



WHERE YOU WANT TO BE
SEEN THIS WEEKEND

NORTHBROOK

Pinstripes

(1150 Willow Road (847)

480-2323)

After 8 p.m., Sunday-

Thursday: \$3 bowling

(game) and \$4 bocce (hour)

WILMETTE

The Rock House

(150 Central Ave. (847)

256-7625)

■ 6:30 p.m. Friday, Aug. 21:

Family Night and Karaoke

■ 10 a.m. Saturday, Aug.

22: Steven Israel Acous-

tic Sounds

■ 8:30 p.m. Saturday, Aug.

22: Nicholas Barron

GLENVIEW

Johnny's Kitchen

(1740 Milwaukee Ave.

(847) 699-9999)

■ 7:30 p.m. every Friday

and Saturday: Live Music

The Rock House

(1742 Glenview Road (224)

616-3062)

■ 6:30 p.m. Friday, Aug. 21:

Family Night and Karaoke

HIGHLAND PARK

Ravinia Festival

(200 Ravinia Park Road

(847) 266-5000)

■ 5 p.m. Thursday, Aug. 20:

Peter Jablonski

HIGHWOOD

The Alley

(210 Green Bay Road (847)

433-0304)

■ 8 p.m. Thursday, Aug. 20:

Stand Up Comedy Night

To place an event in The Scene,
email christa@hplandmark.com

Trio of North Shore natives helps residents cope

MATT YAN, Editor

For mental health care providers, specializing in a certain field is often a double-edged sword: they offer top-notch care in their niche, but might not be a good fit for clients with other problems. At Northbrook-based Coping Partners/Children Coping Clinic, a trio of specialists has come up with a system that addresses nearly the whole spectrum of issues across all ages.

Psychologists Dr. Leigh Neiman Weisz and Dr. Daniel Sorkin, along with licensed social worker Michelle Bagan Winterstein, have teamed up to address complex problems facing North Shore residents.

Not only are the three experts in their field, they're also North Shore natives. That added perspective helps them address common problems in the area, said Weisz, a Highland Park High School alum.

"I had a client who moved from a totally different state to the northern suburbs and was struggling with life here and how it's different — social dynamics and things like that. She probably appreciated having someone who was more familiar with the lay of the land," Weisz said. "I think it makes us more [empathetic]."

Sorkin, a Northbrook native and Glenbrook North alum, joined Weisz and Winterstein three months ago, but knew Weisz from their doctorate training years ago. The two psychologists worked together when they were both interning at Jewish Child and Family Services, which is also located in Northbrook.

They're now clinical psychologists, each with their own focus. Weisz works with children and parents dealing with learning disorders, divorce, anxiety, parenting and relationship problems, while Sorkin does psychological and psychoeducational testing for learning disorders, ADHD and mood disorders, among other things.

Winterstein is also from Highland Park, and has been with Coping Partners for more than two years. She specializes in adolescent care, focusing on children with behavioral challenges like temper tantrums, impulsive tendencies and overeating, but she also works with parents of young children.

The three recently moved into their new office at 155 Revere Drive, Unit 8,



Northbrook practitioners (left to right) Dr. Daniel Sorkin, Dr. Leigh Neiman Weisz and Michelle Bagan Winterstein have opened their new Coping Partners center at 155 Revere Drive, Unit 8, Northbrook. PHOTO SUBMITTED

Northbrook.

"We're loving it," Sorkin said of the new space, which is approximately 2,000 square feet and includes a play room for children.

"It's a great location, perfect as far as getting our clients help but also we just love the way it looks."

The new space is more than twice as large as the old office, located on Skokie Boulevard.

One look at their busy schedules shows just how well Coping Partners is doing business-wise — they've already had to open up new days to accommodate clients. Winterstein and Weiss both work three 12-hour days, and Sorkin works about 40 hours.

"We all keep very manageable case loads, so we can really be available and provide really detailed attention to each family," Winterstein said. "It's a very intimate experience."

The relaxed nature of Coping Partners' facility is designed specifically to make clients feel comfortable. The practitioners understand there's sometimes a negative stigma attached to counseling services, so a calm environment is the first step in erasing any misconceptions.

Sorkin said he'd like residents to know "how normal it is to seek out help for whatever reason it might be. Once they dive in and try it out for themselves ... they recognize it's worth it to take that risk because of the benefits they get."

None of the three said they ever had an 'a-ha' moment in which they suddenly realized they wanted to enter their professions, but the common thread was simple: they all wanted to help others.

For Weisz, that realization was a slow process during her first two years at the University of Michigan.

"In college I lived in a house with bunch of girls," she said. "They'd knock on my door and want to talk to me about whatever was going on — relationships, friendships. They joked that I was on the on-staff therapist. One finals week I was getting stressed out and I had no time to study and people kept coming in my dorm, and my roommate joked that we needed to put a sign saying 'therapist not on duty.'"

"I enjoy that feeling of being able to listen to somebody, see where they're at, follow them and help them make changes."



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