



HEALING & HELPING

MINISTRY UPDATE—SPRING 2019



Thank you for allowing me the opportunity to share the life-changing work God is allowing us to do at WLCFS-Christian Family Solutions. We pray you are moved to get involved and be a part of the healing & helping.

As a resource to individuals, families, churches, and schools, our **Christian counselors provide an array of educational presentations on timely topics**, designed to help individuals and families live healthier, more balanced lives. These presentations can be given to church, school, and community groups.

Presentations are available in person throughout most of Wisconsin, parts of Michigan and Minnesota, and via live video anywhere in the country or world.

We have some availability yet for the spring/summer. We are starting to book presentations now for fall, especially for school and parent groups. You can reserve your spot by contacting us at presentations@wlcfs.org.

We have a wide array of presentations. Here is just a small sampling:

- Anxiety and Depression in Children & Teens
- Resilience: Bend, Don't Break
- Social Media and Our Teens
- Standing Up to Bullying (for grade schools, high schools, teachers, and parents)
- Managing Stress & Anxiety
- Vaping
- Suicide and self-harm presentations
- Addiction presentations

Visit our website at www.christianfamilysolutions.org/resources/educational-presentations/ to view all of our available presentations.

To request a presentation and learn about pricing, please call **262.293.9371** or e-mail presentations@wlcfs.org.

Pastor James Mattels

OUR HEALING & HELPING MINISTRIES

Services Offered at WLCFS-Christian Family Solutions

Even though we promote our services as Christian Family Solutions, our legal name remains **Wisconsin Lutheran Child & Family Service, Inc.** Our mission also remains the same: "healing and helping people in need through the ministry of Jesus Christ."

INTENSIVE OUTPATIENT PROGRAMS

Offering a higher level of counseling care

What is an Intensive Outpatient Program (IOP)?

Sometimes more intensive group counseling services are needed for those with deeper issues.

Our Intensive Outpatient Programs are unique in that they include a faith-based component to treatment.

IOP basics

- 3-hour group sessions, typically held 3-4 days per week
- Average group size: 6-10 members
- Treatment methods include Cognitive Behavioral Therapy (CBT) & Dialectical Behavior Therapy (DBT)
- Programs are available for adults and teens

What programs are currently offered?

Dual-Diagnosis Programs—For those who struggle with addiction coupled with mental health issues

Mindfulness-Based Programs—For those who struggle with depression, anxiety, trauma, and other mental health issues

Where are the programs located?

Programs are currently offered in Brookfield and Appleton, WI and Lakeville and Mankato, MN. Please contact us or check our website to see availability.

What are the steps to get started?

Please contact us at 800.438.1772. For additional information, visit ChristianFamilySolutions.org.

COUNSELING SERVICES

What sets our counseling apart from others?

Our counseling services combine evidence-based therapeutic practices with the strength and comfort found in God's Word.

There are three ways to receive counseling:

Counseling Clinics—Counseling services for all ages in our community clinics and for students at our grade school, high school, and college clinics

Video Counseling—Counseling via secure video in select states

Member Assistance Program—A customized way for churches, schools, and organizations to provide counseling services for their members (in person at our clinics or via secure video from anywhere)

Visit our website for clinic and program locations.

CHILD & ADOLESCENT DAY TREATMENT PROGRAMS

Many children and adolescents struggle with undiagnosed mental health and behavioral issues, which can prevent them from learning and functioning in school and in their lives. Children and adolescents in our day treatment programs work with our team of professional staff for 3 hours per day, 5 days per week. The goal is to help them work through their issues so they can thrive academically, socially, and spiritually.

For more information about all of our programs and services, please call 888.685.9522 or visit our website at www.ChristianFamilySolutions.org.

SENIOR SERVICES

Christian Family Solutions is blessed to have senior living options. We offer both assisted living and home care.

Through our home care program, our compassionate and experienced caregivers provide individuals with assistance in their homes to help make their lives easier, while helping maintain the highest level of independence.

Learn about our senior care services by calling 888.685.9522, or visit our website at www.ChristianFamilySolutions.org.