

# PARISH COUNSELOR

Hello! I am Nancy Kennedy and I come to Assumption Parish as your new parish counselor, through a cooperative agreement between Claret Center and the parish. The Claret Center has offered faith based psychotherapy, spiritual direction and spiritual retreats since 1979. I come to Assumption from the Institute of Pastoral Studies at Loyola University Chicago where I have learned to effectively integrate psychology and spirituality in clinical practice. My background is in critical care nursing, as well as, 25 years' experience raising five children, coaching soccer, teaching Religious Education, as well as other leadership roles in a variety of parish and school organizations. My passion is to strengthen marriages and families and I am delighted to be a part of this vibrant parish as your counselor.



## WHY MIGHT YOU CONTACT ME FOR A CONVERSATION?

- You are feeling more sad or anxious than you want to feel.
- You are stressed by problems at work or have recently lost a job.
- You struggle with relationships.
- You have trouble controlling your anger, or live with someone who does.
- Some event has changed your life and you are having difficulty adjusting.
- You have recently lost someone close to you, or you are about to.
- You are challenged by raising children, understanding your parents or caring for aging parents.
- Your life has lost purpose and meaning.
- You desire a closer relationship with your spouse.

These are just some of the areas I can help you address by providing a safe, respectful and understanding environment where you can gain insight and explore your strengths. I have the use of office space in the rectory at Assumption and in Hyde Park at the Claret Center. This may be just the place to start on your path to healing, wholeness and peace. If you think I could help, please leave a message for me at Claret Center 773-643-6259 ext. 31, or email [nkennedy4@luc.edu](mailto:nkennedy4@luc.edu). We accept BCBS and I can work on a sliding scale to make therapy affordable for those in need.

I look forward to meeting you.

God bless,  
Nancy Kennedy RN, BSN. MA  
Parish Counselor