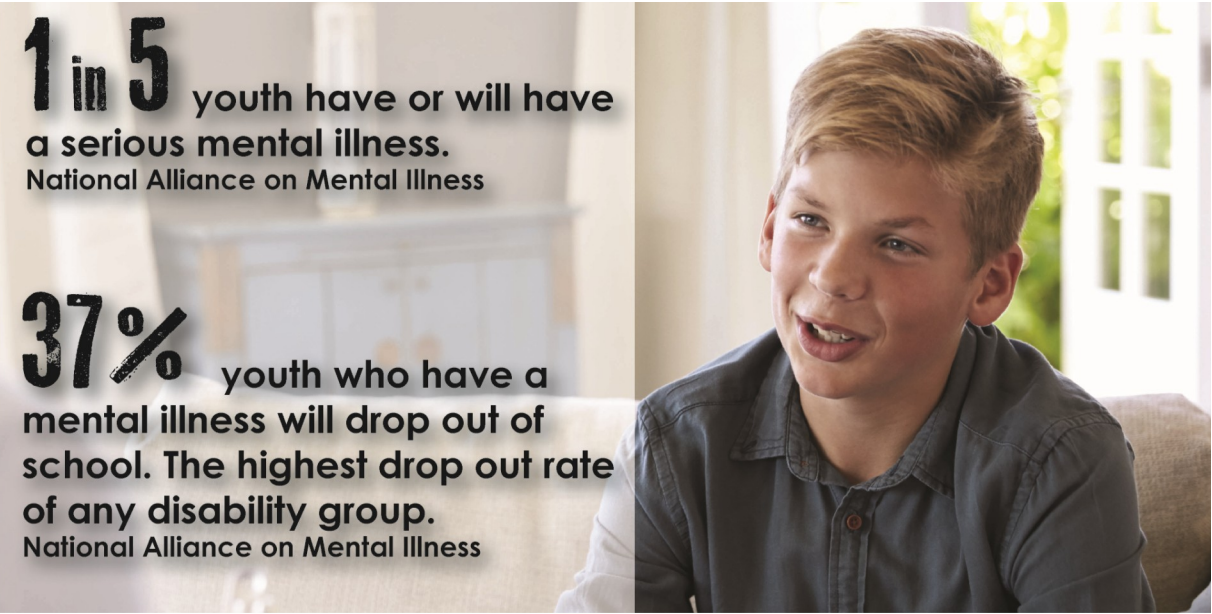


A Place of Grace & Healing



1 in 5 youth have or will have
a serious mental illness.
National Alliance on Mental Illness

37% youth who have a
mental illness will drop out of
school. The highest drop out rate
of any disability group.
National Alliance on Mental Illness

James and Kris – Fall is here!

Have you felt it in the cool air or noticed it on the shelves at Wal-Mart, Office Max, and Target?

School has begun, the school supply shelves at the stores have emptied, and kids and parents have both eagerly and not so eagerly have started their school year routines.

We have felt it here at Valley Christian Counseling Center. Our front desk staff have seen an increase in new appointment requests. The back to school time is an important, but sometimes stressful, time of year.

Valley is here not only for the adults, but for children and teens too. Over 200 kids, ages 2 to 20, find a place of healing at Valley each year.

Did you know that 37% of teens with a mental illness will drop out of school? This is the highest dropout rate of any disability group. And this does not even touch those who struggle with life's general struggles. **There are many reasons children are seen in counseling, including stress, anxiety, depression, parent-child conflict, mood disorders, trauma, grief, ADHD, and educational concerns.**

All kids face ups and downs, but if there is a significant change in behavior, academics, relationships, or if thoughts of self-harm present themselves, that is when their parents turn to Valley's counselors.

Kids need a safe and understanding space to express their thoughts and feelings. **Children's therapy is vastly different from adult therapy, as kids struggle with verbalizing their experiences and emotions.** Using shared experiences in art, games, and toys, each clinician can draw out the child's story in a natural and comfortable way.

That is why we need to provide a place that provides:

- A large sensory area or wall
- A toy "library" to provide a rotation of toys to keep things new and engaging for the kids who see us for a year or more.
- Art experiences as they explore and communicate their feelings

We are asking our supporters, like you, to help provide a safe place for kids to heal, grow, and thrive.

Will you consider giving a gift of \$40, \$80, or \$140 today? Your generous donation will help provide a place for a kid to find healing through an hour of counseling and give the gift of empowerment for the bullied, the anxious, and the isolated.

Together, we can help kids transform intense hopelessness.

Sincerely,



Dan Borsheim



valleychristiancounselingcenter.com

701.232.6224

P.S. On October 1st you can come and celebrate with us at our Grand Opening event! Valley will be inviting you to come and take a tour of our new building in Fargo – including our new children's wing. Keep your eyes open for more details!

"I believe that being a therapist is not only a vocation but a calling. Nothing energizes my soul more than equipping people with skills to help them unlock their full potential; to discover the unique gifts that God has given them.

I've been blessed with amazing experiences working alongside children and families from a wide variety of backgrounds. I am committed to providing a safe, non-judgmental and compassionate environment where individuals can feel open to address issues and meet personal goals."



Elizabeth Conkins
Licensed Independent
Clinical Social Worker