

# DUMPSTER DIVING RESOURCES

## **GRIEFSHARE: SURVIVING THE HOLIDAYS**

1-session event @ FCC-JC | Sunday, Nov 12 | 11:15am | Room 104 | Contact Andrea Hodges for more info: [ahodges@fcc-jc.org](mailto:ahodges@fcc-jc.org)

Discover the support you need this holiday season. Guiding you through the complex emotions you may encounter, this program offers help and hope as you navigate the Christmas season. From managing traditions and social events to finding hope for your future, let us be your compassionate companion on this journey towards healing and renewal.

## **WED NIGHT WOMEN'S STUDY: SPIRITUAL DISCIPLINES**

6 week study | Starts Wed, Nov 15 | 6:30-8:00pm | Prayer Room | Contact Terri Pugsley | [terripugsleycoaching@gmail.com](mailto:terripugsleycoaching@gmail.com) | 410.207.1423 for more info | Spiritual disciplines open us to God's transforming love and the changes only God can bring about in our lives. This study takes us more deeply into understanding 6 Key Disciplines (i.e. creating space for God, and encountering God in scripture), with practical ideas for weaving them into everyday life.

## **WED NIGHT MEN'S GROUP & BIBLE STUDY**

Starts Wed Night, Nov 15<sup>th</sup> | Room 104AB. Contact Kevin Pugsley | [kevinpugsley7@gmail.com](mailto:kevinpugsley7@gmail.com) | 410.746.1895 for more info - or just come and experience this unique, safe space where men are finding trust, freedom and friendship studying God's word together.

## **SUNDAY MORNING GROUPS**

Contact Andrea Hodges | [ahodges@fcc-jc.org](mailto:ahodges@fcc-jc.org) | 423.277.7220 for information on our wide variety of groups and current studies.

## **SYMBIS (Saving Your Marriage Before and After It Starts):**

Discover valuable tools for preparing for marriage - or making your marriage the best it can be. Contact Marriage Coach for more info: Gary Thomas | 423.677.2299 | [gwtmst@comcast.net](mailto:gwtmst@comcast.net)

## **LIFE RECOVERY**

The healing process can begin when you recognize something is broken. For recovery support contact leaders for more info:

Lisa Blankenship | [lblankenship@fcc-jc.org](mailto:lblankenship@fcc-jc.org) | 423.232.5703

Donna Smith | [dsmith@gmail.com](mailto:dsmith@gmail.com)

Brandon Church | [bchurch@fcc-jc.org](mailto:bchurch@fcc-jc.org) | 423. 528. 6926

## **CANCER SUPPORT GROUP**

Cancer survivor 'thrivers' are standing by for hope and help. Contact leaders for understanding and support: Leaders: John Angelopoulos | [greatgrek@charter.net](mailto:greatgrek@charter.net); Claudine Coe | [claudinecoe@gmail.com](mailto:claudinecoe@gmail.com)

## **PARENTING WITH LOVE AND LOGIC**

This parenting training shows how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character through easy-to-implement steps without anger, threats, or power struggles. Contact John Angelopoulos | [greatgrek@charter.net](mailto:greatgrek@charter.net) to be added to the list for our spring training.

## **GRIEF JOURNEY**

Spring group starts Wed night, Feb 28 @ FCC-JC | 8 Weeks | 6:30-8:00pm | Contact leader for more info and support: Chris Osborne | 423.737.7649 | [osborneca65@gmail.com](mailto:osborneca65@gmail.com)

Grief Journey is a safe, nurturing space for adults who have lost a loved one. At Grief Journey you can express your emotions, share your stories, and connect with others who have experienced similar loss. Explore self-care practices, learn healthy ways to honor your loved one's memory, and find renewed hope for the future through the healing of Jesus Christ. This is a free program, but consistent attendance is required.

# OFFSITE GROUPS

## **SUICIDE SURVIVORS**

Barbara Simms | 828.319.5530 | [barb@bsims.net](mailto:barb@bsims.net)  
Facebook: Suicide Survivors Support Group of Johnson City  
Meets 2<sup>nd</sup> Tues of each month @ 6:00pm | Summit Leadership Office |  
3515 Bristol Highway, Johnson City

## **NAT'L ALLIANCE FOR MENTAL ILLNESS**

Sherry Falkner | [slfalkner@hotmail.com](mailto:slfalkner@hotmail.com)  
For Mentally Ill patients, their family and friends |  
[namijohnsoncity@namitn.org](mailto:namijohnsoncity@namitn.org) | 423.930.8035

## **OVEREATER'S ANONYMOUS**

Contact Morgan Clark for Online group info | | 423.791.0249  
[www.oabigbooksolutiongroup.org](http://www.oabigbooksolutiongroup.org) | Contact Anne for Onsite group info  
| 423.612.0620 | Tues 7pm & Thurs 5:30pm

## **AA ALCOHOLIC ANONYMOUS**

423-928-0871 | [www.aatricitiestn.com](http://www.aatricitiestn.com)

## **NA NARCOTICS ANONYMOUS**

[www.mountain-na.org/meetings](http://www.mountain-na.org/meetings)

