



*Allow us to journey with you...*

# **REAL LIFE MINISTRIES'**

## **Counseling Resource Directory**

Where *there* is no counsel, the people fall;  
But in the multitude of counselors *there* is safety.

*Proverbs 11:14*



## RECOMMENDED COUNSELING RESOURCES:

**Abortion:** Refer to Crisis Pregnancy on pages 3 & 13 in this booklet

**Abuse: Any type of abuse has to be reported to the police immediately.**

- [ ] *The Kootenai County “Victims Assistance Program”* 208-446-1800 -Financial assist. For sexual abuse counseling services.
- [ ] *ARMS - Abuse Recovery Ministry & Services* - 509-484-0600
- [ ] *Ther’esa Anderson* 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] *Ascent Counseling*, - Jennifer Scott - 208-667-7777 (victim’s counseling)
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913 Past Abuse
- [ ] *Spokane Christian Counseling* -  
*Karina Anderson*, MSW, LICSW, CMHS, MHP 509-869-2974  
*Rikki Gruen*, MA, LMHC, CCTP 509-209-8961  
*Ariele Oshiro-Wilkie*, MS, MHP, LMFTA, LMHCA Spokane and Spokane Valley 509-209-8961

### Anger Management:

- [ ] *Ascent Counseling*, - Jennifer Scott- 208-667-7777 (Anger/Control Counseling)
- [ ] *Ed Hutchinson* - The Amend Center 208-665-2432
- [ ] *Judd Leifheit* - Court recognized 208-667-6606
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Anger Issues, Relational difficulties
- [ ] *Spokane Christian Counseling* - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA  
Spokane and Spokane Valley – 509-209-8961 Anger management

### Autism:

- [ ] *Spokane Christian Counseling* - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA –  
Spokane & Spokane Valley 509-209-8961  
email [arieleo@spokanechristiancounseling.com](mailto:arieleo@spokanechristiancounseling.com)

### Chronic Pain:

- [ ] *RLM Chronic Illness Support* – Contact: George Forgacs 208-818-0649
- [ ] *Inland NW Anesthesia & Pain* - Doran Thomas, CRNA, MAE NSPM-C  
208-457-7078

### Crisis Pregnancy:

- [ ] *Open Arms Pregnancy Clinic* – offers pregnancy counseling services  
208-667-5433
- [ ] *Post Abortion Ministry* - Kathy Spencer 208-215-0594  
RLM Class: Surrendering the Secret held regularly

## RECOMMENDED COUNSELING RESOURCES:

### Cutting:

- [ ] *Rikki Gruen, MA, LMHC, CCTP 509-209-8961*
- [ ] *Lynnette Palmer, LMHC, MHP, CMHS – Genesis Institute 509-467-7913*
- [ ] *Jennifer Scott – 208-667-7777*

### Depression (& Anxiety):

- [ ] *Co-Occurring/Dual Diagnosis Mental Health Support Group at RLM - Myles 208-651-0417*
- [ ] *Adult Mental Health Services - 208-769-1406*
- [ ] *Ther'esa Anderson 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)  
Relationship and Pre-marriage, same sex attraction, depression, suicidal ideation, rape victims, pre/post abortion support*
- [ ] *Journey Counseling of Coeur d'Alene - Michael Unruh, LMHC, LCPC, CSAT (208) 953-1098; Ashlie Unruh, LMHC, LCPC, CSAT (208) 953-1403  
[www.journeycounselingcda.com](http://www.journeycounselingcda.com)*
- [ ] *Spokane Christian Counseling - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA  
Spokane and Spokane Valley – 509-209-8961 Depression, Anxiety, Autism, OCD*
- [ ] *Spokane Christian Counseling [www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)  
Karina Anderson, MSW, LICSW, CMHS, MHP 509-869-2974  
Rikki Gruen, MA, LMHC, CCTP 509-209-8961  
Frances Nocedal, MA, MHR, LMHC, CMHS, MHP – 509-209-8961  
Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA – 509-209-8961*
- [ ] *Lynnette Palmer, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Depression*
- [ ] *Restart Counseling, PLLC - Angela Holland M.S. 208-755-7198  
(Co-occurring Bi-polar & recovery issues)*
- [ ] *Dr. Ray Smith - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) - **Accepts Medicaid***
- [ ] *Mike Wraith, LCSW Clinical Supervisor ID Dept. of Health & Welfare  
208-769-1406*

### Divorce/Separation:

- [ ] *Divorce Care – Tuesday nights 6:30 pm at RLM (seasonal; check website)*
- [ ] *O'Neal Mediation Services – Gary & Cathy O'Neal – 208-660-3774  
(mediation issues)*
- [ ] *Lynnette Palmer, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Relational Difficulties, Life Stage Transitions, Single Adults*

### Drug/Alcohol Abuse/Use:

- [ ] *Celebrate Recovery –Tuesday 5:45 pm-8:15 pm; RLM 2; Friday 6:30 - 8:30 pm  
RLM 2; Contact Myles 208-651-0417 Childcare Available  
Celebration Place for kids; Contact Myles 208-651-0417*

