

## PRESS RELEASE

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### *Children & Families First Enhances Counseling Services to Community with Addition of Bilingual Therapist*

Dover – Children & Families First is pleased to announce the expansion of its Counseling services with the addition of a full-time licensed bilingual (English/Spanish) individual and family therapist at its 91 Wolf Creek Boulevard office.

Ada Luz Gonzalez received her Master of Arts from Andrews University, Michigan, in 1978. She was later certified as a Marriage and Family Therapist and as a Mediator by the Houston-Galveston Institute, Texas. In 2004, she received her Ph.D. in Organizational Behavior from the Union Institute & University, Ohio.

Dr. Gonzalez has more than 25 years of experience as a bilingual clinician, educator, mediator, life coach and presenter in the United States as well as in many Latin American and European countries. Areas of expertise include crisis intervention, conflict resolution, cultural adjustment, group dynamics, and preventative work with families. Her understanding of people and cultures allows her to adapt her counseling sessions to the needs of diverse populations.

“I enjoy working with families and empowering them to increase positive interactions and decrease conflict and negativity”, says Gonzalez. “I especially like working with families with adolescents since I feel they bring so much energy and creativity to families. I give families tools to be able to better cope with the many challenges that our present environment presents and to learn to utilize the strengths of each family member for a happier family life.”

Prior to joining Children & Families First, Dr. Gonzalez was employed as a civilian contractor as a Marriage and Family Therapist for the U.S. Military at the Wiesbaden Army Airfield Health Clinic in Wiesbaden, Germany.

Counseling services are available for individuals, families and groups as well as for children ages 7 and up in a sensitive, confidential environment. Help is offered for those dealing with issues such as relationship difficulties or conflicts, current or past trauma, physical or emotional abuse, divorce, loss, aggression, coping in daily life, work challenges, anxiety, depression or withdrawal. To schedule an appointment with Dr. Gonzalez, call Children & Families First’s Resource Helpline at **1-800-734-2388**. Appointments are available Monday – Friday from 9 a.m. – 3:00 p.m. Spanish-speaking individuals and families are welcome. Children & Families First accepts out-of-pocket payment or Medicaid.

*Children & Families First, a private non-profit agency, strengthens families, helps them manage their work and personal life responsibilities by providing social, educational and mental health services and enhances the supply and quality of care and education for children and elders. Services include parent education, child and elder care resource and referral services, foster care, adoption, welfare to work programs, programs to increase child care quality and availability, home-based case management, truancy prevention, counseling, a youth residential treatment center, as well as teen pregnancy prevention and infant mortality prevention programs. Services are provided out of eight offices located throughout Delaware as well as in homes, schools, and other community locations. Over 50,000 individuals benefited from services statewide in 2007. Children & Families First is a member of the United Way of Delaware and is accredited by COA (Council on Accreditation of Services for Families and Children).*

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