

When you give to Niagara Life Centre, even little gifts can make a big difference to the hurting in our community, and the *Change is Good* Coin Campaign makes it easy.

- Take a container home and fill it with coins, cash, or cheques.
- Bring your bottle back on the designated day.
- Pray for the ministry of Niagara Life Centre and look forward to hearing about the impact it makes transforming lives through counselling.

niagaralifecentre.ca/changeisgood



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Your support makes it possible for Niagara Life Centre to provide free or low fee counselling services to the hurting in our community — people like "Mary", "Mark" and "Sarah".

Fear, confusion, anxiety and more fear....these were the things that crippled me from living my life with joy and confidence...going to Niagara Life Centre not only provided me with someone who could listen, encourage, challenge and pray for me, but it brought an amazing depth to my understanding of myself and God's desires for me.

Before I came to Niagara Life Centre I was depressed and full of bitterness, I felt alone. At the very first session my counsellor opened my eyes to what was holding me back and keeping me stuck in my comfort zone. I felt a burden lifted off my heart...I am now focused on others instead of feeling sorry for myself. I see everything in an entirely different light.

Sarah felt alone and afraid. Her world was collapsing around her....She knew she needed to change but she didn't not know how. As the counsellor spoke with Sarah, she realized she had choices to make in life. She did not have to believe that lies that Satan had been telling her for so many years. Sarah realized God loves her and has a plan for her life.

**Thank you for giving** so Niagara Life Centre can continue to support the hurting in our community.

niagaralifecentre.ca/changeisgood 237 Lakeshore Road, St. Catharines, Ontario, L2M 1R9, 905.934.0021

Free or low fee counselling



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