

WHO WE ARE

A bit of history...

The Christian Counseling Service was started in 1977 in response to a growing need for quality Christian counseling at a low fee available to the church and community. A committee researched the needs and possibilities for a counseling service, located quality supervision, and put together a trained group of Christian counselors. The time was right to offer such a service, and the counselors have worked close to capacity much of the time, meeting with many clients from local communities.

Our purpose is...

- To provide counseling by trained, supervised Christian counselors, and trainees and interns for local congregations and the broader community.
- To continue to train and support these counselors.
- To offer training and support designed to intercept some of the situations causing distress to individuals and families.
- To function as a referral source for people needing further professional services.

Non-profit counseling
from a Christian
perspective



BERKELEY
CHRISTIAN COUNSELORS

McKinley Hall
First Presbyterian Church of Berkeley
2407 Dana Street, Berkeley, CA 94704
Phone: (510) 548-5858
Email: info@berkeleychristiancounselors.org

BCC is supported by client fees and donations from people interested in keeping counseling available to underserved populations. Please contact us if you are able to make a donation.



BERKELEY
CHRISTIAN
COUNSELORS



FIRST PRESBYTERIAN
CHURCH *of* BERKELEY

www.berkeleychristiancounselors.org



SERVICES

Berkeley Christian Counselors offers counseling to individuals, couples, families, and children who may be facing stressful issues or decisions. Marriage, pre-marriage, and parenting counseling are also available. Services are confidential.

We request a donation of \$35 – \$55 per session for individuals and \$55 – \$75 for couples, based on ability to pay. Some scholarship assistance is available for those who cannot afford that amount.

- **Counseling**
 - Pre-Marriage and Marriage
 - Individual and Relationship
 - Parent-Adolescent & Child
 - Trauma & Anxiety
 - Spiritual

Multilingual counseling available

- **Groups**
 - Grief and Loss
 - Boundary Issues
 - Senior and Retirement Issues
- **Referral Service**
- **Workshops, Seminars and Classes**

Our Clients

Clients come from all parts of the local community and churches. They differ in age, gender, profession, and faith background.

Clients call when hurting emotionally because of loneliness, conflicts with moral issues, marital problems, low self-esteem, feelings of being unloved, rejection, or having questions about current life situations.

What our clients share in common:

- They are interested in working with a Christian counselor.
- They have problems or concerns causing them pain in their daily lives.
- They value themselves enough to want to move forward and seek help in coping with or managing their problems.
- They all have taken a first step by calling the counseling center.

Our Counselors

Our counselors have diverse backgrounds and personalities. They all share a strong personal commitment to their Christian faith. Our counselors strive to integrate their counseling skills with a Christian foundation and are paraprofessionals and graduate and post-graduate level students working on completing the hours needed to become licensed professional therapists. They are supervised on a weekly basis by licensed therapists.

Our Staff

Sandi Hedlund, MA, LMFT *Director*

Sandi has been on the staff at First Pres for 35 years and has directed the counseling service since the late '80s. She is a Marriage, Family and Child Therapist in private practice in Berkeley, and trains and supervises trainees and interns.

Charles L. Wickstrand, MA, LMFT *Supervisor*

Charles strives to supervise with an emphasis on the integration of faith and clinical counseling skills. He has a private practice in Oakland and Alameda and has been a licensed therapist since 1984. He is a former educator in Life Sciences.

How to Reach Us

www.berkeleychristiancounselors.org

info@berkeleychristiancounselors.org

Phone: (510) 548-5858

This is a secure line where you may leave messages 24/7. Someone will return your call as soon as possible. After an initial intake, counseling will be arranged at a mutually convenient time for you and the counselor.

Directions:

First Presbyterian Church of Berkeley is located near the UC Berkeley campus. To find Berkeley Christian Counselors, take the elevator or stairs from the parking garage to the ground level. We are located in McKinley Hall, the brown-shingled building across the open plaza, on the 3rd floor.