



I am very happy to share that TCM Counseling has closed on our new building at 1703 S. Despelder in Grand Haven. The building is currently an empty shell, so remodeling will begin as soon as architect drawings and permits are in place to create offices, as well as a designated room for TCM's support groups. We are looking forward to creating a warm, comfortable, and safe environment for our clients, as TCM continues to serve more people from our community.

Thanks to this amazing community and very generous supporters, TCM's Building Hope Capital Campaign has gone amazingly well. We are close to achieving our 2016 goal of \$200,000. An anonymous donor has offered a challenge to TCM to raise a match to their donation of \$25,000. If we can accomplish this by December 31, 2016, the match would raise an additional \$25,000. The match will allow us to create that warm and welcoming environment for our clients and staff, and beautify the outside of the building. Donations can be made online or by mail.

September is National Suicide Prevention Awareness Month

Suicidal thoughts can affect anyone regardless of age, gender, or background, and suicide is the third leading cause of death among young people.

[Do you know the signs that someone may be suicidal?](#)

[Do you know how you can help others and talk about suicide without increasing the risk of harm?](#)

[Do you know what to do if someone told you that they were thinking of killing themselves?](#)

If you have answered no to the above, there are opportunities to educate yourself.

TCM COUNSELING's staff is offering FREE QPR (Question, Persuade, Refer) Suicide Prevention Training. Just call or email TCM Counseling to schedule a 1-1/2 hour training for your business, church, or group.

The **Mental Health Foundation of West Michigan's Be Nice** program is a mental health awareness, anti-bullying, and suicide prevention initiative that focuses on school wide change through simple, daily actions. N=Notice, I=Invite, C=Challenge, E=Empower. Go to www.beniceonline.com for more information.

WEBSITES:

American Association of Suicidology www.suicidology.org

Center for Disease Control & Prevention www.cdc.gov/Features/PreventingSuicide/index.html

NIH National Institute of Mental Health. <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

SAVE Suicide Awareness Voices of Education www.save.org

IN CRISIS?

Suicidal? Call 911 or go to your nearest emergency room.

ER in Grand Haven: NOCH – 1309 Sheldon Rd.

Suicide Hot Line: 1-800-273-TALK

Community Mental Health (CMH) 24 hr. Emergency Assistance
(616) 842-HELP (4357)

Crisis TEXT Line: TEXT "Hello" to 741741 (This is a particularly good resource for teens and young adults.)

QPR Training

September 26, 2016 5:00 pm—6:00 pm

Grand Haven Community Center

Training session is free to attend. Registration is required and space is limited to 25 participants. Reserve your spot today by calling TCM at 616-842-9160.



hope & healing for all

Meet TCM Panelist, Dan Qualls



Since 1978 Dan Qualls has been committed to working in the field of behavioral health . He has worked as clinician, educator, clinical supervisor and executive director.

He remains focused on addiction as a family disease and engages family along with a client's community in treatment. Dan is adamant that group therapy along with a family focus is the most effective means of intervention on addiction.

Dan acknowledges that he operates out of a Christian and 12 Step bias but has effectively worked with individuals and families from diverse backgrounds and beliefs.

Addicts and their families often suffer from additional emotional/mental issues and to treat them effectively a comprehensive assessment is critical. Addicts rarely suffer from only one addiction and at a minimum they likely have a host of other behaviors they use to self-medicate. Addictions treatment that fails to address the entire person contributes to treatment failure.

Addiction treatment has had dramatic advances in understanding the brain and this has led to treatment improvements. Assessment of head injury, family of origin, and emotional trauma history are essential elements of competent addiction treatment.

For more information do to www.qualls-consulting.org

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



TCM Counseling

THANK YOU to
The Coast Guard City
Campers for your
donation to TCM
Counseling!!

September Support Groups

Divorce Recovery and Transitions Series

9/7, 9/14, 9/21, 9/28
6:15 pm to 7:30pm
Hope Reformed Church

Women's With Chronic Conditions/Disabilities Support Group

9/7, 9/14, 9/21. 9/28
11:00 am to 12:00 pm
TCM Counseling

Men's Support Group

9/8, 9/15, 9/22, 9/29
6:00 pm to 7:00 pm
TCM Counseling

Survivors of Loss to Suicide

9/1, 10/6, 11/3, 12/1
7:00 pm
St. Patrick-St. Anthony Parish
920 Fulton Street

Conflict, Coping & Communication

(Formerly called Anger Management)
9/12, 9/19, 9/26, 10/3
5:30 pm—6:30 pm
TCM Counseling