

“You know that **journey** we talk about so much...I feel like I’ve been given **new shoes.**”

He came in with the strong possibility of his third brain tumor in nine years. Three brain tumors...just nine years of a little life. Nine years that are supposed to be full of scraped knees and skinned elbows and maybe broken arms from time to time...not three brain tumors. But, they were there, thrown across his life, and he was here at Daystar.

Sitting in his new counselor’s office, he laid out the story of his life thus far with incredible maturity and profound strength. He worried more about his family than he did for himself. His brown eyes shone with determination as he talked about the way he wanted to help other kids in similar situations. Anyone would meet this young boy and walk away feeling more resilient themselves for having met him. As he left the office that day, he turned to his mom and said, “You know that journey we talk about being on, Mom? Well, I feel like I’ve just gotten a new pair of shoes.”

That is what we long to be about at Daystar Counseling Ministries...new shoes. New shoes for girls who are riddled with anxiety, for boys who are struggling with depression, for children who are facing great loss, adolescents who feel alone, and for the weary and worried parents of all of these children who walk through our doors.



Mom, you know that journey we talk about so much... I feel like I've been given a new pair of shoes.



Winter/Spring 2010



In individual counseling, groups, summer camps, and even parenting seminars, we seek to offer hope in the midst of pain—whatever that pain looks like. And, in moments...in grace-filled glimpses... it happens. A child walks away feeling a newness in their journey.

Then life breaks back in. It did, in fact, just a few weeks later for this young boy. It wasn’t news of another tumor. It was pain that rivals any other in the life of a child. It was the pain of feeling rejected by his best friends. In another wise-beyond-his-years moment, he said to his mom “I feel like my new shoes have had holes poked in them.”

Life breaks back in. We get new shoes and finally feel some semblance of hope again. Just as we get our new shoes broken in, we sense something strange...like a stick somewhere in the toe of our shoe. We slow down a little, but keep walking. The stick seems to be growing with each step. It quickly moves from uncomfortable to downright painful. New shoes, this side of heaven, don’t last very long. Life can’t keep from breaking back in.

New shoes, repaired shoes, can’t-figure-out-the-stick-in-the-toe shoes...we’re in the business of all of them at Daystar. We’re about offering hope, and re-offering and re-offering that very same hope. That’s what Christ does for us.

Hope, love, grace, new mercies and new shoes. We are privileged to join him in the process... and join this young man and so many like him on their journeys.

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DAYSTAR COUNSELING MINISTRIES,
INC.
2801 AZALEA PLACE
NASHVILLE, TN 37204
ADDRESS SERVICES REQUESTED

Who We Are...

Our Counselors...

Melissa Trevathan, M.R.E., Executive Director
 Sissy Goff, M.Ed., LPC-MHSP,
 Director of Child and Adolescent Counseling
 David Thomas, M.S.S.W.
 Director of Men and Boys' Counseling
 Jeremy Shapiro, M.A.P.C.
 David Denton, M.A., LPC-MHSP
 Tracy Kouns, R.N., M.A.C.P.
 Chris Roberts, M.A.C.P.
 Heather Flener, M.F.T.
 Heather James, M.Ed.
 And our pet therapists...Jonah, the black lab,
 Lucy, the Havanese, Blueberry, the sheepdog, and
 Lolly, the Wheaten Terrier

Our Office Staff...

Pace Verner, Director of Development
 Kathleen Goff, Assistant Director of Development
 Mary Berndt, Office Manager
 Pat McCurdy, Administrative Assistant
 Lynne Fleet, Assistant Office Manager
 and Administrative Assistant
 Chelsea Lesniewski and Tamara Price,
 Graduate Counseling Interns

Our Board of Directors...

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 Mimi Heldman, Secretary ● Corinne Barfield
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 Magargee ● Bruce McCurdy ● Bunny Porter-Shirley
 John Van Hooydonk ● Elizabeth Wallace

What We Offer...

Individual Counseling...

Daystar counselors are available to meet one-on-one with children, adolescents, young adults and families to help with a variety of issues.



