



2012 NEWSLETTER

From the Director

By Joan (Joni) Bosky



Hello, let me introduce myself. I am Joni Bosky, a licensed marriage & family therapist. I have been the Executive Director of FFCC for the past year. I would like to welcome you to the rebirth of our newsletter. We hope to bring you tips, news and info on upcoming events and seminars, needs and who we are and where we are going. This issue is mostly news since it has been such a busy year. Thank you to all who have prayed for us, supported us and continue to join us in serving others! *Joni*

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Our Values:

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

2012 in Review!

FOUNDERS DAY EVENT

September 22, 2012



We held our very first FFCC Founder's Day Celebration/ Fundraiser for Family Focus. It was a time where we had the privilege of honoring our Founders, Dan & Gloria Desmond, for their years of service, vision, love and care for the individuals and families that have passed through the doors of FFCC. We also presented them with a beautiful

award that we felt embodied the heart and purpose that they have served with since opening their doors in 1999.

In addition to celebrating Dan & Gloria, we also set out to raise money for our Scholarship Fund (renamed the Desmond Scholarship Fund) which allows individuals and families in crisis or transition to be able to get the help they need even if they are unable to pay for their counseling. We are blessed to share that we were able

to raise close to \$14,000 for this year's Scholarships. Through our Silent Auction and generous donations, our goal of raising \$2,000 per month was partially reached and we are thankful!

A few fun facts we shared that day, which we thought would be fun to share with those of you who receive our newsletter, are as follows:

1. FFCC was established in January 1999
2. FFCC has served over 6,000 individuals and families with over 35,000 + hours of counseling support.
3. Many of these have been scholarships or offered at a sliding scale to those who otherwise wouldn't have been able to get assistance.
4. FFCC currently has 7 counselors available, ranging from Licensed Marriage and Family Therapists, Licensed Psychologists, Psychological Assistants and Marriage and Family Therapist Interns and Trainees.

What a wonderful time looking back and remembering our beginnings, as a man of faith stepped out to love and help others, and what a joy to look forward and trust God with the work we have yet to accomplish in our surrounding communities.

Thank you for being a part!

The Benefit of the Dan & Gloria Desmond Scholarship Fund

IT is 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 \$2,000 a month, we will be able to pay full or partial scholarships while sustaining FFCC's fiscal responsibilities. Our goal is to raise this amount through

commitments and donations on a monthly basis. As many people ask how they can get involved, we've included a breakdown of the giving and ways you can participate if you feel led to help in this way. *Without additional donations, Family Focus is not able to offer scholarships to those in need.*

- ◇ One time offering/gift
- ◇ 4 donors at \$500 mo.
- ◇ 20 donors at \$100 mo.
- ◇ 34 donors at \$60 mo.
- ◇ 50 donors at \$40 mo.
- ◇ 100 donors at \$20 mo.

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

familyfocuscounseling.org

Tips for Dealing With Grief

For those dealing with grief during the holidays:

1. **Focus on God and the meaning of the holiday.**
2. **Lower your expectations of the season.**
3. **Keep it simple: (Décor, Presents—cut list/cost, consider drawing names for gifts, gatherings and food).**
4. **Expect Grief—allow yourself time and space to grieve.**
5. **Be kind to yourself, give yourself small treats (friend time, manicure, round of golf with friend)**
6. **Pray and ask others to pray for you.**

If you need assistance in your grief process, please call us at 619-440-4211.

Please Consider

If you have not already made a commitment to donate to our Desmond Scholarship Fund on a monthly basis, we'd like to ask you to please pray and consider if this is something you would like to help with. Because of these scholarships, individuals and families experiencing a crisis, loss, transition or emotional trauma, are able to get the professional help they need to get through their struggle. We appreciate your prayerful consideration. Please see page 1 for options on giving. Thank you!



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

Meet Our Counselors:

Joan Bosky, M.A., Executive Director & Licensed Marriage & Family Therapist
Iren Fellegvari, Psy. D. Licensed Psychologist, Licensed Marriage & Family Therapist
John Southward, M.A., Licensed Marriage & Family Therapist
Bettie Wells, M.A., Psychological Assistant
Christie Mathews, M.A., Marriage & Family Intern
Jennifer Fore, Marriage & Family Trainee
Raj Devasirvatham, Marriage & Family Trainee

Meet Our Board of Directors:

We are so grateful for our Board and for the commitment they continue to make to help Family Focus Christian Counseling be the best that it can be. This year we had to say goodbye to a couple of members in addition to welcoming a couple of new members to the team. Thank you to those that have served faithfully and those that are willing to step in and start their journey with us anew.

Joan Bosky, Executive Director

Dr. Donald Adema, Chairman

Al Garrett, Treasurer

Steven Stockwell, Secretary

Dr. Paul Boatner, Board Member

Michael Wascher, Board Member

Staff Retreat and our Core Values

Earlier this year, we went on our staff retreat which allows us to connect as a team and talk about where we're going. During this time we reflected on what defines us as a Christian counseling organization, what is our heart and how we incorporate it into our daily purpose. We talked about our values and character and came up with 9 values that we thought best described us. I would love to share these with you and will include it into our newsletters.

Our First Core Value is: **God—the God of the Bible, three persons in one God; the Father, Son and Holy Spirit. We believe that part of our calling is to enable people to fall more deeply in love with the Word of God and the God of the Word. However, we also work with those who do not know or desire to know God, or are of other faiths.** Our heart is that we would reflect the love and grace of God and be living examples of Him during our time with others and draw them ever closer to the Father Heart of God.

Praise and Thanksgiving!

As some of you may remember, this time last year we were concerned we would have to close our doors due to our financial situation and yet here we are, one year later giving God praise for His goodness and provision and for getting us through the hardship of seasons, transitions and needs of people.



Today we are moving forward in confidence and faith that God has us here for good and to impact the lives around us.

We are deeply grateful to all of you who have shared this burden with us and contributed your time and resources to keep FFCC alive and now growing! We can not do it without you! *Please keep us in prayer for finances and growth as we step up to serve.*

Looking Ahead in 2013

Our goal in moving forward with the vision and passion that Dan Desmond imparted to us here at FFCC 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:

- ✓ Begin a group for women struggling with certain traumas.
- ✓ Provide 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).

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

Created & Written By: Rikah Thomas 11/12