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_____ No.

Continuation of Main Article
community. She has also been gracious and flexible as we have navigated through change and a growing organization which always impacts administrators first and foremost.

The counsellors we employ also make it easy for us to be thankful. They invest their time and energy willingly and for the benefit of others who are in the midst of struggle and hardship. We are thankful for the wisdom and experience Kevin Hoogstad brings to the CCC and we were pleased that the opportunity to add an additional day to his work arrangement has become possible. These additional days allow for us as a centre to experience more of a team atmosphere as counsellors are now often in the office together instead of alone. Since Brain Schoustra now works for us full time it has been a blessing to be able to have interactions more frequently and to have more input on the daily operations, especially in terms of planning

ahead and reading the landscape.

However, like any organization there are always changes and transitions and we have a couple of counsellors we need to thank and say our good byes too. After 8 years of hard, dedicated work for the CCC, Monica Devries informed us she will not be returning from her maternity leave. We are grateful for the work she has done and the lives she has touched

in her counselling work.

Cherie Kuiper also informed us she will not be able to extend her term at the CCC as she plans to be with her husband as he finishes his studies for ministry at Calvin College. Cherie was filling the maternity leave, of Monica and though the time was short, we certainly will miss her eagerness and enthusiasm she brought to the office in London.



In just a few minutes, you can make a difference supporting the Christian Counselling Centre. Just use this link to the Canadahelps site <https://www.canadahelps.org/dn/16277> and make the donation that fits your needs. Consider becoming a monthly donor. Even donations of \$10 or \$20 a month help us and those we serve.

Donate once or schedule monthly donations to help both you and the CCC plan ahead. If you'd like to dedicate your donation, Canadahelps will even send an e-card to announce your gift. Pay for your donation using your credit card, Interac® Online or PayPal™ account. Candahelps will e-mail your tax receipt right away and deliver your donation to the CCC.

We also need to welcome Sabrina Jaspers aboard our ship as she was hired to fill the maternity leave for Lorraine Post.

Sabrina has jumped right in with both feet and is another counsellor who is passionate about what she does. Sabrina is working out of the Burlington office and she is especially excited about being able to incorporate aspects of faith into counselling sessions.

It is that faith and hope we have in Christ that sustains us and helps as we seek to be grace and mercy to those that seek our help and advice. May we all rest in his promises and see his steadfast love for us. As Lamentations 3:22-23 remind us: "The Lord's lovingkindness indeed never cease, for his compassions never fail. They are new ever morning. Great is your faithfulness."

Keith Verburg, Executive Director

Introducing the Newest Member of the CCC Team

Hi I'm Sabrina Jaspers. I've just recently joined the counselling team at Christian Counselling Centre in Burlington and I'm grateful to be able to formalize my helping role within the Christian community. Prior to joining the CCC team, I worked in private practice in the Hamilton area providing counselling services to individuals who were struggling with mood issues such as depression, anxiety, PTSD, and PPD. I have a passion for helping women and their families through postpartum depression and anxiety. I had my own personal journey with PPA, and since then I have been active in our faith communities trying to bring information and education into our churches to equip and help those who are struggling. I am a Registered Social Worker by trade, and consider myself a mental health worker in the Christian community. I am also enrolled to start Graduate school through the University of Dalhousie in September 2017 which has been a decade long dream of mine. I am grateful to my husband and parents for supporting me in this endeavor.

I love what I do. It has always been my privilege to sit across from individuals and to hear their stories - the joys and sorrows and tragedy that comes with this life. It is also my privilege to help point out the strengths that they have (but did not see) and the ways they have already been resilient in the face of adversity (but have not noticed). I consider it my job to listen, hold space, be compassionate and non-judgemental, and to gently help individuals build clinically proven skills to better cope with their trials and stressors. It's my greatest joy when I hear people say "I used that technique and it helped"! Some of the most moving opportunities I've ever had are when individuals have trusted me with a story from their past that they hadn't yet shared with anyone else. I take these moments seriously. I feel forever privileged to have both women and men trust me.

I have been a Christian for 10 years. I professed my faith in 2007. I still consider my faith to be new and fresh! I am a wife to 1 and a mother to 3 boys. I enjoy road trips, playing on a women's baseball team, and road cycling. I'm happy to be part of the CCC team!

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Our Counsellors

Kevin Hoogstad, - M. Div and a member of the AAMFT and CRPO. Kevin provides individual and couple counselling in the Burlington office.

Sabrina Jaspers - B.A (completing Masters degree), certification for Cognitive Behavioural Therapy, A member of the College of Social workers and Social Service Workers and the Ontario Association of Social Workers, Provides counselling for individuals and couples in our Burlington office.

Lorraine Post- (currently on maternity leave) M. Div and a member of AAMFT. Lorraine provides individual, family, as well as couple counselling in our Burlington office. She is also the Student Emotional Support counsellor at Emmanuel Christian School in Fergus, Ontario.

