

Healing and Hope

"I didn't want to go see a counselor but I'm glad I did. He helped me figure things out and how to handle them. I feel free from what was bothering me and I have been able to move forward with my life."

- Rochester

"After suffering the loss of my mother and my marriage on the same day, I felt as if the bottom of my world had just fallen out. Little did I know that 'the everlasting arms of God' were right there beneath me all the time with the strength and grace I needed. Thanks to all the caring staff at Compassion Counseling Center for modeling the love of Christ to me during that difficult chapter in my life! "

- Fountain

"Counseling helped me make healthy boundaries and create a positive self-image. I was able to heal from past hurts and look forward to a bright future."

- Rochester

"Behind the smile on my face I often felt confused, hurt and angry. I became exhausted trying to mask the pain caused by deep wounds on my soul. I was ashamed to ask for help, but my counseling experience put me on a road of healing and hope."

- Rochester



Location

Compassion Counseling Center is hosted by:

Calvary Evangelical Free Church

5500 25th Ave NW

Rochester, MN 55901

www.calvaryefree.church

Appointments

- 507-208-8822
- counseling@compassioncounseling.org
- CompassionCounseling.org

Compassion Counseling Center



*Touching lives with
healing and hope.*

You Matter

Do you wonder if any one cares about you or if you are loved as you are?

Do you feel lonely or not valued?

Do you think you are powerless to change your situation?

Resources may be available to help you take your next step towards healing and hope. The Compassion Counseling Center may be one of those resources for you.



Who is Eligible

Anyone who desires clear, simple, truth-oriented counseling shared in a grace filled environment.

What to Expect

Does coming to a counseling center feel overwhelming? You are not alone. Visit our web site to learn more details about what to expect when you come.

CompassionCounseling.org

Confidentiality

Your confidentiality is of utmost importance. Any information you provide is kept strictly confidential. Feel free to discuss the confidentiality policy with your counselor.

Assessments

We screen and assess symptoms to determine if the Counseling Center is the best place for you. Comprehensive psychological evaluations are not provided.

Charges

You will not be charged for your counseling sessions. To cover the cost of the assessments, a small fee is charged. Those who receive services are encouraged to contribute as they desire.

Sessions

Many individuals reach their counseling goals in ten to twenty weekly sessions. Additional sessions are available as progress is made.

Hours

Appointments are available on Thursday evenings at 7pm and 8pm. Sessions last 50 minutes. No childcare is provided.

Appointments

Counseling is by appointment only. To take the next step, call the Compassion Counseling Center office.

507-208-8822



Staff

Compassion Counseling Center exists to help you with life issues and discover freedom in the truth, without legalism or condemnation, regardless of your ability to pay.

Compassion Counseling Center is directed and supervised by a team of licensed mental health professionals and staffed by lay counselors.

In addition to their extensive training, lay counselors have experienced similar struggles and have found grace, freedom, hope, and truth.



"Come, all of you who are weary and carry heavy burdens, and I will give you rest."

—Jesus