#### DECEMBER 2023

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# THE COUNSELING CENTER

### Personal Note from Dr. Lynn Bohecker

CHIEF EXECUTIVE OFFICER OF THE COUNSELING CENTER AT TREE CITY



As 2023 comes to a close, and a new year is upon us, I reflect on the gracious support The Counseling Center has received over the years. The Counseling Center has sought to live out our mission provide hope and healing to our community. Promoting compassion and confidential professional counseling and therapy is our top priority. Your faith and support in us has been uplifting and inspiring.

I am thankful for the opportunity our team has to work closely with our community in partnerships and on a deep and personal level. Our clinicians provide counseling services that are unique for each individual and family to meet their mental health goals.

Please take a moment to get to know our counseling team on the next page of this newsletter. Throughout 2024, please continue to pray for health and healing for our patients, for each member of our team, for our leadership, and for the amazing community we serve. Please consider donating to support our work. All donations are tax deductible.



Did You Know? 4,137 is the number of mental health appointments our clinic scheduled in the first 11 months of 2023. We did this using only four (4) clinic rooms and telehealth!

## Meet Our Team!

#### WE ARE PROUD TO SHARE THESE AMAZING INDIVIDUALS WITH YOU!







LPC, NCC



NCC

The Counseling Center has been actively serving our community by providing availability for professional counseling and therapy services through a range of providers. We have a team of staff and clinicians who are responsive to patient requests and are quick to their scheduling meet needs. Our team provides in-person and telemental counseling and therapy services for individuals and families located in the state



- Anxiety Counseling
- **Bipolar DisorderCounseling**
- Counseling For Children
- Couples Counseling
- **Depression Counseling**
- Family Counseling
- Grief Counseling
- Parenting Classes
- Premarital Counseling
- Suicide Counseling
- Teen Counseling
- Trauma Counseling
- Telemental Health

We greatly appreciate when you refer our services to anyone you know who is struggling with mental health issues. Fees are covered by most health insurance companies and reduced rates are available through advanced graduate students.



Savannah O'Toole, MA, LPC





Stan Armstrong, MS,

Ph.D., LCPC, ACS





Dr. Lindsay Vik, Ph.D., Sarah Harris, MS, LCPC,



CUTIVE ASSISTANT AND Thomas Sanchez, LCSW

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## How Can I Help?

YOU GET TO PROVIDE HOPE AND HEALING



he Counseling Center is a 501(c)(3) public charity, therefore, donations of money or anything of value are tax deductible. With your help, we can cover the outstanding patient balances of those who have been unable to pay, while allowing us to continue to provide counseling to those with minimal financial resources in the future. Our hope is that our friends and anyone whose life has been impacted by professional counseling will partner with us in continuing our mission of providina professional counselina services to our community. We appreciate any amount you can contribute. Ongoing donations are critically needed to support outreach to our community and the professional clinical services within our clinic.

As you prepare your hearts for the upcoming new year, please consider how you might come alongside us to offer hope for those who are in need. As always, we sincerely appreciate your prayers and support.

Your gift will support our intern training program Your gift will provide an individual counseling session

Your gift will provide a pre-marital counseling package



We sincerely appreciate any amount you can give