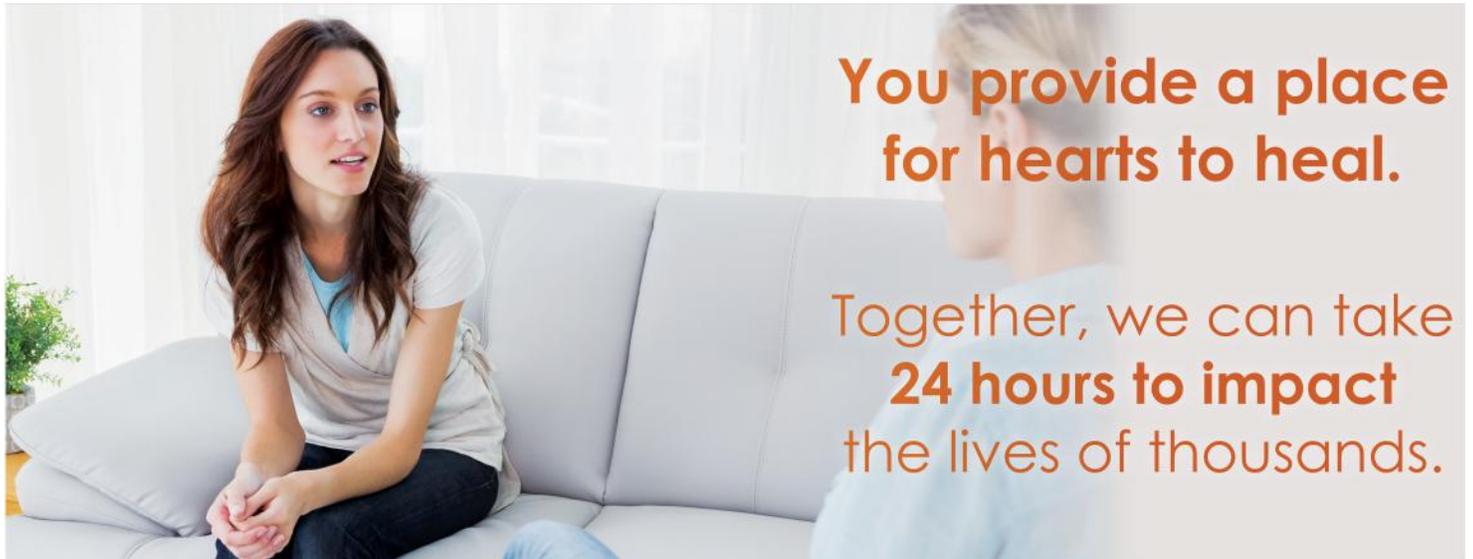




January 2018

VALLEY CHRISTIAN
COUNSELING CENTER INC.

February Means Giving Hearts Day!



You provide a place
for hearts to heal.

Together, we can take
24 hours to impact
the lives of thousands.

Thank you, for making an impact in the healing of the Red River Valley.

INSIDE:

Your Giving Heart
Is Shattering
Barriers

A Growing Need

You Are Invited:
Chili Cook Off

From Dan's Desk

You Can Help
Thousands

“Several years ago, I found myself in a very gray place. I felt like I was failing at everything and all I wanted to do was crawl in my bed and sleep. I **felt broken...physically, emotionally and spiritually.** Through the help I received at Valley and by the grace of God today **my brokenness is being healed.”** *(Read the whole story on page 2)*

We are in the fight against hopelessness and isolation. Valley's licensed counselors provide an unique combination of mental, emotional, and

spiritual healing to those wading through life's struggles. We provide a place of grace and healing.

Over 1,630 people come to Valley every year to benefit from our unique approach to mental health, bringing wellness to the whole person.

Thank you for your support throughout the years and for your support on Giving Hearts Day.

You can help thousands . . .

(Continued on back)

Your Giving Heart Is Shattering Barriers

Your gift will make an impact.

"I felt broken. . . physically, emotionally and spiritually." This is how Becca* describes her debilitating depression.

