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# THE 5 APOLOGY LANGUAGES

## The Secret to Healthy Relationships



Guest Speaker & Author, Gary Chapman

## 2023 ANNUAL FUNDRAISING BANQUET IN-PERSON AND ONLINE

Tuesday, April 18, 2023  
At 6:30 PM

Millennium Center Winston-Salem, NC



## The 5 Apology Languages: The Secret to Healthy Relationships

An Evening with Dr. Gary Chapman

"I said I was sorry! What more do you want?"

Even in the best of relationships, we mess up. We say and do things we deeply regret later on. So we need to make things right. But just saying you're sorry isn't enough. That's only the first step on the road to restoration.

*In The 5 Apology Languages*, Gary Chapman, the #1 New York Times bestselling author of the *5 Love Languages*®, partners with Jennifer Thomas to help you on the journey toward restored relationships.

True healing comes when you learn to:

- Express regret: "I'm sorry."
- Accept responsibility: "I was wrong."
- Make restitution: "How can I make it right?"
- Plan for change: "I'll take steps to prevent a reoccurrence."
- Request forgiveness: "Can you find it in your heart to . . . ?"

Don't let hurts linger or wounds fester. Start on the path to healing today and discover how meaningful apologies can make your friendships, family, and marriage stronger than ever before.

Thank you for joining us to learn more from Dr. Chapman. We are certain you'll learn something about yourself and how to strengthen all of your relationships, especially those most in need of your attention.

### More about Dr. Gary Chapman:

Gary Chapman, PhD, is the author of the bestselling *The 5 Love Languages*® series, which has sold more than 20 million copies worldwide and has been translated into 50 languages. Dr. Chapman travels the world presenting seminars on marriage, family, and relationships, and his radio programs air on more than 400 stations. He lives in North Carolina with his wife, Karolyn.



# Evening Schedule of Events

## Welcome

Jeff Williams, Chair, Board of Directors

## Invocation

Karen Googe, Board of Directors

## Dinner

## Director's Update

Dr. Heath Greene, Executive Director

## Introduction of Keynote Speaker

Dr. Heath Greene, Executive Director

## Keynote Address

Dr. Gary Chapman

## Appeal

Dr. Gary Chapman

## Final Remarks

Dr. Heath Greene, Executive Director

## Closing and Benediction

Jeremiah Gregory, Board of Directors



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## Associates in Christian Counseling 2023 Annual Fundraising Banquet

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- The need for counseling is at its greatest point in the history of Associates in Christian Counseling.
- Telehealth counseling sessions have greatly expanded.
- Associates in Christian Counseling has a critical role to play and must help many who do not have means to pay for counseling.
- Your support is needed during this historic period of challenges for so many.
- Our goal is \$100,000

Associates in Christian Counseling is a non-profit professional counseling center with the heart of a ministry. Associates has been serving Winston-Salem and surrounding areas for 32 years, as well as a supporting center in Surry County.

We have served more than 25,400 clients and provided over \$3.6 million in Client Assistance Funds and Ministry Discounts in pro bono or reduced fee counseling to those with financial needs. Our staff of mental health professionals includes both clinical psychologists and licensed counselors. Associates is also an internship training site for graduate students pursuing their degrees in mental health care.

Associates provides comprehensive mental health services, including psychological assessment, individual, marital, and family therapy. Services are provided to children, adolescents, adults, couples, and families, ages 4 and up. Associates provides professional mental health services to all who seek them regardless of race, creed, or financial status.

Associates' website receives more than 5,000 visits per month while our free e-newsletter goes out to more than 800 local pastors, physicians, donors, clients, and other friends of the ministry. To learn more, subscribe or support:

**visit [www.christiancounseling.org](http://www.christiancounseling.org)**



Proud to be a supporter of

# Associates in Christian Counseling

2023 Annual Fund Raising Banquet

*"but those who hope in the Lord will renew  
their strength. They will soar on wings like  
eagles; they will run and not grow weary,  
they will walk and not be faint."*

*Isaiah 40:31*



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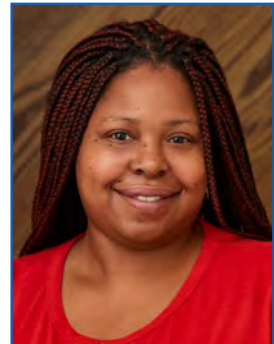
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**Alena Stewart**  
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**Robyn Brown**  
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# Why Is Our Annual Banquet Important?



