

2022 SPRING NEWSLETTER - VOLUME 33

REFLECTIONS FROM CLIENTS



Thank you so much for what you do to serve the community. Our family has benefited from your services and I am very grateful. God bless you all.



I understand that you are the Executive Director for Grimsby Life Centre and I'd like to tell you how much I appreciated the help given to me through your services. In my initial consideration for speaking with a counsellor, I really wanted someone who had a Christian background, as I felt that way I could get counselling with a biblical perspective. My counsellor was a perfect match! He understood where I was coming from, why I wanted a Christian counsellor and was able to biblically help me through my challenges. I'm still a work in progress, but he was instrumental in helping me reach a more comfortable place in my struggles. I would certainly have no qualms about suggesting him to others. With thanks for all that your centre provides, and special thanks to my counsellor.



Your Godly perspective on walking through life's challenges was invaluable. Thank you.



Due to a thump to my head, my doctor ordered an MRI. Last week I was able to get an appointment. When I arrived there, a kind technician tucked me into the machine and I felt, as the saying goes, "as snug as a bug in a rug!" It was a very fascinating experience for me. I was surprised and a bit startled by how noisy the MRI machine was. I was almost overwhelmed by the thumps and bumps of the imaging process. It somehow reminded me of the incident that was responsible for me being in the machine.

As I was lying there, a thought occurred to me. What if there was a way to get an MRI of the soul? Then I laughed at myself, because in reality God does an MRI of our souls every minute. God knows all our thumps and bumps and all the hard knocks and life lessons we experience along the way. Here at Grimsby Life Centre we consider it an honour and a privilege to walk alongside people, helping them to make sense of their thumps and bumps of life and helping them to see God's plan in it all. In a large way you are part of this process as well. Your prayers and your financial support make you our partners in the work God is doing. Thank you, with sincerity, for your partnership! ~ **Lisa Heuvig, Executive Director**



SPRING is here. A season of change!

Annually, in years past, from Mother's Day through Father's Day we have run a **Baby Bottle Life Change Campaign** to help keep this ministry thriving + growing.

But change is ... changing. The baby bottle initiative has run its course and, due to the pandemic, they will no longer be distributed to churches to pass around to our community. **Would you consider donating anytime between Mother's Day and Father's Day to celebrate the new life and hope that spring brings?**

At Grimsby Life Centre we are able to offer counselling free of charge to those in need because of your prayers and through your financial support. We receive no government funding. Donations can be made by mailing in the form on the back of this newsletter, or via e-transfer by visiting our website at www.grimsbylife.org.

FAMILY AND MARITAL COUNSELLING • INDIVIDUAL SUPPORT • YOUTH AND CHILD SUPPORT • CRISIS SUPPORT
ANGER MANAGEMENT • DEPRESSION AND ANXIETY SUPPORT • ADDICTION COUNSELLING

**TO BOOK AN APPOINTMENT
PLEASE CALL: 905-309-0944**

COUNSELLOR CORNER



Two years has passed since the World Health Organization declared a pandemic. Many have shared that their anxiety has increased because of prolonged loss of normalcy, uncertainty, and chaos in the world.

We cannot always control what is happening around us but we can influence what happens IN US. When things feel out of control, start by "controlling the controllable." Here are some practical ways to begin:

BODY: Move your bodies. Exercise is a mood booster, decreasing symptoms of depression and anxiety. Get grounded. 30 minutes of walking barefoot or lying on grass/sand/mud reduces stress and depression. Soak up the sun. 20 minutes of early morning full spectrum sunlight boosts serotonin, which improves your mood.

MIND: Prioritize ZZZ's. 7-9 hours of sleep allows nerve cells to reorganize, detoxify and replenish. Slow your scroll. Tune out or limit your consumption of news media. Unlimited access causes your body to release the stress hormone cortisol and adrenaline.