Becca was a stay-at-home mom raising her three kids. Her energy was zapped and she was stressed as she was trying to figure out how to balance everything in life: how to be a good mom, the wife her husband needed, a good friend, and the daughter and sister her family wanted.

Becca felt like she was failing at everything. She just wanted to crawl into her bed and sleep.

At her yearly physical appointment God gave Becca the courage to tell the nurse what was going on, not only physically, but emotionally, and to ask for help. The nurse directed her to other doctors for help with her stomach pain and recommended medication and counseling to help with her depression.

Becca has seen many doctors over the years for her physical pain and is thankful to say they helped her gain control of her physical pain. But she still struggled with emotional pain.

That is how Becca came to know Valley Christian Counseling Center. At Valley she was given tools to manage her emotions and was directed toward the hope and healing only God can give.

Becca says this about her counseling at Valley: **"Through the help I received at Valley and by the grace of God today, my brokenness is being healed."**

Can you imagine knowing that you or someone you love desperately needed help, but barriers stood in the way? Long wait times. Financial hardship. Costly bills. Fear that your faith would be belittled.

Thank you for shattering those barriers for people like Becca who are searching for hope and healing. Thank you!

With love and thanks,
From all of us at Valley!!

**Name changed for privacy*

We provide the Red River Valley with professional, licensed counselors who invite Jesus into brokenness.

Over 700 people came to Valley for the first time in 2016. **There could have been more.**

Many sought us out, but with limited office space they faced a waiting time unacceptable to their urgent crisis. Others sought us out, but being bound by financial constraints they saw the cost as a barrier.

How can we better respond to crisis and shatter these barriers? Our setbacks create our dreams. Together in 2018, we can move to bring solutions to these problems and allow hundreds more to find hope, bandage wounds, and conquer battles.



You Are Invited!

Come and join us for a free bowl of chili (or two)!

You can warm your bellies and your hearts at this fun and family friendly **Giving Hearts Day** event!



CEF
CHILD EVANGELISM
FELLOWSHIP®
Since 1937 Reaching children worldwide™



VALLEY CHRISTIAN
COUNSELING CENTER INC.

With **4 wonderful non-profits** to support and over **a dozen churches with chili recipes** to vote for, we cannot think of a reason why you would miss this!

Live Music ♥ Games for Kids ♥ Taste Testing ♥ Guest Judges
Door Prizes ♥ Great Food ♥ Great Causes ♥ #CountMe



Giving Hearts
← FEB **Day** 8TH →
givingheartsday.org

Battle of the Churches
Chili Cook Off

February 8, 5:00 – 7:30pm
At Bethel Evangelical Free Church

From Dan's Desk

Thank you for making healing available to our community.

I am so impressed with what has happened for **non-profit organizations like ours through Giving Hearts Day**. This community is truly a giving community that cares deeply about the causes of our non-profits.

To so many of you who have given to Valley through Giving Hearts Day I simply and humbly say Thank you, Thank you, Thank you. We have been so blessed by so many of you.

Last year, 173 of you generously gave in a 24 hour period. Your total? A blessing of \$49,760. We were blown away with the generosity. It was truly a blessing to our ministry and to those that we serve.

In 2017 we had over 900 new people come to Valley for their first appointment. Many of them needing financial assistance.

Because of you we can be available to those who need our services. Thank you for being a part of our team.



