

Year 2000 Membership Directory Published



Words from the President

Sharon Rae
Deacon, Ph.D.

GETTING INTO YOUR NICHE!

I thought I would try to highlight some interesting ways of increasing your practice, not only in volume but also in hourly rate. Something I know we all would like to do. If any of you have some interesting ideas let me know. I will try to throw out a few ideas in each issue. Happy to give you credit if you have a good one.

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The Executive Niche. This is actually a great market. Especially in a good economy. The key is to present yourself as a "coach" not a therapist. Be prepared with some simple evaluative tools, get a subscription to the Wall Street Journal. In other words, know the executive's concerns. There are a myriad of problems they face. Employee evaluations, feedback, conflict management, anxiety over giving speeches... to name a few. Now, if you are really looking for a special service, consider what a pair of psychologists did in New York. Chauffeured Psychotherapy! They outfitted a van to look like a comfortable office. Had a sound-proof separation from the driver. The Executive is picked up and driven to his next meeting and/or the airport while receiving his "coaching". Okay...it's far-out, but if you succeed let me know. They were charging \$175 an hour five years ago.

GAMHPA NEWS

Our annual directory is included with this issue of the newsletter. Place it in your existing GAMHPA ring-binder. Over 110 individuals and organizations are already active members this year. The directory is distributed not only to the complete mailing list of mental health professionals but also to over 100

agencies and allied professionals in the community who have requested a copy. Thank you to Membership Chair David Fox for his efforts in publishing the directory.

Please welcome the following new incoming GAMHPA members:
Bonnie Cesak, L.C.S.W.
Tina Clarfield, R.N., Ph.D., M.F.T.
Mona Delahooke, Ph.D.
Judy McGehee, M.F.T.
Jacqueline Miles, Ph.D.
Teresita Morales, Ph.D.
Dale Rose, M.F.T.
Daniel Spector, Ph.D.
Cheryl van der Zaag, Ph.D.

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Calendar of Events

BOARD MEETINGS

3245 N. Verdugo Road
9:30-11am. Everyone welcome.
Call ahead if you plan to attend.
(818) 771-7680.

June 16	Oct 13
Aug 11	Dec 8

Look here for upcoming continuing education events.



From the Editor's Couch

Larry Brooks, Ph.D.

There are some things concerning which we must always be maladjusted if we are to be people of good will.

Martin Luther King

Address to APA Annual Convention
1967

May is Mental Health Awareness Month. It is sponsored by the National Mental Health Association, a group whose aim is to promote increased awareness of mental health issues. April was National Poetry Awareness Month. Little good that did to boost awareness or appreciation for poetry. I haven't heard too many people reciting Shakespeare sonnets at the supermarket. There hasn't been much publicity or discussion about Mental Health Awareness Month, so I posed the questions, "What is mental health?" and "What is your evaluation of the mental health of our country?" to GAMHPA members who have e-mail in order to get some sense of other professionals' ideas. I posed the question to my 12-year-old daughter who just looked at me suspiciously. I was surprised to get a handful of responses to my questions.

The following thoughts were sent to me. Mental health is associated with the ability to adapt to "massively" different circumstances. If they can work, play, and belong in their circumstances, and feel well about themselves and their significant others for a good part of the time, that is pretty good. Another member wrote that "the ability to experience

justifiable (appropriate to the situation) feelings would be an interesting description of mental health." Other descriptions of what constituted mental health included integration, awareness of self, and balance. Efforts to assess the nation's mental health were more charged. Social inequities and the foibles of political correctness scream 24/7.

The question "What is mental health?" is a question that could only have been asked in the 20th century. The development of the discipline of psychology and its saturation of our culture have generated a mediating body of knowledge, as well as band aids for many of the social ills of society. Experience is filtered through a mental health lexicon that is prescriptive and evaluative, subversive, and expressive of a deep longing for coherence. Counseling has become the proverbial aspirin. It is prescribed for anyone who does anything wrong, from the murderer to a rash, racist baseball player. It is surprising that President Clinton was impeached rather than referred to a 12-step program. Yet, at the core of this reliance on counseling there is a profound and glistening contradiction. The group of people who need mental health services the most, the severely mentally ill, are not only not getting it, but are increasingly ending up in jail and treated as criminals. The deeper irony is that in spite of society's over-reliance on counseling, the core values of psychotherapy are devalued and undermined by the social milieu.