SPIRIT: Pray Always & Worship with Abandon. As Christians we have direct access to an Almighty God. 1 Peter 5:7 says: "Give all your worries and cares to God, for he cares about you." When we pray/worship we open our hearts and lives to deeper faith, renewed strength, fresh blessings, and God's power. Prayer and worship is also a regulating or calming agent for anxiety, and sadness.

~ Allison Perrina, Counsellor

A MESSAGE FROM THE BOARD

There are some people born into this world in whom the light of Christ resonates through their eyes and smiles. Since December two significant individuals who inspired our centre passed into Glory. On December 21, 2021 Klaas Wierenga went to meet his Lord and Saviour. Then unexpectedly, Irene VanHoffen one of the founding members of the Grimsby Life Centre passed away on March 24, 2022, just 5 months after her husband John. Each left us with wonderful memories. As a board and staff we have been praying for both the Wierenga and VanHoffen families as they mourn and also celebrate the life of two servants who really did impact our community with goodness, kindness and the love of Jesus.

"Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting."

Psalms 139:23-24

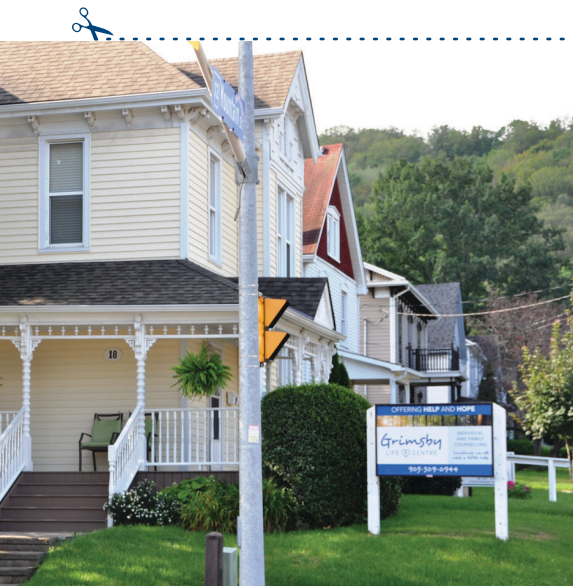
NEEDS, NOTES, + THANKS

♥ Grimsby Life Centre is looking to hire additional Social Workers, Counsellors, and Psychotherapists. As a growing and thriving ministry, we seek individuals who would excel with their natural God given gifts in these areas. Please ask around. If you know of anyone, or if you are in this field looking for a holistic God honouring work environment, please give us a call 905-309-0944.

♥ We are in need of a serve group to do some spring cleaning and washing of the outside windows and walls on a Friday evening or Saturday AM sometime in May or June.

♥ Our fall banquet, scheduled for Friday, November 4th 2022 has been re-framed to Friday, October 27, 2023. Reason: There are so many brides and grooms looking for a venue this year. By releasing our November date the hall is able to accommodate many of these brides and grooms. There are so many couples trying to catch up with their wedding plans because of the pandemic. Our board felt that this year we could pass on the blessing of a venue! Please watch for our 'Banquet in an Envelope' campaign which will run again this fall.

♥ Thank you to the Rotary Club of Grimsby for blessing this Ministry Centre with a portion of the proceeds from the Fantasy of Tree's event held at the Grimsby Museum this past December. It is always a joy to see the wonderful festive creations at this annual event!



YES, I would like to support the ministries of the Grimsby Life Centre!

Name _____ Email _____

Address _____ City/Town _____

Province _____ Postal Code _____

Donation

\$

☐ Cheque - Payable to Grimsby Life Centre

☐ VISA ☐ Mastercard Please indicate: ☐ One time ☐ Monthly

Cardholder Name: _____ Signature: _____

Card# _____ Exp. Date: _____

You can also donate by visiting www.grimsbylife.org/donate. Official tax receipts will be issued for donations over \$25. Please do not send cash through the mail.

Charitable Organization BN 80678 8824 RR0001

OFFERING **HELP AND HOPE**