

Individual, Couples and Family Counseling

A total 2,658 patients served and 14,996 counseling sessions provided in 2021

Full-time therapists



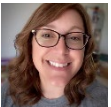
Esther Campbell-Beekman, LSW



Sara Flowers, PRS



Jennifer Foreman, PRS



Leighanne Johnson, LPC



Alvin Mares, LISW-S



Patricia Mares, LPCC-S



Teagan McFadden, PRS



Kim Roderick, CT



Talia Salyer, CDCA



Jessica Warth, SWT

Welcoming office locations in Chillicothe



628 Commanche Rd (2013)



382 Arch Street (2018)



376 Arch Street (2018)



406 Arch Street (2019)



10 Dun Road (2021)



Parenting Resources

Classes
Coordination
Counseling

(740) 804-6800 Office
(740) 721-4155 Fax
www.mares-cares.com

Classes

Our parenting classes are based on the *Cooperative Parenting and Divorce* curriculum published by Active Parenting Publishers (activeparenting.com).

Coordination

Developed by the Supreme Court of Ohio Dispute Resolution Section, **Parenting Coordination** is a child-focused dispute resolution process ordered by a court of common pleas or division of the court to assist parties in implementing a shared parenting or companionship time order using assessment, education, case management, conflict management, coaching and/or decision-making.

Counseling

Individual, couples and family therapy is provided in a warm, welcoming, home-like office settings. Most commercial and public insurance is accepted (e.g., Anthem, CareSource, Medicare). A sliding fee scale and special payment arrangements are available for clients without insurance and those with high deductible plans. Our hourly rate is \$120.

Four-hour class

Crossroads of Parenting & Divorce: 5 Steps to Prevent Divorce Abuse

- ☑ Step One: Keep Your Child out of the Middle
- ☑ Step Two: Allow Your Child to Love Both Parents
- ☑ Step Three: Work on Your Own Recovery
- ☑ Step Four: Develop New Communication Skills
- ☑ Step Five: Create a New Relationship as Co-Parents



Sixteen-hour class

Cooperative Parenting & Divorce: "Shielding Your Child From Conflict" (Susan Boyan & Ann Termini (2003))

- ☑ Session 1: Making the Commitment to Caring (Child-Focused or Out of Focus)
- ☑ Session 2: Allowing My Child to Love Both Parents (Plan for Peace or Tug of War)
- ☑ Session 3: Changing My Long Term Role (Letting Go or Holding On)
- ☑ Session 4: Choosing My Personal Path (Make it Better or Keep it Bitter)
- ☑ Session 5: Managing My Own Anger (Neither Fight nor Take Flight)
- ☑ Session 6: Taking Control of Conflict (Defuse or Light the Fuse)
- ☑ Session 7: Negotiating Agreement (All a Winner or Winner Take All)
- ☑ Session 8: Co-Parenting Is Forever (Cooperation or Conflict)



Parenting Coordination Toolkit

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Source

<https://www.supremecourt.ohio.gov/JCS/disputeResolution/resources/parentingCoord/toolkit.pdf>

Alvin Mares, Ph.D., LISW-S, is among the few and most experienced Parenting Coordinators in Ross County.