



**February, 2010 Newsletter
Better Life Counseling Center**

1605 James Street
Jonesboro, AR 72401
870-935-4673
Toll Free: 888-668-5433

Counseling From a Christian Perspective

A Note from the Executive Director

2009 Wrap-up

Number of Patients seen in 2009: **309 (Individuals, couples or families)**

Number of Therapy sessions in 2009: **1318**

Samaritan Fund covered therapy costs in 2009: **\$68,371.57**

Dear Friends of BLCC,

Hello and welcome to the return of the BLCC newsletter! My name is Wendy Cook and I wanted to introduce myself as the new Executive Director of Better Life Counseling Center and share some of the exciting changes happening in our office.

Creating happy, healthy, thriving families in Northeast Arkansas has been a vision of Better Life Counseling Center for 13 years. As a non-denominational Christian Counseling center we have provided over **17,000** counseling sessions and almost **\$1MM** in free or reduced cost therapy since our inception in 1996. I am honored to become a part of an organization that has done so much to mend marriages and families in our region.

Our Church Partners

Thank you to the churches who support the counseling center, we are able to continue our work because you believe in our mission.

Southwest Church of Christ
Jonesboro, AR

Ash Flat Church of Christ
Westridge Church of Christ
Pocahontas, AR

Contact us to learn the benefits of becoming a church partner

As we plan for the future of BLCC, you will see us introduce some new things such as our refreshed logo; reinstate ways to connect to the community like this newsletter, our church partnership program and minister's lunch events; and seek out new ways to raise awareness via marketing, fundraising and speaking engagements. We hope you will join us.

I am anxious to hear from you as to how we can best serve your needs and expand and enhance our services. Please reach out to me at wcook@betterlife.org or 870-935-4673. Thank you for supporting BLCC, together we can continue to renew those seeking a better life.

Sincerely,

Wendy Cook

Our Mission

Helping Individuals and Families
find a Better Life

Our Vision

Creating Happy, Healthy, Thriving
Families

**Visit our new website!
www.betterlife.org**

www.betterlife.org

Introducing new BLCC Staff!

After 9 years of service to BLCC, Greg Brooks, Executive Director and Therapist moved in the summer of 2009 from NEA to Columbia, Missouri to pursue his Doctorate degree. BLCC wishes Greg all the best in his future endeavors and thanks him for his service to the NEA community. Greg's departure brings a new chapter to the counseling center and a few new faces in the BLCC office. We would like to announce the promotion of Jeff Cline from part-time therapist to full-time Clinical Coordinator.

Jeff Cline, LPC, began his work with the Better Life Counseling Center in 2006. He graduated with an MA in Counseling from Harding University Graduate School of Religion in Memphis, TN and is a Licensed Professional Counselor in the state of Arkansas. Mr. Cline is a member of the American Association of Christian Counselors and the Arkansas Counseling Association and is Prepare/Enrich Certified. As an experienced and vibrant speaker he leads a variety of BLCC's workshops and seminars including; Parenting Separately, Marriage/Family and Adolescent problems, Stress/Anger Management, Workplace Productivity, and Faith-based issues. Jeff's extensive counseling specialties include working with subjects of: relational problems, mood disorders, addictions, grief recovery, career/life transitions, and stress/anger management.

In addition to Jeff's promotion, BLCC has hired Wendy Cook as the new Executive Director for fundraising and marketing.

Wendy Cook joined Better Life Counseling Center in the fall of 2009. Having previously been a Girl Scout Executive for 5 years, she brings extensive non-profit knowledge of marketing, fundraising, volunteer management and strategic planning. In addition, before coming to BLCC, Wendy spent 3 years as a Corporate Account Manager with St. Jude Children's Research Hospital, managing multi-million dollar Corporate partnerships. As the new Executive Director, Wendy hopes to grow public awareness and support of BLCC in Northeast Arkansas.

Finally, BLCC welcomes new therapist Lauren Orbison...

Lauren Orbison is licensed in the state of Arkansas as a Licensed Certified Social Worker. Mrs. Orbison attended Harding University where she received a Bachelors of Science in Social Work and then went on to receive a Master's of Science in Social Work at the University of Tennessee. Lauren has been employed as a therapist, working with children and families since 2004. Her focus of practice is working with school aged children with behavioral issues and improving family interactions.

