

connections

Offering a beacon of hope to the church and the community

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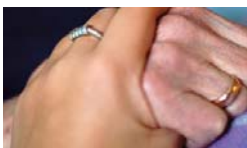
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Holiday

by Mitch Temple

While “dashing through the snow” could be written today as “speeding down the interstate to the mall,”

both statements sound stressful to me.

With the arrival of the holidays, many of us experience an odd mixture of excitement and dread as we prepare to celebrate the season.

We get excited about the lights, shopping and Christmas dinner with family, but we also fear the stress that past holidays have taught us to expect. From previous family misunderstandings and hurt feelings to scheduling conflicts, tight finances and the wear and tear on the body, holidays have a way of taking their toll on us.

I have found that the best way to lessen the stress of the holidays is to be prepared:

1. **Recognize stress triggers ahead of time**, and plan to minimize their impact. For example: Realize that you will get several invitations to holiday parties, events or service opportunities, and limit the number of events you will commit to before the invitations come.
2. **Create a holiday budget together**. Commit to sticking to the budget no matter how great the sales are!
3. **Try to resolve extended family issues** before holiday gatherings, if possible. Sit down and discuss the problems rather than ignore them.
4. **Commit to dealing with spousal conflict** after the emotion has died down: “Honey, we are both tired. Let’s not try to solve this now. Let’s talk in the morning over coffee.” Use common sense, and be disciplined enough to handle conflict in the right way.
5. **Schedule time for each other**: Go to bed at a decent hour. Exercise or take a walk together. Protect your “together” time.

Most of all, remember what this time of year is all about: *“But the angel said to them, “Do not be afraid. I*



Stress

Continued on page 2

Letter from Leslie



This has been an amazing year of growth for Central College Christian Counseling. Much of our growth is due to the dedicated efforts of our volunteer board of advisors. These individuals dedicate time, effort, and funds toward the mission of this ministry in a wide variety of ways.

First, this group of advisors has initiated an aggressive comprehensive strategic/management plan. This plan lets our clients know that we aim to provide exceptional professional services and maintain Biblically based principles. We feel our responsibility is to serve as a beacon of hope to those who need quality mental health services. We are a referral source for a number of the local physicians and we welcome congregation members from other churches who seek professional Christian care.

Second, our board has helped us share the news of our workshops and support groups, allowing us to impact more central Ohioans. Whether it is the **Reeling to Healing** group for women who've experienced sexual betrayal, the **Christian-based parenting workshops** or the **psychological testing services for children and adults**, we are seeing an increase in referrals from physicians, schools and churches.

Finally, the board has supported the growth of our staff and our services. We are now staffed with a Christian psychologist who can provide psychological testing. We have joined several insurance panels and we are planning continued expansion in 2011. And, a highlight of the year is that we have received a generous contribution to begin a benevolence fund to help more people afford exceptional Christian counseling.

I am eternally grateful for this church's support of this ministry and for the help of exceptional and faithful Christian leaders who dedicate their time and talent to the counseling center. If you have physicians, schools or others you would like us to meet, please contact me so we can arrange a meeting.

Please keep us in your prayers in 2011.

Continued from page 1 - Holiday Stress

bring you good news of great joy that will be for all the people... a savior has been born to you; he is Christ the Lord" (Luke 2:10-11, NIV).

That is a great reason to slow down, be thankful and be at peace this Christmas season.

From the Focus on the Family website (www.focusonthefamily.com).

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DIVORCE *Care*

Join us at Central College Christian Counseling on **Thursday, December 9, from 6:30 - 8:30 pm**, to learn practical, effective strategies to help you make it through the holidays. This seminar begins with a video featuring interview clips from respected Christian counselors, psychologists and authors speaking on topics pertinent to people in separation or divorce. The videos also include practical advice from people who have experienced a marital breakup and have faced at least one holiday season since then.

You'll receive a *Holiday Survival Guide* that includes over 30 daily readings full of encouragement and tips to help you construct a healthy approach to the days ahead. You'll also spend time with other people in separation or divorce who have an idea of what you're going through and who will accept you as you are without expectations or judgment.

The cost is \$10/person. Refreshments will be provided. You are invited, but not required, to bring a dessert to share. To register or find out more about DivorceCare: Surviving the Holidays, call Brenda at 614-865-0513 x190 or email her at bsmith@ccpc.us.

Does your employer offer a Medical Flex Spending program?

The benefits to you could add up to hundreds of dollars saved on Federal and State income taxes each year. This is a great program to pay for medical expenses with pre-tax dollars. For example: you set aside \$1,000 in a Flex Plan. If you were in the 25% Federal and 5% Ohio tax bracket, you would save about \$300 of income tax!

Medical expenses include all of the obvious doctor and prescription costs. However, did you know that counseling also falls under the category of medical?

Contact your employer's HR Department now to obtain information on how to enroll in the Medical Flex Spending program because the annual enrollment period is typically in January. You determine how much money to set aside pre-tax. Then as you have receipts for counseling services (and other medical expenses) you submit those receipts for reimbursement. Each company's program has its own guidelines for submitting receipts for reimbursement. *But the good news is, you can save money by reducing your Federal and State taxes!*



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From **Reeling** to *Healing*

Overcoming the effects of sexual betrayal

A Christian, trauma-recovery based therapy group for women

Offered by Central College Christian Counseling

The devastating effects of sexual betrayal on the injured spouse has been shown to parallel the criteria for post-traumatic stress disorder with intense emotions that vacillate between rage toward the participating partner and inward feelings of shame, depression, overwhelming powerlessness, victimization, and abandonment. **Brenda Smith**, counseling intern at Central College Christian Counseling, will lead this 10-week group to help participants identify and work through the effects of sexual betrayal due to their spouse/boyfriend/ex's affair, pornography addiction, or same-sex attraction.

Mondays at 7:00pm, starting January 10, 2011.

Location: Central College Presbyterian Church, Chapel library

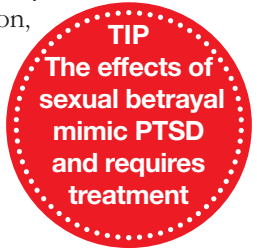
975 S. Sunbury Rd, Westerville, OH 43081

Sponsored by: Central College Christian Counseling

www.ccchristiancounseling.com

Cost: \$150* (includes all 10 sessions) *Scholarships available. Pre-registration required.

Contact Brenda Smith at 614-865-0513 x190 or bsmith@ccpc.us for more information or to register for this group.



Your JOURNEY from Mourning to Joy

GriefShare is a special weekly seminar/support group for people grieving the death of someone close. It's a place where you can be around people who understand how you feel and the pain of your loss. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life.

GriefShare groups will begin meeting in January.

Call Central College Christian Counseling at 614-865-0513 x 190 for more information.

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