In this malaise the first-ever Surgeon General Report on Mental Health was released in December of 1999. The report itself is noteworthy for simply being. It calls attention to the

crisis in mental health where approximately 1 in 5 Americans suffers from a serious mental disorder and where insurance companies create "formidable barriers" to accessing mental health care. Nearly half of Americans who suffer from severe mental illness fail to seek treatment. It optimistically sees hope in the expanding understanding of the brain and the growing armamentarium of "effective treatments" for most mental disorders.

Within the same temporal frame, the June 2000 issue of *Psychology Today* published an article on "Positive Psychology: The Next Wave." In the piece it described Martin Seligman as the Freud of the 21st century. (We are still trying to figure out what Freud meant to the 20th century.) According to Seligman the goal of positive psychology is to enhance our experience of love, work, and play, to focus on enhancing the positive aspects of living as opposed to what may be a fixation on dysfunction. The article reported that he is working on a supplement to the DSM-IV which he called a "knowology of virtue" which is a guide to maximizing joy.

Psychology, in other words, the psychological aspect of the human spirit has been trying to look on the brighter side of life for years. It is difficult to ignore the contribution of Abraham Maslow to this not-so-knew positive psychology. He too was critical of psychology's focus on dysfunction, i.e. psychopathology, and shifted attention to the intrinsic,

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Classified Advertising

GROUPS

ADULTS MOLESTED AS CHILDREN (SPANISH). Group to address the needs of Spanish-speaking women molested as children. Safe environment in which to process and resolve abuse issues impacting their relationships and functioning. Contact Teresita Morales, Ph.D., Lic. # PSY16668, at (626) 449-2484, ext. 2.

AMAC GROUP. Small, open-ended AMAC (Adults Molested as Children) group, women only, in Burbank's Media District, Thursday evenings, 7:30-9:00PM. Insight oriented group process; most appropriate for clients who are in individual treatment or who have had some therapy on their abuse issues. Free pre-group interview. Fee \$40 per week, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

CREATIVE PROCESS GROUP. A group for practicing and aspiring writers, musicians, visual artists, actors, etc., utilizing the "art as practice" Zen approach of Natalie Goldberg and the inspiring book, *Trust the Process: an Artist's Guide to*

Letting Go, by Shaun McNiff. This 16-week workshop will support and energize your creative process through experiencing the "deep ecology of creation." Emphasizes the development of daily meditation practice. Saturday 10:00am-1pm., \$22 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (213) 896-5127.

DEL MAR GROUPS FOR GIRLS. Weekly groups for teenage girls focus on self-esteem and empowerment through dialogue, support, and creativity. Workshops and consultations available for parents as well. For more information, contact

Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

GAY MEN'S GROUP. Insight-oriented men's group psychotherapy with focus on issues of life enrichment, self-esteem, and personal relationships. Tuesday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

GRIEF GROUP FOR TEENS. When someone close has died, teens can benefit from sharing support, coping with feelings, and working towards healing in this 16-week group. Contact Debra Kuperberg, M.F.T. Intern (IMF 34287) in the office of Melissa Johnson Ph.D., Lic. # 13102, (626) 585-8075.

GROUP THERAPY. Co-ed, insight-oriented group psychotherapy that offers the opportunity for peer feedback in a structured and supportive environment. Wednesday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

MEN'S GROUP. Insight-oriented group psychotherapy that examines issues around male-female relationships, work life, coping, and roles. Monday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

SEVERELY ABUSED WOMEN SURVIVORS. Safe group limited to six participants at Empowerment! in Burbank on Thursdays at 7:30 pm. This group is especially for those who would benefit from group participation (which includes communication and relationship skills building), but feel their story is so severe or unusual that the "average" recovery group members couldn't handle it. Participants include survivors of ritual abuse, torture, mind control, and child prostitution and pornography. \$100/month. Call (818) 559-1357.

