



BRANCHES

Recovering Hope • Restoring Lives

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New Life University

Did you know that Branches offers a 2-year program for individuals who would like to become a pastoral counselor or life coach?

Here's Cindy Harris who recently completed the program to become a Certified Pastoral Counselor. Congratulations, Cindy!

Dear Friends,

Spring in Middle Tennessee is absolutely beautiful! Daffodils...or do you call them jonquils or buttercups?...red bud trees, bradford pear trees, bright green grass, forsythia, and an abundance of other trees and bushes are in full bloom. It reminds us of the newness of life and hope that Christ brings to our lives.

Our prayer is that you will experience Him in a new and personal way during this season, especially as we approach *Resurrection Sunday*.

Because he lives we can face tomorrow with hope!

I Feel Better Already!

Branches Weight Loss and Wellness

A new patient said, "My doctor ordered an MRI because I was having lower back pain. My insurance co-pay was going to be \$1400. I just didn't feel like paying that when I knew in my heart the doctor was going to end up telling me how much better my back would feel if I lost weight. So, I decided my money was much better spent starting the weight loss program at Branches than paying for an MRI."

Happily, this patient has seen a significant



Check out New Life University on our website!

[New Life University](#)

Specific Needs

Someone recently suggested that we list our current needs in our newsletter. Maybe you, your church, or your business would like to support our mission by donating time or finances for these:

1. Cleaning Supplies
2. Postage stamps
3. Funds to develop a brochure about our weigh loss program.
Estimate \$800
4. Weekly mowing at our office
5. Spring clean-up around the building.

Questions? email

molli@branchescounselingcenter.com



weight loss, has reduced inflammation, and reports less aches and pains in just 6 weeks.

This could be you. We promise you will find encouraging, helpful people and resources to guide you all along the way.



Today is a good day to take the first step!

Like us on Facebook!
Stay in touch with Branches daily! We love to post encouraging quotes and helpful tips for improved mental health and relationships.

LIKE and SHARE!
[Branches Facebook page](#)



[Branches Weight Loss and Wellness Website](#)

Clipboard Chats Short Teachings on Multiple Topics



One of the many things our counselors love to do is to teach concepts that will enhance relationships and overall mental health.

Recently we started a series of short videos that highlight easy-to-understand thoughts or ideas that our counselors have found helpful to clients. We've received positive and encouraging responses to the videos! It's been fun for us, and hopefully helpful for you.

If you don't follow us on Facebook, or of you would like to see them again, here are links to a couple recent *Clipboard Chats*. Click to watch.

[One-Minute Video Teaching on Boundaries](#)

with Debi Russell



[Two-Minute Video Teaching on Thoughts](#)

with Daniel Crosby



The Big Payback Fundraiser, May 2

Would you consider being part of our big day of giving?



The **Big Payback** is organized by The Community Foundation of Middle Tennessee as a way for individuals to express their appreciation for the impact that non-profits make on our communities.

[Read About the Big Payback](#)

Your donations will help replenish our scholarship fund - the fund we use to provide financial assistance to those who seek Christian counseling at Branches but are unable to pay the full amount. Our mission is to never turn anyone away.

- \$65 will cover the cost of one session.

- \$650 will cover the cost of a 10-session package, our normal beginning package for a new client.
- \$100 will cover the cost of someone to attend an 8-week support group.
- \$2900 will cover the cost of someone to attend a 5-day intensive outpatient program.
- Any gift is helpful and appreciated!

Watch for more details

Please visit our website to [LEARN MORE about Branches](#)
Donate to our ministry [DONATE NOW or learn more](#)