

From The Executive Director
Sarah Lewakowski



I hope that you are having a relaxing, enjoyable, and safe summer. We are all so fortunate to live in a place with so much natural beauty and welcoming people. Sometimes it is hard to remember that people around us are living in so much pain. Pain that no one can see. Strangers, friends, and even family may be suffering alone. Asking for help can be so hard. There is still stigma that surrounds mental health. There may be shame or the desire to not appear weak. Please remind others that asking for help is courageous. And, when a person makes that call to TCM or walks through our door, we are ready to welcome them with a smile and a warm, inviting place to share their story. TCM's staff, board of directors, and panel of therapists have dedicated themselves to every person who makes the courageous choice to ask for help.

Building Hope Capital Campaign

After spending most of the past 39 years in “the little white house on the corner”, TCM has outlasted our current location. In order to remain viable, the house would require very significant and very expensive renovations.

As a result, TCM is launching the ***Building Hope*** Capital Campaign. We are planning to purchase a building in Grand Haven and immediately renovate it in order to continue to meet the mental health needs of our community and TCM's growing services.

TCM is asking our community for \$350,000, in order to complete this project. We must raise \$200,000 within the next two months, and then another \$150,000 pledged over the next three years.

Please help TCM continue to meet the mental health needs of our community by supporting TCM Counseling's ***Building Hope*** Capital Campaign.

We are extremely grateful to First Presbyterian Church for allowing TCM to operate out of their house for so many years. Their generosity is in part why TCM has been able to help so many people in our community without ever turning anyone away.

For more information, please call TCM or visit our website: www.tcmcounseling.org. The pledge form can be found under the “Contribute” tab on our website.

Website Update

Have you visited TCM Counseling's new website? A huge thank you to Ann Teliczan of AT Media Studio for her creativity and hard work to completely redesign our website! And, thank you to Susan Vinkemulder for also contributing to the new website by sharing her amazing writing skills. If you have not seen it yet, please visit www.tcmcounseling.org

SAVE THE DATE

**TCM Counseling's
Kentucky Derby Fundraiser
Saturday, May 6th, 2017
Spring Lake Country Club**





hope & healing for all

Meet TCM Panelist, Aaron Schantz, MA, LLP



Aaron earned his Master's degree from Western Michigan University in Counseling Psychology and completed his internship at TCM Counseling 10 years ago this summer. In addition to maintaining a small practice, Aaron is the Program Director for TCM Counseling, which means that he oversees interns, the school outreach program, the employee assistance plan, and assists Sarah with additional initiatives.

Aaron has worked at Allegan County Community Mental Health in Children's Services and took some graduate courses at Michigan State in the school psychology program. While at MSU, Aaron had a teaching assistantship and taught several sections of a course called Dynamics of Personal Adjustment. He then worked as an adjunct instructor at Grand Rapids Community College teaching college success courses.

Aaron and his wife live in the Holland area, are big Hope College basketball fans, and have a 15-year-old Pomeranian. Aaron likes running in races (5K's through half marathons) not because he is fast, just in order to get the t-shirts. Aaron is looking forward to TCM's expansion into the Holland area during the next year to help build a TCM presence and provide TCM services to people in the community in which he lives.

July Support Groups

Divorce Recovery and Transitions Series

7/6, 7/13, 7/20, 7/27

6:15 pm to 7:30pm

Hope Reformed Church

Women's With Chronic Conditions/Disabilities Support Group

7/6, 7/13, 7/20, 7/27

11:00 am to 12:00 pm

TCM Counseling

120 S. Fifth Street

Men's Support Group

7/7, 7/14, 7/21, 7/28

6:00 pm to 7:00 pm

TCM Counseling

120 S. Fifth Street

Survivors of Loss to Suicide

7/7, 8/4, 9/1, 10/6

7:00 pm

St. Patrick-St. Anthony Parish

920 Fulton Street

Anger Management

7/25, 8/1

5:30 pm—6:30 pm

TCM Counseling

120 S. Fifth Street

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

To make a donation to TCM Counseling, please visit our website at www.tcmcounseling.org



THANK YOU to Brian Klingel of Klingel Homes for putting a spotlight on TCM Counseling for his monthly Klingel Homes Give Project! AND, for donating \$1,000 to TCM to help provide counseling services in our community to people who cannot afford it.



TCM Counseling

