvobodalcsw@yahoo.com.

BURBANK. Fully furnished office with a cozy, yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

Call for Submissions
We want to hear from YOU!
GAMHPA is looking for mental health articles, essays, or case studies (under 1000 words) for our upcoming issues.
Submit to Suzette Bray at
suzette@villagecounselingandwellness.com

GAMHPA

Glendale Area Mental Health
Professionals Association
138 North Brand Boulevard
Suite 300
Glendale, CA 91203-4618
(818) 771-7680
www.gamhpa.org

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. Our mission is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral. We are an interest group only and do not provide referrals to the community. We are not a profit making organization.

MEMBERSHIP

Download an application form from our website. Full member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns and others, \$35 per year. Organizations, \$125 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

BENEFITS

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual membership directory, distributed to the local professional mental health community and posted on our website. They have access to our internet discussion group.

Members can place free classified ads and receive discounted rates for display ads and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

Glendale Area Mental Health Professionals Association

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NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have changed your email address, or mailing address, or wish to discontinue delivery please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Suzette Bray at suzettebraymft@sbcglobal.net

Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Deadlines:

July/Aug/Sept 2015 Issue June 1
Oct/Nov/Dec 2015 Issue Sept 1
Jan/Feb/Mar 2016 Issue Dec 1
Apr/May/June 2016 Issue Mar

ADVERTISING

All advertising questions should be directed to Suzette Bray at suzettebraymft@sbcglobal.net. Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
Classified Ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Full-page display ad	\$100	\$150

Mailing lists are available. Contact Jim De Santis at: jjdesantis@aol.com.

Rates:	Member	Non-Mem
Mailing list, printed	\$25	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30