



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

TCM is supported by so many generous people and organizations in our community. I would like to highlight one in particular: **The Greater Ottawa County United Way.**

The United Way and their amazing staff work tirelessly to not only raise funds for deserving agencies that help our neighbors every day but also help to connect those same agencies to each other.

When agencies form relationships and work together, collaborate, and refer, everyone wins!

So, THANK YOU to the Greater Ottawa County United Way. Thank you for supporting TCM! Thank you for supporting all of the other agencies in the county! But, most of all, thank you for holding all of us to a high standard of delivering *quality* services to those in need.

**School Outreach Program**  
Report Card for the 2015/2016 School Year

7 TCM Therapists provided therapy to **277** students in **11** schools in Grand Haven and Spring Lake.

**Spring Lake:** Holmes Elementary, Jeffers Elementary, SL Intermediate, SL Middle School, and SL Alternative High School.

**Grand Haven:** Robinson Elementary, Ferry Elementary, White Pines, Lakeshore Middle School, GH High School, and Central High School.

Students participated in **728** individual counseling sessions and **106** group counseling sessions.

**Value to the Tri-Cities:** \$62,956 in professional mental health services

Cost to the Schools: 0

Cost to the Families: 0

**Supported by:**

Grand Haven Area Public Schools, Spring Lake Schools, Spring Lake School Foundation, Tri-Cities Kiwanis, 100 Men Who Care, Culvers, and TCM's Best of Broadway Fundraiser and Annual Appeal.

**HEALING SHAWLS**

Ladies from 1<sup>st</sup> Presbyterian Church in Grand Haven have been knitting "Healing Shawls" for TCM for many years. We are able to give these out to clients who can use a tangible reminder that they are cared for, and there is hope even though they are going through a difficult time at that moment. The ladies at the church could use some help in keeping up with the demand for shawls. We have two ways in which you can help:

1. If you like to knit, your help in making shawls for us would be greatly appreciated. We would provide you with the specific instructions that the ladies at 1st Presbyterian Church follow.
2. You could donate yarn. This would also be greatly appreciated in that it takes a lot of yarn to keep the shawls coming. The specific yarn that is needed is 3 skeins of "Lion Brand – Homespun." This yarn can be found at Meijer, Hobby Lobby, Wal-Mart and JoAnn Fabrics, as well as most fabric/craft stores.

Please contact Cheri at TCM Counseling ([cheri@tcmcounseling.org](mailto:cheri@tcmcounseling.org) or 616.842-9160) if you would like to make shawls for us, or drop your donated yarn off at our office on 120 S. Fifth Street in Grand Haven.

*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)



# hope & healing for all

**Thank you so much** to the following individuals, foundations, churches, and businesses that have donated or pledged support for TCM's *Building Hope* Capital Campaign:

- |                                       |                                 |                                      |
|---------------------------------------|---------------------------------|--------------------------------------|
| All Shores Wesleyan Church            | Frederick and Susan Hohman      | Loutit Foundation                    |
| Automatic Spring Products             | James and Julie Honeycutt       | Walker and Gayle Parmelee            |
| Brook and Chrystal Bisonet            | Bill and Jeanine Holman         | Shelley Peets                        |
| Neil and Pam Blake                    | Justin and Dana Hood            | Dan Qualls                           |
| Drew and Julie Boersma                | Hope Reformed Church            | Kyle and Andrea Reenders             |
| Mary Jane Boettcher                   | Chris and Becky Hummel          | Scott and Julie Reenders             |
| Cal and Evie Bosman                   | Chuck Hyde and Maureen Sullivan | Darren and Paige Riopelle            |
| Ron and Cheri Bultje                  | Henry Idema                     | Gary and Pennie Robertson            |
| Bill and Deb Cargo                    | Mary Jacobson                   | Kathy Schipper                       |
| Craig and Katie Cather                | F. Mart and Dorothy Johnson     | John and Renee Schram                |
| Denny and Grace Cherette              | Dan and Lisa Luckey             | Barbara and Miller Sherwood          |
| Covenant Life Church                  | David MacKenzie                 | Family Advised Fund                  |
| Jack and Sonja Denning                | Robert and Megan Martin         | Jon and Jen Sorber                   |
| Dale and Elizabeth Deppe              | Larry and Anne McLaughlin       | Bruce and Margaret Spoelman          |
| George and Julie Ferguson             | Kate Meyer                      | Tom and Jennifer Stearns             |
| Bob and Kathy Fevig                   | Darrell and Phyllis Moreland    | Mary Christina Sullivan              |
| Folkert Family Foundation             | Steve and Sandy Moreland        | Ken and Mary Terpstra                |
| Adriane Foster                        | Evelyn Morford                  | Elvrett and Martha Thomas            |
| Alex Fricano                          | John and Cheryl Nametz          | United Methodist Church of the Dunes |
| Rob and Jill Garrison                 | John and Kathryn Nash           | Ted and Joan Vanderveen              |
| Gretchen Garrison                     | Lacy Otteman                    | Midge Verplank                       |
| Grand Haven Area Community Foundation | Jim and Becky Kolbe             | Gary Verplank                        |
| Gerald and Linda Gibbs                | Eric and Kelly Larson           | Dan and Leah Ward                    |
| Justin and Carrie Grill               | Ben and Sarah Lewakowski        | Jeremy and Lori Wilder               |
| Bob and Jean Hitchcock                | Paul A. Johnson Foundation      |                                      |

**We are still accepting donations and pledges.** 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. **Look for an update in our next newsletter on the status of the renovations of our new building at 1703 S. Despelder.**

## November Support Groups

### Divorce Recovery and Transitions Series

11/2, 11/9, 11/16, 11/23, 11/30

6:15 pm to 7:30pm  
Hope Reformed Church

### Men's Support Group

11/3, 11/10, 11/17, 12/1

6:00 pm to 7:00 pm

TCM Counseling

### Survivors of Loss to Suicide

11/3, 11/17, 12/1, 12/15

7:00 pm

St. Patrick-St. Anthony Parish

### Women's With Chronic Conditions/Disabilities Support Group

11/2, 11/9, 11/16, 11/23, 11/30

11:00 am to 12:00 pm  
TCM Counseling

### Conflict, Coping & Communication

(Formerly called Anger Management)

11/7, 11/14, 11/21, 11/28

5:30 pm—6:30 pm

TCM Counseling

## Client Testimonial

*"I was at such a low point when I started at TCM, I cried everyday and felt like nothing would ever be "right" again. My counselor helped me work through my issues and learn to deal with life when things don't go as planned. I am so thankful that I came to TCM, I feel like I have hope, and coping skills, again." Amy*



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