## RECOMMENDED COUNSELING RESOURCES:

### Drug/Alcohol Abuse/Use:

- [ ] *The Altar Church* – Pastor Tim Remington – 208-664-1453
- [ ] *Ascent Counseling*, - Jennifer Scott; Leslie Lee; David Robinson  
208-667-7777 - Adolescents/At-Risk - Adult Alcohol/Drug Use Counseling  
[www.ascentcda.com](http://www.ascentcda.com) [ ] *Cascade Heights Recovery Center* - (509) 340-9643
- [ ] *Restart Counseling, PLLC* - Angela Holland M.S. 208-755-7198
- [ ] *Transformations Christian Treatment Center* - Spokane - 877- 408-3222  
For Alcohol and other substance addiction treatment - in-house

### Eating Disorders:

- [ ] *Celebrate Recovery Support Groups*; Contact Myles 208-651-0417
- [ ] *Dr. Ray Smith, Ed.D* - 509-466-6632 - **Accepts Medicaid**

### Financial:

- [ ] *Lifelines (Financial counseling, food, clothing...)*  
Tues, Wed, Thurs – 10am– 12:45 pm; Online help at RLM website:  
<http://reallifeministries.com/finresources>
- [ ] *Help Center Counseling Services* – Ron Vieselmeyer – 208-765-2407  
(marriage/family & financial issues)

### Gambling:

- [ ] *Celebrate Recovery* – Tuesday 5:45 pm-8:15 pm; RLM 2; Friday 6:30 - 8:30 pm  
RLM 2 Contact Myles 208-651-0417 - Childcare Available

### Grief/Loss:

- [ ] *Grief Share website* - [www.griefshare.org/](http://www.griefshare.org/) - receive an email devotional daily for a yr (free)
- [ ] *Spokane Christian Counseling* [www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)  
Karina Anderson, MSW, LICSW, CMHS, MHP 509-869-2974
- [ ] *Lynnette Palmer, LMHC, MHP, CMHS* – Genesis Institute 509-467-7913
- [ ] *Selah Counseling, LLC* - Rob Wheeler, LCSW – 208-755-3247

### Elder Mediation:

- [ ] *O'Neal Elder Mediation Services* - Gary & Cathy O'Neal – 208-660-3774

### Incarceration:

- [ ] *RLM Jail Ministry*– George – 208-818-0649; Myles 208-651-0417
- [ ] *Jeff Cheeseborough* 208-660-3168 - Juvenile Chaplain

### Legal Issues:

- [ ] *Eric Smith* 208-667-2000



## RECOMMENDED COUNSELING RESOURCES:

### Life Coaching:

- [ ] *Lisa Lessard Professional Coaching Services* - Lisa Lessard, BCMCLC  
Email: [thelessards@live.com](mailto:thelessards@live.com) Phone: (208)818-7526

### Medical Conditions:

- [ ] *Heritage Health Clinic* (for those without insurance) – 208-292-0292
- [ ] *Cancer Support* – Janice Jensen 208-512-9112
- [ ] *RLM Chronic Illness Support* – George Forgacs 208-818-0649
- [ ] *Chronic Pain-Inland NW Anesthesia & Pain-Doran Thomas, CRNA, MAE NSPM-C*  
208-457-7078
- [ ] *Chronic Pain - Pain Management of North Idaho* - 208-765-4807

### Mental Health/Medications:

- [ ] *Adult Mental Health Services* – 208-769-1406
- [ ] *ACES Community Health Services* – 208-292-2188 – (Will take Medicaid)
- [ ] *Rikki Gruen, MA, LMHC, CCTP* 509-209-8961
- [ ] *National Alliance on Mental Illness* – a support group for families who have a member struggling w/ mental illness – Susie Fischer 208-772-9650
- [ ] *Northwest Psychiatric Associates (Children)* – 208-765-0955
- [ ] *Lynnette Palmer, LMHC, MHP, CMHS* – Genesis Institute 509-467-7913
- [ ] *Dr. Ray Smith* - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) - **Accepts Medicaid**
- [ ] *Mike Wraith, LCSW* Clinical Supervisor ID Dept. of Health & Welfare  
208-769-1406

### Pornography:

- [ ] *Every Heart Restored/Women's Purity Group*; Sue Kaestner – 208-659-1039
- [ ] *Men's Purity Group* – Matt Yetter – 208-691-6399
- [ ] *Coeur d'Alene Counseling* – Ed Dudding – 208-806-1184 CSAT Counseling for:  
Internet porn addiction, sexual addiction, & sexual intimacy problems in marriage.
- [ ] *Journey Counseling of Coeur d'Alene* - Michael Unruh, LMHC, LCPC, CSAT  
(208) 953-1098; Ashlie Unruh, LMHC, LCPC, CSAT (208) 953-1403;  
Sexual Addictions, Infidelity, Marital conflict, Depression, Relationship Issues, Post  
traumatic stress, Anxiety, and Trauma [www.journeycounselingcda.com](http://www.journeycounselingcda.com)  
*Spokane Christian Counseling Center* [www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)
- [ ] *North Idaho Treatment Assoc.* – Tom Hearn – 208-660-0455 - sexual addictions

### Suicide: KMC Emergency - KBH - Call Police or 911

- [ ] **Idaho Suicide Prevention Hotline 1-800-273-8255**
- [ ] *Ther'esa Anderson* 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] *Rikki Gruen, MA, LMHC, CCTP* 509-209-8961
- [ ] *SPAN – Suicide Prevention Action Network* – Catherine Perusse 208-290-6161

