



BRANCHES

Recovering Hope • Restoring Lives

Branches Connections

March, 2019

Dear Friends,

Did you know:

- Over 18 million individuals work for companies with matching gift programs.*
- An estimated \$2-\$3 Billion is donated through matching gift programs annually.*

These statistics become real for Branches each month as we receive donations from individuals who have chosen to give through this method.

Here's an example:

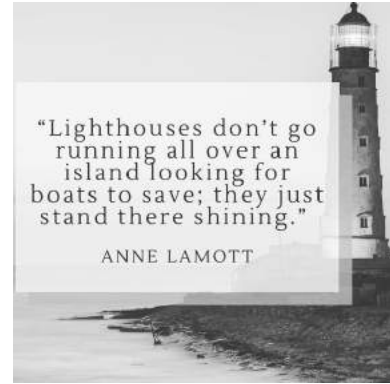
Donor gives \$20 per pay check = \$40/month
Employer matches 1:1 = \$40/month
Total donation to Branches = \$80 month or
\$960/year

Ask your benefits manager if your company offers a matching gift program. If they do, designate Branches for your charitable donation. (We are a non-profit, 501c3 organization.) If they don't, suggest that they consider adding it as a benefit! Or, set up your own recurring donation on our website.

This is an easy way to give consistently!

[Set up a recurring donation now](#)

[*Source for Statistics](#)



Let your light shine
Matthew 5:16

Quick Links

[Branches Website](#)
[Branches Weight Loss](#)
[Make a Donation](#)
[Contact Us](#)
[Email Us](#)

Your Support is Making a Difference for Future Counselors


Undergraduate Internship Program

For the past two years, Branches has partnered with the psychology department of MTSU to host undergraduate student interns. We love the opportunity to help develop and mentor the next generation of great counselors! Thank you for investing in their future!



Women's Self-Worth Group

Starting soon!



change your negative beliefs about yourself into positive truths
led by christina benefield, lpc-mhsp

Thursdays 6-7:30 p.m. | March 21 - May 9

- What do you believe about yourself?
- Why do you believe it?
- Where does it come from?
- How can you change it?

Cost \$100
\$50 deposit + \$50 due first night
Register by March 20
Limited to 10 Participants

"What a gift! This group was exactly what I didn't know I needed. Not only did I have deep, meaningful realizations, but I am leaving with a better understanding of who I am in the eyes of Christ. I now have a toolkit to help me continue to better understand my worth and to keep me from losing track of it ever again."
- Former Participant

All participants will be asked to sign a group disclosure form. If attendee is not a current Branches client, new client paperwork must be completed prior to start of group.

BRANCHES
Restoring Hope • Restoring Lives

Sign Up Today!
Call 615.904.7170

branchescounselingcenter.com | 1102 Dow St., Murfreesboro, TN 37130

Beginning March 21 we are offering one of our most popular groups for women!

This 8-week group will help women change their negative beliefs about themselves and turn them into positive truths.

What do you believe about yourself?

Why do you believe it?

Where does it come from?

How can you change it?

Space is limited so call Branches today to pay your deposit and make your reservation!

615-904-7170

Branches Connects with the Community

We are blessed to be part of a generous, compassionate community where hundreds of other non-profit organizations are making an impact for good!

Domestic Violence and Sexual Assault Center, Ribbon Cutting

Congratulations to our friends at the Domestic Violence and Sexual Assault Center on the opening of their new public office! The space is beautiful, functional, and inviting. What great work is being done by these committed individuals!!



Molli Craddock with Karen Lampert, ED and Kara Mischke, Community Relations Manager

[Click to read about their many services](#)

Healthy Tennessee Health Fair, Shelbyville

Branches was pleased to be invited to exhibit at the Healthy Tennessee Health Fair held in Shelbyville on February 23. Healthy TN is a non-profit that provides health education and community training opportunities through health fairs to improve the lives of Tennesseans.



Jan Lamb with Angela Rasnick



Dr. Manny Sethi, Healthy TN Founder



[Click to learn more about Healthy TN](#)

Please visit our website at branchescounselingcenter.com.

Donate to our scholarship fund at [Invest Now](#).

Follow us on Facebook for daily encouragement and updates [Branches Facebook Page](#)

Branches is blessed to provide quality mental health counseling, weight loss and wellness programs, and mental health meds management, all in a Christian environment. We have offices in Rutherford, Bedford, Wilson, and Robertson Counties in TN, and an office in St. Augustine, FL.

Call today for an appointment 615-904-7170.