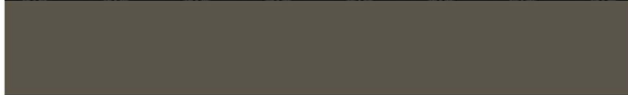
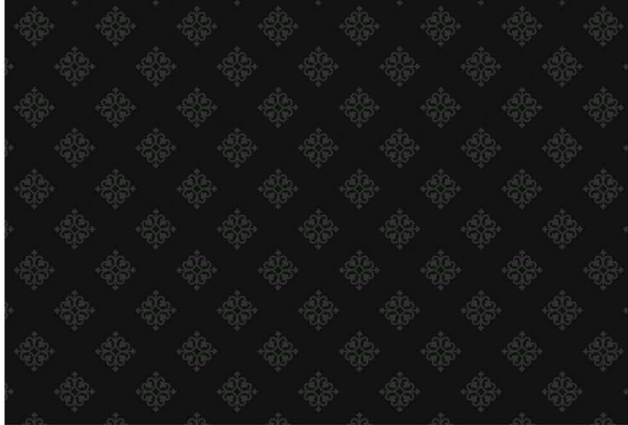


Still have questions?
Contact us today!

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lifeCARE Counseling and Recovery

*a valued part of
Caring Ministries*



lifeCARE Counseling and Recovery

Our church seeks to help those going through life struggles. We help meet the needs of our congregation and our community through counseling, support, and recovery groups.

lifeCARE Counseling

We offer pastoral, intern, or lay counseling for individuals and families (usually up to 12 sessions). Talk to us about depression, anxiety, abuse recovery, addictions recovery, anger problem resolution, relationship difficulties, divorce, grief, and loss. Low-cost and scholarship-funded counseling sessions are also available.

As needed, we can also provide professional assessments and referrals for psychological testing, psychiatric treatment, and other additional support.

Freedom in Christ

Designed to resolve emotional and spiritual conflicts, Freedom in Christ sessions are led by trained lay counselors who incorporate short-term intercessory prayer with discipleship counseling.

Recovery Groups

Some groups are gender-specific, so note those that are marked: W for women, M for men.

Abuse W

A group for women in recovery from physical, sexual, or emotional abuse. Meets Friday from 8 to 9 p.m.

Adult Children of Alcoholics W

A recovery group meeting Fridays from 8 to 9 p.m.

Anger M W

An 11-week study on *What's Good About Anger*. Meets periodically throughout the year. A men's recovery group is available Fridays from 8 to 9 p.m.

Anxiety and/or Depression M W

A recovery group for men or women that meets Fridays from 8 to 9 p.m.

Celebrate Recovery M W

A Christ-centered, 12-step recovery program based on the Beatitudes of Jesus Christ. Dinner is available at 6 p.m., followed by a large group meeting at 7 p.m., small groups at 8 p.m., and a dessert café at 9 p.m. A program for kids is also available from 7 to 9:30 p.m.

CR Inside M W

Takes the 12 steps of Celebrate Recovery to the inmates at McHenry County Correctional Facility.

Chemical Dependency M W

A recovery group meeting Fridays from 8 to 9 p.m.

GriefShare M W

A 13-week nationally recognized support group for those grieving the loss of a loved one. Meets Thursdays at 7 p.m.

How We Love: Marriage Class M W

A small group for those wishing to build intimacy, passion, and commitment in their marriage. Meets periodically throughout the year.

Sexual Addiction M

A recovery group meeting Fridays from 8 to 9 p.m.

Training

Hope Builders offers training for those who have a heart for care-giving relationships, better equipping adults to serve in EFCCCL ministries.