

CFC Counseling *Referral* Directory

The following list of counseling centers are provided for your consideration. Teams and individuals are often changing, use your discretion in selecting a counselor who fits best with your desires.

IMMEDIATE SUPPORT

If you or someone you know is experiencing a mental health crisis or having thoughts of suicide, **call or text 988 to reach the Suicide & Crisis Lifeline** for immediate support.

Lancaster

SAMARITAN COUNSELING CENTER

(717) 560-9969

www.samaritanlancaster.org

INDIVIDUAL, COUPLES, FAMILY, TRAUMA, FAITH-INTEGRATED

SHEPHERD'S TOUCH

(717) 656-4834

www.upwardcall.org

CHRISTIAN COUNSELING, MARRIAGE, FAMILY

BEHAVIORAL HEALTHCARE CONSULTANTS

(717) 581-5255

www.bhclanc.com

TESTING, ADHD, ANXIETY, DEPRESSION

PROVIDENCE BEHAVIORAL HEALTH

(717) 397-1400

www.providencebehavioral.com

MEDICATION MANAGEMENT, TRAUMA, FAMILY SYSTEMS

TRUMAN COUNSELING SERVICES

(717) 945-0738

www.trumanhealth.org

GENERAL COUNSELING, MARRIAGE, TRAUMA

IN PROCESS COUNSELING

(717) 555-1234

www.inprocesscounselingllc.com

TRAUMA, EMDR, TEENS—ADULTS

COBYS FAMILY SERVICES

(717) 555-5678

www.cobys.org

FAMILY COUNSELING, ADOPTION

Willow Street

HEART FOR CHANGE COUNSELING

(717) 478-3411

www.heart4change.org

CHILD TRAUMA, FOSTER CARE, HIGH-CONFLICT DIVORCE

Manheim

NEW JOURNEY FAMILY CENTER

(717) 220-5252

www.newjourneyfamilycenterllc.com

FAMILY, CHILD, TRAUMA

MORNING LIGHT COUNSELING

(Billy Fisher)

(717) 807-5999

www.morninglightcounselingservices.com

MEN'S EMOTIONAL HEALTH, CHRISTIAN COUNSELING

Mount Joy

LIBERATED LIVING

570-768-2990

liberatedliving.net

TRAUMA RECOVERY, CHRISTIAN COUNSELING

NEW LIFE COUNSELING SERVICES

(717) 653-1507

www.new-life-counseling.com

MARRIAGE, FAMILY, CHRISTIAN COUNSELING

Elizabethtown / Salunga

JEWEL DAVID MINISTRIES

(717) 555-7890

www.jeweldavidministries.org

CHILDREN, COUPLES, FAMILIES

MATTERS OF THE HEART COUNSELING

(717) 727-1465

www.mattersoftheheartcounselingllc.com

TRAUMA, ADOPTION, COUPLES

Thank you for trusting Community Fellowship Church

Thank you for trusting Community Fellowship Church as you seek counseling support. Reaching out for help is a courageous step toward healing, growth, and hope. As people created in God's image, we all experience the effects of living in a broken world and can benefit from wise, Biblical counsel and supportive community. It is our prayer that these resources help guide you toward healing and wholeness in Christ.

While Community Fellowship Church (CFC) does not have a licensed counselor on staff, we are committed to helping connect individuals and families with trusted counseling professionals. Beginning the counseling process can sometimes feel overwhelming. We have created this guide to help you take meaningful next steps with clarity and confidence.

Helpful Questions to Ask a Counseling Office

- What are your counseling fees?
- Do you accept my insurance?
- What does the intake process look like?
- How are clients matched with counselors?
- (If I am looking for help in a specific area). Do you have a counselor who specializes in _____?
- I would like a counselor who is a Christian and willing to incorporate biblical truth and prayer into our sessions. Is that available?

Additional Recommendations

- Ask questions before and during counseling to ensure the counselor is a good fit for your needs.
- Let the counselor know that your faith is important to you and that you would like your Christian beliefs incorporated into your counseling experience.
- Remember that finding the right counselor may take time, and it is okay to continue searching if needed.

Financial Assistance

If you are a member or regular attender of CFC and the cost of counseling is a concern, please reach out to **benevolence@communityfellowship.com** to discuss possible financial assistance options.

Steps You Can Take Now

Healing is not meant to happen alone. Meaningful community within the Body of Christ can be a vital source of encouragement, prayer, and support during difficult seasons. As you begin this journey, continue spending time with God in prayer and Scripture while staying connected to Christian community and trusted believers who can walk alongside you.

At CFC, opportunities for connection and care beyond weekend gatherings include:

- Community Groups
- Men's Ministry
- Women's Ministry
- Prayer and Care Support Team
- Member led ministries

The Gift of Lament

Throughout the Psalms, we see that God welcomes honest prayer in seasons of pain and suffering. Biblical lament teaches us that we can bring our grief, confusion, fears, and questions directly to the Lord while continuing to trust Him. Many Psalms follow a pattern of:

- Looking to God
- Honestly expressing pain or struggle
- Asking God for help
- Choosing to trust Him in faith

Lament reminds us that God is near to the brokenhearted and faithful in every season. As you wait for your counseling appointment, consider walking through steps of lament in personal time with the Lord. Psalm 3 and 22 are examples of lament Psalms that can guide your time.

Praying for you

We are genuinely grateful you are taking this step toward care and healing. If you have questions or would like additional assistance, please contact us at care@communityfellowship.com. We pray the Lord meets you in your time of need and brings hope and healing to your life.