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Dear Pastor/Minister/Employee:

One of the benefits the Atlantic Coast Conference (ACC) offers is the Pastoral Wellness Program. The Pastoral Wellness Program is provided by ACC for its active ministers and conference staff. The program provides up to three free sessions of individual or family counseling for you or your family members.

We understand that life is not always predictable or easy. From time to time, we all have personal problems that affect our happiness, our relationships with others, and sometimes our ability to work effectively. Providing care and ministering to others, while fulfilling, can also be very draining. Because your well-being is important to us, we offer this prepaid benefit to help you make that very important *first step* of receiving additional assistance.

The Pastoral Wellness Program is administered by Philhaven. Philhaven will help you schedule with a caring and experienced counselor. You can use this opportunity to help you and your family members learn to manage or overcome life's challenges such as:

- Anxiety/Stress
- Marital Relationships
- Family Problems
- Parenting
- Pre-Retirement Planning
- Chronic Illness
- Life Balance
- Grief / Loss issues
- Child and Adolescent Problems
- Substance Abuse Problems
- Eating Disorders
- Fears and Phobias
- Mood Management
- Any other problems you are facing

Being aware of such problems is the most important **first step** in taking care of you. Thousands of people like you and I have used programs such as this one and have felt better about themselves, strengthened their relationships with their families and friends, and improved their quality of work.

Using your Pastoral Wellness Program is easy. Simply call **1-800-527-2322** to arrange a **free** face-to-face assessment with a caring counselor at the location closest to you. Your counselor will work with you to help you identify the problem, explore options, and develop a plan. One important fact for you to know about the program is that the services are confidential. No information about specific individuals who use the program is provided to the ACC. Your personal records are protected by state and federal laws and regulations that govern confidentiality. You can be confident that choosing to use the Pastoral Wellness Program will not affect your ministry or job standing. For ministers or employees who live more than a 45 minute drive outside the Philhaven service area, Philhaven will arrange the service of a nearby certified and licensed Christian counseling center for you.

We believe that almost any problem in life can be successfully dealt with if it is identified and treated early. For this reason, we are offering the Pastoral Wellness Program and encourage you and your family members to use it should personal difficulties arise. It is there for your benefit. Remember, it's professional, free and confidential.

Sincerely,

Warren Tyson,
ACC Executive Conference Minister