



2013 NEWSLETTER

From the Director

By Joan (Joni) Bosky



In Thanks! We exalt our Faithful God, who sustains us through your faithful, sacrificial giving and prayer, allowing us the privilege to serve our community with counseling, based on sound psychological principles and God's Word. Please enjoy our newsletter and see how in the midst of our work and decreasing revenues, He is expanding our tent! Please join us as we praise God and thank our donors—YOU! We look forward to 2014 and how He will use us in our 15th Anniversary Year! We appreciate each of you! *Joni*

Inside this issue:

We're Expanding! New Location	1
Desmond Scholarship	1
Meet Our New Counselors	2
Women's Trauma Group	2
Office Improvements	2
New Website	2
Looking Ahead	2



Our Values:

- 1—God
- 2—Imago Dei
- 3—Relationship
- 4—Truth
- 5—Tension
- 6—Grace
- 7—Holy Spirit
- 8—Transformation
- 9—Education

2013 in Review!

WE'RE

EXPANDING—By God's Grace!

September 2013



"Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; do not spare; lengthen our cords, and strengthen your stakes." Isaiah 54:2

We are excited to share that

we have opened up a new location! With low capital expenditures and much prayer and thought, the Lord has expanded our tent by having FFCC take on 9 Domestic Violence (DV) Groups under our umbrella. There are two women's groups and seven men's groups that meet at our new National City site, in addition to our current El Cajon site. Group participants are referred by the court system under the guidance of the San Diego Probation Department and run for 52 weeks.

John Southward, who has been facilitating DV groups for over 7 years, will serve as Director for this new venture of Family Focus. In addition, he will continue his regular counseling and Clin-

ical Supervision duties as well. The groups will function under the DBA name of Family Focus Counseling and Pastoral Care (FFCPC) and include Licensed therapists who have completed special training and domestic violence certification. The new National City site will also help us to reach out to the Christian community with our regular counseling services as soon as that site is completed. We welcome our new therapists, contracting their services with us, for this new venture: Dr. Paul Fisher LMFT, Abiola Ogundeji LMFT, and Dr. Elizabeth Elenwo.

Please lift FFCC up in prayer, asking that God use this service to help others through difficult times, but also, that we are able to share the love of Jesus with those He brings our way. We would also ask for your continued support through prayers and giving that helps us maintain this valuable service to His church and the community. For more information, please contact our main office at 619-440-4211. We are celebrating this opportunity together!

How the Desmond Scholarship Fund Impacted Others This Past Year



IT has always been our heart to be able to offer counseling services to the many people that are in need and unable to pay the fees, especially during these difficult financial times we live in. By raising the funds from last year's September Event we were able to offer approx. 700 counseling sessions this year on a scholarship basis. What a tre-

mendous impact on the individuals and families who otherwise would not have been able to get the help they needed. In moving forward to 2014, we need to raise at least \$1,500 a month for scholarships while sustaining FFCC's fiscal responsibilities. If you're interested in helping others, we've included a

breakdown of the giving and ways you can participate if you feel led to help in this way.

- ◇ One time offering/gift
- ◇ 3 donors at \$500 mo.
- ◇ 15 donors at \$100 mo.
- ◇ 30 donors at \$50 mo.
- ◇ 60 donors at \$25 mo.

Ways to give are: Check, Credit Card, Auto Pay or online at familyfocuscounseling.org

Our Counselors:

We want to welcome our new counselors who joined us at various times throughout this past year: Mark Triboulet, M.A., Marriage & Family Intern

Rebecca Merfalen, M.A., Marriage & Family Intern

Guy Hoss, Marriage & Family Trainee & Ingvild Denison, Marriage & Family Trainee

They joined our current team of:

Joan Bosky, M.A., Executive Director & Licensed Marriage & Family Therapist

John Southward, M.A., Licensed Marriage & Family Therapist and Clinical Supervisor

Bettie Wells, M.A., Psychological Assistant

Christie Mathews, M.A., Marriage & Family Intern & Rikah Thomas, Office Manager

Our First Women's Trauma Therapy Group

In January, Joni began a women's trauma therapy group that was held twice a month from January to September 2013. Through this group, God brought women to a new level of freedom as they worked through their brokenness and past traumas while going through group process and study. It was such a success we will be beginning a new session this coming January with a new set of participants.

OFFICE IMPROVEMENTS!

Because of the generous donations of funds, supplies and labor from several individuals we were able to give FFCC a face lift. In January/February we painted the children's therapy room (thanks to our MFT Intern, Christie, and Office Manager, Rikah) we now have a new theme for the room; then in April, new ceiling tiles were donated and all the very old tiles were replaced. In July, we were finally able to get new carpet for the entire office which has made a huge difference of improving the environment for our staff and clients in addition to raising morale as we enjoy the space that we minister and serve in!

TIPS FOR EXPRESSING CLEAR COMMUNICATION

1. Express your own feelings without leveling blame.

2. Use "I" messages, "I feel..." "I would like..."

3. Expect to be fully heard without interruption and return the favor.

4. Work towards understanding each other.

5. Agree to disagree.

If you need assistance in bettering your communication as a couple or family, please call us for an appointment!

Opportunities this Year!

Ways FFCC was able to bless others this year were by:

- ◇ Offering a women's trauma group
- ◇ Teaching seminars at local churches
- ◇ Speaking at a Marriage Retreat
- ◇ Leading a Women's Retreat
- ◇ Leading Domestic Violence Groups
- ◇ Attending Conferences/ Training to improve & learn new skills

Please pray for our counselors, that we remain dependent upon God in all things, especially in our work with others.



Children's Room Painting

NEW

WEBSITE!

In August we brought up a new website to reflect our new team and vision for

moving forward! With its new look and updated information, we look forward to referring our new potential clients and returning ones to our new site. Please feel free to refer people to

www.familyfocuscounseling.org

Looking Ahead in 2014

Our goal in moving forward is to keep growing as Counselors, Staff and an organization that offers new programs, groups and opportunities to our community through training, counseling, group therapy and education. This year we hope to:

- ✓ Start our 2nd group for women struggling with the trauma of childhood abuse.
- ✓ Continue providing seminars for churches on a variety of topics from marriage, re-marriage, depression, anxiety, grief and many others.
- ✓ Continue raising funds for Scholarships so people can get the help they desire.
- ✓ Deepen church partnership (Please consider a year-end gift to help us meet our goal of impacting lives).
- ✓ Continue to offer 52-week DV groups through FFCPC.
- ✓ Expand our outreach to support marriages.

A special thank you to our clients, supporters, and church communities that continue to recommend us to your friends and family! We appreciate you! Blessings to you and yours, Joni Bosky, Executive Director

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