

2008-9 On-Site
Schedule of Group Services

Monday

Sex Education

3:30pm-4:30pm

Domestic Violence

5pm-7pm & 7:30pm-9:30pm

Tuesday

Job Readiness Workshop

3:30pm-4:30pm

Healthy Relationship

5pm-7pm & 7:30pm-9:30pm

Wednesday

Parenting Classes

4pm-6pm

Substance Abuse Counseling

6:30pm-8:30pm

Thursday

Comprehensive Tutoring

3:30pm-4:30pm

Teenage (Boys) Anger Management

5pm-7pm

Male (Adult) Anger Management

7:30pm-9:30pm

2008-9 On-Site
Schedule of Group Services

Friday

Motivational Speaker Program

3:30pm-4:30pm

Teenage (Boys) Anger Management

6:00pm-7:00pm

Male (Adult) Anger Management

7:30pm-9:30pm

Saturday

Teenage (Girls) Anger Management 2

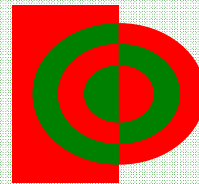
11am-12pm

Female (Adult) Anger Management

2pm-4pm

Gang Prevention & Intervention
Support Program

5pm-7pm



**Family
Therapy
Services**

Family Therapy Services

Our Motto

WE offer **Help, Health, and Healing** through the process of therapeutic, individual and group counseling using culturally competent "Reality Therapy" with Choice Theory.



Two Locations:

3234 Belair Road
Baltimore, MD 21213
Phone: 410-483-7357
Fax: 410-483-7359

Off-Site Counseling:
Montgomery County
Phone: 888-317-1220

Email: ftslc@mail.org

Family Therapy Services (FTS), LLC is a family therapeutic service entity dedicated to empowering families in need of assistance, through the aggressive application of **reality therapy**. We offer group and one-on-one counseling; support group sessions, workshops, and staff training. Our ability to transcend the so-called “**generation gap**” and transfer life-saving knowledge to this population is unique and refreshing. Additionally, program evaluation outcomes will be available for all of our services.

Our facilitators are grounded in the “**Reality Therapy**” approach to treatment, founded by the psychiatrist William Glasser, MD. Reality therapy is rooted in the fundamental premise of **choice theory**. This method maintains that humans are self-determining beings because we are responsible for the way we act, think, and feel. Hence, we are in control of our physiological states. The major premise of choice theory is that behavior is demonstrated with the deliberate intent of satisfying one’s need for survival, love, belonging, power, freedom, and fun. Acting and thinking are all chosen behaviors— which is and should always be the focus of therapy.

FTS, LLC operates from the basic belief that the job of the therapist or facilitator is to approach the participant or group of participants with the practice of reality therapy as a basis for a therapeutic relationship. Therefore, our facilitators/therapists are qualified to initiate a genuine therapeutic process by being directly involved with the participant, and creating a warm, supportive, and challenging atmosphere.

Our experiences have taught us that this is one of the most effective means of establishing genuine, trusting relationships with our participants. Once this relationship is established, the facilitator can easily and successfully confront the participant with the reality and consequences of their past, present, and future behavior.

Family Therapy Services, LLC

provide the following support services:

- ☞ Anger Management (Phase I & II)
- ☞ Therapeutic Mentoring
- ☞ One-on-one counseling
- ☞ Healthy relationship workshops for youngsters and young adults
- ☞ Fatherhood support services for young fathers—ages 16-21 years
- ☞ Program evaluation outcomes
- ☞ Parenting classes
- ☞ Job readiness workshops
- ☞ Motivational speakers
- ☞ Summer Camp activities
- ☞ Supportive services for ex-offenders and juvenile delinquents
- ☞ Mediation
- ☞ Conflict Resolution
- ☞ Gang Prevention & Intervention
- ☞ Comprehensive tutoring program
- ☞ Crisis intervention
- ☞ Sex education workshops
- ☞ Substance abuse education
- ☞ Referral services

Family Therapy Services Founders



LaReneque Bartholomew,
PhD-ABD, MHS
Founder/CEO



Carmen M. Wooden, MPA
Co-Founder/Executive Administrator