



COUNSELING AVAILABLE



Do you struggle with grief, anxiety, or depression? Are you overwhelmed by a recent crisis, your family dynamics or work concerns? We all have times when life's circumstances don't match our expectations, when we are faced with crisis, or when our mental health becomes fragile. As Minister of Families at First Presbyterian, Kristi Ernsberger is available to provide 3 free sessions of confidential, professional counseling to anyone who participates in the life of this church.

If you feel you need to talk to someone who uses Christian values and principles to bring hope and meaning to your life, please contact Kristi at the church (663-1187 ext. 205).



In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory, and honor when Jesus Christ is revealed.

1 Peter 1:6-7