

**There are times when everyone feels overwhelmed.
No matter what kind of difficulty you face,
here's a confidential place to start.**

Portico Benefit Services
EAP partner
800-432-5155 or
myportico online

Fellowship of Recovering
Lutheran Clergy
651-356-1073 or
www.frhc.org

Center for Pastoral
Counseling of Virginia
(also in D.C.)
703-903-9696 or
pastoralcounseling.com



*Ask, and it will be given you;
search, and you will find;
knock, and the door will be opened for you.
= Matthew 7:7*