

The Lay Counseling Ministry exists for the purpose of providing both our congregation and the community at large with trained, Christian counselors. It is designed to meet the problem situations of those persons in need of paraprofessional level counseling. We seek to serve people with special needs in times of concern, conflict, or crisis.

- Refer Yourself
- Refer a Family Member
- Refer a Friend

- Individual
- Couples
- Families

- Relationship Issues
- Life Transitions
- Financial Stress
- Anxiety
- Self-esteem
- Substance Abuse
- Grief
- Vocational Issues
- Mild depression
- Personal Growth

Confidential Counseling for 10-12 sessions is available from LCPC Lay Counselors (paraprofessionals with supervision from mental health professionals).



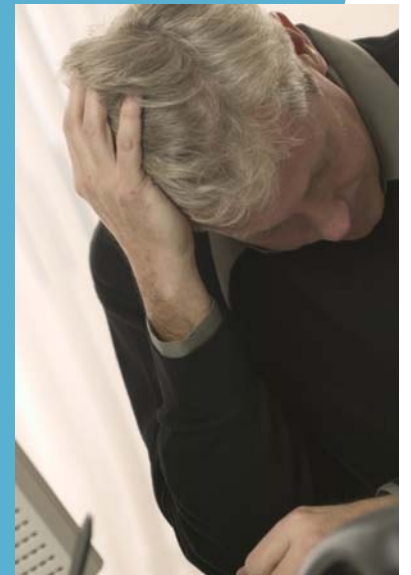
La Cañada Presbyterian Church

626 Foothill Blvd
La Cañada, CA 91011
www.lacanadapc.com

Who Do I Call?

(818) 790-6758, X430
Skilled paraprofessional
counseling by trained church
lay people is available.

Life Under Stress?



Proverbs 19:8 & 20

*To get wisdom is to love oneself; to keep understanding is to prosper.
Listen to counsel and accept instruction, that you may gain wisdom for the future.*

Galatians 6:2

Bear one another's burdens, and in this way you will fulfill the law of Christ.



Confidential Counseling

Referrals

Needs requiring medical intervention or in-depth psychological testing will be referred as soon as recognized to appropriate agencies or professionals.



How may a counseling appointment be made?

A person who desires counseling should call the Counseling Office at (818) 790-6758, X430. The Lay Counseling Intake Coordinator will contact him/her and answer any questions about the program and attempt to assess the person's need so as to provide the best available counselor to work with the situation. The assigned Lay Counselor will then contact the person and arrange a time to begin the counseling process. Should it be determined that the person's need is beyond the level of expertise of the Lay Counseling Ministry, a referral will be made to an appropriate professional or agency.

Who are we?

The Lay Counselors are members of our congregation, drawn from a wide variety of backgrounds and occupations who have gifts, skills, and experience in supportive helping. Since 1976, over 120 counselors have been trained in effective helping skills. Licensed mental health professionals train and supervise our counselors. Dr. Chuck Osburn, MFCC (#MFC23107), is our Pastoral Supervisor for this ministry.

What does it cost?

Our counseling is made possible by the generosity of the people of the La Cañada Presbyterian Church. There is no mandatory fee. Donations are accepted, but neither required nor sought.

When and where is the counseling done?

Generally at regularly scheduled appointment times determined by the counselor's availability. Meetings are held in rooms on the church campus. According to the situation, individual, conjoint or group counseling may be recommended.