If you haven't had the opportunity to meet Jeff, Wendy or Lauren, you are always welcome to stop by our office and say hello. We are also available for a wide range of speaking engagements, seminars and workshops, many of which may be customized to meet your needs. Let us speak to your civic group, non-profit agency, board, or church. For more information call us at (870) 935-4673, or toll-free (888) 668-5433 or email tevins@betterlife.org

Free Marriage Counseling and Workshops

The State of Arkansas has awarded Better Life Counseling Center a two year Marriage Enrichment contract. The program "Moving People to a Better Life" will work to improve marriage and relationship skills among engaged and married couples. Programs and Services offered include **Free** marriage counseling for TANF eligible couples and Train the Trainer workshops for churches and other non-profits with a focus on marriage mentoring. A Regional Healthy Marriage Resource Library has been developed to provide books, CDs, DVDs and other materials to be checked out for use by churches and individuals.

To determine if you are eligible for the Free marriage counseling or to obtain more information about these services, visit our new website at www.betterlife.org or call us at 870-935-4673.

Dear Friends,

For the past 13 years Better Life Counseling Center has served as the regions premiere Christian counseling resource for individuals, couples, and families. I have had the opportunity to work as a therapist at BLCC for the past 3 1/2 years and am now excited to serve as Clinical Coordinator. In future newsletters I hope to use this space to answer your questions, highlight upcoming events and partnership opportunities, and talk about a variety of mental health issues. I welcome your feedback and encourage you to send your questions and comments to jcline@betterlife.org.

When speaking to churches, civic groups, and colleagues I am often asked, "what is unique about BLCC's approach to counseling?"

While BLCC therapist's are trained in the psychological sciences, we also embrace and are equipped to provide counseling from a Biblical world view. Most secular psychological theories emphasize self-reliance and embrace the philosophy of moral relativism where truth is relative to the individual. In contrast, Biblical counseling embraces the existence of absolute truth as revealed through Scripture and acknowledges that healing and peace comes from cultivating a personal relationship with our creator. This model encourages individuals to recognize the moral implications of decision making and how choices impact the individual as well as ones social and familial relationships. Rather than functioning as "experts," Christian counselors serve as companions and guides to point people towards finding hope and solutions to life's challenges though enhancing or developing a personal faith that is grounded in Biblical truth.

BLCC therapists seek to provide a safe and caring environment where individuals, couples, and families can find healing and reconciliation. Whether client's are dealing with individual issues such as depression, anxiety, addiction, anger, grief, etc... or relational problems in marriages, family's, or step-family's, we seek to provide the resources and tools needed to promote lasting change. Additionally, BLCC seeks to promote awareness of healthy living through workshops, consulting, and participation in community events.

I encourage you to contact us if you or your church, business, or organization are interested in talking about ways we can partner together to encourage the development of healthy, happy, thriving families.

Blessings and Grace,

Jeff

Have we helped you? Will you help us?

When BLCC was founded in 1995, the Samaritan Fund was created to lower out-of-pocket expenses for therapy sessions. Since its inception, the Samaritan Fund has provided nearly a **MILLION** dollars in financial assistance to those in need in Northeast Arkansas. These funds are made possible by generous gifts from donors like you, through annual fundraising campaigns, grants and special events.

The current economy has had an impact on all of us, especially those we serve and therefore upon the Samaritan Fund and our daily operations. If you have been touched by the work of the counseling center, please consider helping us secure our future with a tax-deductible gift of any size. To donate, visit our new website at www.betterlife.org, call us at 870-935-4673 or stop by our office. Thank you for your time and investment in our community.

*****We are seeking testimonials to share with our readers and to place on our new website. If we have had a positive impact on your family please share your story with us by emailing mail@betterlife.org.*

Thank you!

BLCC launched a Christmas honor card campaign this past holiday, offering tribute cards for a \$5 donation. Thank you to all those who participated in the program, you helped us raise over \$3000! If you would like to make a donation in someone's honor or in memoriam, we are happy to accommodate any time of year.



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Upcoming Events

February 5th & 6th: Earned Income Tax credit Event; Mall at Turtle Creek. BLCC will be on hand with information about Free Marriage Counseling for TANF eligible couples

February 7th – 14th: National Marriage Week. Celebrate the strong, healthy marriages in your life.

March 11th: BLCC Minister's Luncheon 10:00pm to 2:00p
"Pastoral Care & Knowing when to Refer to a Christian Counselor"

Parenting Separately: March 15th 6pm to 9pm Call (870) 935-4673 to register for the class.

This is a free quarterly newsletter sent to Northeast Arkansas area churches, financial supporters of BLCC, and individuals who join the BLCC mailing list. If you would like to receive this newsletter by email, contact us at mail@betterlife.org