## RECOMMENDED COUNSELING RESOURCES:

### Suicide (Continued):

- [ ] SPAN – Suicide Prevention Action Network – Catherine Perusse 208-290-6161  
[spannorth@gmail.com](mailto:spannorth@gmail.com)
- [ ] Dr. Ray Smith - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) - **Accepts Medicaid**

### Unemployment:

- [ ] Job Club - Wed 10 am -12 pm RLM I Foyer - Call: 208-446-2420
- [ ] Resume Coaching - Clay 562-441-5883

### Veterans Issues:

- [ ] Dr. Ray Smith - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com)
- [ ] Darren Smiley, LPC 208-667-7777

### Women's Issues:

- [ ] Ther'esa Anderson 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)

### MARRIAGE & RELATIONSHIPS: CONFLICT & ISSUES

- [ ] Marriage Assessments/Evaluations - Call LJ 208-777-7325 x7134
- [ ] Marriages in Crisis - Sean Fryling - Counseling Resource Pastor RLM  
208-777-7325 x7178
- [ ] Ascent Counseling, - Jennifer Scott; Darren Smiley, Kari Threadgill  
208-667-7777
- [ ] Center for Biblical Counseling – Mark Hardy – 208-755-9290  
(individual/marriage/family)
- [ ] Genesis Associates – Mark Cornelius, Bob Henninger, Linda Strahan  
208-664-1606 – (marriage/family/mental health issues)
- [ ] Genesis Counseling Center of North Idaho – Kerry Pfaff MCT 208-818-6170  
(marriage/family/individual issues) \$35 per session
- [ ] Help Center Counseling Services – Ron Vieselmeyer – 208-765-2407  
(marriage/family & financial issues)
- [ ] O'Neal Mediation Services – Gary O'Neal – 208-691-2215  
(pre-marriage /marriage/mediation issues)
- [ ] Lynnette Palmer, LMHC, MHP, CMHS – Genesis Institute 509-467-7913
- [ ] Restart Counseling, PLLC - Angela Holland M.S. 208-755-7198  
(individual/marriage/family)
- [ ] Selah Counseling, LLC - Rob Wheeler, LCSW – 208-755-3247
- [ ] Spokane Christian Counseling - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA –  
Spokane and Spokane Valley – 509-209-8961 email  
[arieleo@spokanechristiancounseling.com](mailto:arieleo@spokanechristiancounseling.com) Marital, Infidelity and Affairs,  
Certified in: Prepare Enrich. Provider with the “Crimes Victims Compensation  
Program” Sliding scale fee offered to those qualified.

## RECOMMENDED COUNSELING RESOURCES:

### MARRIAGE & RELATIONSHIPS:

#### **CONFLICT & ISSUES** (Continued)

- [ ] Pastor Tim Tyler – 208-691-8610 – [TimTyler.faith](mailto:TimTyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) –  
*Biblical Christian Counseling for Individuals, Couples and Families*

#### **Contemplating Divorce or Separation:**

- [ ] O’Neal Mediation Services – Gary O’Neal – 208-691-2215
- [ ] *Selah Counseling, LLC* - Rob Wheeler, LCSW – 208-755-3247
- [ ] *Spokane Christian Counseling* - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA –  
Spokane and Spokane Valley – 509-209-8961 email  
[arieleo@spokanechristiancounseling.com](mailto:arieleo@spokanechristiancounseling.com) Divorce Recovery (parents and children)
- [ ] *Divorce Care* – Thursdays 6:15 pm at RLM
- [ ] *Marriages in Crisis* - Sean Fryling - Counseling Resource Pastor RLM  
208-777-7325 x7178

#### **Domestic violence:**

- [ ] Any type of abuse has to be reported to the city or county police immediately.
- [ ] ARMS - Abuse Recovery Ministry & Services - 509-484-0600
- [ ] *Spokane Christian Counseling* [www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)  
Karina Anderson, MSW, LICSW, CMHS, MHP 509-869-2974
- [ ] *Ther’esa Anderson* 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] *Oasis* – 208-773-1080
- [ ] *North Idaho Violence Prevention Center (Women’s Center)* – 208-664-9303

#### **Extra-martial affair:**

- [ ] *The American Association for Christian Counselors* has a step-by-step process to help couples: <http://www.aacc.net/2010/08/04/adultery/>
- [ ] *Spokane Christian Counseling* - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA –  
Spokane and Spokane Valley – 509-209-8961 email  
[arieleo@spokanechristiancounseling.com](mailto:arieleo@spokanechristiancounseling.com) Marital, Infidelity and Affairs,
- [ ] *Book: “Torn Asunder”* by Dave Carder

#### **Family conflict - Behavioral management:**

- [ ] *ACES Community Health Services* – 208-292-2188
- [ ] *Abundant Hope* - Lisa Johnson - 208-699-8419 - Blended Family Issues  
with in-home Family Group Decision Making.
- [ ] *Alliance Family Services* – 208-664-9729 – (child therapy - **Accepts Medicaid**)
- [ ] *Ascent Counseling* – Jennifer Scott – 208-667-7777 (children & family)
- [ ] *Rikki Gruen, MA, LMHC, CCTP* 509-209-8961
- [ ] *North Lakes Family Center* – Cathi Marceau – 208-664-5941
- [ ] *Restart Counseling, PLLC* - Angela Holland M.S.  
208-755-7198 (individual/marriage/family)



