



# Tri-Cities Ministries Counseling

# NEWSLETTER

Helping People

Strengthening Family

Serving Community

120 S. Fifth Street Grand Haven, MI 49417 (616) 842-9160  
www.tcmcounseling.org

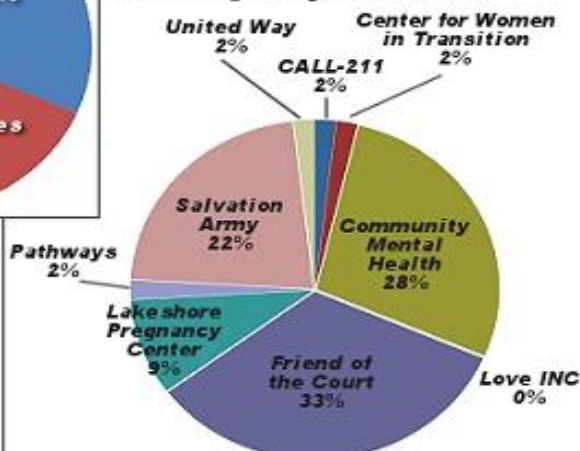
February, 2009

## 2008 Referrals



## Thank You for your Referrals!

## 2008 Agency Referrals



## A MESSAGE FROM THE EXECUTIVE DIRECTOR

What a wonderful community we live in. Tri-Cities Ministries Counseling communicated our need was greater than ever and people opened their hearts and helped us. Just when we were asking ourselves how we could continue our mission and make sure that nobody was turned away, this community responded. Not only in donations from our Annual Appeal, but also in the form of volunteering. The Grand Haven Chamber of Commerce Leadership Connect has taken on Tri-Cities Ministries Counseling as their project. They will be renovating the house that we reside in.

However, the need is still great. In my seven years at Tri-Cities Ministries Counseling (three as a therapist and four as executive director), I have never seen people so scared, so frustrated and hopeless. The needs that people have when they call Tri-Cities Ministries are the kind of needs that you can't touch. You can't wrap them up at Christmas. You can't find them in your home to donate. You certainly can't purchase them at a store. We are talking about deep, emotional needs that people have.

- Depression so severe that the goal of an entire day may be just to open the blinds for five minutes.
- Frustration so great that a person might think nothing of frightening their family with insults, threats and perhaps even a shove or worse.
- Hopelessness so great that a person believes that anyone whom might genuinely care about them would be better off without them, as they open a bottle of pills.

Tri-Cities Ministries Counseling makes sure, with the help of our panel of professional, Christian therapists, to help people with their spiritual, emotional and psychological needs. ALL people. Not just people with insurance. Not just people who can meet between 9 and 5. And especially, not just people who describe themselves as Christian. All people; without turning a single person away. Isn't that what Jesus would do?

A person's spiritual, emotional and psychological needs are the very foundation of their being, and when ignored, other aspects of their life may begin to suffer. ~ Sarah

## CURRENT GROUPS

- ◆ ADD/ADHD Support Group for Parents
- ◆ Women with Chronic Conditions/Disabilities
- ◆ Divorce Recovery and Transition
- ◆ Anger Management
- ◆ Love and Logic Parenting
- ◆ Men's Support Group
- ◆ Women's Support Group

## WOMEN'S SUPPORT GROUP



This group is for the woman who feels a need for support as she faces the challenges that life brings. It is an opportunity to come together weekly to share your life in a safe, supportive environment and to learn more about yourself and your relationships, through education, experiences and group discussion. Some of the topics covered are self awareness, communication, depression, anxiety, self esteem, parenting issues, etc. The group meets at Tri-Cities Ministries Counseling on Mondays from 12:30 - 2:00. Please contact Barb Doorlag at 616-581-8537 for more information. Cost is \$5.00 per session.

## JANUARY WAS A RECORD MONTH!

We had more client intakes this past January than in any month previously.

Tri-Cities Ministries Counseling is grateful for the support provided by these churches:

- ◆ Covenant Life
- ◆ First Presbyterian
- ◆ Spring Lake Wesleyan
- ◆ Second Christian Reformed
- ◆ Second Reformed
- ◆ Spring Lake Christian Reformed
- ◆ Spring Lake Presbyterian
- ◆ St. John's Episcopal Thrift Store
- ◆ St. John's Lutheran
- ◆ St. Matthew's
- ◆ St. Patrick's
- ◆ United Methodist Church of the Dunes

It is the mission of Tri-Cities Ministries Counseling to provide an opportunity for all people in the Tri-Cities to access professional Christian counseling to meet the spiritual, psychological and emotional needs of our community.



Please contact Kim at (616) 844-0938 if you would like to receive the newsletter via e-mail.