

**WE HELP PEOPLE
DISCOVER THE
ROAD TO
HEALING AND
WHOLENESS
THROUGH
PROFESSIONAL,
CHRIST-CENTERED
SERVICES.**

FYI:

Our services are completely confidential.

The churches of the Holston Valley Baptist Association pay the cost of this ministry so we do not charge any fees.

You can make a donation to the Holston Valley Baptist Association to support our counseling ministry through PayPal using our email address hvbaoffice@gmail.com. Note counseling ministry when donating on PayPal.

New Day Counseling offers a confidential and nurturing environment that provides acceptance, trust, and understanding to those who are in need. Our counselors are trained and provide a Biblical worldview to help you live an abundant life.

Two counseling locations:

Holston Valley Baptist Association
207 Hawkins Street
Rogersville, TN

Church Hill First Baptist Church
142 E Main Boulevard
Church Hill, TN

**Contact us by email
or phone to for an
appointment.**

423-272-7318

hvbaoffice@gmail.com

207 Hawkins Street
Rogersville, TN

www.hvbaptist.org

HVBA | Holston
Valley Baptist
Association

WE HELP PEOPLE
**LIVE AN
ABUNDANT LIFE**



New Day Counseling

a ministry of the
Holston Valley Baptist Association

2 Corinthians 5:17

Services

Individual Counseling



- Anxiety & Depression
- Academic Issues
- Work Related Stress
- Eating Disorders
- Substance Abuse
- Health Related Issues
- Relationship Issues

Couples Counseling

- Trust Issues
- Infidelity
- Marital
- Pre-marital
- Infertility
- Communication



Family Counseling



- Parenting Issues
- Blended Families
- Adolescents
- Childhood Issues
- Sibling Conflict

Questions you may have:

Do I really need therapy?

It is not a sign of weakness to seek out support when you need it. Therapy can be beneficial to you and your family.

How can therapy help me?

Therapists are trained to provide fresh perspectives on difficult problems. They can also help you navigate healthy growth toward workable goals.

Benefits Include:

- Resolve current issues or concerns
- Developing life skills that will improve relationships
- Discover better ways to cope with stress, anxiety, grief, anger, depression, etc.
- Improve communication
- Learn better problem solving skills in your family or marriage
- Gain support from an objective, caring, and trained professional

**Call for an
appointment
today.**

What is therapy like?

Every therapy session is customized to each individual with specific goals in mind. Therapy focuses on specific issues and addresses more complex issues while developing personal growth.

What to expect:

- Compassion, empathy, and insight
- A new viewpoint on patterns and negative feelings
- Strategies for creating positive change
- Practical guidance with respect to each individual

Did you know?

- Miscommunication and misunderstanding is the cause of most conflicts.
- Even though it does not feel that way, your situation is not hopeless.
- We want to assist you in overcoming the difficult challenge of your situation.
- We believe that there is always hope.
- It is proven that getting help can make a real difference.
- We believe that with God nothing is impossible.