## RECOMMENDED COUNSELING RESOURCES:

### MARRIAGE & RELATIONSHIPS:

#### Family conflict - Behavioral management:

- [ ] *Selah Counseling, LLC* - Rob Wheeler, LCSW – 208-755-3247
- [ ] *Pastor Tim Tyler* – 208-691-8610 – [TimTyler.faith](http://TimTyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) – *Biblical Christian Counseling for Individuals, Couples and Families*

#### Financial Stress:

- [ ] *Lifelines (Financial counseling, food, clothing...)* Tues, Wed, Thurs –10am–12:45pm  
Online help at RLM website: <http://reallifeministries.com/finresources>
- [ ] *Help Center Counseling Services* – Ron Vieselmeyer – 208-765-2407  
(marriage/family & financial issues)

#### Living with Mental Illness:

- [ ] *Celebrate Recovery Support Groups*; Contact Myles 208-651-0417
- [ ] *National Alliance on Mental Illness* – a support group for families who have a member struggling w/ mental illness – Susie Fischer 208-772-9650
- [ ] *Suicide* - If someone is suicidal, **call 911 immediately** or take them to the Emergency Room at KMC - Kootenai Behavioral Health  
**Idaho Suicide Prevention Hotline 1-800-273-8255**
- [ ] *Ther'esa Anderson* 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] *Restart Counseling, PLLC* - Angela Holland M.S.  
208-755-7198 (recovery/co-occurring bipolar issues)
- [ ] *Dr. Ray Smith* - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) -**Accepts Medicaid**
- [ ] *Frances Nocedal, MA, MHR, LMHC, CMHS, MHP* – 509-209-8961  
Spokane and Spokane Valley - Licensed Mental Health Counselor - Accepts some insurance plans. Weekend hours available. Spokane Christian Counseling
- [ ] *Mike Wraith, LCSW* Clinical Supervisor ID Dept. of Health & Welfare  
208-769-1406

#### Pornography:

- [ ] *Men's Purity Group* – Matt Yetter – 208-691-6399
- [ ] *Every Heart Restored/Women's Purity Group*; Sue Kaestner – 208-659-1039
- [ ] *Coeur d'Alene Counseling* – Ed Dudding – 208-806-1184 CSAT Counseling for:  
Internet porn addiction, sexual addiction, & sexual intimacy problems in marriage.
- [ ] *Journey Counseling of Coeur d'Alene* - Michael Unruh, LMHC, LCPC, CSAT  
(208) 953-1098; Ashlie Unruh, LMHC, LCPC, CSAT (208) 953-1403;  
Sexual Addictions, Infidelity, Marital conflict, Depression, Relationship Issues, Post traumatic stress, Anxiety, and Trauma [www.journeycounselingcda.com](http://www.journeycounselingcda.com)  
*Spokane Christian Counseling Center* [www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)
- [ ] *North Idaho Treatment Assoc.* – Tom Hearn – 208-660-0455 - sexual addictions

## RECOMMENDED COUNSELING RESOURCES:

### MARRIAGE & RELATIONSHIPS:

#### **Sexual Dissatisfaction:**

- [ ] *Coeur d' Alene Counseling* - Ed Dudding - 208-806-1184  
*Certified Sexual Addiction Therapist* - Counseling for: Internet porn addiction, sexual addiction, & sexual intimacy problems in marriage.  
ed@coeurdalencounseling.com
- [ ] *Journey Counseling of Coeur d'Alene* - Michael Unruh, LMHC, LCPC, CSAT (208) 953-1098; Ashlie Unruh, LMHC, LCPC, CSAT (208) 953-1403  
Counseling for: Sexual Addictions including Pornography, Infidelity, Marital conflict, Depression, Relationship Issues, Post traumatic stress, Anxiety, and Trauma [www.journeycounselingcda.com](http://www.journeycounselingcda.com) Spokane Christian Counseling Center  
[www.spokanechristiancounseling.com](http://www.spokanechristiancounseling.com)
- [ ] *Genesis Counseling Center* – Kerry Pfaff 208-818-6170 \$35 per session (marriage/family/sexual addiction issues)

#### **Boundary Issues/Co-dependency:**

- [ ] *Celebrate Recovery Boundaries Men's & Women's Groups*; Contact Myles 208-651-0417
- [ ] *Boundaries* – Cloud & Townsend – <http://www.cloudtownsend.com>
- [ ] *Safe People* - Cloud & Townsend – <http://www.cloudtownsend.com>

#### **Dating:**

- [ ] *The Dating Channel* - Cloud & Townsend  
<http://www.cloudtownsend.com/video-advice/channel/Dating/>
- [ ] *Drs. Les & Leslie Parrott Dating Resource*  
<http://www.myrights someone.com/>
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Relational Difficulties

#### **Blended & Extended Family Issues:**

- [ ] *Abundant Hope* - Lisa Johnson - 208-704-0110 - Blended Family Issues with in-home Family Group Decision Making
- [ ] *Ascent Counseling*, - Jennifer Scott; Darren Smiley, Kari Threadgill 208-667-7777
- [ ] *Pastor Tim Tyler* – 208-691-8610 – [TimTyler.faith](http://TimTyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) – *Biblical Christian Counseling for Individuals, Couples and Families*

