

COUNSELING SERVICES

Counselor: Dr. Sanford Graves
407.869.0680, Ext. 121

People are the happiest when their thinking and behavior are consistent with the Maker's instructions. Each individual is ultimately responsible for his or her own thinking and actions. The mission of the counseling service at Forest Lake SDA Church is to help individuals, couples and families achieve God's best for their lives—emotionally, physically and spiritually. Toward this end, counseling is offered that focuses on awareness of present feelings, expression of these feelings, responsibility for feelings and choices for appropriate action based on a Christian perspective within biblical, ethical and legal guidelines.

“Great peace have they who love thy law, and nothing shall offend them.” Ps. 119

General Counseling

Counseling sessions are available for youth, adults and seniors in individual, couple, family or group sessions for such issues as:

Phase of Life Problems	Anxiety Disorders	Gay and Lesbian Issues
Depression	Panic Attacks	Gender Issues
Domestic Violence	Anger Management	Disruptive Behavior
Grief/Loss	Men's/Women's Issues	Mood/Affective Disorders
Personality Disorders	Relationship Issues	

Appointments with Dr. Sandy Graves, licensed professional psychologist (PY# 3909), are available Monday, Tuesday and Thursday from 9 am–4 pm and may be made by calling Dr. Graves at the church office, **407.869.0680, Ext. 121**.

Pre-marital Counseling

The pre-marital counseling is designed to meet personal needs as well as the state of Florida marriage license requirements. A minimum of four counseling sessions is required for procuring a Florida marriage license with a reduction in the cost of the license, and a minimum of four hours of counseling is required for a wedding to be performed at the Forest Lake Church. Points of emphasis in these counseling sessions include:

Communication	Finance	Conflict Resolution
Marriage Expectations	Children and Families	Leisure Activities
Role Relationships	Sexual Relationships	

Appointments for pre-marital counseling may be made with Dr. Graves, or with any one of the church's pastoral staff.

Couples and Marital Counseling

Prepare/Enrich Profile Assessment is the instrument utilized to develop both strengths and areas of potential growth for both marriages in distress and couples seeking to deal with the routine stresses of marital life. Individual sessions are scheduled as convenient. Spiritual counseling, if desired, is also available from the pastoral staff. Sessions are available for all age groups including seniors.

Appointments with Dr. Sandy Graves are available Monday, Tuesday and Thursday from 9 am–4 pm and may be made by calling Dr. Graves at the church office, **407.869.0680, Ext. 121**.

Divorce Care – New Hope

Weekly seminars for separated and divorced individuals offer help, assist in discovering new hope and aid in experiencing healing. These seminars are held every Tuesday evening from 6:30 p.m. – 8:30 p.m. in Room 3 of the church's educational wing at no charge. For more information, call **Malcolm Bernard at 407.782.3646**.

H.O.P.E. Pregnancy and Infant Loss Support Group

A place for grieving parents to find support and to connect with others who understand.

- 2nd Wednesday of each month, 7:00 p.m., Room 4
- No Charge to attend
- For more information, call **Angira Draggon at 407.733.3927**