



# NEWS RELEASE

For more information, contact Kim Scorza, Executive Director, Seasons  
Phone: 1-800-242-5101 | E-mail: [kscorza@seasonscenter.org](mailto:kscorza@seasonscenter.org)

---

**10 May 2016**

**For Immediate Release**

## **Seasons Center Receives \$1,500 Grant from Alliant Energy**

SPENCER: Seasons Center for Behavioral Health has received a \$1,500 grant from Alliant Energy to implement Active Parenting classes in the Spirit Lake and Okoboji area.

Funding from this grant will be used to purchase the Active Parenting curriculum. Active Parenting is recognized as an evidence based program by the Substance Abuse and Mental Health Services Administration (SAMHSA). The program teaches parents how to raise a child using encouragement, building the child's self-esteem, and creating a relationship with the child based upon active listening, effective communication, and problem solving.

"Seasons is pleased to receive this funding from Alliant to expand our services to parents and children within the lakes area," says Kim Scorza Executive Director.

Seasons is a non-profit organization and has been providing a broad range of psychiatric and behavioral health services to people and communities in Northwest Iowa since 1959. Seasons strives to provide exceptional care to children, families, and adults through skilled, dedicated, and passionate employees who use evidence-based treatment practices and innovative treatment techniques.

For more information on Active Parenting and Seasons' services, please visit our website at: [www.seasonscenter.org](http://www.seasonscenter.org) and Facebook page [www.facebook.com/SeasonsCenterForBehavioralHealth](https://www.facebook.com/SeasonsCenterForBehavioralHealth).

- 30 -

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a

broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit [www.seasonscenter.org](http://www.seasonscenter.org) or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit [www.avera.org](http://www.avera.org).