



## The Problem of Pain Series Resources

### Helpful Training at Westwood

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#### **Care with the Love of Jesus Christ, Tuesdays, Sept 11 – Oct 16, 6:30-8:30pm, register online**

Would you like to be equipped to respond to others who are hurting? Join us to discover effective ways to carry the love of Christ into painful circumstances in the lives of those around you. Contact Bernice Kharrat, 952.454.6882

#### **To Better Understand Suicide and Depression Seminar Series**

Depression and suicide are on the rise. People facing these challenges often feel alone and misunderstood. To learn more for yourself or to better support a loved one, attend one or both seminars presented by local counselors from Lighthouse Counseling Ltd. Receive tools to manage your own mental health or to equip you to care for those in your life who are struggling. Learn about symptoms and practical action steps. Questions, contact Jeanne Griswold, 952.224.7322

##### **Depression, Monday, September 24, 6:30 – 8:30pm, Woodside Room at Chanhassen Campus, registration not required, free**

Presented by Rebecca McBride, MA, LPC,  
<http://www.lighthousecounseling.com/therapists/rebecca-mcbride-ma/>

##### **Suicide, Monday, October 1, 6:30 – 8:30pm, Woodside Room at Chanhassen Campus, registration not required, free**

Presented by Marie Riemer, MA  
<https://www.lighthousecounseling.com/therapists/marie-riemer/>

#### **safeTALK: Suicide Alertness Training, Friday, October 19, 1:00-4:30pm or Saturday, November 17, 8:30am-12:00pm, register online, Cost: \$15**

safeTALK is a half-day training in suicide alertness. It helps equip participants to take an active role in responding to persons expressing thoughts of suicide and connects them with resources to help them choose to live. Anyone age 15 or older who wants to make a difference can learn the safeTALK steps. Contact Jeanne Griswold, 952.224.7322, [jeanne.griswold@westwoodcc.org](mailto:jeanne.griswold@westwoodcc.org)

### Resources at Westwood

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**Westwood Group and Team Leaders** – We are all called to care for one another (Galatians 6:2). Talk with your small group leader, serve team leader or Westwood friends if you are experiencing pain in your life.

#### **Griefshare – Mondays, October 1–November 26, 7:00–8:30pm, Room A205 at Chanhassen Campus, register online, Cost: \$25**

Grief isn't meant to be experienced alone. Join us for a Christ-centered support group for individuals experiencing grief following the loss of a loved one. Each meeting includes a video teaching and discussion. We'll then separate into a small group that identifies with your specific type of loss (parent, spouse, child or friend) and offers personal reflection, group interaction and encouragement to one another. Contact Pam Kerber, 612.207.3324

**Care Partner Ministry** - Offering one-to-one care to give you the support you need during a difficult time. Care Partners are trained to offer encouragement, prayer and a compassionate listening ear. Often, Care Partners have faced the same or similar circumstances in their own lives. To be connected with a care partner, contact Jeanne Griswold, 952.224.7322, [jeanne.griswold@westwoodcc.org](mailto:jeanne.griswold@westwoodcc.org)

**Prayer for Healing and Anointing with Oil** – If you would like prayer for healing, our leadership team is glad to pray with you. To schedule a prayer appointment contact Jeanne Griswold, 952.224.7322, [jeanne.griswold@westwoodcc.org](mailto:jeanne.griswold@westwoodcc.org)

## Community Resources

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**Northland Counseling Services, 952.974.3999, [www.northlandcounseling.us](http://www.northlandcounseling.us)**

Offering Christian counseling in a variety of areas including anxiety, depression and an intensive outpatient program for those with critical mental health issues. [www.bridges.northlandcounseling.us](http://www.bridges.northlandcounseling.us)

**Lighthouse Counseling, Ltd., 855.454.2463, [www.lighthousecounseling.com](http://www.lighthousecounseling.com)**

Mental Health Counseling from a faith-based perspective is essential for people who are struggling with emotional, mental and spiritual difficulties or for people who have difficulty achieving joy, peace, or fulfillment in life. It insures our clients the full respect they deserve and the assurance we will work hard to help their family succeed without the fear of judgment.

**NAMI (National Alliance on Mental Illness) Minnesota, 651-645-2948, [www.namimn.org](http://www.namimn.org)**

Toll free: 1-888-NAMI-Helps (1-888-626-4435), Email: [namihelps@namimn.org](mailto:namihelps@namimn.org)

**Caregiver support** – NAMI Family Support Group meets the second and fourth Monday of each month from 6:30–8:00pm, Chaska Moravian Church, 115 E 4th St, Chaska. All are welcome.

**Crisis Text Line** – Text-based suicide prevention services across Minnesota. People who text MN to 741741 will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.

**Regional Grief Support Network** – An inter-faith meeting, provided free of charge and open to all adults that features guest speakers and interactive support groups. Their mission is to provide support and resources to people experiencing grief due to loss (death of a loved one, divorce, financial reversal, unemployment, or diminished health) or who are anticipating loss (caring for an ailing loved one). Registration is requested but not required. Contact Sue DeGolier at 952.442.2191, ext. 35594 with your name, phone number and location you plan to attend. The Chaska location meets every other Wednesday starting September 26, 3:30-5:00pm, Chaska Heights Senior Living, 3120 Chestnut Street, Door A, Chaska.