

# What is our Encourager Ministry?

The Encourager Ministry is part of our pastoral care team and may be the proper first step to receive encouragement and prayer in life's difficult circumstances. One of our trained lay Encouragers will meet with you one-on-one for 3 sessions where you can share your story, be encouraged with truth, and get plugged in to long term growth and discipleship in various ministries offered at Substance. [Schedule a meeting with an Encourager](#) today!

## COUNSELING

Our Pastoral Care Team is happy to pray for you and share Biblical wisdom with you; however, sometimes professional help is needed. When choosing a counselor it is often helpful to discuss how much you want the counselor's faith to be part of the process, what the end goals are, and how cancellations and emergency meetings are handled. Also, we recommend you check with your insurance company regarding specific providers beforehand. You should be able to view any counselors professional bio before working with them and it is helpful to think of the first meeting as an interview of sorts. You want to make sure any counselor is one that you are comfortable with and comes from a perspective you value. Below are organizations that have great counselors and are in our area:

- [Arden Woods Psychological Services](#) 651.482.9361
- [Nystrom & Associates](#) 651.628.9566
- [Counseling Care](#) 952.892.8495
- [Steven Wiese](#) 651.330.7104