If you have any signs or symptoms listed below, it is advisable that you seek help from a therapist. Emotional health rarely improves on its own and if untreated, may get worse over time causing serious health problems. Symptoms can affect emotions, thoughts and behaviors.

**Possible symptoms:**
- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears, worries or feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or difficulty sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking
- Anxiety
- Depression
- Grief & Loss
- Couples Therapy
- Parenting Issues
- Family Relationships
- Divorce
- ADHD
- Anger Management
- Blended Family Support
- Adult Survivors of Abuse
- Gay/Lesbian/Bisexual/Transgender Support
- School Related Issues

Family & Children Services is a private, nonprofit, nonsectarian, human service organization begun in 1903. Its mission has remained constant “...to support, strengthen and preserve the safety, well being and dignity of children, individuals and families”.

The Agency receives funding through contracts with Community Mental Health programs and the Michigan Department of Health and Human Services, insurance reimbursements, fees for service and contributions. We are accredited by the Council on Accreditation of Services for Families and Children. The Agency is licensed by the State of Michigan as a Child Placing Agency, Child Caring Institution (Children’s Therapeutic Group Home), and Substance Abuse Program.

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The Counseling Center  
Diane Marquess, MS, LPC  
Director of Behavioral Health Services  
269.373.0248 x.4401  
dianem@fcsource.org

Administrative Support  
Heather Videto, Administrative Assistant

Family & Children Services’ facilities are barrier-free.

Don’t struggle anymore – let us help you.

**Services Offered**

- Anxiety
- Depression
- Grief & Loss
- Couples Therapy
- Parenting Issues
- Family Relationships
- Divorce
- ADHD
- Anger Management
- Blended Family Support
- Adult Survivors of Abuse
- Gay/Lesbian/Bisexual/Transgender Support
- School Related Issues
Meet Our Therapists

**Diane Marquess, LPC**
Program Director

**Heather Huber, LPC**
Adolescents, parents, adults

**D. Jean Miller, LLMSW, CADC**
Substance Use Disorder Treatment - Battle Creek

**Kathy Pyatt, LLMSW**
Adults, teens, children, families, couples

**Julie Brown, LMSW, IMH-II-E, CAADC-D**
Substance Use Disorder Treatment - Battle Creek

**Justin Hutchison, LLMSW**
Children, teens, adults, families

**Melissa Plair, LPC, LLMFT**
Couples, adults, teens, children, families

**Barb Kafil, LMSW, LPC**
Adults, teens

**Nicole Pominville, LLPC**
Children, adolescents, teens, young adults

**Suzanne Coleman, LPC**
Children, teens, adults, parents, foster children and victims of trauma

For more information about each therapist (Experience, Education and Professional Philosophy) visit [fcsource.org/counseling](http://fcsource.org/counseling)

If you’re unsure which therapist to choose, we can help you find the best fit for your needs.

Monday - Friday • Day and Evening Hours • In-Person and Telehealth