Boys' Groups

Mondays:
 3rd-5th Grades: 4:15-6:00pm
 4th-6th Grades: 5:00-6:45pm
 High School #2: 6:00-7:45pm
 Tuesdays:
 5th-7th Grades: 4:15-6:00pm
 High School #1: 5:15-7:00pm
 High School #4: 6:15-8:00pm
 Wednesdays:
 2nd-4th Grades: 4:00-5:45pm
 Thursdays:
 4th-6th Grades: 3:30-5:15pm
 7th-8th Grades: 5:15-7:00pm
 High School #3: 6:00-7:45pm
 High School #5: 7:00-8:45pm

Camp Hopetown...

Camp Hopetown is Daystar's version of a summer camp. It is the time to strengthen and experience what we've been talking about in groups throughout the school year. We have six summer sessions, each five to seven days long, and grouped around grade level. Kids come from within Daystar, or within the middle Tennessee community. There are never more than 30 campers per session, with a ratio of about three campers per leader. Whether we are playing on the lake, cooking together, or having worship, the time is always spent with a purpose. The hearts of the kids are softened through relationship. Their faith is strengthened during our worship time and Melissa's teaching each morning and evening. And, the strengthening comes as each child, regardless of age, sees that he or she has the ability to make a profound difference in the lives of others.

Summer Session 1	11th-12th Grade	June 5-11
Summer Session 2	11th-12th Grade	June 15-21
Summer Session 3	9th-10th Grade	June 25-July 1
Summer Session 4	2nd-4th Grade	July 7-11
Summer Session 5	5th-6th Grade	July 15-20
Summer Session 6	7th-8th Grade	July 24-30

Group Counseling...

Because we believe that kids have a tremendous ability to effect each other in a positive way, group counseling is one of our primary emphases at Daystar.

Girls' Groups

Mondays:
 2nd-4th Grades: 4:00-5:45pm
 5th-6th Grades #1: 5:45-7:30pm
 7th-8th Grades: 4:00-5:45pm
 8th-10th Grades: 5:45-7:30pm
 Tuesdays:
 5th-6th Grades #2: 4:00-5:45pm
 High School #1: 5:00-6:45pm
 High School #2: 5:45-7:30pm
 Thursdays:
 High School #3: 5:00-6:45pm
 High School #4: 7:00-8:45pm



Where You Can Join Us...

Throughout the year, Daystar offers a variety of fundraisers and events we would love for you to be a part of. Please call the office at 298-5353 or go to www.daystarcounseling.com for more information!

Soup Night...



"It is better to eat soup with those you love than steak with those you hate." Proverbs 3:12
 Soup Night is a night for folks of all ages to gather for a time of worship, reflection, and great soup. We'd love to see you there!

April 27th

7:00pm, now at the Daystar House

Classes for Adults..

come join the painters' circle

an informal 3 week adult art class led by mimi heldman meeting on Wednesday nights from 6-9pm
 january 13th, 20th and 27th and february 3rd, 10th and 17th
 space is limited ● cost: \$125 including art supplies

Nurturing Boys, Led by David Thomas

Nurturing Boys helps parents, educators, mentors and others understand and explore the hearts, minds and ways of boys and the vital role that parents and caregivers play on the journey to manhood. This class is filled with practical tips and suggestions, and gives fresh insight and much-needed encouragement on the road to raising boys.

Raising Girls, Led by Sissy Goff

Raising Girls journeys into the heart of girls to help adults understand their daughter's different stages of development: what is normal, what is not, and how to relate effectively. They also speak at length on the issues at the heart of girls today. This seminar will help you learn what it means to call out the unique identity God has given the girl you love.

The Back Door, Led by Melissa Trevathan, Sissy Goff and David Thomas

We not only are excited about the back door approach, but believe it is a disarming way to connect with adolescents. We hope you will join us for a time of teaching, laughing, talking, and encouraging one another on the journey to helping teens become who God has created them to be.

Raising Kids of Character, Led by Melissa Trevathan, Sissy Goff and David Thomas

Character is often one of the most important and most difficult things to instill in the life of a child. In this seminar, our hope is to offer you hope as you parent your child. We'd love for you to join us for a time to reflect on what it means to develop strength... tenderness... compassion... wisdom... and much more in the life of your child.