



# BRANCHES

*Recovering Hope • Restoring Lives*



## THANK YOU!!

The funds raised through this event will provide over 60 hours of services for those who desire counseling but can't afford it! Thank you, Regal Title, for hosting, and thank you to our wonderful sponsors!

[CLICK to see SPONSORS](#)



## Clipboard Chat

### Unproductive Thinking

During the month of September our social media posts have focused on ideas to help reduce and manage anxiety. Here, Debi Russell shares a quick tip for stopping unproductive thinking. #Branchesawaywithanxiety



[CLICK HERE to view video](#)

*We post helpful reminders and tips on social media every day! See links below.*

Dear Molli,

We are deeply saddened to share the news that Dr. Stan Parker, Branches pastoral counselor, passed away suddenly on September 26.

Stan served his country in the 82nd Airborne and 8th infantry division of the United State Army where he received the National Defense Service Medal. He pastored churches in Missouri, North Carolina, and South Carolina. He also served as a Dean at Charleston Southern University in Charleston, SC; was an entrepreneurial business owner; and, most recently, had served as pastoral counselor in our Mt. Juliet office.

Stan was a soft-spoken, tender-hearted gentleman who loved God intensely, led his family intentionally, and served others joyfully. Please keep his wife, his sons and their families, his mother, and his brother in your thoughts and prayers. He will be deeply missed by all.

In loving memory  
Dr. Stanley Nabors Parker  
1952-2018

## Branches in the Community

Thank you, Experience Community Church, for your generous donations during the month of September! Your gifts will provide 180 hours of counseling services to our community - a portion of which are designated to provide services to those dealing with domestic violence and abuse.

**SAVE THE DATE!**  
**December 6**

December calendars fill so quickly.....put us on your calendar now and plan to drop in for our Christmas open house between 5-7pm on 12/6.

This is for everyone!  
Join us!

**Quote of the Month:**

*"If you have time to worry, you have time to pray."*

*This quote received more response than almost any other we posted on social media this month.*

**Follow us on Instagram and Facebook!**

Stay in touch with Branches daily! We love to post encouraging quotes and helpful tips for improved mental, physical, and spiritual health.

LIKE and SHARE!

[Branches Facebook page](#)

[Branches Weight Loss](#)

[Facebook Page](#)



**Tracey Robison, Andi Hammill, Molli Craddock**  
Andi is the benevolence director at Experience Community.  
[LEARN more about Experience Community](#)

Thank you, St. Clair Senior Center, for inviting us to participate in your health fair! What a great event where we met so many wonderful folks from the community!



**Tracey Robison and Danielle Akins**

[LEARN more about the St. Clair Center](#)

Congratulations to the Timber Home Inspections team for having the highest score on our Trivia Fundraiser night!



[LEARN more about Timber Home Inspection](#)

Please visit our website to [LEARN MORE about Branches](#)

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Branches Weight Loss [Branches Weight Loss Website](#)