

NEW HORIZONS NEWS

NEW HORIZONS COUNSELING SERVICE, INC.
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Current Programs At New Horizons:

- *Substance Abuse Screening, Education, and Treatment
- *Relapse Prevention Treatment
- *Domestic Violence Survivor Treatment and Education
- *Domestic Violence Offender Treatment (PEACE Program)
- *General Mental Health Medication Services (Please call to inquire about availability)
- *General Mental Health Group Counseling
- *DUI Screening, Education and Treatment
- *Driver's License Revocation Services (Please call to inquire about availability)
- *Sex Offender Treatment
- *Parent Skills and Education
- *Anger Management

**Want to learn more?
Presentations
Now Available!
Please call
623-939-6567**

Healthy Living Tips

This time of year with temperatures rising it is easy to have tempers rise too. Here are some tips to help manage anger in a healthy way:

1. **Take a deep breath:** By breathing deeply, we send oxygen to the brain, enable ourselves to think clearly, and calm the body. Then we can more easily detach from feelings of anger, hurt, or upset. .
2. **Use positive self talk:** The good news is - we can gain control over our negative reactions by replacing angry thoughts with positive ones. This, combined with deep breathing will help restore us to a place of groundedness in the face of anger.
3. **Observe your own reactions:** By taking a step back and observing, we regain control over our emotions.

Catch these in more tips in the New Horizons Counseling Service Anger Management Programs! To join or send a referral call our office at 623-939-6567.

Meet our Staff: Welcome Jan Scouten, Clinical Director

Jan H. Scouten, LISAC, Clinical Director has worked in the behavioral health field since 1987 and has worked the Arizona since 1998. His experience in Florida includes working in a hospital-based inpatient addiction program, developing and managing a long-term residential addiction recovery program for pregnant and post-partum women that was a nationally recognized "Point of Light" in 1991. In Arizona he has been working as a counselor and clinical director in outpatient programs including substance abuse, domestic violence, and general mental health. He has a master's degree and is licensed by the State of Arizona as a Licensed Independent Substance Abuse Counselor.



ROAD TO RECOVERY

Comments?

Suggestions?

We appreciate your
feedback!

Call 623-939-6567
or email

[inquire@](mailto:inquire@newhorizonscounselingservice.org)

[newhorizons
counselingservice](http://newhorizonscounselingservice.org)

[.org](http://newhorizonscounselingservice.org)

Mission Statement

New Horizons Counseling Service, Inc. is devoted to providing the highest quality outpatient treatment to help individuals address unhealthy choices. We strive, through best practice treatment models, to teach adaptive life skills for people to lead healthier, more productive lives.

Quote Corner

"I am thankful for the experience and the learning I have received. My life has changed dramatically."

-Recent New Horizons Graduate

I'm in a crisis! What should I do?

- When you are not sure where to turn, there are many resources available including:
- *Maricopa County Crisis Line at 602-222-9444
 - *Community Information and Referral at 602-263-8856
 - *Alcoholics Anonymous (AA) at 602-264-1341
 - *New Horizons Counseling Service at 623-939-6567.