SEXUAL ADDICTION GROUP. Group for men struggling with sexual addiction including excessive time spent on the Internet seeking pornography and other acting out behaviors. Contact Teresita Morales, Ph.D., Lic. # PSY16668, at (626) 449-2484, ext. 2.

SINGLES 12-WEEK RELATIONSHIP GROUP. A 12-week time-limited co-ed singles group allowing singles to prioritize their personal lives, connect with other thoughtful singles and discover what needs to be done to move towards dating more or developing a loving long-term relationship. Issues usually include letting go of unhealthy relationships sooner, building trust in self and others, making better choices, limit-setting, healing past hurts and knowing where to go/what to do to "get out there" in safe, productive ways. Groups last 12 weeks, with a new group forming every six weeks, \$35/week. Monday evenings from 8:15-9:45pm in downtown Pasadena. Call Andrew Whaling, M.F.T., (626) 564-0480.

SUPPORT GROUP FOR CHILDREN OF DIVORCE.

Time-limited group to provide support, understanding, and practical help for children whose parents are separated or divorced. Contact Larry Brooks, Ph.D., Lic. # PSY8161, at (818) 243-0839.

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ADHD. This group will offer education and support to parents whose children have Attention Deficit Disorder. This group will help parents strategize their way through the maze of information and support services available for their child. As a parent of two ADHD children, Susan can speak with empathy and experience. She will offer valuable tools for dealing with problems related to discipline, organization, self-esteem, and school work. She will also teach parents how to advocate for their child in various environments. Fee: \$35.00 per week. Call Susan Papalia, M.F.T., member of CHADD, at 626-798-5073.

YOU AND YOUR TEEN - A PARENTING GROUP. This 16-week group format combines parent education with sharing and support. This group is designed to help parents enhance their relationships with their teens. For more information, contact Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

SERVICES

ATTENTION DEFICIT DISORDER AND LEARNING DISABILITIES. The Assessment Center provides psychological testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional

Flier Winners

As a new benefit of membership, in each newsletter we will publish six randomly drawn names of GAMHPA members. Each have the privilege of distributing a marketing flier to the newsletter readership at no charge—an \$80 value. Congratulations to our six new recipients this issue:

Jerry Dash, Ph.D.
Janet Joslyn, M.A.
Jeffrey Lance, Ph.D.
Marie R. Poore, M.A.
Corinne Rupert, Ph.D.
Verdugo Mental Health Center

difficulties, both for children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact us at (818) 548-8449.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAAA and the BBSE to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 771-7888 or e-mail ProDevProg@aol.com for information about our programs.

PSYCHOLOGICAL AND PSYCHIATRIC BILLING SERVICES. Billing various insurance companies (including Medi-Cal and Medicare), assertive follow-ups, patient statements, insurance detailed coverage information. Services strictly confidential. Call Juania at

(818) 240-5910 or Page (818) 566-2859.

SELF-HELP MATERIALS. If you have developed any self-help materials and would to sell them on the Internet, visit www.helpself.net. Contact Larry Nadig, Ph.D., at (818) 240-8295 or DrNadig@aol.com if you are interested.

OFFICE SPACE

GLENDALE. Looking for a therapist with 3 years or more experience to rent part-time office in a suite with well-established psychotherapists. Prime Glendale location, The Exchange. Beautifully furnished. Available Monday, Wednesday, Friday, & weekends. Opportunity for referrals and collegial relationships. Call Tom Dakoske, (818) 956-6623.

GLENDALE. Psychotherapy office to rent part time. Furnished, recently redecorated, elevator, waiting area, call lights. Available Monday, Tuesday, Friday, and weekends. Call Devora Lochton, Ph.D., (818) 241-6003.

