

# LIFE CAN BE A CHALLENGING JOURNEY.

## ***Our Mission***

Pastoral counseling enables individuals, couples, and families to receive quality counseling that acknowledges the value of faith in the healing process. Our mission statement reflects that commitment:

*"Lowcountry Pastoral Counseling Center provides quality, faith-based counseling, life enrichment events, and training to the Lowcountry community by licensed counselors in a private, non-profit setting."*

## ***Individual, couple and family therapy***

Our counselors are licensed, skilled therapists who can help with:

- Stress and anxiety
- Child and adolescent problems
- Depression
- Divorce
- Marital and family concerns
- Faith development
- Work or school problems
- Life transitions
- Grief and loss
- Unemployment
- Career transitions
- Extended illness
- Trauma resolution
- Clergy and congregation concerns
- Blended family concerns
- Addictions recovery
- Anger management

There are times when the journey includes steep inclines or deep valleys. The Lowcountry Pastoral Counseling Center is a source of help for couples, individuals, and families.

## ***Workshops, Presentations, and Retreats***

Our staff offers a variety of Life Enrichment events, ranging from workshops to retreats, which can be presented to churches and other organizations. Among others, topics include:

- Marriage Enrichment
- Parenting Skills
- Increasing Marital Intimacy
- Divorce Recovery
- Blended Family Issues
- Improving Communication
- Grief Recovery
- Healing From Addictions
- Enhancing Your Spiritual Life
- Parenting Solo
- Moving Beyond Co-dependency
- Decision-making Skills



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## ADDITIONAL SERVICES

### ***Groups***

Periodically, we offer therapeutic or educational groups such as Grief Recovery, Stress Reduction, Divorce Recovery, and Co-Dependency Recovery.

### ***Congregation and Clergy Services***

For congregations, we offer presentations, workshops, and retreats on a variety of topics, as well as vision development and conflict resolution services. For clergy, we offer consultations on parishioner problems, ministers' support groups, and vocational assessment. We offer spiritual direction to both laypersons and clergy.

### ***Contributions and Partnering Congregations***

Lowcountry Pastoral Counseling Center is a non-profit, faith-based, ecumenical ministry sponsored by individuals and congregations. Through their generous support, we are able to offer excellent counseling services at affordable rates. Partnering congregations receive specific benefits for their contributions, as well as extending their outreach to the community. If you would like more information about becoming a sponsor, please contact our director.

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