

E ENCOUNTER

COUNSELING

Counseling is part of our lives. Sometimes it takes the form of a conversation with a trusted friend, family member or neighbor. Some will seek out a Bible Study leader or a pastor for spiritual guidance. At ENCOUNTER there are a number of ways to connect to good, godly, counsel.

COMMUNITY LIFE SMALL GROUPS provide an opportunity for close friendships to develop in the context of spiritual growth, encouragement and support. When times are tough, the importance of connection to a small group cannot be overstated. Please check out our current small groups under Community Life. All are welcome!

GRIEFSHARE for those who have lost a loved one. Debi Dixon is a Certified Grief Coach, specializing in grief and loss. She facilitates our GriefShare workshop offered at various times throughout the year. Call (805) 766-4071 to schedule an appointment.

CELEBRATE RECOVERY meets every Thursday night at 6:30 pm in The PLEX. This is not just a program for drug and alcohol addiction. Find hope and healing for any painful situation or habit that keeps you stuck in a cycle of dysfunctional behavior. Childcare provided at \$5 per family.

SECULAR SUPPORT GROUPS meet on campus dealing with Alcohol and Drug dependency, Eating Disorders, Family Issues, Sexual Addiction, Depression/Bipolar and Brain Injury are listed on our website.

PROFESSIONAL COUNSELING RESOURCES

ENCOUNTER lists the following professional counseling resources as a courtesy to our members. We do not endorse or recommend specific therapists, but those listed have received positive feedback from church members

- **Sandra Moe**, MS, LMFT (couple and family issues, depression, stress, anxiety, trauma, and sexual abuse) — Ventura, (805) 479-9980
- **Houtz & Associates** — Ventura, (805) 794-4755
- **Pat Stepler**, MS, LMFT (child, adolescent and family therapy with an emphasis on anxiety/depression, attachment issues, substance abuse, high-risk self-injurious behaviors and for women struggling with chronic illness, life transitions or fertility issues) — Ventura, (805) 765-2873

- **Patrick McCaslin**, LMFT (anger, addiction, abuse)
Ventura, (805) 288-8530
- **Jemma Roberts**, LMFT (families, young adults, brain health, ADHD/ADD, depression & anxiety) -- Ventura, (805) 665-3028
- **Kathleen Streeter**, LMFT (trauma, families, infidelity, ADHD)
Ventura, (805) 626-0193
- **Cal Lutheran Counseling & Psychological Services**
Thousand Oaks, (805) 493-3727
- **Open Door Counseling Center** — Ventura, (805) 620-7561
- **City Impact** (low cost family counseling, parenting classes)
Oxnard, (805) 983-3636
- **Susan Martinez Lee**, LCSW (couple and family issues) — Ventura, (805) 654-1422
- **Kids and Families Together** (family counseling center)
Ventura, (805) 643-1446
- **Kimberly Prendergast**, LMFT (at risk children, teens, young adults, depression/anxiety, substance abuse and self-injurious behavior)
Ventura, (805) 243-8085
- **Timothy D. Smith**, MA (family coach)
Westlake Village, (805) 208-0648
- **Debi Dixon**, Certified grief coach — Ventura, (805) 766-4071
- **Marty Lythgoe**, CADAC, NCAC, SAP (addiction/relapse prevention)
Ventura, (805) 377-7116
- **Geoffrey Buckley**, PhD, MS, LMFT, M.Div. (family and marriage counseling) — Newbury Park, (805) 405-0641
- **Brian Lee**, LMFT — Camarillo, (805) 388-9455
- **Christina Gentry**, LMFT — Ventura, (805) 644-5490
- **Dr. Atman Reyes**, MD and **Dr. Rebecca Reyes**, MD (psychiatry)
Moorpark, (805) 531-1000
- **Dr. Heidi Rosenbaum**, MD (psychiatry) — Ventura, (805) 644-5490
- **Dr. Christopher Sicliano, PsyD** (psychiatry)
Ventura, (805) 620-7561

CONTACT ENCOUNTER CARE MINISTRIES

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(805) 656-7766, x251 (confidential voicemail)

805-665-3455 (Care Text Line)