Bridgehaven

The Summit saw the need for a counseling center that provided high quality, gospel-centered, pastoral counseling for members of our church and community who desire to receive care in a formal and confidential setting.

The Summit launched Bridgehaven, a parachurch ministry, to meet this need. Launching a separate center has the additional benefit of allowing the Summit to serve sister churches by creating a trustworthy resource those churches can utilize.

Four phrases capture the relationship between Bridgehaven and the Summit.

1. **Functionally Controlled:** Elders or officers from the Summit comprise a ruling majority of Bridgehaven's board of directors.

2. **Fully Accountable:** Our pastor of counseling serves as the ministry supervisor and strategist for the staff at Bridgehaven.

3. **Financially Self-Sustaining:** Bridgehaven and its staff are supported through the counseling donations and teaching registrations from the ministry they provide.

4. **Formal Confidentiality:** Information discussed in counseling is considered privileged unless there is a signed release of information or if mandated reporting laws are necessary.

More information about Bridgehaven's staff and services can be found at:

bridgehavencounseling.org

G4

G4 is a ministry that provides a peer-support setting for individuals to invest a season of their lives in overcoming a life-dominating struggle or navigating a major life transition.

"G" is for Gospel-centered groups. Often recovery or support groups are criticized for centering on an individual's identity in his or her struggle. We want to provide the benefits of subject-specific groups with peer support while emphasizing that our identity is not found in an issue but in an individual — the person of Christ.

"4" designates that four categories of groups are provided:

1. **Recovery:** Groups helping individuals recover from addictions or other life dominating struggles. *Examples: addiction, anger*

2. **Support:** Groups for those needing encouragement and support during a period of suffering or major life transition. *Examples: grief, divorce recovery*

3. **Therapeutic Education:** Groups providing education to navigate specific life challenges. *Examples: blended family, parenting an addict*

4. **Process:** Groups for those needing help processing problematic emotions or traumatic experiences. *Examples: depression, trauma*

G4 groups meet every Monday from 6:30 to 8:30 p.m. at the Summit's Blue Ridge Campus (3249 Blue Ridge Road, Raleigh, NC 27612).

Members of our church are encouraged to invest in areas where God has given them comfort or victory by leading a G4 group.

To see a list of current group topics or get connected to a group, visit:

summitrdu.com/G4

Counseling Seminars

We want the Summit's counseling ministry to be more than events you attend or ministries to which you refer.

We want counseling to be something that our members do daily in each other's lives. This may mean leading in Preparing for Marriage (PFM) or G4 or being better equipped for your day-to-day conversations with a friend.

Galatians 6:2 tells us, "Bear one another's burdens, and so fulfill the law of Christ" (ESV). Our counseling ministry offers seminars that are free for our church and community. We want to equip our church and other local churches to fulfill Galatians 6:2 with excellence.

A plumb line for our counseling seminars is, "We don't do events. We create resources." Our seminars are designed to facilitate a journey you can walk with a friend by:

- Having a mentoring manual
- Being designed in sequential steps or units
- Being available online to review as you study

Our goal is that you leave each seminar not saying, "That was interesting. I understand" but "I could do this with a friend," whether you are the helper or helpee.

"But what if I get in over my head? What if I learn of struggles that are larger than I feel equipped to handle?" These are the questions that often make us passive.

Too often we fall into the trap of thinking, "If I can't do everything, I won't do the parts that I can do." The result is people's struggles become more overwhelming as their lives become more isolated.

This is why the other, formal counseling ministries listed on this brochure have been created. Your friend can participate in these ministries as you continue to do life together, discipling each other with the resources provided.

The most up-to-date information about upcoming events can always be found at:

bradhambrick.com/events