

A NIGHT AT THE DERBY

8TH ANNUAL  FUNDRAISER

SPRING LAKE COUNTRY CLUB
17496 N FRUITPORT RD • SPRING LAKE, MI

PICK YOUR FAVORITE HORSE FOR A CHANCE TO WIN
A TRIP FOR TWO TO CANCUN

SATURDAY
MAY
6
2017 5 O'CLOCK

\$100 PERSON OR
\$750 FOR A TABLE OF 8
FOR TICKETS,
PLEASE RETURN
THE ENCLOSED CARD.
CALL 616.842.9160,
OR VISIT TCMCOUNSELING.ORG

PLEASE JOIN US FOR AN AMAZING EVENING
WHILE WE RAISE FUNDS FOR MENTAL HEALTH
COUNSELING SERVICES PROVIDED TO OUR
COMMUNITY BY TCM COUNSELING.

5 MINT JULEPS & DERBY APPETIZERS

YOU WILL HAVE THE OPPORTUNITY TO PURCHASE RAFFLE TICKETS TO
PLACE ON ANY OF THE HORSES RUNNING IN THE 143RD KENTUCKY DERBY.
AFTER DINNER, TICKETS WILL BE DRAWN FOR MANY PRIZES, INCLUDING
THE "WIN" GRAND PRIZE—AN ALL-INCLUSIVE 4-NIGHT TRIP TO CANCUN
WITH AIRFARE. THERE WILL ALSO BE A SILENT AUCTION, LIVE AUCTION,
AND OUR WINE GARDEN, WHERE ONE LUCKY PERSON WILL GET A BOTTLE
OF WINE WORTH OVER \$200.

6:34 THE KENTUCKY DERBY

7:15 A SPECIAL DERBY THEMED DINNER

8 PROGRAM

8:30 LIVE AUCTION AND DRAWING FOR WIN, PLACE, SHOW AND MORE

9 DUELING PIANOS

ATTIRE: YOUR DERBY FINEST WITH A HAT, OF COURSE!

From The Director
Sarah Lewakowski, MA, LLP



Happy 40th Anniversary to TCM Counseling!!!! As I begin my 13th year as Executive Director of this wonderful organization, I continue to be absolutely amazed at the compassionate, professional, and accessible counseling that occurs every day in our community because of TCM Counseling. Did you know that TCM now has a panel of 45 therapists? This means that a person will be "matched" up with the therapist right for them. It also means that a new client will not have to wait more than two weeks for their first appointment. AND, if they are in crisis, they will see a therapist right away. At TCM, we strongly believe that NO ONE should ever have to go without professional counseling. Thank you to this community for continuing to support TCM. During our 40th Anniversary Year, look for special articles and facts about how TCM began, has evolved, impacts this community and the lakeshore, and what the future holds for TCM.



hope & healing for all

Meet TCM Panelist, Marsha Barnosky, MSW, LLP



Marsha is a licensed Master Social Worker in private practice in Grand Haven. She has over 35 years of social work experience, receiving her MSW from Wayne State University in Detroit, Michigan. She spent 22 years of that experience working in hospice care for a mid-sized hospice with individuals, families and workplaces both before and after a death. This experience has informed her work with those dealing with the challenges of chronic illness and care giving, as well as depression, anxiety, divorce, infertility, and trauma.

In addition, Marsha is a Board Certified Coach specializing in grief, loss and transition and offers those services by phone and Skype. She received her coaching training through the Institute for Life Coach Training. Her hospice background has given her a unique perspective on grief and transition and the need for compassionate non-judgmental support as clients find ways to create new lives after loss.



THANK YOU to Drew Fogel and the Spring Lake Swim Team for their incredible generosity!!

The donation received will support counseling for teens with depression and suicide prevention programs.

March Support Groups

Divorce Recovery and Transitions Series
3/15, 3/22, 3/29, 4/5, 4/12
6:15 pm to 7:30pm
Hope Reformed Church

Women's With Chronic Conditions/ Disabilities Support Group
Not Meeting in March 4/5, 4/12
11:00 am to 12:00 pm
TCM Counseling

Survivors of Loss to Suicide
3/16, 4/6, 4/20, 5/4, 5/18
7:00 pm
St. Patrick-St. Anthony Parish
920 Fulton Street

Conflict, Coping & Communication
(Formerly called Anger Management)
3/20, 3/27, 4/3/, 4/10, 4/17
5:30 pm—6:30 pm
TCM Counseling

Testimonials

"My son used TCM services for an incident that occurred at school. He was referred to a male counselor that was just wonderful. He was able to work through his problem with trust and dignity. I would strongly recommend the friendly, competent, and caring staff at TCM to anyone in need. ~Peter

"The counseling and advice we received has given us more insight and coping abilities at important decision making times." ~Jane

TCM Counseling offers hope and healing for all by providing accessible and affordable professional counseling services.

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

