

## CAP Counsellors

Shalem has carefully selected 6 to 8 counsellors in the Acton area for CAP. All are professional, experienced counsellors with a passionate commitment to Christ. Each has a Master's degree in the field and is a member in good standing of a professional regulatory body.

*At the end of your sessions, you will have an opportunity to evaluate your counsellor's work.*

## Enhancing Ministry

CAP is an exciting way for Bethel Church to enhance our ministry. At times the deacons have supported some people financially to receive counselling. CAP is a natural extension of that practice. Because Shalem will feed back to Council the type of issues presented to CAP (while strictly maintaining confidentiality), Council will be better able to tailor the church's ministries to meet the emerging needs of our congregation.

CAP is available free  
of charge to all members of  
Bethel Church



365 Queen Street East  
PO Box 369  
Acton, ON L7J 2M6  
519 853-2121  
www.actoncrc.com  
info@actoncrc.com



**shalem**

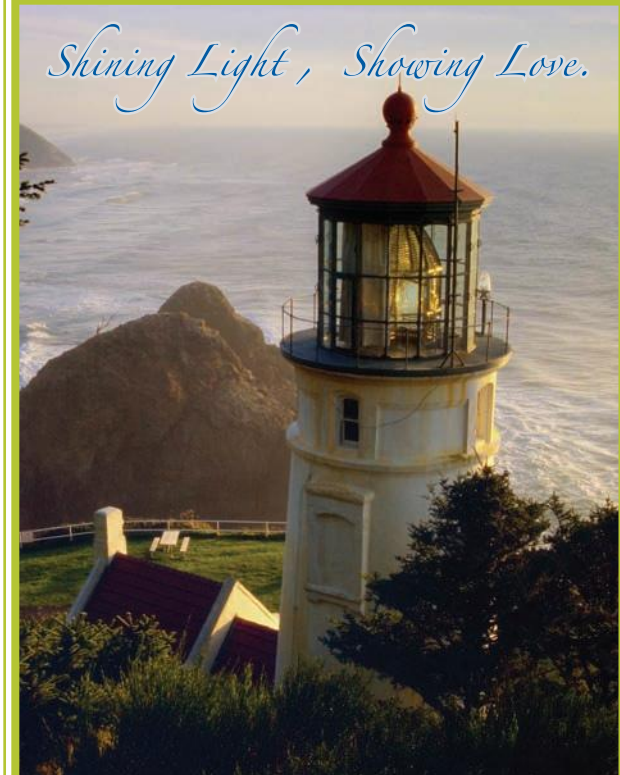
Mental Health Network

Toll free: 866 347-0041

WWW.SHALEMNETWORK.ORG

# Bethel Church

*Shining Light, Showing Love.*



**Congregational  
Assistance Plan**

Professional Counselling Support

# Congregational Assistance Plan

## Professional Counselling Support

### What is CAP?

CAP, or Congregational Assistance Plan, is a way for Bethel Church to make counselling services available for everyone in the church. From time to time all of us are faced with difficulties—some more serious than others. Usually, we are able to resolve them. But there may be a time when our usual ways of coping no longer seem to work. This may be a situation related to family, marriage, grief, etc. If that happens to you, CAP offers professional Christian counselling support.

### Services Provided

CAP offers a solution-focused counselling model of up to 6 sessions in a year. A professional Christian counsellor will help you to develop a strategy to cope with and resolve a variety of issues, including marriage difficulties, adolescent and children's issues, bereavement, stress, trauma, depression, anxiety, addiction, abuse and others.

Services include individual, couple, family and group counselling.

### How Do I Use CAP?

To use CAP, you do not need to be referred by your doctor, pastor or elder. Simply call Shalem's CAP number and mention that you are a member of Bethel Church. An intake staff will ask you a few questions to determine the issue(s) about which you are seeking counselling and to note any specific requests, such as wanting a male or female counsellor, evening appointment times, etc. You will then be contacted by the appropriate CAP counsellor, who will set up your first appointment with you.

### Appointments

Evening appointments are available, but remember that these may be the most requested times. That means that while every effort will be made to ensure an appointment is available within one week of your call, sometimes that may not be possible.

All services are strictly  
confidential

### The First Session

Your first counselling session will be an opportunity to clarify all your questions about the counselling program and the counsellor's approach or method. The counsellor will talk with you about the problem and assess the situation with you. If the concern is within the scope of CAP and you and the counsellor are comfortable with each other, then together you will work out a counselling treatment plan.



To book an appointment or to  
ask any questions call:

**TOLL FREE:** 866.347.0041  
office@shalemnetwork.org