

LUTHERAN COUNSELING SERVICES

Winter Park, FL

Since its inception in 1990, LCS has provided a wide range of confidential professional counseling and consulting services to thousands of Florida residents regardless of race, creed, gender, religion, or national origin. Originally founded by the Lutheran Church and local community leaders, Lutheran Counseling Services has grown into an independent nonprofit providing mental health counseling, training and consulting services to our local community and the nation.

For 25 years LCS has been in contract with the Florida-Bahamas Synod to provide confidential counseling and consultation for all of the Synod church workers and their family members. This Ministerial Assistance Program is available for individual, marriage and family issues as well as issues of conflict, transition, crisis, discernment, pastoral care and more. The 3 free MAP sessions can be accessed virtually, by phone or in person if you live near the Orlando area. This service is confidential. You may contact us by phone 407-644-4692x800 or by emailing rarmstrong@lcsfl.com

Our counseling and consultation services include the following:

- Adjustments to life changes and losses
- Marital discord
- Family dysfunction
- Parenting/grand parenting issues
- Youth/young adult difficulties
- Children Therapy
- Multiple-Family Groups
- Life/relational skills
- Elderly/retirement concerns
- Trauma (i.e., sexual abuse) survivors

- Family Growth Programs
- Pre-Marital Assessments
- Senior Seminars
- Psychoeducational, Educational Events
- Church workers EAP Services
- Staff training & development (i.e., conflict management)
- Anxiety, Depression, Fears (i.e., intimacy or loneliness)
- Training/Supervision for Church Workers & Counseling Professionals
- Screening and Assessment for Candidates for Ministry

Feel free to be in touch with us as we can help and be of service to your ministry.

Executive Director

Megan Miessler, LCSW, DCE

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