

Journeys: Virtual Edition

We connect mind and spirit so individuals, families, organizations and communities thrive. YOU make it possible.

In This Issue

[Designate Thrivent Choice Dollars today](#)

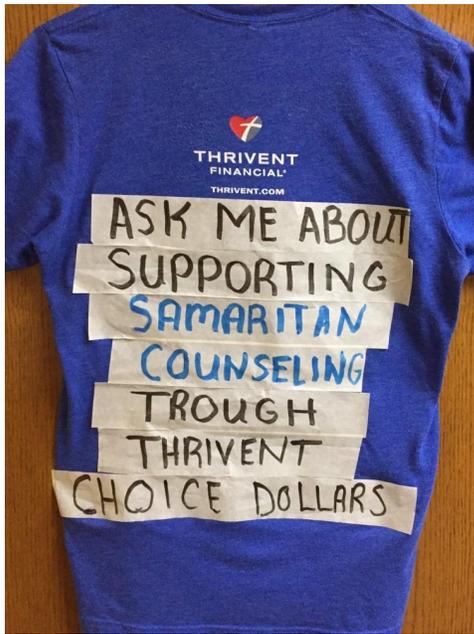
[Stressed? Try this meditation](#)

[Nominate a strong woman today!](#)

[Save the Date - Silent Samaritan Campaign](#)

[Faith Leaders Learn about Living in Recovery](#)

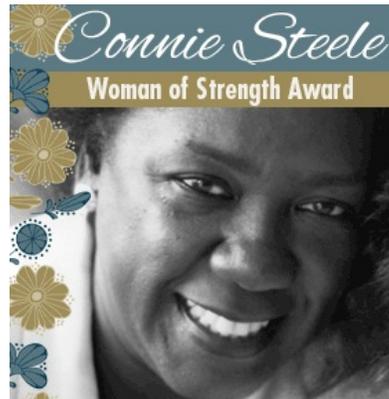
**Are you a member of
THRIVENT FINANCIAL?**



**Your 2017 Choice Dollars®
designations are due March 31.**

Looking for an organization to which you can designate your Thrivent

**Know a strong woman?
[Nominate her today!](#)**



Samaritan Counseling Center is now seeking nominees for its [2018 Connie Steele Woman of Strength Award](#).

The award honors a woman from the **Fox Cities, Heart of the Valley, New London, Oshkosh and surrounding areas** who exemplifies these traits: strength of character, integrity, generosity, faith, courage, optimism, persistence and community service.

The award is named for the late Connie Steele, former senior legal counsel for Thrivent Financial. Steele served on the Samaritan Center board.

Deadline for nominations: **March 14**

Nomination information is available [online](#).

SAVE THE DATE

Choice Dollars®?

Eligible Thrivent Financial members can recommend where Thrivent distributes a portion of its charitable outreach funds using a vehicle called Choice Dollars®. This is part of the Thrivent Choice® member-advised charitable grant program.

Samaritan Counseling Center is enrolled in Thrivent Choice® and **accepts Choice Dollars®**.

Designate your Choice Dollars® today and make a difference!

Visit [Thrivent Choice®](#), live generously and learn more.

**Got Stress?
Try this Lake Meditation!**



Everyone's mental health can benefit from mindfulness practices. **Therapist Jonn Schaller, MS, LPC-IT**, recently guided our staff in a wonderful mindfulness exercise with a version of the Kabat-Zinn Lake Meditation.

Want to experience it yourself? Use this [recording of the Lake Meditation](#). Just find 20 minutes, a comfortable spot to lie down or recline, and give it a try. Your mind will thank you!

John enjoys working with clients 12 and up, including couples and families, on a



Silent Samaritan Campaign (Mar-May)
and
Thank You Luncheon

Silent Samaritan Campaign (Begins in March)

Annual campaign raises money for Samaritan Counseling Center's Samaritan Fund so low-income women can access counseling they need.

*For giving a gift of hope to the campaign,
you're invited to a*

Thank You Luncheon

Thurs., May 10, 2018

11:30 a.m. - 1:00 p.m.

NEW LOCATION: The Grand Meridian
26211 N. Oneida St., Appleton

Suggested gift: \$ 100 or more

**MORE CAMPAIGN AND LUNCHEON
DETAILS COMING SOON!**

Luncheon Keynote:



**Executive community
and business leader
Beth Davis**
of Community First Credit
Union

will share her ***story of
being a woman in need
and becoming a woman
of strength.***

Learn more about the [campaign](#).

Faith Leaders Learn about Living in Recovery



wide range of issues. He sees clients in our Menasha office.



[John Schaller](#)
MS, LPC-IT

Samaritan Counseling Center

Contact:

[Lisa Strandberg](#)

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Communications
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More than 20 faith leaders from 13 faith communities continued their study of mental health in ministry this month.

They gathered on Jan. 18 for the fourth session of the Faith Leader Mental Health Integration Project. Their focus: Living in Recovery.

Their overall goal is to equip themselves to minister effectively as mental health "first responders" in their faith communities in beyond. Topics have included depression, substance use and crisis de-escalation.

Learn more about this collaboration with NAMI Fox Valley [here](#), or [contact coordinator Doug Bisbee](#) for information.

[Donate Now](#)

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