

REFLECTIONS FROM CLIENTS



I have seen such a wonderful counsellor. She has helped with her wisdom, kind words and most of all the direction I needed in my life.



Thank you for the work you do. I know of a couple who have been helped by your ministry. God Bless.



You all help make the world a better place.



It was nice to run into you yesterday in town. My granddaughter (age 15) was a client of the Grimsby Life Centre last year and had a few sessions with your child and youth worker. She enjoyed this quite a bit, and came away from her appointments with a feeling of positivity. Your counsellors support for, and patience with my granddaughter was extremely appreciated. She offered me good insights and suggestions to help with my granddaughter's extreme anxiety and depression. Please accept my thanks for the work that all of you do, and for your commitment to helping those that come to you.



"There is a time for everything, and a season for every activity under the heavens" ... wisdom found in literature from the bible book of Ecclesiastes.

As our ministry continues to thrive and grow it always marvels me how people either *embrace* change, or *fight* change. Change is a part of life. People come into, and people go out of our lives. Our children change, which is evident every time we need to purchase new shoes or clothes for them. Yet ironically, before you know it you may be walking your son or daughter down the aisle. Life has changed since COVID. For example, now when I go shopping I constantly see signs that somehow say *"We will not tolerate yelling and abusive language"*. However, what if each one of us make it a priority to be the quiet, calm presence of kindness and grace. Show the world that we shine the light of Christ. This is what we continue to try to emanate as a team at the Grimsby Life Centre. We are so grateful for your prayers and financial contributions as we celebrate the new seasons/change of spring and summer just around the corner! Thank you again for your continued support.

~ Lisa Heuvings, Executive Director



It was with excitement and deep pride (...and also sadness) that we recently said goodbye to Yvonne Stuve as one of our longest serving executive assistants. Yvonne joined the Grimsby Life Centre almost 13 years ago, and was tasked with many roles. Every piece of our office has had Yvonne's stamp on it – from answering the phones, to keeping the counsellors on their toes, to doing reports, and offering coffee and cookies to those in our waiting room. Yvonne was a trusted, empathetic and supportive colleague, and had a clear passion for everyone. *We will miss you dearly Yvonne, however we know that you will enjoy your retirement with your families and friends!*



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

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

Grimsby

LIFE  CENTRE

OFFERING **HELP** AND **HOPE**

Grimsby Life Centre Ministries is a vibrant, visible, Christian organization, dedicated to counselling families and individuals in the surrounding communities by offering help and hope to all regardless of age, race, religion or marital status.

All services are confidential and free of charge.

18 ELM STREET, GRIMSBY ON L3M 1H3 www.grimsbylife.org

COUNSELLOR CORNER



"Confronting our feelings and giving them appropriate expression always takes strength, not weakness. It takes strength to acknowledge our anger, and sometimes more strength yet to curb the aggressive urges anger may bring and to channel them into nonviolent outlets. It takes strength to face our sadness and to grieve and to let our grief and our anger flow in tears when they need to. It takes strength to talk about our feelings and to reach out for help and comfort when we need it." – Fred Rogers

These words from Mr. Rogers so accurately describe the work our incredible clients do at the Grimsby Life Centre. Everyday I have the immense privilege of hearing stories - stories of heartache and pain, but also stories of healing, growth, resiliency, and triumph. My clients are some of the strongest people I know. It's challenging to do the work Mr. Roger talks about. But the journey is made easier when you have someone walking alongside you. We aren't meant to go through life's hardships alone

~ Steph Collins, Registered Psychotherapist (Q)

A MESSAGE FROM THE BOARD

My wife loves to travel and after a long 2 years of staying put, 2022 was our busiest travel year ever. We travelled so much that even our luggage has air miles. One thing I have learned from going to so many different countries and being a part of so many different cultures is that all of us as humans are basically the same. We love to laugh, we enjoy relationships, we love good food, we have a need for acceptance and love, and yes...we all have various degrees of suffering.

All of humanity experiences pain and loss at some point because we live in a broken world. At different times in my life, there has been suffering that I neither wanted nor had any control over. We are often faced with the reality of sickness, mental health issues, death, financial upheaval, and tragedies of various kinds, either in our life or viewing it in the world around us. However, greater than all pain and loss that may surround us is Love. God enters into our suffering in a present and active way. Suffering changes us, allowing us to fully participate in the losses of others and ultimately makes us freer to love. To become more alive and human.

Daily, the Staff at Grimsby Life Centre participate in the suffering of those in our community. Thank you for all your support of the continued ministry of Grimsby Life Centre.

~ John Kendall, Chairman of the Board

NEEDS, NOTES, + THANKS

💖 It is a real joy to have our counsellors and clients back in the office, and to be able to offering cookies, coffee and tea to all in our waiting room. If you can help, we are in need of some Red Rose tea!

💖 Thank you to the Rotary Club of Grimsby for making our centre the recipient of the charitable donations generated by their community event "Fantasy of Trees." What a blessing.

💖 **Please mark your calendar! Our annual fall benefit banquet is scheduled for Friday, October 27th, 2023. We look forward to gathering together to share with you stories of promise and hope that this ministry centre experiences daily. Our banquet will be held at the Grand Olympia on Barton Street in Stoney Creek. We would love for you to join and be inspired by the work we do in our community! More information will follow.**

💖 Thank you to those who attended our "Parenting your Anxious Child" seminar hosted at Mountainview Church on Wednesday, April 5th. Our Child+Youth counsellor Hannah, and Psychotherapist (Q) Steph appreciated all those in attendance. We are planning to host more seminars in the future.

💖 Thank you to Sarah F. who so willingly cleaned up our ministry centres downstairs 'dungeon.' All the spider webs, dust and debris are swept away in one clean swoop!

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**