Each year, Associates' premier event is our annual fundraising banquet. It has been our privilege to have wonderful speakers from many walks of life share their connection and commitment to mental health and Christian counseling.

The success of this event ensures that we can continue providing professional assistance to the members of our community, regardless of their ability to pay full, partial or no fees for the services they receive.

Proceeds from the banquet will help support the operations of Associates in Christian Counseling and our top-level professional counselors throughout the year.

A hand with a watch is reaching up towards a bright, hazy sky over a body of water at sunset or sunrise.

# Doing a Good Work.

Our ongoing mission is to provide faith-based, professional mental health services to everyone who seeks them regardless of race, creed, or financial status.

Associates' comprehensive mental health services include psychological assessment, individual, marital, and family therapy. Services are provided to adults, couples, families, adolescents, and children ages 4 and up.

If you or someone you love is struggling with mental illness, give us a call. We can help.



## ASSOCIATES IN CHRISTIAN COUNSELING



### **THE NEED IS SO GREAT, THAT'S WHY OUR WORK IS SO VITAL.**

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Approximately 60 percent of adults and almost one-half of youth ages 8 to 15 with a mental illness received no mental health services in the previous year.\*

Mood disorders, such as depression, are the third most common cause of hospitalization in the U.S. for both youth and adults ages 18 to 44.\*

Suicide is the tenth leading cause of death in the U.S. (more common than homicide) and the third leading cause of death for ages 15 to 24 years.\*

**\*NAMI (National Alliance on Mental Illness)**

Congratulations to Associates in Christian  
Counseling for making a difference  
in our community every day.



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to this community and region.

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# Services

At Associates in Christian Counseling, we provide comprehensive psychological and counseling services to children, adolescents, adults, couples, and families. Here are some common treatment areas:

**General:** Depression, anxiety/panic, adjustment issues, bi-polar disorder, substance abuse, grief, job stress, spirituality, relationships, codependency, chronic illness, weight management issues, family of origin issues, EMDR

**Women:** Abuse and trauma recovery, eating disorders, depression, phase of life issues, abortion recovery

**Men:** Anger management, sexual addiction, identity issues, accountability issues

**Clergy and Spouses:** Depression, burnout, boundary issues, family stress, crises of faith

**Relationships:** Marriage counseling, premarital counseling, separation, divorce recovery, infertility, sexual dysfunction

**Parent/Child/Teen:** Parenting issues, behavior problems, learning assessments, learning disabilities, developmental disorders, attention deficit disorders, hyperactivity disorders, abuse recovery, play therapy

**Family:** Family therapy, blended families, adoption, sibling issues

**Older Adults:** Phase of life issues, grief, elder care

**Military and Families:** Combat-related trauma, deployment cycle support, reintegration, individual, marital, family, depression, anxiety, grief, career and retirement concerns, relationship issues

Please contact us at [info@christiancounseling.org](mailto:info@christiancounseling.org) for additional information.

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# Speakers Bureau

Associates has speakers available to speak to your church or civic organization on a variety of topics including:

Common problems such as anxiety, depression, grief or stress

- |              |                           |                |
|--------------|---------------------------|----------------|
| ADD/HD       | Behavioral Problems       | Marriage       |
| Men's Issues | Military and Veteran Care | Parenting      |
| Self-Care    | Spiritual & Mental Health | Women's Issues |



For more information, contact us at [info@christiancounseling.org](mailto:info@christiancounseling.org)

## Exercising our values makes our communities stronger



Be Authentic



Build Caring  
Relationships



Do What's Right



Go All In



Move Forward

Our purpose is simple – **We Open Doors for You.** Sometimes those doors are to new homes or businesses. Other times they are doors for the whole community. Our values are the foundation of our purpose, and the more we exercise those values, the more doors open for everyone.

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Give online by scanning the QR code below or go to:

**[christiancounseling.org/donate](https://christiancounseling.org/donate)**

Once there, click the yellow Donate button to be transferred to a safe, secure platform accepting PayPal, debit cards, and credit cards.

Our ministry and charitable work depends on people like you. Since its founding in 1991, Associates has been committed to providing help for all who seek it, regardless of race, creed and ability to pay.

Some who seek our help are out of work, or working in jobs that do not offer health insurance. Others have policies that do not cover therapy, or have high deductibles or limitations on the number of sessions.

Please support us with your gift today. Click the button below and you will be taken to our secure processing system where you can safely make your donation.

If you would like to donate monthly to Associates, it has become much easier. Under your contribution, just check the recurring option while making your donation.

Many thanks for your support and prayers for the ministry.



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