Sincerely,

Dan Borsheim, CEO

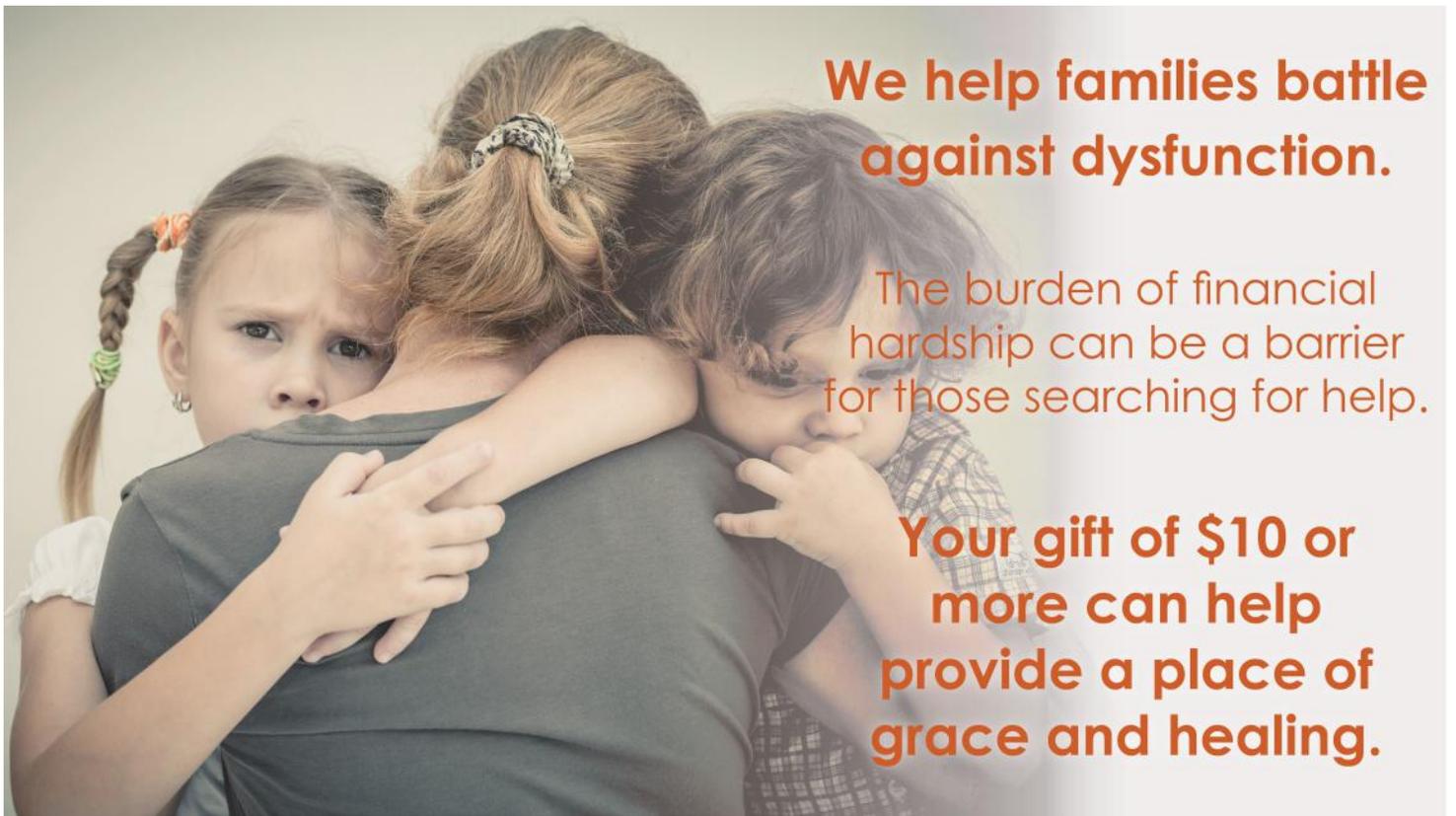
You can help thousands.

Your gift of \$10 or more on Giving Hearts Day will help Valley move forward and work on solutions so we can bring healing to more people in the Red River Valley.

Here is what you need to know to express your generosity and give from your heart to help heal the hearts of others:

- ♥ **On February 8, you have 24 hours to give** and watch your gift make an amazing impact in your community.
- ♥ A few of our generous supporters will **match your donations up to a significant amount!**
(Our match amount is still being raised. Be on the lookout for the final announcement!)
- ♥ **You can give online at GivingHeartsDay.org or you can mail in your check, dated February 8, 2017.** *(Checks must be received before or on February 8.)*

You can contact Kris at kris.fraser@valleychristiancounselingcenter.com or 701.232.6224 with any questions!



We help families battle against dysfunction.

The burden of financial hardship can be a barrier for those searching for help.

Your gift of \$10 or more can help provide a place of grace and healing.