

CAP Counsellors

Shalem has carefully selected several counsellors in the greater geographical area surrounding the church. Therapists in other locations are also available, if preferred. All are professional, experienced counsellors with a passionate commitment to Christ. Each has a Master's degree in the field and is a member in good standing of a professional regulatory body.

At the end of your sessions, you will have an opportunity to provide feedback to us regarding your use of CAP.

The mission of Westside Fellowship is to share God's love within the Kingston area, bringing together a community that experiences the newness of life through his Son, Jesus Christ.



**CAP is available free
of charge to all members and
regular attenders of
Westside Fellowship CRC**

Westside Fellowship CRC

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shalem

Mental Health Network

Toll free: 866 347-0041

WWW.SHALEMNETWORK.ORG

Westside Fellowship CRC



Congregational Assistance Plan

Professional Counselling Support

Congregational Assistance Plan

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What is CAP?

CAP, or Congregational Assistance Plan, is a way for Westside Fellowship CRC to make counselling services available for everyone in the church. From time to time all of us are faced with difficulties—some more serious than others. Usually, we are able to resolve them. But there may be a time when our usual ways of coping no longer seem to work. This may be a situation related to family, marriage, grief, etc. If that happens to you, CAP offers professional Christian counselling support.

Services Provided

CAP offers a solution-focused counselling model of up to 6 sessions in a year. A professional Christian counsellor will help you to develop a strategy to cope with and resolve a variety of issues, including marriage difficulties, adolescent and children's issues, bereavement, stress, trauma, depression, anxiety, addiction, abuse and others. Shalem will provide statistical reports to the church regarding CAP utilization, using only non-identifying information.

Services include individual, couple, family and group counselling.

How Do I Use CAP?

To use CAP, you do not need to be referred by your doctor or pastor. Simply call Shalem's toll-free number below and mention that you attend Westside Fellowship CRC. An intake staff will ask you a few questions to determine the issue(s) about which you are seeking counselling and to note any specific requests, such as wanting a male or female counsellor, evening appointment times, etc. You will then be contacted by the appropriate CAP counsellor, who will set up your first appointment with you.

Appointments

Evening appointments are available, but remember that these may be the most requested times. That means that while every effort will be made to ensure an appointment is available within one week of your call, sometimes that may not be possible.

**All services are strictly
confidential**

The First Session

Your first counselling session will be an opportunity to clarify all your questions about the counselling program and the counsellor's approach or method. The counsellor will talk with you about the problem and assess the situation with you. If the concern is within the scope of CAP and you and the counsellor are comfortable with each other, then together you will work out a counselling treatment plan.



**To book an appointment or to
ask any questions call:**

TOLL FREE: 866.347.0041

office@shalemnetwork.org