

The Counselor

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CENTER PRESENTS NEW WEBSITE

from your community behavioral healthcare provider

The Guidance Center is pleased to announce the launch of the new website. The new site presents the message that mental health is an integral part of overall health and that quality behavioral healthcare is available.

Finding answers about mental and behavioral disorders and treatment can be a difficult process. The website offers easier navigation and provides answers about the Center's primary services as well as the many specialty programs.



For first time visitors, The Frequently Asked Questions (FAQ) page, is a good place to start. The FAQ page answers a few basic questions about who

we are, who we serve, what types of counseling and treatment services are available and payment options.

Looking for a clinic location is now easier than ever. The Google Map is an interactive feature available on the each page of the website. The Service Location page has a picture of the facility, driving directions and hours of operation. Each of the clinics located in Fort Smith, Van Buren, Paris, Ozark, Booneville, Mena, and Waldron as well as the NEW Center, WATCH, Horizon and Westark RSVP facilities are also listed on this page.



While the design has changed, the website address has not. You may still find us at www.wacgc.org. If you have questions about any information contained in our website, please go the Contact Us webpage or call us at 479-452-6650.

SETTING A NEW COURSE IN 2012

Positive Attitude-Healthier You

As the New Year approaches, many people make resolutions to improve their health. These resolutions usually involve losing weight, eating better, or exercising more. The mind, as well as the body, influences one's overall health. How we think, our attitudes, can determine how healthy we are.

Countless studies from our countries' leading universities and colleges have shown a direct relationship between improved health, extended life and an overall sense of well being by having a positive, happy attitude toward life.

Psychologist-philosopher William James said, "The greatest discovery of my generation is that people can alter their lives by altering their attitudes of mind."

Conversely, negative attitudes such as hate, anger, fear, depression and loneliness can have negative impacts on physical health. Habits of complaining, unforgiveness and ingratitude can also be unhealthy.

In his book, *Your Road Map for Success*, John Maxwell says that "a good attitude makes it possible for you to be successful."



He continues, "It gives you fuel so that you want to pursue your purpose, grow to your potential, and sow seeds benefiting others. It can give you the staying power to improve. But it also makes the journey more enjoyable along the way-no matter where it takes you."

As former UCLA basketball coach John Wooden said, "Things turn out the best for people who make the best of the way things turn out."

Improving attitudes is a process of changing the way one thinks. Below are Maxwell's seven signs of a person with a positive attitude: 1.) belief in self; 2.) willingness to see the best in others; 3.) ability to see opportunity everywhere; 4.) focus on solutions; 5.) desire to give; 6.) persistence and; 7.) responsibility for their lives.

Getting healthy takes work but the benefits can improve one's quality of life. So set your goals and make some positive attitude changes for a new you in 2012!



Blaylock's Beauties Jordan Core, Kelsey Tinchler & Hannah Whitlock did a great job walking the auctions items around the room for the guests to see.

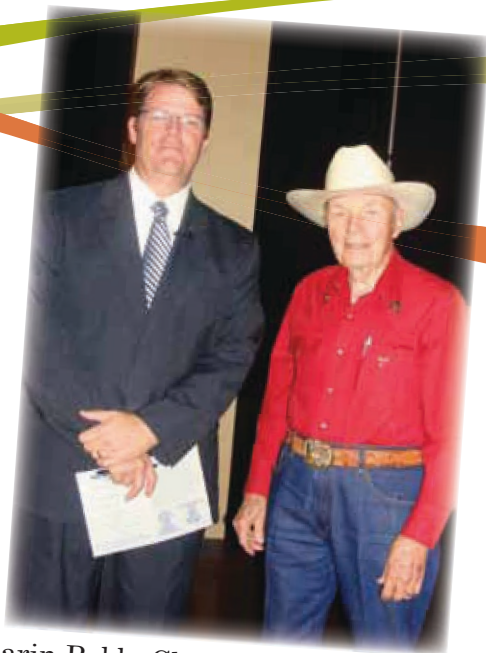
4TH ANNUAL NIGHT



Guidance Center staff members Cindy Clark, Dr. Fayz Hudefi and Mary Jeffers share in Cindy Bucker's (center) winning the 50/50 drawing.



Horizon Sends Thanks to Sponsors



Darin Bobb, Channel 5 Anchorman & Emcee and Col. Warren Blaylock, Chairman of the Board for WACGC & Auctioneer get ready for the auction.

HT OF RECOVERY



Board Member Nancy Brewer models one of the silent auction items which is a Halloween centerpiece.

An autographed photo of Arkansas football coach Bobby Petrino and various other Razorback items were donated for the auction.