## **PROFESSIONAL COUNSELOR/COACH REFERRAL LIST**

*Counselors & Coaches of faith who have received good reviews.  
Contact them for current info, specialties, insurance coverage & fees.*

### **Brian Scott, LPC, MHSP**

*Marriage & Family counseling, Behavior counseling, depression and individual counseling*

600 E Unaka Ave | Johnson City, TN 37601 | [bscottlpc@gmail.com](mailto:bscottlpc@gmail.com) | 423.926.3486

### **Eve Geisey, LPC**

<http://www.gracepcc.com/meet-us/> 214 E. Mountcastle Dr. #1 | Johnson City | 423.283.4958

### **John Lawson, LMFT**

<http://www.gracepcc.com/meet-us/> 214 E Mountcastle Dr. #1, Johnson City | 423.283.4958

### **Dana Skaggs, MS, HSP / Private Pay only**

*Boundaries & Relationships, Trauma, PTSD, Depression & Anxiety*

<https://danaskaggs.com/> | 2700 South Roan St., Suite 205 | Johnson City | 423.377.4711

### **Dr. Lisa Buchanan, PhD, LPC-MHSP**

[sohc.lisabuchanan@gmail.com](mailto:sohc.lisabuchanan@gmail.com) | Voicemail: 423-302.0347

[www.sohcounselingtn.com](http://www.sohcounselingtn.com) | Office: 423-530-7042 | Seed of Hope Counseling | 229 East Center Street | Kingsport

### **Terri Pugsley, MS**

*Healing from Relationship Traumas; Women Healing from Spousal Betrayal (Affairs, Porn);*

*Life After Divorce; Couples: Effective Communication Skills | [Terripugsleycoaching@gmail.com](mailto:Terripugsleycoaching@gmail.com) | 410.207.1423*

### **Doug Fox, LPC**

*Cognitive Behavioral Therapy, Addiction, Grief*

<https://choicewellnessandcounseling.com/> Choice Wellness & Counseling | Johnson City | 423.502.4158

**Kody Hodge, MA**

*Children & Teens, Children experiencing difficulties with learning variations or performance anxieties, Behavioral Issues, Life Transitions, Family Conflict*

Appalachian Christian Counseling | Gray Counseling Center | 406 Roy Martin Rd | Gray | 423.556.6020

**Eric Feltman, LPC-MHSP**

*Individual and Couples | Anxiety and Panic Disorders, Depression, Marriage, Men's Mental Health, Trauma & PTSD*

Buffalo Mountain Counseling Center | 423.218.2048

**Dr. Natalie Pickering, PhD, BCC Counselor / Coach**

Currently only accepting clients for 3-5 day intensives

*Coaching, Enneagram, Trauma* | [info@yourhighestplace.com](mailto:info@yourhighestplace.com) | 423.710.9922

## COMMUNITY SERVICES

Contact 211 Community Info & referral help line 423 phone)	Dial 211 (from a
988 for assistance with mental health crisis	Dial 988
Domestic Violence Safe Passage Hotline	423.926.7233
Domestic Violence National Hotline	800.356.6767
Suicide Prevention Hotline	800-273-8255
Crisis Hotline 24 hours	423.928.9062
Crisis Hotline for Teens	877.288.1828
Suicide Prevention Text Line	Text "TN" to 741 741
Suicide Survivors in-person group Contact: Barbara Sims Ph.D. Meets 2 <sup>nd</sup> Tues of each month @ 6:00pm Summit Leadership Offices 3515 Bristol Highway	828-319-5530
Tri-cities Survivors of Suicide Support Group Contact: Dorothy Gregory, JCMC 5th Floor Conference Room Meet every 4th Monday from 6-8 p.m. <b><a href="http://www.Suicidesurvivors.org">www.Suicidesurvivors.org</a></b>	423-979-7475, option 2
Creekside Behavioral Health Hospital	423-830-8110
Frontier Health Crisis Team	877-928-9062
Woodridge Hospital	423-431-7111
ETSU Health Psychiatry Clinic	423-439-8000
Ballad Respond (24/7 crisis help)	800-366-1132
Mental Health Coordinator – Deborah Cloyd France	423-461-7015

First TN Area Agency on Aging	423-928-3258
Johnson City Community Health Center (uninsured)	423-926-2500
Partnership for Prescription Assistance	888-477-2669
Disability Law and Advocacy Center	800-287-9636
NAMI- Johnson City	423 930-8035
NAMI TN	800 467-3589, ext. 307
NAMI National   info @ nami.org	800 950-NAMI, 6264
TennCare Hotline (Information)	800-669-1851
TennCare Consumer Advocacy Line	800-722-7474
TennCare Partners Advocacy & Info	800-758-1638
Health Options ( TennCare disenrollees)	888-486-9355
Victory Center Northeast TN	423-975-6000
Friendship House Peer Support Center	423-232-4264
Career Center	423-610-0222
NetTrans - Disability Related Transportation www.nettrans.org	423.461.8233
Alcoholics Anonymous	423-928-0871