## RECOMMENDED COUNSELING RESOURCES:

### MARRIAGE & RELATIONSHIPS:

#### Life Coaching:

- [ ] *Lisa Lessard Professional Coaching Services* - Lisa Lessard, BCMCLC - 208-818-7526  
Christian Life Coach - health & wellness, life struggles, home management, and other issues for individuals and groups. Email: [thelessards@live.com](mailto:thelessards@live.com)

#### Living Together/Cohabiting:

- [ ] *The problem with Living Together* - Focus on the Family  
[http://www.focusonthefamily.com/marriage/preparing\\_for\\_marriage/test\\_driving\\_marriage](http://www.focusonthefamily.com/marriage/preparing_for_marriage/test_driving_marriage)

#### Pre-marriage Preparation:

- [ ] *RLM Marriage Evaluations & Pre-Marriage Process & Classes* – LJ Brown  
208-777-7325 x7134
- [ ] *Ariele Oshiro-Wilkie*, MS, MHP, LMFTA, LMHCA Spokane and Spokane Valley  
509-209-8961 Certified in Prepare Enrich
- [ ] *O’Neal Mediation Services* – Gary O’Neal – 208-691-2215  
(pre-marriage /marriage/mediation issues)
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Pre marital counseling

#### Same Sex Attraction:

- [ ] *Celebrate Recovery* Support Groups; Contact Myles 208-651-0417
- [ ] *Ther’esa Anderson* 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] *Same Sex Attraction – CPR (Caring, Preventing & Restoring)* – (support for those experiencing same sex attraction & affected family members)  
Tami Hassler 509-842-2716
- [ ] *Genesis Institute* - Dave Hutchins - 509-467-7913 Gender Identity Issues

#### Suicide:

- [ ] ***If your child is suicidal, take them to the Emergency Room*** at KMC - KBH
- [ ] ***Idaho Suicide Prevention Hotline 1-800-273-8255***
- [ ] *Rikki Gruen*, MA, LMHC, CCTP 509-209-8961
- [ ] *Dr. Ray Smith* - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) -**Accepts Medicaid**
- [ ] **SPAN** – Suicide Prevention Action Network – Catherine Perusse 208-290-6161  
[spannorth@gmail.com](mailto:spannorth@gmail.com) Meetings Third Friday of each month at 3:30 pm Kootenai Medical Center, 2003 Kootenai Health Way

## RECOMMENDED COUNSELING RESOURCES:

### PARENTING/FAMILY:

#### Adolescents:

- [ ] *Ascent Counseling*, - Jennifer Scott; Darren Smiley, Kari Threadgill  
208-667-7777 Adolescents/At-Risk Youth/Families in Crisis
- [ ] *Spokane Christian Counseling* – Spokane and Spokane Valley  
Karina Anderson, MSW, LICSW, CMHS, MHP 509-869-2974  
Rikki Gruen, MA, LMHC, CCTP 509-209-8961  
Frances Nosedal, MA, MHR, LMHC, CMHS, MHP – 509-209-8961  
Licensed Mental Health Counselor
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913—Teens

#### Children’s Counseling:

- [ ] *Celebration Place Celebrate Recovery Support Group for kids*;  
Contact Myles 208-651-0417
- [ ] *Karina Anderson*, MSW, LICSW, CMHS, MHP – Spokane and Spokane Valley.  
509-869-2974
- [ ] *Ascent Counseling*, - Elementary aged children - 208-667-7777
- [ ] *Ariele Oshiro-Wilkie*, MS, MHP, LMFTA, LMHCA Spokane and Spokane Valley  
509-209-8961
- [ ] *Rikki Gruen*, MA, LMHC, CCTP 509-209-8961
- [ ] *Lynnette Palmer*, LMHC, MHP, CMHS – Genesis Institute 509-467-7913 kids 3 –18

#### Conflicting Parenting Styles:

- [ ] *Abundant Hope* - Lisa Johnson - 208-704-0110 - Blended Family Issues  
with in-home Family Group Decision Making—Parenting issues associated with  
divorce/separation

#### Co-Parenting Issues:

- [ ] *O’Neal Mediation Services* – Gary O’Neal – 208-660-3774  
(pre-marriage /marriage/mediation issues)
- [ ] *Co-Parenting Works!* - Tammy Daughtry  
<http://coparentinginternational.com/>

#### Crisis Parenting

- [ ] *Pastor Tim Tyler* – 208-691-8610 – [TimTyler.faith](http://TimTyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) –  
*Biblical Christian Counseling for Individuals, Couples and Families*
- [ ] *Relatives as Parents* - Glenda Weaver - 208-769-7096 *Help for families parenting  
relative’s children* - [glendainidaho@hotmail.com](mailto:glendainidaho@hotmail.com)

## RECOMMENDED COUNSELING RESOURCES:

### PARENTING/FAMILY:

#### **Crisis Pregnancy** (AKA Abortion Resource/Help):

[ ] *Open Arms Pregnancy Clinic* – offers pregnancy counseling services  
208-667-5433

