

Are you looking for a non-judgmental and objective perspective?

Have you felt stuck with no new ideas on what to do next?

Would you welcome the chance to “hear yourself think” and gain some new strategies to do things differently?

Want to have encouragement and guidance from a distinctively Christian viewpoint?

Looking for ways to improve and enhance your personal relationships: spouse, child, friend or co-worker?



*“Cast your cares on the Lord
and he will sustain you”.*
Psalm 55:22

Our Clinicians



David E. Brown serves as Director and Lead counselor. He is a Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC). He brings over 30 years of experience working in the areas of marriage enrichment and relationship education.

Kristin Hardy, is a Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC). Her specialty is child and adolescent counseling. Her passion is helping children and youth deal with life's issues and struggles and supporting them as they find their way.



Zhela Bennett is a Limited Licensed Professional Counselor (LLPC). She has over 20 years experience in business, mentoring, and discipleship. Her training helps couples, individuals, and youth find a path towards healing and meaningful lives. She is also a certified trauma professional and EMDR trained clinician.

Dan Burke MA, LLP is a licensed psychotherapist with over 30 years of experience. He is trained in Dialectical Behavior Therapy. Dan's focus includes individual and family interventions. His passion is to help and challenge individuals to reach their full potential.



Trinity

Christian Counseling

Refreshing relationships through Christ-centered professional counseling



Acts 3:19
...that times of refreshing
may come from the Lord.

A ministry of Trinity Lutheran Church,
School, and Early Childhood Center
38900 Harper Avenue
Clinton Township, MI 48036
586.463.2921 www.trinityct.org

At times, we desire change, but lack the energy or motivation to get started.

Psalm 51:12 asks God to “grant me a willing spirit to sustain me.” Or to paraphrase *God, help me want to – “want to”*. So, if you are tired of sitting on “good intentions” and are ready to move on, here’s what to expect.

In the counseling session, you’ll set goals, describe your desired outcome, and discover your role in making those changes. You’ll identify new approaches and strategies you may have overlooked.

Some target areas include:

Relationships: premarital, marital, divorce prevention, interpersonal relationships; parent, teen and family

Parenting education: transition to parenthood, parenting through the life cycle, step-parenting

Grief and loss issues: loss of a loved one, divorce recovery, job loss, health issues

Life challenges: depression, anxiety, elevated stress, financial tensions



How do I make an appointment?

Call 586-468-0401 or email:
counseling@trinityct.org

How long are sessions and what times?

They are 50 minutes in length. Monday—Friday, regular hours between 8:30 a.m. and 8:00 p.m.

What is the cost? The standard fee is \$90 per session. A sliding fee scale based on household income is also available. Several insurance plans are accepted. For Trinity members and staff, there is no charge for the initial consultation session.



trinitylutheran
Engage God • Engage God's People • Engage the World

What about confidentiality? You receive private and confidential counseling. Exceptions are danger to self or potential for harm to others which will be reported as required by law.

Prior to your first session, you’ll complete an intake form providing some basic background information about your particular needs and goals.

For more information and to download forms go to: www.trinityct.org/counseling



Where are the sessions held? The counseling offices are in Suites 300 and 309 of the Olympia Building, 117 Cass Avenue, Mt. Clemens (near Cass

and Gratiot) . We are next door to Mt. Clemens High School and across from SVS Vision.

