



### Words of Encouragement



I am so grateful for your service especially during the storms of life... May God bless you.



We are so grateful and thankful to God for your devotion. Thank you for being such a vital support and encouragement to so many in our area.



What positive words you shared, it did make me shed some tears. How thoughtful of you to help me as I struggle to review my past, and look forward to moving back into the work force. It's time, and I wouldn't be where I am today without your help. You are such a blessing.



Thank you so much for your warm, caring, and thoughtful conversations. I am so blessed for having this special space. It has meant so much for me to know that I have someone to talk to and share my situations. I truly am grateful for your time, your support, and your patience.



During late fall along with my adult children, their spouses and my grandsons I trotted off for a final weekend of camping at the Pinery Provincial Park. Fall colours illuminated the scenery and while I was biking the trails it occurred to me that I am in a new season of life, as I near my 60th year. In early fall, my very close uncle and a lifelong dear friend passed away, my family doctor moved back out east, my dentist retired, my Executive Assistant retired, and my 91-year-old father lost his mobility. The irony and comfort in all of these circumstances is knowing in every fibre of my being that God is with me, and will continue to "cause all things to work together for the good of those who love him and are called according to His purpose!" (Romans 8:28).

The circumstances of the past couple of years have left many of us encountering a new season of life. It is so comforting to know God's promise to us, "I will never leave you nor forsake you!" (Hebrews 13:5). As we enter this holiday season may we all savour the moments with family and friends and ponder them in our hearts as the many gifts God has given us.

Indeed, all of us at Grimsby Life Centre treasure the gift that you have been and continue to be in all the seasons we've been through. Thank you. We would like to wish you a blessed Christmas season and a prosperous New Year! ~ **Lisa Heuving, Executive Director**

## PROMISE+ Hope

A huge thank you to all those who participated in the Grimsby Life Centre Fall Banquet in an Envelope **Promise + Hope** campaign. Together we had been blessed with over \$40,000 in donations.

We are looking forward to having an in-person banquet again next year on **Friday, October 27th, 2023**. Please mark this date on your calendar!

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



It's here again - "The most wonderful time of the year." "'Tis the season to be Jolly." For many, Christmas is a time that they look forward to all year long, however, some see it as something to be endured rather than enjoyed.

For many it can feel overwhelming, hectic, and pressure packed. It can also be a time of loneliness and grief. If you struggle with depression, you may feel worse as you are not 'feeling it', whatever 'IT' is for you. Here are some points to ponder as you make your way through December.

**Alter Expectations** - It's ok to say 'NO' and change the things you would normally only do out of obligation or tradition.

**Acknowledge Feelings** - when you have experienced loss it's normal to feel sad - acknowledge and express your feelings.

**Just For You** - take time for yourself doing something you enjoy - Watch a movie, savour a favourite treat, listen to uplifting music, go for a walk in the snow.

**Above all**, remember the reason for the season - our Saviour, Immanuel "God with us", the Prince of Peace. Why not forgo the hustle and bustle and have a Christmas that "whispers Jesus." ~ **Allison Perrina, Counsellor**



**Welcome** - We would like to take this opportunity to introduce you to our new Executive Director Assistant. Kelsey Kiers began working with us years ago as our summer student and left to go back to university. Recently she has come back to work at Grimsby Life Centre on Tuesdays, Wednesdays, and Thursdays. We celebrate with her and the Kiers family in many ways as she was married on October 21st to Braydon and has become a teBrake! We are so blessed to have Kelsey on our team with her wealth of knowledge, warmth and kind heartedness.

*Wishing you a Merry Christmas  
and a Happy New Year!*



## NOTES OF THANKS

♥ Happy retirement to Maggie Smit on Wednesday, October 26. Maggie has been a faithful counsellor and has helped many, many people within the community during her 15 year career at Grimsby Life Centre. At the same time we have a special prayer request as Maggie was recently diagnosed with breast cancer. We humbly ask for your prayers as she navigates through this time.

♥ Thank you to Rhonda our 'all around' handy cleaning lady. She faithfully comes in every weekend to keep our offices nice and clean. Rhonda also rakes up the leaves and keeps our ministry centre looking great!

♥ Thank you to our two Practicum Interns for being such a blessing. As this ministry centre continues to thrive, our Board of Directors decided to host Masters candidates and has opened up opportunities for Yorkville University and McMaster Interns to learn and grow in their counselling skills.

♥ Thank you DeVries Landscaping for doing a marvelous job fixing our walkway up to the ministry centre. It looks so good, and more importantly it is also safe!

♥ Thank you to all those who dropped off office supplies and other essential items for our team and clients to benefit from!

### 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](http://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