[ ] *Post Abortion Ministry* - Kathy Spencer 208-215-0594

RLM Class: Surrendering the Secret held regularly

#### **Custody:**

[ ] *Focus on the Family* - [http://www.focusonthefamily.com/parenting/single\\_parents/custody](http://www.focusonthefamily.com/parenting/single_parents/custody)

[ ] *O'Neal Mediation Services* – Gary O'Neal – 208-660-3774 (mediation issues)

*Practical help for establishing a game-plan for custody arrangements.*

#### **Depression:**

[ ] To find out more about adolescent depression, go to our RLM website:

[http://www.reallifeministries.com/family\\_resources](http://www.reallifeministries.com/family_resources)

[ ] *Alliance Family Services* – 664-9729 (child therapy - **Accepts Medicaid**)

[ ] *Ascent Counseling*, - Jennifer Scott - 208-667-7777

[ ] *Rikki Gruen, MA, LMHC, CCTP* 509-209-8961 Anxiety, bipolar, depression, mood disorders, self-harm, trauma

[ ] *Frances Nocedal, MA, MHR, LMHC, CMHS, MHP* – 509-209-8961

Spokane and Spokane Valley - Licensed Mental Health Counselor - Accepts some insurance plans. Weekend hours available. Spokane Christian Counseling

[ ] *Lynnette Palmer, LMHC, MHP, CMHS* – Genesis Institute 509-467-7913

[ ] *Mike Wraith, LCSW Clinical Supervisor ID Dept. of Health & Welfare*  
208-769-1406

#### **Discipline:**

[ ] *RLM Parenting Classes* – Parents learn to disciple their children in the Home Sphere. Look for times and dates at our RLM website.

[ ] *ICARE* (Parenting classes in the community) 208-676-1515

#### **Divorce:**

[ ] *Lisa Johnson* - 208-704-0110 Parenting issues associated with divorce/separation -

Assisting in Behavior Management with in-home Family Group Decision Making

[Abundanthopecda@gmail.com](mailto:Abundanthopecda@gmail.com) - [Abundanthopecda.com](http://Abundanthopecda.com)

[ ] *Spokane Christian Counseling* - Ariele Oshiro-Wilkie, MS, MHP, LMFTA, LMHCA –

Spokane and Spokane Valley – 509-209-8961 email

[arieleo@spokanechristiancounseling.com](mailto:arieleo@spokanechristiancounseling.com) Divorce Recovery (parents and children)

[ ] *Lynnette Palmer, LMHC, MHP, CMHS* – Genesis Institute 509-467-7913

## RECOMMENDED COUNSELING RESOURCES:

### PARENTING/FAMILY:

#### **Elder Mediation:**

- [ ] *O'Neal Elder Mediation Services* - Gary & Cathy O'Neal – 208-660-3774

#### **Family conflict - Behavioral management:**

- [ ] *ACES Community Health Services* – 208-292-2188
- [ ] *Abundant Hope* - Lisa Johnson - 208-699-8419 - Blended Family Issues with in-home Family Group Decision Making.
- [ ] *Alliance Family Services* – 208-664-9729 – (child therapy - **Accepts Medicaid**)
- [ ] *Ascent Counseling* – Jennifer Scott – 208-667-7777 (children & family)
- [ ] *Rikki Gruen, MA, LMHC, CCTP* 509-209-8961
- [ ] *North Lakes Family Center* – Cathi Marceau – 208-664-5941
- [ ] *Restart Counseling, PLLC* - Angela Holland M.S.  
208-755-7198 (individual/marriage/family)
- [ ] *Selah Counseling, LLC* - Rob Wheeler, LCSW – 208-755-3247
- [ ] *Pastor Tim Tyler* – 208-691-8610 – [TimTyler.faith](http://TimTyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) –  
*Biblical Christian Counseling for Individuals, Couples and Families*

#### **Grand Parenting:**

- [ ] *Relatives as Parents* - Glenda Weaver - 208-769-7096 *Help for families*  
[glendainidaho@hotmail.com](mailto:glendainidaho@hotmail.com)
- [ ] *Christian Grandparenting Network* - <http://www.christiangrandparenting.net/>

#### **Having a Baby:**

- [ ] *Christ-centered Birthing* - Stephanie Noble - 509-238-6906  
Terri 208-964-5268; Complete info online: [www.birthjourneyprep.com](http://www.birthjourneyprep.com)

#### **Military Deployment:**

- [ ] *RLM Veterans' Ministry* - Contact: Kelly 208-777-7325 x7123

#### **Parenting Classes at RLM:**

- [ ] *Paul Schroeder* - Team Leader Marriage & Family Ministry - 208-777-7325 x7113

#### **Parenting kids that belong to other family members:**

- [ ] *Relatives as Parents* - Glenda Weaver - 208-769-7096 [glendainidaho@hotmail.com](mailto:glendainidaho@hotmail.com)

#### **Rebellion:**

- [ ] *RLM Parenting Classes* – Equips parents to raise kids with Godly principles.  
Look for times and dates at our RLM website Calendar of Events.



