

"Relieve my troubled heart, and bring me out of my distress. Look at my misery and suffering, and forgive all my sins."  
—Psalm 25:17-18

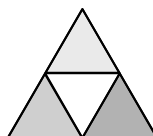
Life can be difficult.  
Things don't always go the way we want them to.  
Others don't always act in ways we would wish them to.  
It can be hard to know which way to turn.  
Often these situations are more easily managed with the assistance of someone who understand or knows how to help.

630-961-2538

You may reach Jane in the  
Alleluia! Counseling Office  
at  
630-961-2538.

Payment for counseling services  
is based on a sliding scale.

BCBS insurance is also accepted.



A Ministry of

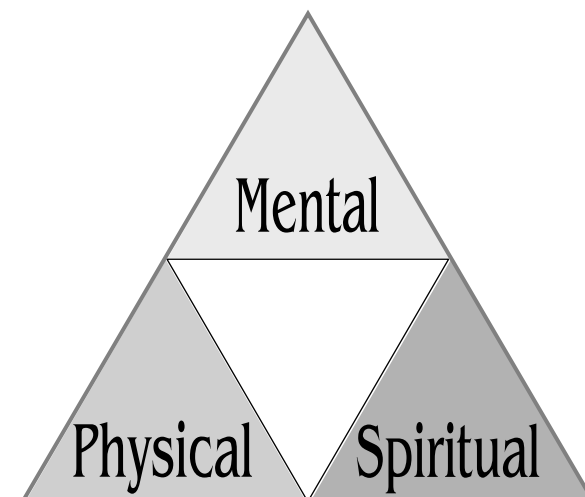
**Alleluia!** Come  
Connect  
Commit

4055 So. Book Road  
Naperville, IL 60564  
630-904-3311

[alleluia!lutheran.org](http://alleluia!lutheran.org)

8/2014

# Counseling Services at Alleluia!



Assistance in  
maintaining a healthy  
balance for yourself  
and your family.

630-961-2538

## What do Counseling Services Provide?

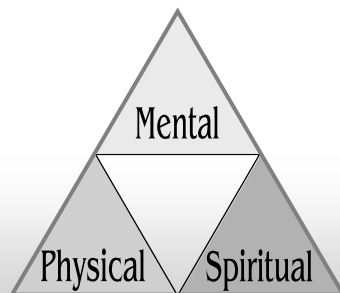
Counseling sessions at Alleluia! offer help and hope by being:

- Safe
- Confidential
- Caring
- Non-Judgmental

Services are available as:

- One-to-One Interactions
- Couples Sessions
- Family Sessions
- Private Settings

Support Groups may also be offered as needs arise within the Alleluia! congregation.



## Who are our Alleluia! Counselors?

Jane Kahle is a licensed counselor and has a Masters of Science degree in Counseling Psychology from Benedictine University. She currently provides family therapy and counseling services to adolescents and adult patients at the Linden Oaks facility of Edward Hospital.



Jane has also worked at the Care and Counseling Center, counseling teens and couples confronted with the stresses of unexpected pregnancy and other life issues such as depression and anxiety. Much of her work involves couple counseling and parenting issues.

In addition, Jane has been a trained Stephen Ministry Leader for 20 years and has served as the coordinator of the program at Alleluia! and Our Saviour's Lutheran Church. Married for over 30 years, Jane is the mother of two grown daughters.

Jane is very active at Our Saviour's, as well as in Naperville schools and other community organizations.

## Why Seek Out Counseling Services?

Counseling can be useful in helping to manage many life issues such as:

- Relationships Problems
- Family Therapy
- Marriage Difficulties
- Depression
- Grief & Loss
- Life Transitions
  - Moving
  - Employment Changes
  - New Baby
  - Elder Care
- Stress
- Blended Family Issues
- Adolescents
  - Eating Disorders
  - Teen Behaviors
  - Anxiety & Stress
  - Depression & Self-Esteem

