



Tri-Cities Ministries counseling

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

January 2015

You'll never walk alone

Celebrating Sarah's 10th Anniversary as Director of TCM

It was during our regular board meeting at TCM just over 10 years ago, that Dan Qualls informed us of his resignation to return to private practice but with two specific recommendations. First, he was clear, that as an organization it was time to refine and reignite the mission and vision of TCM. Second, he knew he was not the leader to accomplish this, but was recommending someone in the interim to get us started. That person was Sarah Lewakowski.

I served on the TCM board for 8 years through this significant transition and into a new era for TCM. Sarah, who would move from interim to our Executive Director, would begin to lead us through a life giving process, that would inspire and infuse life into the mission that was initiated decades earlier. She would begin casting a vision for a group of Christian counselors that would help people, no matter their circumstance or financial limitations to find hope and help, and experience the love of Jesus, through professional Christian Counselors.

Sarah has worked tirelessly to make this mission known in our area, she has built credibility, relationships and support to many throughout our community. As the vision has become clearer those in need have come in droves for help. Each year the ministry has grown, each year new programs and new counselors have been added.

I think back, sitting in that transforming board meeting, and of the rebirthing of a significant ministry that has grown in impact, influence and vision. I think of a ministry that helps people in the spirit of Christ, regardless of their perspective or beliefs. I think of a ministry that serves our community, churches, workplace, and schools.

I think about the ministry of a leader, with a heart to help others, with a vision to make that help available to everyone, and with the leadership skill to bring that vision into reality. Sarah has been and continues to be a passionate, driven leader that truly embodies the mission of TCM.

-Pastor Pete Yohonis, All Shores

The Sixth Annual
BEST OF BROADWAY FUNDRAISER

for

**TRI-CITIES MINISTRIES
COUNSELING**

March **20th**
2015

SPRING LAKE COUNTRY CLUB

5:30pm - APPETIZERS / CASH BAR

7:00 - DINNER

8:00pm - ENTERTAINMENT

TICKETS \$100 OR A TABLE OF 8 FOR \$750

*For tickets, please return the enclosed card, call us at
(616) 842-9160, or visit our website: www.tcmcounseling.org*



You'll never walk alone

The start of the New Year is a good time to reflect on the year past and to make a new start, whether in your career, your relationships or your health.

Listed below are some quotes to help inspire you to make 2015 the best year ever.

Quotes for your career.

“One of the huge mistakes people make is that they try to force an interest on themselves. You don't choose your passions; your passions choose you.” Jeff Bezos,
“A dream doesn't become reality through magic; it takes sweat, determination, and hard work.” Colin Powell

“A person who never made a mistake never tried anything new.” Albert Einstein
“Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.” Steve Jobs

Quotes for your personal life.

“Well, it seems to me that the best relationships -- the ones that last -- are frequently the ones that are rooted in friendship.” Gillian Anderson
“Every couple needs to argue now and then. Just to prove that the relationship is strong enough to survive. Long-term relationships, the ones that matter, are all about weathering the peaks and the valleys.” Nicholas Sparks

“When you hold a grudge, you want someone else's sorrow to reflect your level of hurt but the two rarely meet.” Steve Maraboli
“The love of family and the admiration of friends is much more important than wealth and privilege.” Charles Kuralt

Quotes for a healthy life style.

“There's no quick or magical way to lose weight. You just have to do it the natural way—diet and exercise and stick to it.—and be able to do it at your own pace.” Jordan Sparks
“Change doesn't come in nickels and dimes. It comes in dedication and sweat.” Toni Sorenson
“Exercise is a great leveler. It doesn't matter how rich you are, you can't just buy your way into a great body. You have to do the work. I find that comforting. It's one of the few things in life where we're all on a level playing field.” Vinnie Tortorich

(<http://www.entrepreneur.com/article/241256>)

Upcoming Support Groups

Women's Support Group
1/5, 1/12, 1/19, 1/26
12:00 pm to 1:00 pm

Anger Management Support Group
1/5, 1/12, 1/19, 1/26
5:30 pm to 6:30 pm

Women with Chronic Conditions/Disabilities Support Group
1/7, 1/14, 1/21, 1/28
11:00 am to 12:00 pm

Divorce Recovery Support Group
1/7, 1/14, 1/21, 1/28
6:15 pm to 7:30 pm

Men's Support Group
1/8, 1/15, 1/22, 1/29
6:00 pm to 7:00 pm

Please call TCM for more information 616-842-9160

It is the mission of TCM 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.



Tri-Cities Ministries Counseling

Tri-Cities Ministries is grateful for the support of the following churches:

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|--------------------------|--------------------------------|-----------------------------|-------------------------|
| All Shores Wesleyan | Hope Reformed | Spring Lake Presbyterian | St. Paul's UCC |
| Covenant Life | Lakeshore Fellowship | St. John's Episcopal | Trinity Reformed |
| Ferrysburg Community | Second Christian Reformed | St. John's Lutheran | United Methodist Church |
| First Christian Reformed | Second Reformed | St. Mary's | of the Dunes |
| First Presbyterian-GH | Spring Lake Christian Reformed | St. Patrick's/St. Anthony's | Watermark |
| Gateway | | | |