## RECOMMENDED COUNSELING RESOURCES:

### PARENTING/FAMILY:

#### **Rebellion** (Continued):

- [ ] ICARE (Parenting classes in the community) 208-676-1515
- [ ] Jennifer Scott; Kari Threadgill - Ascent Counseling in CDA - 208-667-7777
- [ ] Lynnette Palmer, LMHC, MHP, CMHS – Genesis Institute 509-467-7913  
Kids and Teens
- [ ] Rikki Gruen, MA, LMHC, CCTP 509-209-8961
- [ ] Sean Fryling - Counseling Resource Pastor - Assessments & evaluations at RLM  
208-777-7325 x7178

#### **Same Sex Attraction:**

- [ ] *Same Sex Attraction – CPR (Caring, Preventing & Restoring)* – (support for those experiencing same sex attraction & affected family members)  
Tami Hassler 509-842-2716
- [ ] Ther’esa Anderson 509-251-1884 Email: [mmc2911@outlook.com](mailto:mmc2911@outlook.com)
- [ ] Genesis Institute - Dave Hutchins - 509-467-7913 Gender Identity Issues

#### **Single Parenting:**

- [ ] Paul Schroeder - Team Leader Marriage & Family Ministry - 208-777-7325 x7113
- [ ] Pastor Tim Tyler – 208-691-8610 – [TimTyler.faith](http://www.timtyler.faith); email: [Tim@timtyler.faith](mailto:Tim@timtyler.faith) –  
*Biblical Christian Counseling for Individuals, Couples and Families*

#### **Special Needs Child:**

- [ ] RLM Special Needs Children & Families – George Forgacs – 208-818-0649

#### **Substance use & abuse:**

- [ ] To find out what to do if your child is using or abuse drugs or alcohol, go to our RLM website: [http://www.reallifeministries.com/family\\_resources](http://www.reallifeministries.com/family_resources)
- [ ] Cascade Heights Recovery Center - 509-340-9643
- [ ] Restart, PLLC - Angela Holland M.S. 208-755-7198 (recovery/co-occurring bipolar)

#### **Suicide:**

- [ ] *If your child is suicidal, take them to the Emergency Room at KMC - KBH*
- [ ] **Idaho Suicide Prevention Hotline 1-800-273-8255**
- [ ] Rikki Gruen, MA, LMHC, CCTP 509-209-8961
- [ ] Dr. Ray Smith - 509-466-6632 [www.drraysmith.com](http://www.drraysmith.com) -**Accepts Medicaid**
- [ ] **SPAN** – Suicide Prevention Action Network – Catherine Perusse 208-290-6161  
[spannorth@gmail.com](mailto:spannorth@gmail.com) Meetings Third Friday of each month at 3:30 pm Kootenai  
Medical Center, 2003 Kootenai Health Way

## OVERCOMING OBSTACLES:

### COUNSELING RESOURCE BOOKS, DVD'S, CD'S:

When we ask people to read a book, watch a DVD, or listen to a CD that addresses their issues, here are a few obstacles that come up that prevent them from taking advantage of those resources and ways we recommend to overcome those obstacles.

- When someone says they cannot afford to buy the book, DVD, or CD, we recommend that they sell something that is of a lesser value to them than the issue they face.
- When someone says they don't like to read, we recommend that they get the book on CD, or view a DVD.
- When someone says they have a difficult time finish reading books, viewing a DVD or listening to a CD, we recommend that they find an accountability partner to encourage them each week until they complete the book, DVD, or CD.
- **One of the best methods for being accountable, is to be connected into a Small Group or Life Group.**

### CLASSES:

When we ask people to attend a class that address their issues and here are a few obstacles that come up that prevent them from attending the class and ways we recommend to overcome those obstacles.

- When someone says they cannot attend a class because they are too rushed to get home, eat dinner and get to class, dinner & worship is provided before our Tuesday night classes.
- When someone says they cannot attend a class because they don't know what to do with their kids, childcare through 5th grade is provided on a first come, first served basis.
- When people say they have a difficult time attending a class for the duration, classes are offered in manageable weekly sessions.
- When people say they cannot attend classes when they're offered, the same classes will be offered again, on a cyclical basis.

## OVERCOMING OBSTACLES:

### COUNSELING RESOURCE REFERRALS:

In the process of referring people to counselors from the RLM Counseling Resource Network, there are some common obstacles that come up that might prevent people from following the directive and getting the help they need. Below is a sample response that we communicate to help individuals who need professional help, to overcome those obstacles.

**When someone says they cannot afford to go to counseling, we recommend that they sell something that is of lesser value to them than the issue they face.**

When someone does not know **who to go to for counseling**, we suggest a choice from various counselors in our network of pre-screened professionals, who specialize in the issue they are facing. A counseling evaluation with Pastor Sean Fryling is also available to determine a next-step - Please call LJ at 208.777.7325 x7134 to make an appointment.

