



# SpringHaven

Counseling Center

*Compassionately leading people toward wholeness*

## Spring Waters

*SpringHaven's Newsletter*

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### A Note from Steve Steiner, Board Chairman

Spring has finally arrived. Each year I look forward to this time. With the landscape greening, the birds chirping, the flowers blooming and the trees budding, new life is all around. We at SpringHaven have many reasons to give thanks. This coming October we will have been in our new facilities on Durstine road for three years. These have been three short years as a lot has happened at SpringHaven:

- Grown from 3 to 11 counselors
- Dr. Snavelly, Psychiatrist, has been a key link to meeting mental health needs
- Dr. Phelps, Psychologist, recently joined the team
- Monthly Mental Health topics in community

education are well attended. (2<sup>nd</sup> Monday night of each month)

- Developed Equine Therapy and Eating disorder programs
- Woodside Rest, a short term facility for the plain people has just complete two years of operation
- Positive operating margins
- An atmosphere of calm acceptance and natural beauty

This past week, our Executive Director, LaVina Miller Weaver informed the board that she is retiring from SpringHaven as of December 31, 2013. She and her husband Wayne plan to move to Virginia to be near

their children. We are filled with gratitude for the work LaVina has done over the past five years as director of SpringHaven. Much has happened to help improve Mental Health services under her leadership.

Thank you LaVina. We will miss you but... know as you enter into this next season of your life that God's hand will go with you and us during this time.

The board will be meeting shortly to outline the way ahead and put together a search committee to start the process of finding LaVina's successor. We covet your prayers during this time of processing and for SpringHaven during this transition.

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### Welcome Dr. June Phelps, Psychologist



SpringHaven welcomes Dr. June Phelps to the staff. Dr. Phelps is an accomplished and pub-

lished psychologist with many years of experience. Dr. Phelps has lived in the Canton area for 15 years, is married to a college professor and together they have

two children. She is available to take appointments for counseling and psychological testing at the Mt. Eaton office Monday through Thursday.



## The Horse Power 5K *"Get your horses running!"*



Join SpringHaven as we host the first annual 5K event to raise awareness of

the equine program. All proceeds go toward funding the equine assisted therapy program, including the building of an arena for the therapy to take place in year round.

This challenging 5K event will take place at the **Mt. Eaton office location on September 14th at 8:30 am** with open registration

beginning at 7:30 am. Registration includes a tee shirt and light after-race snack. Be prepared to run or walk this 5K in the beauty of the rolling hills of Holmes county. You will pass by Amish farmland and travel up and down hills as you enjoy the beauty that surrounds you.

For those who would like to participate, but are not interested in running or walking the event, sponsorship opportunities are available. The race may be sponsored or scholarships

can be funded giving a runner/walker the chance to participate. For those who sponsor the race, advertising space can be provided for your business.

To register or for more information on sponsorship opportunities, see the insert or call the office at 330-359-6100.



## Wholeness Unfolding

SpringHaven has been in the current Mt. Eaton location for 2 1/2 years. In that short time, the addition of several therapist and other staff members have increased our services. Now more than ever, SpringHaven is equipped to compassionately lead people toward wholeness.

One of the programs undergoing significant growth is the equine program. This program allows people to interact with horses as they heal and

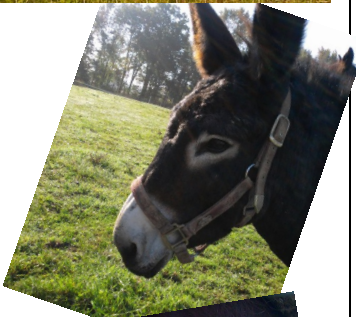
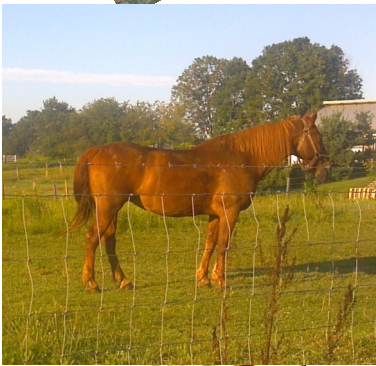
learn about themselves.