GLENDALE. Large, furnished psychotherapy office in attractive suite

with other professional, friendly psychotherapists. Part time. Professional building, free parking for therapists and patients. Close freeway access. Handicap accessible. Private rest room. Furnished waiting room. Separate entrance and exit. Very reasonable rates. Call Suzanne Bloom, Ph.D., (818) 545-0600.

LA CANADA. Charming, upscale location, safe, quiet freeway close. Well-appointed suite with bathroom, large waiting room, central air. Utilities included. Full time \$425.00. Kay Kates, M.F.T., (818) 790-7672.

LA CANADA. Psychotherapy office for rent. Attractively furnished in a professional building. Ample parking. Reception room. Tuesday, Thursday, Friday available. \$150.00 per month (one day). \$275.00 (two days). \$350.00 (three days). Call Ed Spangler, M.F.T., (818) 790-4401.

MONTROSE. Office for rent in established Counseling Center that has moved to new location. One office, 150 square feet, available for lease at \$500.00 per month (includes utilities). Contact Robert Kerrebrock, Ph.D., (818) 957-5358.

PASADENA. Part time psychotherapy office available in a beautiful historic building near Old Town Pasadena. Waiting room with separate entrance/exit, reception area, soundproofing, and a light signal system. This comfortably furnished, windowed office is available on Fridays and weekends. Please contact Susanna Friedlander, Ph.D., at (818) 548-4770 for further information.

MISCELLANEOUS

WHOSE CHILD? by Kasey Hamner is now available! This highly regarded book is an adoptee's life story, written for the adoption community and helping professionals, to help them develop a better understanding of the lifelong emotional aspects of adoption and reunion. ISBN: 0-9674145-0-4, 308 pages, \$14.95 each + \$1.23 CA sales tax + \$3.50 S&H for first book; \$1.00 each additional. We accept checks, money orders, Visa, MasterCard, and American Express!!! Ordering information: mail to Triad Publishing, P.O. Box 8514, La Crescenta, CA 91224-0514. Phone/Fax: (818) 957-5526. E-mail: healingheart@earthlink.net. Online: <http://www.bookzone.com/bookzone/10001914.html>.

AFFILIATE AGENCIES

COLDWATER COUNSELING CENTER is a non-profit organization based in Studio City providing depth psychotherapy to adults and children on a sliding-scale basis. All therapists and interns have had, and continue to engage in, extensive personal analysis. The staff--mostly licensed M.F.T.'s--include three Jungian psychoanalysts and a number of analysts in-training. Satellite locations include offices in Glendale and on the Westside. For information or a brochure, call (818) 508-0703.

EMPOWERMENT! is a non-profit organization that offers quality affordable counseling to those in distress. We specialize in recovery from trauma and dissociative disorders. We are located in Burbank, (818) 559-1357. Our web site is <http://members.aol.com/mpowermnt/index.htm>.

Did You Know?

Pursuant to Business and Professions Code Section 4980.08, effective July 1, 1999, the title "licensed marriage, family and child counselor" or "M.F.C.C." is renamed "licensed marriage and family therapist" or "M.F.T.", respectively.

GLENDALE FAMILY SERVICE has been providing outpatient mental health services to the surrounding communities for over 60 years. We offer individual, group, family, and couples counseling, and psychiatric services. In addition, we have a domestic violence program (both in English and Armenian) and parenting classes. An outpatient substance abuse treatment program, the Verdugo Recovery Services Program, is also available and provides services free of charge to individuals receiving welfare. Our hours of operation are: 9am-10pm Monday-Thursday, 9am-8pm Friday, and 9am-5pm Saturday. (818) 248-2286.

POSITIVE DIRECTIONS COMMUNITY COUNSELING CENTER, serving the Glendale area community since 1986, offers high-standard, low-fee, short- and long-term psychotherapy. With the exceptional ratio of one supervisor per three interns, Positive Directions is dedicated to providing excellent psychotherapy to clients who can't afford private practice fees. Substance abuse counseling is also available as well as information and referrals, sober social events, and a variety of self-help meetings. (818) 247-8180; CounselPD@aol.com.

