

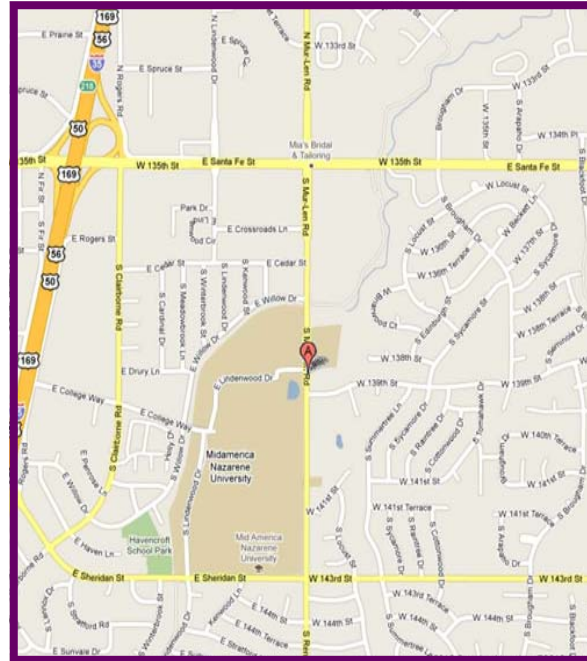
## LifeLine is part of Christian Family Services

LifeLine Counseling Center was founded in 1991 as a ministry of Indian Creek Community Church and became part of Christian Family Services (CFS) in February 2010. CFS is a ministry specializing in Adoption and Counseling Services since 1981.

Christian Family Services is a non-profit, family service organization governed and staffed by Christians who honor the sanctity of all human life. We exist to provide services to help people who struggle with personal crises and troubled relationships and to enhance the quality of family life. We serve the greater Kansas City metropolitan area.

As a result of our services, people find solutions to their problems and direction for their lives. Young women experiencing unplanned pregnancies receive emotional support and help in making critical plans affecting their children and themselves. Children are placed in adoptive homes where they are loved and cherished. Individuals and families are strengthened through our counseling services. To learn more about CFS, visit [www.cfskc.org](http://www.cfskc.org) or call 913.383.3337.

LifeLine together with Christian Family Services, both 501(c) (3) status, create a unique and complete continuum of services for individuals and organizations moving forward in their journeys.



**LIFELINE**  
Professional Counseling  
from a Christian Perspective

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**An affiliation of Christian Family Services,  
a licensed Adoption and Counseling Agency.**

## Starting the process of change



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# When your life is not working ...

## When life feels difficult

Often, we think that life should be easy, especially when other people's lives seem to run more smoothly than our own — and we wonder why we carry such an enormous burden. Or we think that our problems are insignificant compared to the tragedies in other people's lives— and we should just toughen up.

The truth is, no pain is insurmountable and no pain is trivial. Acknowledging how our personal pain affects us is the first step towards the life we want. Ask yourself whether ...

Emotional upsets seem to control your moods and behavior

You feel stretched to the limit in coping with the pressures of family or work

A specific situation in your life feels overwhelming or hopeless

LifeLine can help you sort through the different pieces of your life and give you tools you can use to see situations differently, stand up to the specific challenges in your life, and live your life in wholeness.



## We understand

Everyone struggles. Everyone has hopes, fears, doubts, hurts and secrets that he/she is afraid to share with others. Everyone's life is a "work in progress."

LifeLine offers a heart of understanding and acceptance.

We are convinced of God's grace. LifeLine offers a nurturing environment where it's safe to gather the courage to tell your story and share what you really want to change in your life. The process of change happens from the inside out, not from simplistic solutions. LifeLine humbly guides you toward new insights that start the process of change and growth.



## You have options

Our counselors are licensed and use clinically sound methods of education and counseling that are consistent with the principal doctrines of the Christian faith.

LifeLine provides counseling services related to ...

- Individuals
- Families
- Marital & Pre-Marital Issues
- Interpersonal Communication
- Depression, Stress & Anxiety Management
- Family & Divorce
- Adolescent & Teen Issues
- Children & Play Therapy
- Parenting Skills
- Women's & Men's Issues
- Addiction Recovery
- Physical, Sexual & Emotional Abuse Issues
- Anger Management Issues
- Grief & Loss Issues

## Life skills workshop

In addition to individual and family sessions, our counselors are trained to conduct workshops and retreats that provide insights and tools for corporate teams, administrative staffs, lay leaders and other groups related to topics of your choice, such as ...

- Managing our struggle between good and evil
- Conflict resolution skills
- Dealing with grief and loss
- Blended family parenting skills
- Developing emotional intelligence within Children
- Dealing with life's difficult questions



## We welcome everyone

We respectfully welcome anyone, regardless of faith tradition, who is seeking to create a more effective and purposeful life.

LifeLine is committed to providing professional, ethical and confidential services. Our counselors are available by appointment. As a non-profit organization we strive to maintain reasonable and affordable fee structures for our clients and services may be covered by insurance.

**LifeLine starts the process of change.**