



Dear Congregation of Immanuel Christian Reformed Church:

Effective January 1, 2021, Immanuel CRC in Brampton will be providing a Christian counselling ministry to all who have made Immanuel CRC their home church.

This ministry is being made available through Immanuel CRC's purchase of and participation in the Congregational Assistance Plan (CAP) from Shalem Mental Health Network. CAP has been modeled after that of an Employee Assistance Plan (EAP), which is how many companies offer brief solution-focused counselling support to their employees.

Many people come to experience times in their lives when they may feel overwhelmed with dealing with difficulties such as relational conflicts, parenting challenges, grief, anxiety or depression, separation or divorce, employment or financial problems.

If a time comes when you or someone in your immediate family may wish to receive professional input to help work through a personal issue or would like some support in communication or decision-making challenges - Shalem will connect you to the services of a Christian therapist. (Services may be in person when local support is available, or through a secured video conference connect or by telephone).

Criteria for CAP therapists is that they have a recognized university degree (generally Master's level) in a counselling related field, carry liability insurance, are members in good standing with a professional regulatory body approved by the Province of Ontario, and have a personal Christian faith that is integrated into their clinical practice.

The process to use CAP is that any adult or teen at Immanuel CRC may call Shalem's toll free number to request an appointment (1-866-347-0041). Shalem will then link you directly to a therapist who can best address your request. CAP covers the full cost for counselling sessions attended, with the option to continue privately beyond the 6 session CAP coverage. All information shared is kept confidential.

May you experience God's blessings through the CAP ministry,

Marg Smit-Vandezande, MSW, RSW  
Director of Congregational Assistance Plan and Clergy Care