Brian Schouwstra -M. Div and a member of BCC. Brian provides individual, marriage and family counselling in our Lambeth and Burlington offices, as well as providing services at Streetlight and at our satellite office in Fergus and Brantford.

Keith Verburg - Executive Director of the CCC. -MACP and member of CRPO. Keith provides individual counselling in our Burlington office and also at Guido de Bres and Rehoboth Christian High Schools.

Vision Statement:

We aim to be a leading provider of Christian Counselling by promoting the blessings of the Christian community as we seek to recover, restore and renew relationships between God and people, to the praise of His glory!

Our Locations:

2479 Main St. London, ON

3416 New Street Burlington, ON

6528 1 Line, Fergus, ON

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BY CARING FOR EACH OTHER

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NEWSLETTER

Spring/Summer 2017

Reflections

Spring is a time for us at the Christian Counselling Centre to plan ahead. Our fiscal year ends in May and the months ahead of this include planning for the new budget and making projections. We also do yearly reviews with the counsellors and staff to gain feedback so we can set an agenda for our yearly strategic planning meeting in May. Both of these matters require us to reflect on the

positive growth. Since our year end is May 31st, the 2016 numbers are not finalized, but when comparing the numbers from the 2015 and 2014 financial statements our revenue was up 23%. Using our 3rd quarter report for 2016 this year we have also seen an increase of 14%. Since the 2016-2017 budget called for an 8% increase in revenue we are currently in a healthy fiscal position.

We are extremely thankful for how the Lord has provided through the generosity of our community

past year, or more, to understand what reasonable expectations for the coming months are and to also help us assess our current situation.

As we have been doing this it has become evident again the many blessings we have experienced this past year and we would like to take some time here to share those observations with our supporting community.

The first and most obvious blessing we have noticed is the large increase in the number of counselling sessions and the amount of new clients. The number of sessions increased from 799 in 2015 to 1102 in 2016, an increase of 38%. The number of new clients also increased from 212 in 2015 to 316 in 2016.

Financially, we have witnessed

It is always easier to take on the daily challenges of our work when we know we can meet the upcoming financial obligations. So we are extremely thankful for how the Lord has provided through the generosity of our community whether that be through church collections, attending our fundraising events or personal and business contributions directly to us.

We are also extremely grateful for the counsellors and our Administrator, Aileen Pennings. Aileen is the veteran on our staff so her knowledge of the history of the CCC has been invaluable to us. Aileen is in her 13th year of working for the CCC and she manages to balance a family and a strong commitment to her school

Continued Inside

Thank-You

The following businesses have donated time, services or money to the CCC. We thank them (as well as our anonymous donors) for their generosity!

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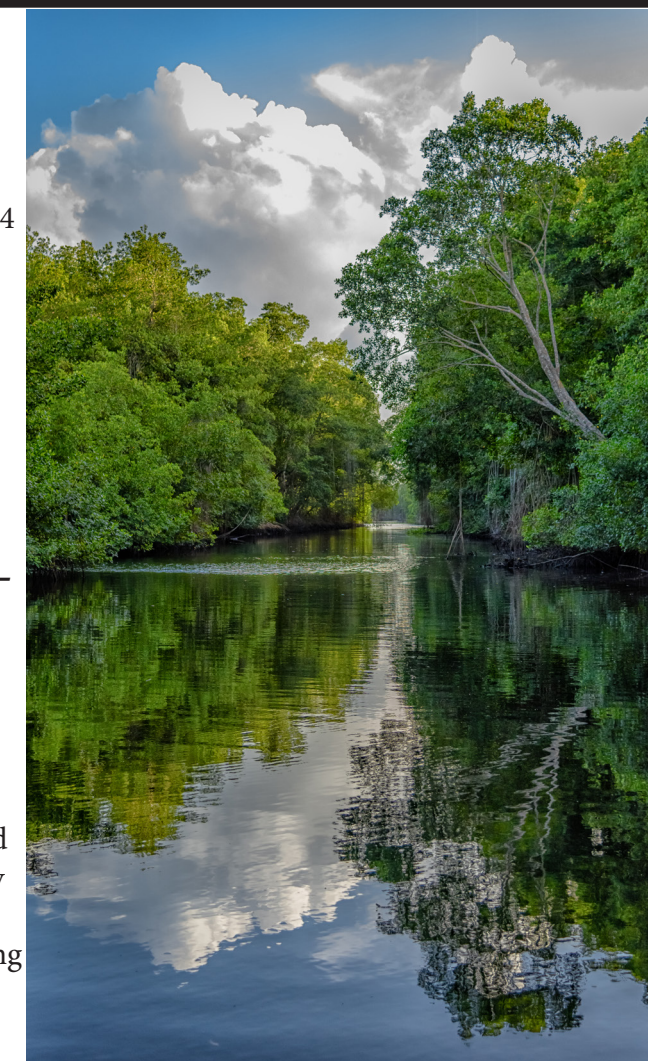
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