PROFESSIONAL DEVELOPMENT PROGRAMS. Starting in Year 2000 GAMHPA and Professional Development Programs will be presenting seminars where CE credits can be earned along with opportunities for networking. Individuals who are interested in making presentations or have ideas for topics please contact Larry Brooks, Ph.D., at (818) 771-7888 or e-mail ProDevProg@aol.com.

T.H.A.W. A safe harbor in which to continue the healing process through classes in creative expression including body image, body movement, yoga, writing, tai chi, and acting. For women who have suffered from physical or emotional abuse, including domestic violence, rape, and incest. Clinically supervised. Sliding-scale fees. Tuesday, Thursday, Friday. 9am-1pm. For intake evaluations, contact Wendy Clarke, M.A., or Leslie deBeauvais at Theater of Hope for Abused Women, (818) 766-9702. ?

Editor

(Continued from Page 2)

growth-promoting aspects of personality. He was responsible for the development of a hierarchy of needs that many of us studied as undergraduates. He described 5 levels of need, each need building on the former: 1) Physiological needs, 2) Safety needs, 3) Need for love and belonging, 4) Self-esteem – the need to feel competent, and 5) Self-actualization--the need to achieve one's highest potential.

Let us utilize Maslow's framework to assess the mental health of the nation. What percentage of the world is struggling at level one and level two? How many people feel satisfied in their work? How many happily married or happily divorced individuals exist? The status of our collective mental health is ultimately depressing, ever more so in light of our heralded prosperity.

James Garbarino wrote a book called *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*. He has

spent a considerable amount of time talking with violent youth offenders, the lost boys, and has written a wonderful, heart-felt, research-grounded book on the causes of violence. In understanding the contributory factors that lead to violence, he speaks about social toxins and individual vulnerability the way an allergist might talk about an asthmatic. He discusses how the social environment has changed significantly over the last generation, becoming increasingly toxic. He lists some of these social poisons: the availability of guns, social ostracism due to race or difference, poverty, and prevalence of violent images in movies, television and video games.

He believes that Care represents the antidote to these social poisons. He states that each of us have a moral circle which delineates our caring behaviors. This circle has two aspects: those living forms we choose to include and those we exclude from the circle. The Buddhist idea of inter-being expands this notion of caring. Inter-being reflects a conception of the universe where all living forms are interconnected. No one exists alone and independent of others. All living forms exist within the circle. One's consciousness or sense of self is constituted by non-self elements such as the influence of our parents, friends, and foes. Let us learn how to cultivate the seeds of joy and compassion in ourselves and those around us and expand our circle of care. ?

Aftermath of Adoption on the Adoptee

Seanna Marre, M.S., L.E.P.

I am currently a school psychologist who writes on adoption issues under the pseudonym of Kasey Hamner. For the purposes of this article, I will limit my discussion to the adoptee.

The reality of adoption is that it displaces two families and often adversely affects the adoptee. In most cases, adoptees lose their birth parents and feel that they themselves are to blame or that there is something fundamentally wrong with themselves.

Some of the issues that adoptees face--until they are truly able to accept their situation and grieve their loss--are fear of abandonment, relationship difficulties, substance abuse, fear of intimacy, control, and an inability to trust and bond with others.

It is important to remember that although the initial trauma of separation from the birth mother is detrimental enough, it is the ultimate secrecy of adoption that perpetuates the trauma of the adoptee more than anything else. Just because the adopted child cannot remember the separation from the birth mother, it doesn't make it any less devastating. As children, adoptees often fantasize about who their "real" parents are and have strained relationships with their adoptive families. Adult adoptees often avoid intimate attachments because the fear of losing a loved

one through death or the end of a relationship is unbearable and preferably avoidable.