Starting in the fall of this year, couples group equine therapy will be available. This will allow several couples engaged in marriage counseling to work alongside the horses with their counselor and the equine specialist. Available at the Mt. Eaton office only, interested couples should discuss this option with their counselor. As always, individual equine therapy is also available.

Soon, we hope SpringHaven will have an arena

and a larger barn for the equine program. The new space will allow for the equine therapy to continue operating year round without concern for the weather. The area is plotted and the hope is that the new facility will be ready for use in the fall.

Equine therapy is just one way for a person to journey through the healing process. SpringHaven's therapists can help guide the process as wholeness unfolds.

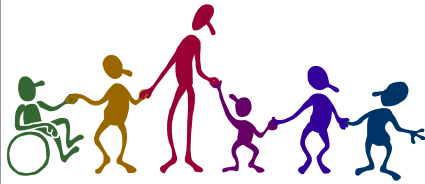


## Group News

### **SpringHaven Groups**

SpringHaven offers many group therapy settings to meet your needs. If you or someone you know would like to join one of the following groups, please call the office.

- Women's Depression & Anxiety Group
- Support for Loved Ones with an Eating Disorder
- Men's Sexual Wholeness
- Women's Survivor of Childhood Sexual Abuse



## Monthly Topic Events

Free and open to the public at Mt. Eaton & Wooster Public Library

### **Mt. Eaton Monthly Topics**

May 13th, 6:30 PM  
Healthy Thinking  
Marlene Gromek, PC

June 10th, 6:30 PM  
Communication in Marriage  
Renee Bright, PC

July 8th, 6:30 PM  
Healthy  
Step-Families  
Ethan Steiner, PCC

### **Wooster Public Library Monthly Topics**

May 30th, 6:30 PM  
Healthy Relationship Boundaries  
LaVina Miller Weaver, PCC-S

June 27th, 6:30 PM  
Healthy Thinking  
Marlene Gromek, PC

July 27th, 6:30 PM  
Communication in Marriage  
Renee Bright, PC

## **SpringHaven/Woodside Rest Extension Project**

SpringHaven has been giving care to the people who stay at Woodside Rest for the last two years. In order to better serve Woodside Rest and provide the best services possible, an addition is needed to allow for space required to aid in the programming.

The new space will include a group room, family meeting room and counseling

rooms devoted to the care of Woodside Rest individuals. This will allow for a more private counseling space devoted solely to that program.

Work is slated to start this summer and volunteers are welcome to join. Skilled laborers will be needed for the building of the space. If you are interested in volunteering as a laborer, please

call the SpringHaven office at 330-359-6100.



***To donate to the building project, please send donations to SpringHaven, PO Box 265, Mt. Eaton, Ohio 44659***





Phone: 330-359-6100

Fax: 330-319-7381

[www.springhaven.us](http://www.springhaven.us)

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*SpringHaven is a nonprofit 501-C-3 Counseling Center. Your donations are tax deductible and can be sent to  
PO Box 265, Mt Eaton, OH 44659. Thank you!*

## Eating Disorders

An eating disorder is an illness that effects both men and women of all ages. There are several kinds of eating disorders, all of which have potentially life-threatening effects on the body. Two of the more recognized eating disorders are:

**Anorexia-** characterized by an intense fear of gaining weight.

**Bulimia-** characterized by a cycle of binge eating followed by self-induced vomiting.

If you or someone you love can check several of the following that apply to your eating habits, we strongly encourage you to call our office at 330-359-6100.

- Food helps you cope with negative thoughts or feelings
- Food helps you feel in control
- You have a preoccupation with food, calories, nutrition or cooking
- Eating numbs your

emotions

- Purging after consuming large amounts of food by vomiting or using excessive amounts of laxatives
- Excessive exercising

SpringHaven can help guide the path to a positive relationship with food, weight and body image through counseling services.

*"Believe that you will succeed  
and you will"*  
~Dale Carnegie