



# LIFE COUNSELING CENTER MINISTRIES

*Providing biblical counseling that is relationship based, Gospel centered, and clinically informed.*

## PRAYER MATTERS

We greatly value your prayers. Please join us in prayer for:

**Our counselors-** As the holidays approach, the counselors loads increase. The holidays can be a challenging and painful time for many. Pray for our team as we walk with those hurting in the upcoming season.

### Upcoming

**Workshops-** In addition to our “Let’s Talk About” workshops, please pray as we plan to bring Diane Langberg for a conference in early 2020.

## FALL 2019 UPDATE

Fall is upon us, with its distinctive smells, bracing temperatures, and vibrant colors. Like the seasons, some changes are familiar and welcome. Others, however, may be more difficult to navigate. If you are experiencing a more difficult season, you may find the care you need at Life Counseling Center Ministries (LCCM), where help is available through individual and couples counseling, free workshops, and community-based seminars. Additionally, LCCM is increasing its staff to expand its clinically-informed and biblically-based care.

**Free Workshops.** LCCM continues with its “Let’s Talk About...” series of workshops on mental health issues held at the Chapelgate campus. On October 24<sup>th</sup>, Executive Director Eliza Huie, along with counselors Renee Davis and Jordan Brand, led a discussion on the topic of “*My Child and Mental Health.*” The counselors spoke on the importance of parent-child communication, validation of emotions, and offered strategies for relational engagement with children. Future topics include “*Diagnosis, Disorders and Medication,*” and “*Depression and Suicide.*” For more information, see [lifecounselingcenter.org/events](http://lifecounselingcenter.org/events)

**Spotlight on the Counselor.** In September we welcomed Renee Davis to our team of counselors. Renee is a licensed clinical psychologist in Maryland who aspires to bring the hope of the Gospel to every individual and family she serves. A graduate of Howard University, Renee also completed a doctoral internship and postdoctoral fellowship at Kennedy Krieger Institute/Johns Hopkins University of Medicine.



Her special areas of interest are anxiety, depression, and challenges with family functioning. As a licensed psychologist, Renee is also able to offer assessment and evaluation for various concerns parents have related to depression, anxiety, ADHD, and other mental health issues their children may encounter.

Join us in welcoming Renee Davis to the Life Counseling Center!



**Panel Discussion on Mental Health.** In September, LCCM Executive Director Eliza Huie and counselors Esther Smith and Renee Davis participated in a panel discussion at a Baltimore church on the topic of Mental Health.

We are excited to partner with churches to help them explore ways to address mental health from a biblically informed perspective. Our mission is to equip people and churches alike to address soul care through the transforming hope of the Gospel in a way that brings healing, renewal, and peace. Our ultimate goal is that people know and rely on Christ's grace in order to step out into life with renewed faith and courage. If your church or ministry is interested in hosting us

for a seminar or panel discussion on mental health issues or soul care, please contact the Life Counseling Center Ministries.

**Upcoming Rate Change.** As 2019 draws to a close we are preparing for the year ahead. In effort to continue to provide solid biblical care in a comfortable and professional environment, we see the need to adjust our counseling rates. In our area, average counseling rates ranging from \$150-\$250 per session, we are thankful to be able to maintain rates below that range even with the upcoming change. Rates will change January 1, 2020.

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*“Therefore encourage one another and build one another up, as in fact you are doing.”*

*1 Thessalonians 5: 11*

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