

2023 SUMMER~FALL NEWSLETTER - VOLUME 37

REFLECTIONS FROM CLIENTS



Thank you so very much for listening and being the ear that he needed and trusted.



Please know that you are important to us! – from a Local church



Thank you for your service to the community.



Thank you for my soft place to land.



Our family is so very thankful for your support and wisdom in helping us these past few years. The positive changes in our family unit are immeasurable and we will be forever grateful for the role that you played in this.



Thank you so much for everything you have done, you have no idea how much of a difference it has made!

Why we do what we do!

PROMISE+ Hope

To learn more about how Grimsby Life Centre Ministries has brought promise and hope to individuals and families in West Niagara, come to our Annual Benefit Banquet on October 27, 2023

Call 905-309-0944 for more information or to reserve your seat.

Cost? Free Will Offering

EXECUTIVE DIRECTORS REPORT

On hot and humid summer days our heavy wooden front door sticks, so to get into our office you need to kick the bottom of the door to open it. Sometimes I think we should find someone to plane that door, and at other times I think 'there is nothing wrong with a little kick.'

While I was sitting in our waiting area mulling this over one morning, a woman came out of a counselling session and asked, "Who runs this place?" Immediately I put up my hand and with a huge smile on my face I said, "I do." She was surprised to see me in the waiting room. She went on to explain that she was so grateful for the help she is receiving from her counselling visits at Grimsby Life Centre. She noted that she did not have the financial resources to go elsewhere and 'this place' has made a profound difference in her life.

This compliment really made my day, as occasionally the negative voice inside my head needs to be 'kicked out' so that I can see the positive in certain situations. Grimsby Life Centre continues to offer help and hope, kicking out the negative thoughts and helping people see HOPE in their situations. We are so very grateful for your continued prayers and support as we provide free and confidential services while continuing to be a source of God's light and grace in this world.

~ Lisa Heuving, Executive Director



WELCOME ABOARD!



We wish to introduce Shelley Bray as a new counsellor joining the team at Grimsby Life Centre. Over the span of her career, Shelley has had experience working with a variety of individuals in a multitude of situations. Shelley is a recent graduate of Yorkville University and is thoroughly enjoying her time working here.

When asked what she enjoys about her job the most, Shelley replied that it is a privilege to work alongside clients on their self discovery journey and path to healing by the grace of God.

Shelley and her husband reside in Grimsby and thoroughly enjoy living in this community.

FAMILY AND MARITAL COUNSELLING • INDIVIDUAL SUPPORT • YOUTH AND CHILD SUPPORT
CRISIS SUPPORT • ANGER MANAGEMENT • DEPRESSION AND ANXIETY SUPPORT

TO BOOK AN APPOINTMENT
PLEASE CALL: 905-309-0944

COUNSELLOR'S CORNER



People who walk in freedom and health accept help. Help can arrive from many sources – keep trusted friends close – seek out a Counsellor, Life Coach, or Mentor. Get the feedback, tools and support you need to overcome. In the healing process consider the following:

Take Responsibility. Don't blame others. Don't wait for others to change in order for you to feel better or grow. Initiate and focus on thoughts, decisions and habits that can move you forward.

Always hope. You may be facing situations where choices/options seem to have disappeared. There is always hope, but you may have to be willing to hear some hard truths. The truth will set you free, but it may make you mad at first.

Want It. Get hungry for it. Don't just wait to be rescued. Do the work with a sense of expectancy to get what you want and maintain a teachable spirit and good attitude.

Do the work. Be an active listener. Take notes or journal learnings. Otherwise you will lose what "Hit Home" within hours of hearing it.

Where there is no counsel, the people fall; but in the multitude of counselors there is safety. Proverbs 11:14 NKJV

~ Ted Vandermolen, Counsellor



Board of Directors: As the fall season approaches, we thought it would be a good time to take a picture of the 2023-2024 Board of Directors. Left to Right, Robert Jones, Amanda Pyper, Sam DaSilva, Ruth Veldhuizen, John Kendall, Lisa Heuving and John Vandermeij. A hearty welcome to our 2 new board members, Robert and Ruth!

NEEDS, NOTES, + THANKS

Come and learn about the heart of Grimsby Life Centre Ministries at our 2023 Annual Fall Benefit Dinner

PROMISE+ Hope

Friday, October 27, 2023 6 pm
The Grand Olympia
660 Barton Street, Stoney Creek
Reserve your seat by calling 905-309-0944

☺ If by chance you have extra pump hand soap, toilet paper, paper towels, or Kleenex we could always use some for our guests.

☺ Homemade cookies are back! Thank you so much to our volunteer who diligently comes in on Mondays and drops off baked goods. There is nothing better than a homemade treat while waiting for a counselling session.

☺ Thank you to Project Trees for tidying up our outdoor space at the back of the building by re-purposing the wood of two messy evergreens. We are also grateful to no longer be sitting on pine sap!

☺ Silent Auction Items – We are looking for silent auction items for our banquet in October. If you have any 'new items', or perhaps a gift received that does not work for you that is 'auction worthy' please give us a call.

☺ Thank you to the Vandriel family for all the work they have been doing around the outside of the ministry centre. It looks so good!

☺ Our cleaning lady of the last decade is leaving us. Happy Retirement to Rhonda! Thank you for being such a faithful servant over all these years. We have been blessed by you, and we will miss you!

☺ Rita Fluit has finished her term on the Board, and we would like to thank her for the wisdom, candor, and grace she had while serving so faithfully for many years!



YES, I would like to support the ministries of the Grimsby Life Centre!

Name _____ Email _____
 Address _____ City/Town _____
 Province _____ Postal Code _____
 Donation \$ _____ Cheque - Payable to Grimsby Life Centre
 VISA Mastercard Please indicate: One time Monthly
 Cardholder Name: _____ Signature: _____
 Card# _____ Exp. Date: _____

You can also donate by visiting www.grimsbylife.org/donate. Official tax receipts will be issued for donations over \$25. Please do not send cash through the mail. Charitable Organization BN 80678 8824 RR0001