



Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

October 2009

Working with the therapist at Ecclesia Christian Counseling has been a wonderful investment of my time and money. She has helped me to focus on real issues that have plagued me for years as well as understand God's incredible love and concern for me. My anxiety level has greatly decreased while my trust in God has grown. My ability to let go of old fears and crippling thoughts has been tremendous.

NB

Signs and Symptoms of Depression

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** No interest in or ability to enjoy former hobbies, pastimes, social activities, or sex. ●●●●
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
- **Psychomotor agitation or retardation.** Either feeling “keyed up” and restless or sluggish and physically slowed down. ●●●●
- **Loss of energy.** Feeling fatigued and physically drained. Even small tasks are exhausting or take longer.
- **Self-loathing.** Strong feelings of worthlessness or guilt. Harsh criticism of perceived faults and mistakes. ●●●●
- **Concentration problems.** Trouble focusing, making decisions, or remembering things.

Depression is what's happening to you, it does not need to define you.

Join Us!... for Speaker's Night

Thursday, October 29th ...

6:30 to 8:00PM

Baby Wearing, and Infant Massage



Debbie Page, RN, IBCLC, CEIM, founder of The New Baby.com will speak on the issues of baby wearing and infant massage. Her company stresses, Your Baby...Your Instincts—Our Specialty Helping mothers fall in love with breastfeeding and bonding with their babies. Their programs feature Lactation Consultations. Debbie can be reached at: The New Born Baby.com 978-422-9070.



Counseling in Crisis

Rose Marie Jackson, LCSW, AACC will present a seminar for lay counselors on responding to the needs of people in the midst of a traumatic event. She is a state trained Behavioral Health Responder, past Board of Health member for Winchendon, MA and partner of Ecclesia Christian Counseling. Saturday, October 17 9AM to 12 Noon Fee: \$30

Mercy... freely given, so freely give

He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

[Micah 6:7-9](#)

Insurance Update....Beth Henrickson, LMHC is now accepting Aetna and Blue Cross insurance. Openings are available for children, adolescents and adults with evening and weekend appointments.

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