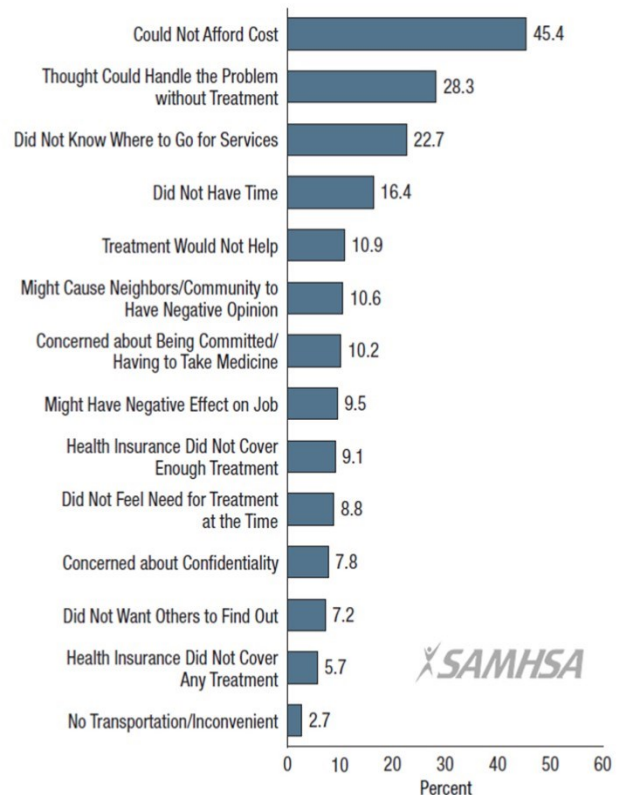




**From The Director**  
Sarah Lewakowski, MA, LLP

You may have heard that TCM is opening an office in the Holland/Zeeland area. You may wonder why. Please take a look at the chart to the right. The number one reason for people not to seek mental health treatment is because **they could not afford it**. TCM has removed that barrier for people in the Tri-Cities, and we want to help people in other communities. Being able to access counseling services for yourself or your family should not be a luxury, yet it continues to be for so many. TCM is developing its Holland/Zeeland panel of therapists, who have already started to see clients. I have had the opportunity, thanks to Jeff Elhart, to use his brother Wayne's office when I am in Holland. Brian Davis, superintendent of Holland Public Schools, has been very supportive of TCM and we will begin seeing students as part of our Holland School Outreach Program. Funding for TCM's Holland Expansion has been jumpstarted by a Grant from the Michigan Health Endowment Healthy Ottawa Fund for Mental Health Services for All, as well as TCM being chosen to receive the October Holland/Zeeland Women Who Care Donation!!!

**Figure 40. Reasons for Not Receiving Mental Health Services in the Past Year among All Adults Aged 18 or Older with a Perceived Unmet Need for Mental Health Care Who Did Not Receive Mental Health Services: Percentages, 2014**



**THANK YOU Tri-Cities!!!**

*Building Hope*

**TCM Counseling Capital Campaign**



We have reached our 2016 goal of \$200,000 and are approximately 80% of the way to our \$150,000 goal in pledges over the next three years. 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.

Pledge forms can be downloaded from our website: [www.tcmcounseling.org](http://www.tcmcounseling.org) under the "Contribute" tab OR donations can be mailed to TCM or made on our website.



# hope & healing for all

## Community Support—THANK YOU!



Thank You to the United Way Day of Caring volunteer crew from North Ottawa Community Health System.

This wonderful group spent all day weeding the flower beds at our new building to help beautify the grounds and ensure our clients and staff feel welcome!

## Suicide Prevention/QPR Training

October 12 7:00 pm—8:30 pm

St. Patrick/St. Anthony Catholic Church  
920 Fulton Street, Grand Haven

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.

## October Support Groups

### Divorce Recovery and Transitions Series

10/5, 10/12, 10/19, 10/26

6:15 pm to 7:30pm

Hope Reformed Church

### Women's With Chronic Conditions/ Disabilities

10/5, 10/12, 10/19, 10/26

11:00 am to 12:00 pm

TCM Counseling

### Men's Group

10/6, 10/13, 10/20, 10/27

6:00 pm to 7:00 pm

TCM Counseling

### Survivors of Loss to Suicide

10/6, 11/3, 12/1

7:00 pm

St. Patrick-St. Anthony Parish  
920 Fulton Street

### Conflict, Coping & Communication (Formerly called Anger Management)

10/3, 10/10, 10/17, 10/24, 10/31

5:30 pm—6:30 pm

TCM Counseling

**THANK YOU** to the Holland/Zeeland Women Who Care for awarding TCM Counseling the donation at the October meeting. AND, thank you to Jane Patterson for presenting about TCM to the group! Jane is an attorney and works with the Mental Health Court. She is an advocate for people receiving mental health services and knows from experience that many fall through the cracks and are unable to receive services.

TCM Counseling has been awarded a \$70,000 three year grant from the Michigan Health Endowment *Healthy Ottawa* Fund for Mental Health Services for All. This is for counseling services for both the Tri-Cities and Holland/Zeeland.



*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](http://www.tcmcounseling.org)



TCM Counseling