



## CONFIDENTIALITY

All issues discussed in counseling are held in the strictest of confidence. Your privacy is protected by the professional and moral ethics of our staff. Legal limitations will be shared with all clients in the first session or meeting. We want to assure our clients that the MCBC Counseling Department respects personal matters to the utmost.

## FEES

The MCBC Counseling Department does not charge for its services. Love offerings may be provided by making a notation "counseling ministry" on an offering envelope or through the church office.

## OFFICE HOURS

By appointment only.



Mount Calvary Baptist Church  
1745 Enterprise Drive, Bldg.2,Suite C  
Fairfield, CA 94533

## CHRISTIAN COUNSELING SERVICES



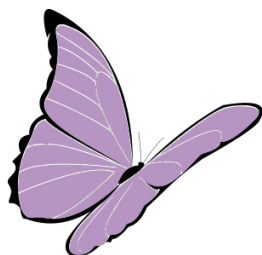
## MCBC COUNSELING DEPARTMENT

LIVING FAITH  
BRINGING HOPE  
SHOWING LOVE

Confidential Contact  
(707) 399 – 2495  
[Counseling@mcbcfs.org](mailto:Counseling@mcbcfs.org)

## COUNSELING DEPARTMENT STATEMENT OF PURPOSE

To assist individuals of all ages in developing and maintaining dynamic social, emotional and mental well-being in order to strengthen their relationship with God, self, family and their community



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## OUR SERVICES

- Counseling
  - Individual
  - Family
  - Group
  - Marriage
  - Couples
- Christian Mentoring
- Pre-marital Counseling
- Psycho –social and educational Groups
- Information and Referral Services
- Conflict Resolution
- Anger Management
- Girls' Empowerment Ministry
- Interpersonal Relationships
- Rejoicing In Recovery (RIR) – A Bible Based Recovery Program (meets weekly)
- Anchor of Hope – for families with incarcerated love ones

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*“Without counsel purposes are disappointed but in the multitude of counselors they are established. “  
(Prov. 15:22 – KJV)*

## SEMINARS AND WORKSHOPS

Throughout the year the MCBC Counseling Department offers workshops and seminars to increase awareness and assist the faith based community in maintaining its mental, emotional, and social well-being. Some of the topics covered are:

- Recovery from Divorce
- Grief and Loss
- Forgiveness
- Letting Go of Your Past
- Breaking the Silence and Stigma Surrounding Mental Health
- Stress Management
- The reality of Domestic Violence in the Church
- Dealing with Sexual Harassment in the 21st Century Church
- Parenting challenges, today's issues and your teen
- Self-Care, Compassion, Fatigue and Ministry

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## STAFF



We are staffed by both professional and lay counselors. Our lay counselors have been trained in biblical counseling. All counselors have on going supervision and consultation.

The Counseling Team:

- Masters and Doctorate (registered and licensed)
- Lay Counselors
- Recovery /Addiction Work Counselors
- Spiritual Guidance - Ministers