As clinicians, if you are concerned that an adoptee in your caseload has unresolved adoption related issues, ask yourself these questions:

- * Is his/her birthday a time of sadness and mixed feelings?
- * Does every disappointment feel like a huge let down?
- * Are there often times when he/she feels unworthy of love and affection from others?
- * Is he/she angry at his/her birth parents for not keeping him/her?
- * Does he/she sabotage close relationships?
- * Was he/she unable to bond with members of his/her adoptive family?
- * Does he/she have difficulty trusting even the most trustworthy person?
- * Does he/she attract people/situations into his/her life that repeat the "absent mother" syndrome?

*Seanna Marre has written a book on the subject of adoption, *Whose Child?* She may be reached at (818) 957-5526. ?*

President

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New GAMHPA members are encouraged to submit a brief professional bio for publication in the newsletter--see page 8 for details.

Six new winners of our random drawing have been selected from the GAMHPA membership for a free opportunity to distribute a promotional brochure with the newsletter. Please look for the list of winners in this issue.

Our continuing education program is progressing well. We plan to announce the specific classes in our next newsletter, so be sure to look for them. We will offer four programs starting in September.

Make sure to take a look at our website which is regularly updated by David Fox:

www.psychotherapy.org/gamhpa.

Thank you, as always, to Larry Brooks, for editing the newsletter and for submitting yet again another thoughtful editorial, this time examining definitions of mental health.

This issue, we welcome an article by a new GAMHPA member and a local author on the subject of adoption, Seanna Marre. It's a great clip-and-save piece.

Hope you are having a great Spring. ?

GAMHPA

Glendale Area Mental Health Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-2620
(818) 771-7680
www.psychotherapy.org/gamhpa

The mission of the Glendale Area Mental Health Professionals Association is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline. We are an interest group only and do not provide referrals to the community. We are not a profit-making organization.

2000 BOARD OF DIRECTORS

Sharon Rae Deacon, Ph.D.,
President, (818) 957-5166

Lee Conger, M.A.,
Treasurer, (818) 957-5166

David D. Fox, Ph.D.,
Membership Chair, (818) 246-3937

Larry Brooks, Ph.D.,
Newsletter Editor, Acting Program
Chair, (818) 243-0839

Jim De Santis, Ph.D.,
Past President, (818) 551-1714

MEMBERSHIP

Contact our Membership Chair for an application form to join. Full Member dues for licensed mental health professionals, \$45 per year. Associate Member dues for students, interns, organizations, and others,

\$25 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

Members receive a number of exclusive benefits. New members can submit a 50-100 word summary of their professional experience and expertise for the newsletter. Members can present a talk or publish an article on a professional topic. They are listed in the annual members directory distributed to the business and professional community. They can place free classified ads and can receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are entered into a drawing for free newsletter insert advertising. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is published six times a year, distributed to the local professional mental health community, including Glendale, Burbank, Pasadena, La Canada, Montrose, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have moved, plan to move, or we are sending your copy of the newsletter to a wrong address, please notify us with your correct address.

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Authors should clarify questions of suitable content with the editor prior to submission. We encourage submissions in computer-readable format. Submissions must be forwarded to the editor by the deadline. Opinions expressed in this

newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Submission Deadlines

July/Aug issue	June 23
Sept/Oct issue	Aug 18
Nov/Dec issue	Oct 20

ADVERTISING

Deliver advertising by the submission deadline to the editor. Ads run in two issues except employment ads which run once. All advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Please note each issue of the newsletter is delivered approximately three to four weeks after the submission deadline.

Item	Advertising Rates	
	Member	Non-Mem
Classified ad	Free	\$15
1/8-page display ad	\$20	\$45
1/4-page display ad	\$40	\$65
1/2-page display ad	\$60	\$85
Mailing list, printed	\$10	\$20
Mailing list on labels	\$20	\$30
Mailing list on disk	\$75	\$75
e-Mail list	\$10	\$20
Newsletter inserts	15¢	25¢

Display ads must be camera-ready. To submit a newsletter insert—such as a flier, brochure, or postcard—provide a sufficient number of copies to cover the mailing list. Postcard and brochure inserts must be no larger than 3 3/4" x 9 1/8". Make checks payable to "GAMHPA."

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