



Healing Hearts • Restoring Relationships • Liberating Lives

## **There is hope. People can change.**

Hope is a small word that describes a powerful attitude. Spiritually, “hope” is experienced by trusting God for a favorable outcome in all situations. In the world we live in, we are saturated with messages encouraging us to chart our own destiny and become the captain of our lives. In the midst of attempting to fulfill that challenge, we can find ourselves in places that prove to be spiritually, emotionally, and sometimes physically destructive. These choices can cause us to lose heart, but when we trust God, He gives us hope even in bleak situations. It takes far more strength to carry a load than to pass that load off to God and let Him bear it. Allowing God to control our lives is essential for us to maintain a hopeful disposition.

God commands first place in our life (Exodus 20:3-6, Matthew 6:33) which means that we may need to reorder our priorities. Sometimes we become so comfortable doing things one way that we don’t realize that there are other options that can prove to be beneficial. Left to our own defenses, we might stay in a miserable existence. With God in the lead, change for the better is always possible and attainable. As counselors at Wellspring, we challenge and support individuals to walk in God’s truth. We encourage clients to make choices that can help them positively change their lives. To experience real hope, it may mean that we will need to change our behavior and attitude to align more with the truth of God’s Word.

*“My hope is built on nothing less, than Jesus’ blood and righteousness;  
I dare not trust the sweetest frame, but wholly lean on Jesus’ name.  
On Christ the solid rock I stand--All other ground is sinking sand,  
All other ground is sinking sand.”*

*Bradbury*

**Jeanette Brown, PLPC, Staff Counselor  
Wellspring Christian Counseling**

## **Meet the Counselor:**

*Jeanette Brown is a Provisionally Licensed Professional Counselor (PLPC) in the state of Missouri. She holds a Master of Arts (M. A.) degree in Counseling from Covenant Theological Seminary in St. Louis, Missouri. She completed her internship at Wellspring Christian Counseling and joined the staff in 2006.*

*Jeanette is a member of the American Association of Christian Counselors (AACC.) As a counselor, Jeanette has experience working with such issues as marriages and/or families in conflict, parenting, communication, depression, and anxiety. She also has a special heart for such concerns as grief, social fears, life cycle adjustments, and relocation transitions. Jeanette is a facilitator with FirstLight Ministry and GriefShare support groups and, additionally, speaks at church-sponsored events. Jeanette was recently appointed to the Missouri Child Abuse and Neglect Review Board by Governor Matt Blunt.*

*Prior to her career in counseling, Jeanette earned a Bachelor of Arts degree in Business Administration and a M.A. in Management from Webster University. She was employed in corporate management for a number of years. Jeanette enjoys trivia, movies and music.*