



(815) 308-3368
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Visit Our Website



Individually Focused

Community Based

Family Oriented



Greetings!

Myers Counseling Group presents our [Spring 2019 Newsletter](#). We offer the latest information on mental health and substance abuse topics. On our website, we have various resources, including social media updates, blogs, video's on mental health and substance, as well as podcasts. After taking some time off we have returned to our newsletter. A lot of our time has been focused into putting the finishing touches on our book, **Falling Trees, Color Blind Scientists, and Addiction**. We are excited and hopeful about the release date VERY SOON.

This month's newsletter presents information on [Vaping](#). It's popularity among teens is skyrocketing. We provide facts, information, and suggestions to address concerns related to the use of E-cigarettes.

For the latest mental health and substance abuse information visit us at www.myerscounseling.com. If you have any questions about our practice, are interested in having us present on a mental health or substance abuse topic to your group, or general information, please contact: Mark Myers (815)308-3368 or mark@myerscounseling.com.





All About Vaping

Vaping has gained in popularity among American youth. It is referred to by different names. E-cigarettes, e-hookahs, mods, vape pens, vapes, vape sticks, tank systems, electronic nicotine delivery systems (ENDS), and Personal Vaporizer (PV for short) to name a few. When someone is vaping, at times, it is referred to as Juuling, the name of the most popular brand of e-cigarettes, Juul. Vaping comes in different sizes and shapes. The Juul brand looks similar to a long flash drive. There are other brands on the market with different shapes. They could look like cigarette lighters, pens, and pipes to name a few. Each manufacturer has a unique style and shape. There is an abundance of options out there for youth, including brands, flavors, and styles of vaping devices.....

[READ MORE!](#)

Falling trees, Color Blind Scientists, and Addicton update

Our team (writer, editor, illustrator) is near the finish line with our book. We are excited that we are so close. The additional detail and effort we have given our book we feel will be well worth the wait. We will soon be launching a website devoted toward our book.

For those abusing drugs or alcohol, it can be a huge struggle. At times it can be confusing as well. Family members will find it confusing as well. They will not understand why the same choices are being made that not only impact the abuser but their families as well. Or how hard it is to stop.

Admitting that there is a problem and being able to stop are two different problems. Once there is an acknowledgement of a problem doing something about it will be difficult. This applies for the substance abuser as well as the family.

Janet and I will walk you through the addictive process and create a better understanding of addiction and the recovery process. We will also introduce recovery tools and suggestions for those facing addiction and their families. **Stay tuned.....**

Myers Counseling Group offers online counseling services. Visit our website at www.myerscounseling.com



Sincerely,

Myers Counseling Group

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