

# BRANCHES

## *Connection*

A monthly update from Branches Counseling Center

**February, 2018**



### ***Grateful***

We had an all-staff meeting recently. It was the typical planning, thinking, looking forward kind of meeting you often have at the beginning of the year.

But, there was a healthy dose of looking back, reminiscing, and smiling about the days when there were only five counselors. And, then, there were 12 counselors but only 8 offices...and no parking. Word spread about great, Christian counseling at Branches and we expanded to Wilson County and Robertson County, adding counselors and space.

The story goes on as we have added weight loss and wellness, exercise, more support groups, more exposure into the community, more opportunities to touch lives with hope and restoration.

### **Quick Links**

[Our Website](#)

[Our Locations](#)

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### **Branches in the Community**

We would like to thank the Concord Baptist Association for inviting Branches to the monthly pastors' luncheon. It was great to meet so many pastors from the community!

[\*\*Learn More\*\*](#)

**Thank you for writing your name  
in our storybook. We are grateful  
for YOU and the part you play in  
our success.**



Mike, Molli, Pastor Frasier,  
Dr. Kevin Minchey

## What's New at Branches?

**This is one of our most  
popular support groups!**



### **EXPLORING YOUR SELF WORTH**

An 8-week journey exploring your self-esteem: what you believe,  
why you believe it, and how to change it

**Thursdays, March 1- April 26 | 7- 8:30 pm**

(not meeting 3/29)

**COST: \$100**

(\$50 deposit to reserve spot + \$50 at 1st meeting)

**WHO: Women ages 18+**

**WHERE: 1102 Dow Street, Group Room**

**GROUP LEADER: Christina Benefield, LPC-MHSP**



Mike and Dr. Kevin Minchey,  
Director of Missions

It was a pleasure to join the  
ladies of St. Mark's United  
Methodist Church for their  
monthly circle groups!

**[Learn More](#)**



To register call or stop by Branches Counseling Center. Completed paperwork and \$50 deposit due by 2/28/18 to reserve spot.

Only 10 seats available! Register today!

Branches Counseling Center | 1102 Dow Street, Murfreesboro, TN 37130 | 615-904-7170

**It's not too late to join! Call the office TODAY to reserve your spot! 615-904-7170**

## **Now Offered Through Branches Weight Loss and Wellness!**



REFIT combines several elements of fitness into one power-packed hour. While focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow. It challenges *fitness enthusiasts*, yet *welcomes beginners*! REFIT is more than physical fitness - REFIT targets mind, body, and soul while building community and connections with others.

Branches Weight Loss and Wellness is pleased to offer REFIT to you in our newly renovated space!

**When? Saturdays at 9 am**  
**Beginning? Ongoing**

Edie McFarlin, Molli, Claudia Knudtson

### **Thank You SO Much!**

Thank you! Your faithful financial support has made it possible for us to continue offering Financial Scholarships for counseling and weight loss this past year! We thank God for you!

From the beginning, we've been committed to providing services to those who need it - regardless of their ability to pay. That means, **we rely heavily on friends like you** to help fill the gap between our costs and what our clients are able to pay.

Your investment of a one-time or recurring gift makes hope and restoration possible for kids, teenagers, and moms and dads. It's easy to give online, through automatic payment from your bank, or by check. Prayerfully consider a gift today.

[\*\*CLICK to Donate\*\*](#)



**Cost?** \$3/week, pay at the door - 1st session free!

**Where?** 1102 Dow St, Murfreesboro, enter side door

**Childcare?** Not provided

*No Reservations Needed!  
Just come and bring a friend!*

*New to REFIT? [LEARN MORE](#)*

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We like to post pictures, events, uplifting thoughts, and helpful links and articles.

***Like it and share it!!***

Please visit our [Branches Website](#)  
Donate to bring healing, hope, restoration to others [Invest Now](#)  
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