

Advice from Counselors on March 8 for Teens, Parents on Leaving the Nest

Author : David Gurliacci

Categories : [Darien Library](#), [Parents & Kids](#), [Teens](#)

Date : February 24, 2017

Is your teenager ready to leave the nest? A growing number of mid-to-late adolescents aren't sufficiently prepared for college and/or life beyond high school. Join [Family Centers](#) counselors James McGinn and Betsi Mufson at Darien Library for an evening of concrete, practical advice on issues ranging from health care to finances to emotional well-being.

Parents and teens are invited to the Community Room from 7 to 9 p.m. on Wednesday, March 8 for the presentation.

About the Presenters

James McGinn has worked with children, adolescents, families, and couples who are facing a variety of life challenges but has worked most with those experiencing depression and/or anxiety, family conflict, grief or loss, and trauma.

James is both a licensed professional counselor (LPC) in the state of Connecticut and a nationally certified

Darienite

News for Darien

<http://darienite.com>

counselor (NCC) who has been practicing in Fairfield County for over five years. James earned both his bachelor's degree in psychology and master's degree in counseling from Fairfield University.

He has previously worked as a community crisis services counselor and an outreach counselor in an area high school for a non-profit organization, and he's currently working as a psychotherapist/clinician for Family Centers' Center for HOPE in Darien.

Betsi Mufson is a licensed master of social work in Connecticut who has practiced as a psychotherapist for two decades. She has previously worked as a psychotherapist at the University of Colorado at Boulder, the Metropolitan Center for Mental Health in Manhattan and is currently a clinician at Family Centers in Darien.

Although Betsi works with adults and children who have a wide range of disorders or bereavement issues her specialty lies in the wellness category where she leads groups and teaches breathing and meditation techniques to reduce stress.

Children, teen, and adult programs are funded by contributions to the Annual Campaign for the Darien Library. Please contact the Children's Library at 203-669-5235, or visit [the library's website](#) to view all the children's programs.