



LINKCARE

FOUNDATION

STRENGTHEN EQUIP RESTORE



DONATE

Everyone I talk to these days seems to have a similar refrain of feeling exhausted, overly busy, and anxious about the future. As we continue to adapt and flex with new norms and expectations from the past two years, I recognize the fatigue and lingering anxiety as we consider future plans. However, holding onto God's promises and message of grace provides much hope during this time, especially the reminder in Ephesians 2 – God made us alive in Christ. We are His handiwork, created to do good works, which God prepared in advance for us to do! This is a great reminder for me as I work with the clients at Link Care, loved ones, & business associates in making adjustments as we live into a new way of doing life.

The staff at Link Care is honored to be a resource for so many in our community and around the world as we work with those processing life events and finding a healthy path forward. Our work with pastors and missionaries is especially timely as this population is increasingly reports extreme stress and disruption, burnout, and adjustments and transitions. By helping these frontline workers rejoin their posts, the investment of years of study and

financial support is preserved, and their kingdom impact continues.

Our clinicians know the value of self-care for the clients we serve, but we also understand the necessity it is for our own lives. We have listed a few ideas below that may be helpful for you as you navigate this season of life. Please don't hesitate to reach out with questions or concerns.

JENNIFER SMITH, PSY.D | CEO



Our clinicians have served 343 pastors since the PastorCARE scholarship began!

NEW FEES

Effective June 1, 2022 the current fees at Link Care counseling center:

Psychologist	\$160
Licensed Marriage & Family Therapist	\$140
Associate Marriage & Family Therapist	\$140
Trainee	\$40
Pastoral	\$100

Scholarships Available

The PastorCARE scholarship is available to any Pastor in the central valley. Please contact our intake coordinator to get started with a licensed clinician for five free sessions! We are grateful for the generous support from many local churches to continue to provide this much needed scholarship. Providing emotional care to our local pastors is a high priority for Link Care as we continue to see these front-line workers experiencing high levels of stress, burnout, anxiety, and depression. Please consider donating to this incredible scholarship.



LINK CARE IS EFCA ACCREDITED!

We are proud to be a member of the Evangelical Council for Financial Accountability. ECFA provides accreditation to leading Christian nonprofit organizations that faithfully demonstrate compliance with established standards for financial accountability, transparency, fundraising, and board governance. As Link Care seeks to be the best stewards of the Lord's resources, we are honored to be accepted for this membership and

the resources that are available to us through-ECFA.

The Counseling center is accepting new clients for both the **Restoration & Personal Growth Program**, and our **community counseling center**. Our caring & skilled team consists of 11 clinicians and 2 pastoral counselors. Services consist of counseling for individuals from young children to adults, couples counseling, family therapy, group therapy, and assessment referrals.

Community Referrals :: ext. 145

Missionary Referrals :: ext. 132



FACILITIES UPDATE

The facilities at Link Care is getting some TLC and much needed updating. We have recently completed new paving of a large section of the property that is our senior residents access. Thanks to a generous grant from a local family foundation, we were able to improve the driving and walking path for our residents to enhance their safety as they access their homes. Thank you, generous donor, for supporting our facility needs and partnering with the ministry of Link Care!

Did you know that as part of our **Restoration & Personal Growth Program**, those in ministry who seek emotional and psychological care at Link Care stay on campus in a 3-bedroom apartment for four weeks or more? The seven apartments we have reserved for the RPG program are home to 20-25 families a year. This is a lot of wear and tear on the units and the furnishings! We are seeking support in replacing the flooring & carpet of these units to a durable vinyl flooring for each of the 1,100 sq ft apartments, which is just over \$8,000 per dwelling. We seek to provide comfortable, homelike environments for our clients, and with nearly 10-year-old flooring, the need for this improvement is significant. **You may indicate "Facilities" or "RPG Flooring" on your donation to support this necessary remodel.**



LINK CARE IS PROUD TO WELCOME JULIE HUFFMAN AS OUR GRANTS MANAGER

Julie is an experienced Grants Manager with a demonstrated history of winning and managing grants. With a background in missions and television journalism, she learned about the power and impact of grant writing while supporting a team of grant writers at Samaritan's Purse. During her

two-year tenure, she helped submit millions of dollars in funding applications, including one awarded to place Tsunami Sirens in her adopted daughter's birth country following a devastating storm. Since 2010, she has worked on researching, writing, submitting, and managing grants for various mental health organizations for children. Julie is very excited and strongly believes God has brought her to this opportunity at this time to help Link Care Foundation expand our impact.

amazonsmile

Amazon Smile is great way to support Link Care! Using the Amazon Smile link, you will make all purchases as usual, and Amazon will donate 0.5% of the purchase back to Link Care.

SCAN TO SEE THE
FACILITIES GALLERY

IDEAS FOR SELF CARE

- Be with a friend (Proverbs 17:17, 27:9)
- Create a gratitude list (Proverbs 13:12, 1 Thessalonians 5:18)
- Pray quietly (Mark 1:35)
- Speak your fears & anxieties aloud (1 Peter 5:7, Philippians 4:6-7)
- Write down your thoughts and worries (Psalm 62:8)
- Nap & restore your body (1 Kings 19:1-8)
- Sleep (Psalm 16:9, Matthew 11:28)
- Do a good deed (Ephesians 2:10)
- Play music (Psalm 33:2, Psalm 57:7, Psalm 144:9)
- Get crafty (Ephesians 5:19)
- Serve generously (Isaiah 58:7-8)
- Active confidence in God (Jeremiah 17:7-8)
- Care for your physical body (1 Corinthians 3:16)
- Take a sabbath (Jeremiah 17:22)



LET'S GET SOCIAL



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