



## Happy Holidays!

Welcome to the first issue of our new monthly e-newsletter. We hope you enjoy this new way to keep you informed of exciting news, events, and encouraging words from our counselors at Light of the Rockies.

Established in 1994, Light of the Rockies Christian Counseling Center has made it our mission to create the opportunity for affordable mental health care. It has been our passion to come alongside individuals, couples and families to provide counseling and prayer through the love and hope that only God can provide. Ever growing and expanding, Light of the Rockies continues to accommodate the need for more specialized means of caring and supporting our clients. As a 501(c)(3), we can meet that growing need, with the help of our community.

We currently have thirteen therapists, with one desire to walk alongside our clients to bring hope and healing to their situation, while offering a sliding scale to ensure that all people have an equal opportunity for affordable mental health care.



[Visit our Website](#)



## 5 Tips to a Better Holiday Season

by Kathryn Hughey

The Holiday's bring up a myriad of emotions: Joy, peace, contentment, and even grief, loneliness, sadness, and intense anxiety. Or all of them at once.

As a transplant to Colorado, I experience the pang of homesickness. Going "home" for the holidays is not an option, and so the Holidays are spent with just the four

**ReFUND what matters!**

ReFUND CO is a ground-breaking new way of charitable giving that enables taxpayers to donate any portion of their Colorado state income tax refund to any nonprot that is registered with the Secretary of State.

Launching in January of 2020, ReFUND Colorado will allow you to donate your state income tax to a local nonprot that you believe in! of us. For someone used to big family functions...

[Read More](#)  
Click on the link below to learn more about how to ReFUND CO.

Read More

## A Note from our Executive Director,

Chris Bassett, MA, LMFT

God gave me a picture of our counselors doing our work in a barn shaped building, back in April 2017. After looking for a larger property for more than a year, God blessed us with our current location 2 years ago, in November 2017. Do you have that ability to see what something can become? When you start a project, are you creating what you saw in your mind's eye? The first time I saw the church where Light of the Rockies now exists, I could see a barn, being created out of the space where Mountain Life Church once was.

Counseling is a bit like that... When a client begins the process of counseling, they come in needing something in their life to change. It's our job as counselors to see into the future, to see what they can become, and the healing that God wants to bring. It's a joy to see God work through us, and each counselor at Light of the Rockies counts it a privilege to walk alongside clients through the journey to see the transformation that God brings. We have more than a baker's dozen in counselors, and we're seeing up to 225 clients per week! With all of this growth, we are expanding our building to create 4 more counseling offices, especially so that we can see more kids and teens. Guess what? The new building will be in the shape of a barn! With a grant provided by Group Publishing for \$25,000 and another grant from Foundations Church, we're expanding our space to accommodate the needs for clients seeking Christian Counseling. If you know of people or organizations who like to help fund capital campaigns, please have them reach out! We're continuing to raise funds for this project!



### PARTNERING WITH HNS:

Another way that God has been expanding our work is a partnership that we

have with House of Neighborly Services. Their Berthoud team (Jinger Tomassi and Glorie Magrum) have invited 2 of our counselors (Stephanie Harris and Erin Giveans) to serve the people of Berthoud and the surrounding areas on Tuesdays and Thursdays. Clients from Longmont, Berthoud and even south Loveland may choose to see their counselor at our Berthoud location starting in January 2020!

**SUICIDE PREVENTION TRAINING FOR FAITH LEADERS:** Through a grant provided by Bohemian Foundation, Light of the Rockies counselors have equipped leaders at 8 local churches to have conversations that help suicide with a training event called QPR. It stands for Question, Persuade, Refer, and is a very effective method of teaching community members and church leaders about how to have the important conversation to help someone who may have lost the hope to continue on in life. Since many people (churched and un-churched) will find their way to a faith leader when they're in crisis, this training equips leaders to feel confident and prepared to have such a conversation. We are open to training more leaders at more churches in this 90 minute training event (for up to 35 leaders at a time) so if you're interested, reach out to us!

If there is a way that Light of the Rockies can serve you or your organization, please let us know. We're happy to have a staff member come do a training for your group. We serve ministry leaders and missionaries too, and it's always confidential. We're grateful for your referrals and for the confidence you have in us.



Meet our Sta

Our sta at Light of the Rockies integrates their psychological education with the good news of Jesus Christ, with the hope to guide a healing process both psychologically and spiritually.

All of our therapists at Light of the Rockies specialize in Anxiety & Depression, Pre Marriage, Marriage, & Couples, Relationships, Spirituality, Identity, Self-Image & Self Esteem. Click below to read our sta bios and their individual specialities.

[Click Here to Read More About Our Sta](#)

## Upcoming Events in Fort Collins, CO



Colorado Gives Day!



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Contact us!  
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