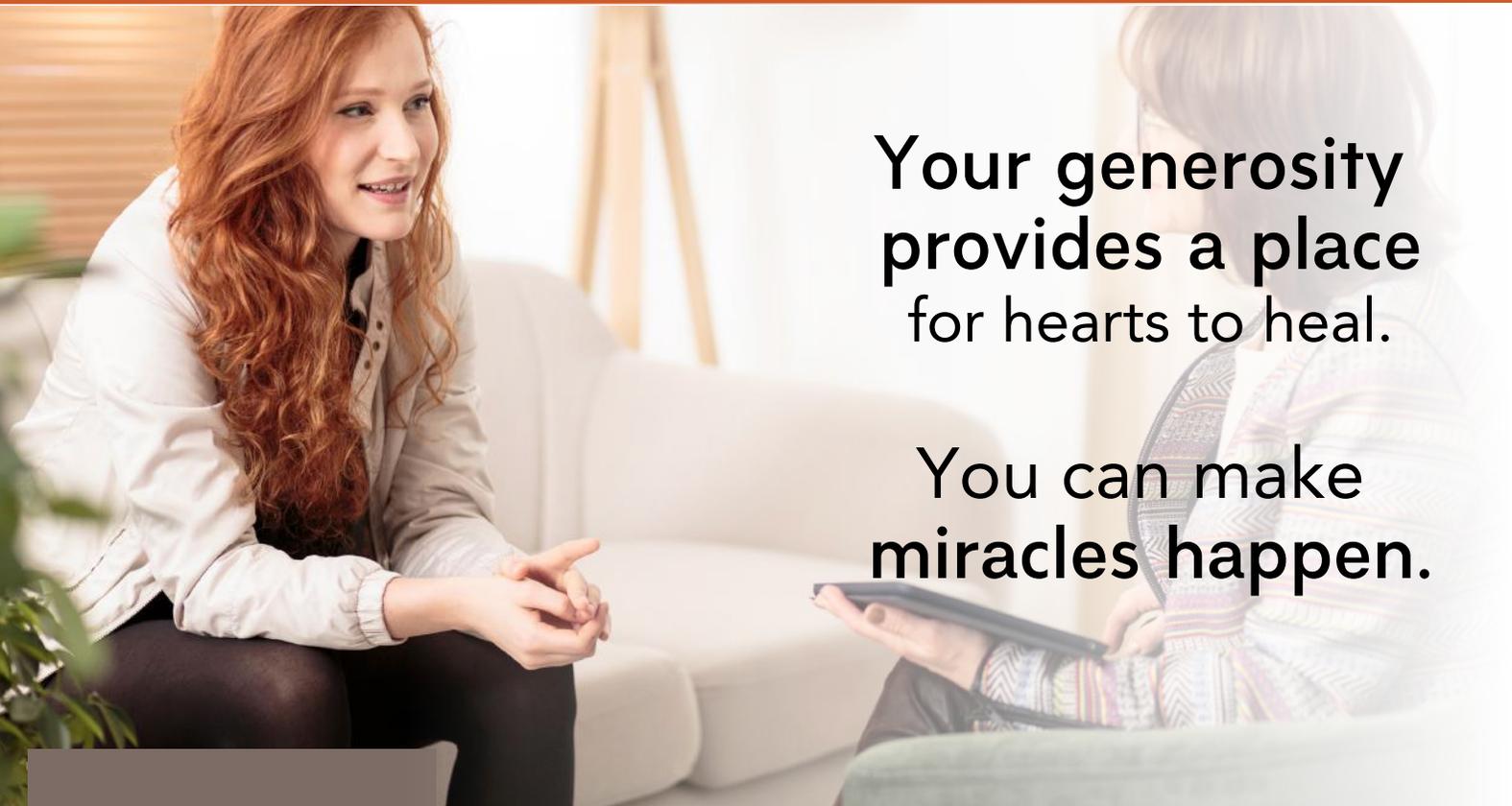


# A Place of Grace & Healing



**Your generosity  
provides a place  
for hearts to heal.**

**You can make  
miracles happen.**

## INSIDE:

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HOPE in the midst of  
pandemic

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Tools from some  
of our counselors!

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From Dan's Desk

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Opportunities to Help

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Even in the midst of pandemic, we held over 850 appointments and saw 48 brand new clients in March!

We are grateful to continue to have the opportunity to bring hope and healing to our communities during this time. Our hearts hurt when we think about how many people are searching and waiting for healing.

Thank you for being a critical part of this mission. It is needed now more than ever. Your generosity continues to provide a place of healing for our clients.  
**THANK YOU!**

# WE'D LOVE TO INTRODUCE YOU TO SOME OF OUR COUNSELORS

AND EQUIP YOU WITH A FEW TOOLS TO NAVIGATE THE PANDEMIC

## JOHN JOHNSON

FERGUS FALLS / FARGO

Continue to actively engage others through technology and appropriate physical distancing; Avoid isolation as anxiety can feed off of itself.

Share concerns and needs with each other. Encourage those around you by talking about answers to prayer or other successes.



## HEATHER BJUR

FARGO

HOPE. I am reminded daily that our hope is not in this world. It is not in government, financial security, marriage, fitness, or education. Our true life awaits us in Heaven. Our true home awaits us in Heaven. Our true healing awaits us in Heaven. Jesus is our only true hope, and he will never fail us, leave us, or forsake us.



## KATIE WAYT

FARGO

Grow something!

It can be a nice reminder that though it may be hard to see today, God is at work and will use all things for our good and His Glory.



## AMY TAHRAN

VALLEY CITY

It is okay to do less when you are coping with more!

That being said, schedules and routines can be very helpful to maintain some sense of control and normalcy.



## SHANNON HEICK

FARGO

Try mindfulness to increase your resilience and strengthen your immune system!

We now have a decade of studies to support the positive benefits of mindfulness on the body and mind. My favorite apps are: Abide (a Christian meditation app) and Smiling Mind (which is FREE and has meditations for adults AND children!)



## KRISTIN SHARBANO

FARGO

This is a great opportunity for more quality family time together, but it is also very important to remember that we all need alone time as well!

Find some creative ways for family members to get their time alone to recharge.



# FROM DAN'S DESK

Jesus said in John 14:27, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

In my experience, PEACE is one of life's most valuable commodities. Through having lived many years, I have found that the "lack of peace" takes all the hope and joy out of life. Over my many years as a counselor of marriages and individuals, I believe the same is true among all people. Certainly, depression and anxiety come from a lack of peace.

During this time of COVID-19, many report fear of increases of domestic violence and abuse. We don't have accurate numbers of how prevalent this is due to isolation, but local police are reporting more calls than usual. Certainly this environment is conducive to frustration, anxiety, and a sense of hopelessness.

This is why we are here! One of the enemies we fight is the lack of PEACE. Our counselors have dedicated their lives to helping people find peace in the midst of life's struggles. The need now and in the coming days is greater than ever. I am so proud of the way our counselors and staff have stepped up to the task during this time!

Please pray for us as we seek to fulfill our mission in this difficult time. We want to help the people who come to us and point them to the God of PEACE!

To our family of donors and proud supporters, we say THANK YOU! Without you, we couldn't do what we do. We pray that you will stay healthy and experience the PEACE that only God can give.



Sincerely in Christ,

A handwritten signature in black ink that reads "Dan Borsheim". The signature is written in a cursive, flowing style.

DAN BORSHEIM, CEO

YOUR GIFT OF \$40 OR MORE PROVIDES A PLACE FOR  
CLIENTS TO GROW, HEAL AND PROCLAIM FREEDOM.