- | | | |
|-------------------------------|------------------------------|-------------------------------|
| <i>A & B Furniture</i> | <i>Great American</i> | <i>Pat Ross</i> |
| <i>Action Martial Arts</i> | <i>Cookie Co.</i> | <i>Performance Foods</i> |
| <i>Air Evac</i> | <i>Great Passion Play</i> | <i>Pink Flamingo</i> |
| <i>All Seasons Painting</i> | <i>Group Insurance</i> | <i>PMI</i> |
| <i>Allegiant Air</i> | <i>Consultants</i> | <i>Prince Drug</i> |
| <i>Alternator Starter</i> | <i>Harps Food Stores</i> | <i>Randella's</i> |
| <i>Exchange</i> | <i>Harrison Paving &</i> | <i>Red Lobster</i> |
| <i>AOG</i> | <i>Construction</i> | <i>Richard's Commercial</i> |
| <i>Applebee's</i> | <i>Hawkins & Weir</i> | <i>Real Estate</i> |
| <i>AR & MO Railroad</i> | <i>Engineers</i> | <i>Richardson</i> |
| <i>Arlington Resort</i> | <i>Holiday Inn Express</i> | <i>Construction</i> |
| <i>ASACB</i> | <i>Hollywood Wax</i> | <i>Rick's Jewelry</i> |
| <i>Asian Buffet</i> | <i>Museum</i> | <i>Ripley's Believe It or</i> |
| <i>Awbrey's Jewelry</i> | <i>Home Depot</i> | <i>Not</i> |
| <i>Bancorp South</i> | <i>J & J Auto</i> | <i>Riverside Furniture</i> |
| <i>Blaylock Htg & Air</i> | <i>J. Pauley Toyota</i> | <i>Rob Covington</i> |
| <i>BodyWorks by</i> | <i>John Mays Jewelers</i> | <i>Robert Cook</i> |
| <i>Michelle</i> | <i>Kansas City Royals</i> | <i>Rolondo's</i> |
| <i>Books-A-Million</i> | <i>Kathy Matthews</i> | <i>Schlotzsky's Deli</i> |
| <i>Boom-A-Rang Diner</i> | <i>Kim Bice</i> | <i>Scott Swanson</i> |
| <i>Bowling World</i> | <i>Photography</i> | <i>Sea World</i> |
| <i>Butcher Boys</i> | <i>K-Mac Enterprises</i> | <i>Sewing Machine</i> |
| <i>Calico County</i> | <i>Kopper Kettle Candy</i> | <i>Center</i> |
| <i>Career Classics</i> | <i>Lavender & Wyatt</i> | <i>Sherry Dye</i> |
| <i>Carmike Theatres</i> | <i>Systems</i> | <i>Shining Star Dance</i> |
| <i>Catfish Cove</i> | <i>Linda Hamilton</i> | <i>School</i> |
| <i>Cedar Chest</i> | <i>Little Caesar's Pizza</i> | <i>Sigler Music Center</i> |
| <i>Chef Lee</i> | <i>Logan's Steakhouse</i> | <i>Silver Dollar City</i> |
| <i>Chili's Restaurant</i> | <i>Longhorn Steakhouse</i> | <i>Six Flags Over Texas</i> |
| <i>Chuck E Cheese</i> | <i>Lookout Point</i> | <i>Skin Deep Cosmetics</i> |
| <i>CiCi's Pizza</i> | <i>Lowe's</i> | <i>SkyDive Sky Ranch</i> |
| <i>Cindy Sugg</i> | <i>Malibu Tanning</i> | <i>Sonic Drive-In</i> |
| <i>Claudi's Heirlooms-</i> | <i>Malco Theatres, Inc</i> | <i>Steve Jones Insurance</i> |
| <i>To-Be</i> | <i>Marketplace Grill</i> | <i>Sweet Bay Coffee Co.</i> |
| <i>C&S Electric</i> | <i>Marvin Altman</i> | <i>Tankersley Food</i> |
| <i>Contractors</i> | <i>MedDirect</i> | <i>Service</i> |
| <i>DJ's Quik Lube</i> | <i>Medisav</i> | <i>Texas Rangers</i> |
| <i>Does Eat Place</i> | <i>Mercy Fitness</i> | <i>The Upper Cut</i> |
| <i>Dr. Chapman</i> | <i>Merle Norman</i> | <i>Tulsa Zoo</i> |
| <i>Dr. Borengasser</i> | <i>Merry Custom</i> | <i>UAFS-Rosalee Walker</i> |
| <i>Dr. Ennen</i> | <i>Painting</i> | <i>UAFS</i> |
| <i>Dr. Kilpatrick</i> | <i>M&M Environmental</i> | <i>UA Fayetteville</i> |
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| <i>El Zarape</i> | <i>New Beginnings</i> | <i>Vista Health</i> |
| <i>Ellen Patridge</i> | <i>Church</i> | <i>Walmart</i> |
| <i>Fianna Hills CC</i> | <i>Newton's Jewelers</i> | <i>Walt Disney World</i> |
| <i>Finishing Touch</i> | <i>Now & Then Shoppe</i> | <i>Wesley United</i> |
| <i>First National Bank</i> | <i>Odom's</i> | <i>Methodist Church</i> |
| <i>Firehouse Subs</i> | <i>OKC Redhawks</i> | <i>World Class Fitness</i> |
| <i>Flame Gymnastics</i> | <i>Oklahoma Aquarium</i> | <i>Wyndham-Branson</i> |
| <i>Fort Smith Chorale</i> | <i>Panache' Day Spa</i> | <i>Zales</i> |
| <i>Furr's Fresh Buffet</i> | <i>Panera Bread</i> | <i>Zaxby's</i> |
| <i>Geno's Pizza</i> | <i>Papa John's Pizza</i> | |
| <i>Goody's Yogurt</i> | <i>PaPa Murphy's</i> | |



WISHING YOU AND YOUR FAMILY
A SAFE & HAPPY HOLIDAY SEASON
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