

HELLO, MY NAME IS JAMES BAUMGARDNER.

I am Offsite Counselor for Hope Harbor Family Ministries. I am licensed in the State of Oklahoma as a Licensed Professional Counselor (candidate) and by the National Council on Family Relations as a Certified Family Life Educator.

My approach to counseling is shaped by my beliefs and values. I work, therefore, from a Christian and clinical perspective founded on the truth of sound theology and psychology. And though I do not expect you to share my convictions, you do have the right to know about them, for mine (and yours) will influence the content and process of therapy. I am committed to respecting your beliefs and values, and to provide you a safe place in which to pursue healing and growth.



Since therapy is about change, my initial task in counseling is to understand you and your goals for your life, and then to assist you with ways to make that desired change a reality. I primarily use a short-term, solution-oriented approach to counseling, which means that for the majority of our time together we will work to uncover and develop focused, meaningful solutions that will bring about the change you desire.

The decision to seek professional counseling can be a difficult one, yet it is an important one. Every effort is made to ensure that your experience here at Hope Harbor is beneficial.

God bless you in your discovery and development of healthy solutions.

Hope Harbor Family Ministries (HHFM) is an affiliate of Hope Harbor Children's Home, a 501 (c) (3) benevolent work of the Church of Christ. The children's home has been serving families since 1947, and is licensed by the State of Oklahoma to provide residential child care and placement. HHFM is dedicated to providing quality, affordable Christian counseling and training to families of Claremore and Northeast Oklahoma.

Through our Counseling Ministry we provide intervention services to children, adolescents, couples, and parents for issues such as anger, stress, grief, abuse, addiction, depression, anxiety, child behavior, and spirituality.

Through our Training Ministry we provide prevention services to adolescent and adult groups for areas such as peer relationships, parent education, marriage preparation and enrichment, financial planning, and spiritual formation.



For an appointment contact:
James Baumgardner, MA, LPC (cand), CFLE
Offsite Counselor
(918) 341-4425 jim@hopeharborinc.org

We are located at:
319 East Blue Starr Drive
Family Life Center
(behind Blue Starr Church of Christ)
Claremore, Oklahoma 74017



Lighting the Way for Families



*Through God's grace, our overarching purpose
is to help families uncover and develop
focused, meaningful solutions for their lives.*

*"Jesus said...I am the way, and the truth, and the life..."
(John 14:6)*

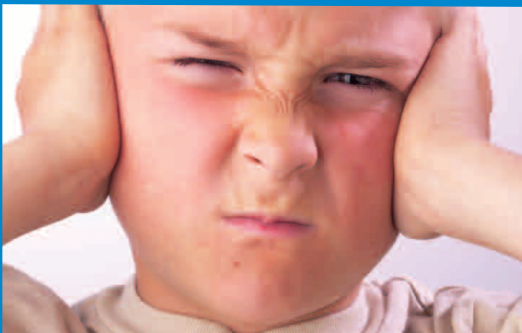
AT HOPE HARBOR, our mission is to equip children and families for lives with meaning and purpose.

WHEN YOUR LIFE FEELS STUCK OR TOO DIFFICULT...

Often we expect life to be easier than it is, especially when other lives seem to be running more smoothly than our own. "Why all these struggles?" Or we dismiss our struggles when compared to those of others. "Maybe I just need to toughen up." The truth is that our life struggles are neither insurmountable nor insignificant. Acknowledging this can be the first step toward the changed lives we desire.

ASK YOURSELF...

"Do my emotions feel overwhelming, enough that they control my daily living? Do I feel stretched to the limit trying to cope with the pressures of relationships? Do my troublesome behaviors seem out of control, causing me a lot of regret? Do I carry around negative thoughts that I cannot seem to successfully handle? Do I seriously wonder about God?"



WE CARE...

Hope Harbor can help you address any of these various pieces of your life, providing you with tools to make the changes that can bring wellness. We all struggle with fears, doubts, hurts, regrets, secrets, and we are hesitant to share these with others. Hope Harbor offers an environment where, through the grace of God, you can feel safe to open up about your story and find courage to explore the solutions to your desired future.

We know that reaching out for help can be difficult, so to help make the process a little easier we want to let you know what will happen. Upon your initial contact with us we will get a bit of information about you and your current situation. With this information we can better know if we will be in a position to help you. If we cannot help we will attempt through referral options to connect you with someone who can. The information you give us will be held in the strictest of confidence as allowed and required by law. If, by mutual decision, we choose to enter into a counseling relationship we will begin where you are at now and then work with you to find solutions within and through your current situation.



We prefer that the prospective client make the initial contact, unless the services are for a minor child. Referral sources are welcome to call for general information, and we like to collaborate with our referral sources, but we can only do this after a consent is signed by the client.

Our service fees are set on a sliding scale, depending on combined annual household income, ranging from \$23 to \$103 (subject to change) per 50 minute session. If necessary, additional financial assistance may be available with a completed application.