To access our **complete directory of Christian Counselors** and other resources online, go to:

<http://www.reallifeministries.com/counseling-resources-by-topic/>

<http://www.reallifeministries.com/counseling-resources-by-provider/>

### **FOR EASY REFERENCE** - COURT APPROVED COUNSELING RESOURCES:

#### **Anger Management Resources**

Judd Leifheit - Court recognized

208-667-6606

421 E. Coeur d'Alene Ave, Coeur d'Alene, ID

Offers 52 wk. Domestic Violence counseling and anger management

Ed Hutchinson - The Amend Center

208-665-2432

520 N. Government Way, Coeur d'Alene, Idaho

Anger management & domestic violence counseling

## **SCHOOL COUNSELORS:**

### **Borah Elementary School**

208-664-5844

Adam Foote - School Counselor

### **Coeur d'Alene Charter Academy**

208-676-1667

Bev Chambers -

School Counselor (HS)

Don Kincaid

School Counselor (MS)

### **Coeur d'Alene High School**

208-667-4509

Kelli Aiken - School Counselor

Rick Jones - School Counselor

Joey James - School Counselor

Gretchen Wiggins - School Counselor

### **Dalton Elementary School**

208-772-5364

Tami Frantzich - School Counselor

### **Garwood Elementary School**

208-687-1265

Cassie Martinez - School Counselor

### **Juvenile Justice Outreach**

208-660-3168

Jeff Cheeseborough - Juvenile Chaplin

### **Lakeland High School**

208-687-0181

Frank Viera

School Counselor (A - I)

Lorainne Ryan

School Counselor (J - M)

Kim Suko

School Counselor (N - Z)

### **Lake City High School**

208-769-2942

Andrea Beebe - School Counselor

Sue Hennessy - School Counselor

Christi Granner - School Counselor

Shannon Gabby - School Counselor

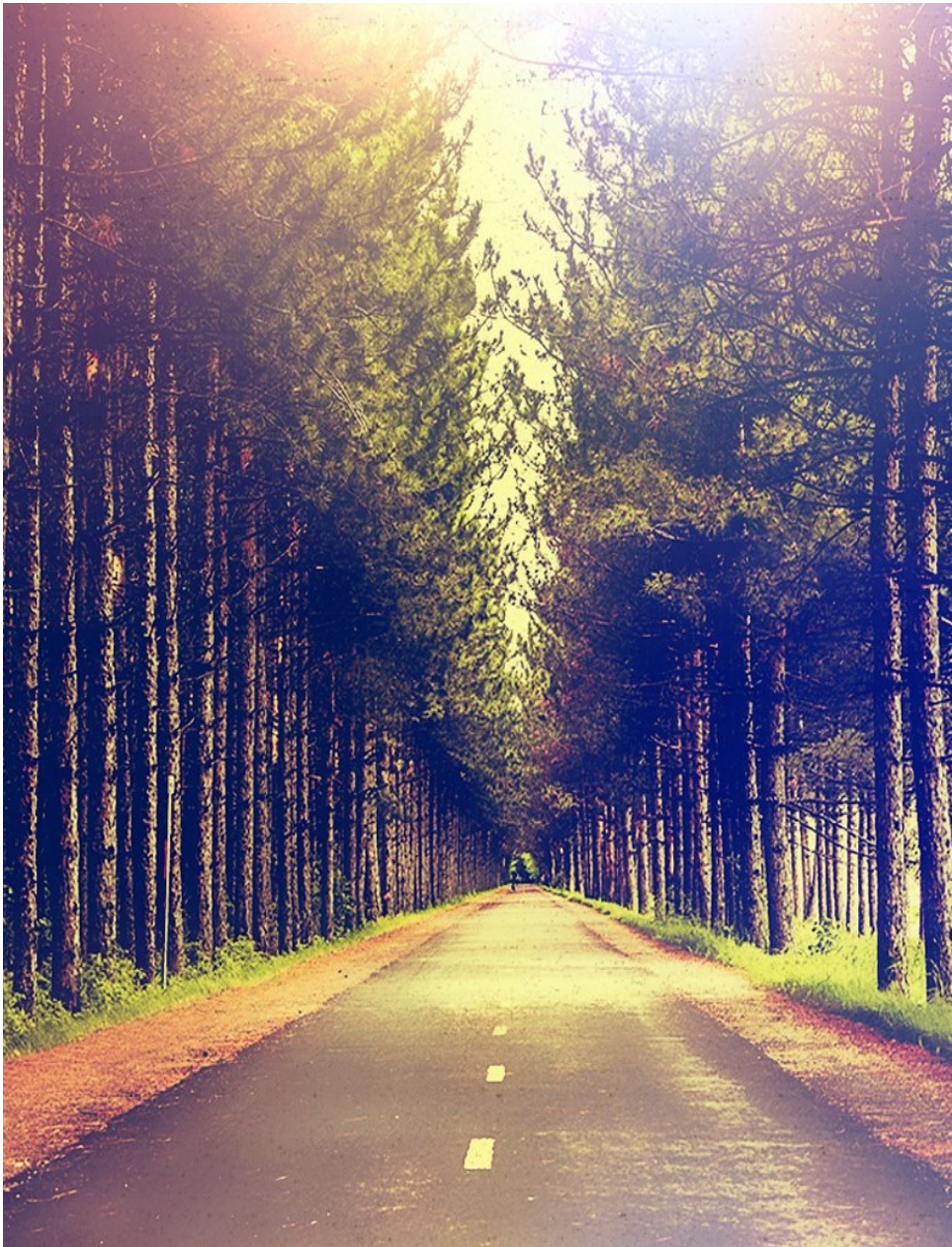
### **Mullan Elementary School**

208-457-0772

Mark Porcher

School Counselor





## **REAL LIFE MINISTRIES**

1860 N. Cecil Road - Post Falls, ID 83854 - 208.777.7325

[www.reallifeministries.com](http://www.reallifeministries.com)

Booklet print date: **Summer 2018**

