

## CAP Counsellors

Shalem has carefully selected several counsellors in the greater geographical area surrounding the church. Therapists in other locations are also available, if preferred. All are professional, experienced counsellors with a passionate commitment to Christ. Each has a Master's degree in the field and is a member in good standing of a professional regulatory body.

*At the end of your sessions, you will have an opportunity to provide feedback to us regarding your use of CAP.*

## Enhancing Ministry

CAP is an exciting way for Community CRC to enhance our ministry. At times the deacons have supported some people financially to receive counselling. CAP is a natural extension of that practice.

Shalem will provide statistical reports to the church regarding CAP utilization, using only non-identifying information. This information may better assist the church in tailoring ministries to emerging needs.

**CAP is available free to all members and regular attenders of Community CRC**



1275 Bleams Road

Kitchener, ON

519-743-9482

[office@ccrc.on.ca](mailto:office@ccrc.on.ca)

[www.ccrcc.on.ca](http://www.ccrcc.on.ca)



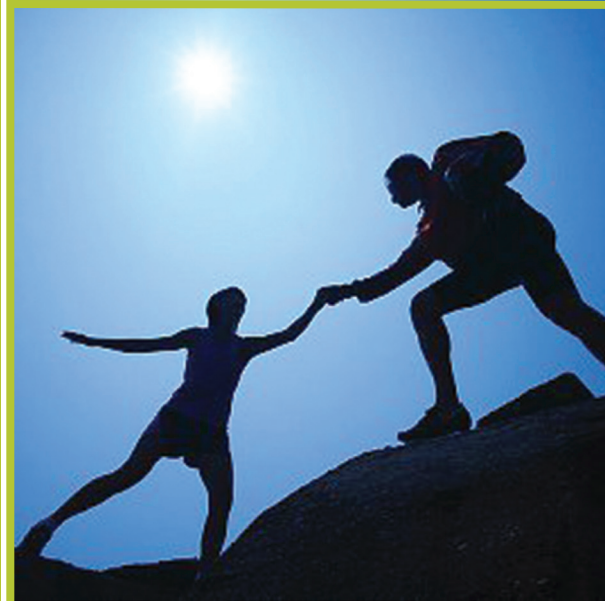
**shalem**

Mental Health Network  
Celebrating 50 Years

Toll free: 866 347-0041

[WWW.SHALEMNETWORK.ORG](http://www.shalemnetwork.org)

## Community Christian Reformed Church



## Congregational Assistance Plan

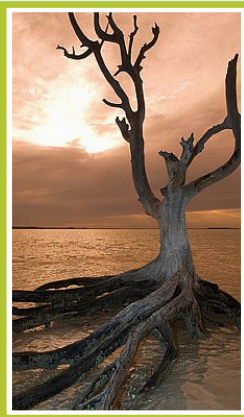
Professional Counselling Support

# Congregational Assistance Plan

Professional Counselling Support

## What is CAP?

CAP, or Congregational Assistance Plan, is a way for Community CRC to make counselling services available for everyone in the church. From time to time all of us are faced with difficulties—some more serious than others. Usually, we are able to resolve them. But there may be a time when our usual ways of coping no longer seem to work. This may be a situation related to family, marriage, grief, etc. If that happens to you, CAP offers professional Christian counselling support.



## Services Provided

CAP offers a solution-focused counselling model of up to 6 sessions in a year. A professional counsellor who is a Christian will help you to develop a strategy to cope with and resolve a variety of issues, including marriage difficulties, adolescent and children's issues, bereavement, stress, trauma, depression, anxiety, addiction, abuse and others.

Services include individual, couple, family and group counselling.

## How Do I Use CAP?

To use CAP, you do not need to be referred by your doctor or pastor. Simply call Shalem's toll-free number below and mention that you attend Community CRC. An intake staff will ask you a few questions to determine the issue(s) about which you are seeking counselling and to note any specific requests, such as wanting a male or female counsellor, evening appointment times, etc. You will then be contacted by the appropriate CAP counsellor, who will set up your first appointment with you.

## Appointments

Evening appointments are available, but remember that these may be the most requested times. That means that while every effort will be made to ensure an appointment is available within one week of your call, sometimes that may not be possible.

All services are strictly  
confidential

## The First Session

Your first counselling session will be an opportunity to clarify all your questions about the counselling program and the counsellor's approach or method. The counsellor will talk with you about the problem and assess the situation with you. If the concern is within the scope of CAP and you and the counsellor are comfortable with each other, then together you will work out a counselling treatment plan.



To book an appointment or to  
ask any questions call:

**TOLL FREE: 866.347.0041**

[office@shalemnetwork.org](mailto:office@shalemnetwork.org)