

CALEDONIA	
Caledonia Clinic	616/891-8770
CUTLERVILLE	
ADD Institute	616/281-6311
Campus Clinic	616/455-5270
ECT Clinic	616/281-6341
Psychological Consultation Center	616/281-6382
GRAND HAVEN	
Grand Haven Clinic	616/847-5145
GRAND RAPIDS	
Belknap Commons	616/742-9940
DeMey Southeast Clinic	616/242-6400
Northeast Clinic	616/364-1500
GRANDVILLE	
Southwest Clinic	616/222-3700
GREENVILLE	
First Congregational Church	616/754-5878
HASTINGS	
Hastings Office	616/891-8770
HOLLAND	
Holland Clinic	616/820-3780
KALAMAZOO	
Kalamazoo Clinic	269/343-6700
LAKE ODESSA	
Lake Odessa Office	616/374-7012
MUSKEGON	
Mercy-Muskegon Clinic	231/733-8231
ROCKFORD	
Metro Health Rockford Plaza	616/364-1500
TRAVERSE CITY	
Sutton's Bay Office	231/947-2255
Traverse City Clinic	231/947-2255
WALKER	
Northwest Clinic	616-252-8371
WYOMING	
Wyoming Clinic	616/252-8371
ZEELAND	
Zeeland Clinic	616/741-3790

As a member or regular attender of First Christian Reformed Church you are eligible for free participation in this Pine Rest Church assistance program. If you have questions about how this program works you can contact one of the following:

Church Office: 453-4370
 Mark Van Drunen: 334-7994
 Kris Bouwma: 243-6739



650 Bates St. SE, Grand Rapids, MI 49503
 office@firstcrc.org
 616-452-4370



CHURCH PROGRAM
 ASSISTANCE

1-800-442-0809



CHURCH ASSISTANCE PROGRAM

The Church Assistance Program (CAP) is there to help you with life's problems. **First Christian Reformed Church** has contracted with Pine Rest Christian Mental Health Services to provide professional counseling services to any church member who needs help.

What is the Church Assistance Program?

The Church Assistance Program is a **confidential** service. It provides professional counseling to parishioners, their spouses and children living in the household.

Who can use the CAP?

All parishioners and members of their households can use the CAP for help whenever a personal problem is troubling them.

How do I contact the CAP?

- The 24-hour, 7 day-a-week **Hotline** puts you in touch with the CAP.
- A counselor will call you back within one hour to talk with you
- The Hotline number is 1-800-442-0809.
- You have **two** face-to-face visits to meet with a counselor to figure out what to do.
- A complete list of Pine Rest locations and phone numbers are on the back page.
- **You may also call a Pine Rest clinic directly to make an appointment.**
Please make sure to identify yourself as a CAP member.

What kinds of problems do people contact the CAP about?

Common problems include:

- Marital or family conflict.
- Substance Abuse.
- Depression, anxiety, and other emotional problems.
- Legal and financial difficulties.
- Work-related problems.

What will the CAP cost me?

These services are available at **no cost** to you. This program does *not* cover the costs of referral after the CAP visits. Your medical plan may cover these costs. The CAP will work with you to determine the most economical method of coverage.

Is CAP confidential?

CAP visits are completely confidential. Information reported to the Church is always reported *without names*. The report only gives the number of contacts to the CAP.

What if I have another problem after this one is solved?

You have two sessions for any personal problem. If you have another problem you may have two more sessions.

The Church Assistance Program

1-800-442-0809



Map of Outpatient Clinic Locations

