We are all on a journey in our lives, hoping to become better people. We’d like you to meet someone whose troubled course was corrected because of your generous support of LFCS.

James is a typical 14-year-old; he loves sleeping late on the weekends, he enjoys reading comic books, and his prized possession is a pair of red-and-black Nike basketball shoes. Like most teens, he has emotional ups and downs. After losing his father unexpectedly last summer, he began having trouble coping, and his downs began to include periods of intense anger. “It was like I couldn’t control it – I’d start yelling about the smallest thing,” James noted. “I’d get into trouble with teachers, I’d throw stuff at home, I even got mad at my friends. I knew I shouldn’t be blowing up like that, but I couldn’t stop myself.”

“I realized that I couldn’t snap my fingers and James would be back to normal,” his mom said. “He was having a really hard time coping with the loss of his dad, and his feelings were coming out in an unhealthy way. I worried that a counselor would be expensive, but we desperately needed help.”

Their pediatrician referred James to Lutheran Family and Children’s Services for mental health services, provided at no cost to the family because of the generous support of donors like you.

Self-conscious at first, James was encouraged to talk about his feelings with his counselor in a cozy room with a soft couch and comfortable pillows. His counselor helped him realize that it was normal to miss his dad, and it was okay to talk about him. He was given a “toolbox” of relaxation techniques to use when he felt anger coming on – for example, how to slow his body down by controlling his breathing. The LFCS counselor encouraged James to draw his feelings in a notebook, like the comic books he loves to read.

The therapy James received at Lutheran Family and Children’s Services has given him a sense of peace and self-confidence, and his family and teachers no longer feel that they must walk on eggshells around him. Now when James starts to feel upset, he has the tools to handle it calmly. His family and friends feel much more comfortable now, and they continue to shower him with love and support.

What a difference your help has made for James!
According to a recent study, \textit{1 in 7 women may experience postpartum depression} in the year after giving birth. With approximately 4 million live births occurring each year in the United States, this equates to almost \textit{600,000 postpartum depression diagnoses on an annual basis}.

There’s no doubt about it … the numbers are staggering and the need is real. That’s why LFCS has committed to tackling the stigma of postpartum depression head on.

LFCS supports mothers in need through prenatal and parenting support as well as emotional and behavioral health counseling through programs such as Maternal Mental Health, Nurturing Parenting™ curriculum and Strengthening Families. LFCS staff provides therapy sessions that focus on family strengths and creating goals to help mothers cope with depression while parenting their children. Furthermore, LFCS also offers support and therapy for the children of mothers who are struggling with depression by providing family therapy as well as individual therapy.

\textbf{"I don’t know what I would have done without the resources LFCS provided to me and my family while I was battling postpartum depression. It felt like my mind and body completely shut down after giving birth to my third child, which negatively affected my other two children in the process. By taking time to get me back on my feet while also giving my children a place to talk, LFCS gave us a part of our life back that I wasn’t sure we would ever recover."— Cynthia, LFCS client}

We are confident that as the larger postpartum depression conversation grows, so will the number of mothers, children and families we will be able to help in the future! ✨

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Chances are, someone close to you struggles with a mental health issue – and rather than seek treatment, hopes that it will go away on its own. This is very rarely the case with issues such as depression and anxiety, which can linger and worsen without help.

Perhaps you and your spouse are going through a divorce, and your children are having trouble coping with those changes to the family dynamic. Or maybe one of your kids is being bullied at school, and is acting out as a result. Or you might have a friend who struggles with suicidal thoughts that they feel they must try to hide from their family.

\textbf{It’s a shame that people hesitate to talk about, much less seek help for, mental health issues like depression or anxiety.}

But together we can do something about it.

Your generous support for Lutheran Family and Children’s Services has helped us provide 35,000 hours of counseling services last year. Amazingly, almost 90% of the children and families who saw LFCS therapists say their symptoms improved. They felt better emotionally and were more capable of navigating their daily lives.

You make an incredible difference in the lives of the families that LFCS serves. Your kindness and compassion for all of God’s children, regardless of the challenges they are facing, shines through.

All of us at LFCS thank you from deep within our hearts for your prayers and gifts!

\begin{flushright}
Mike Duggar
President and CEO
\end{flushright}
Goodbye School – Hello Summer

It seems as though we all were finally settling into our school year routines and then summer break jolts us into another transition. Camps, swim teams, vacation bible school and a litany of other activities replace the established routine. It is a time of transition for parents as well as children. For many families, it seems as though the smoother the child’s transition, the smoother the parent’s transition. Here is some advice from LFCS behavioral health experts as the beginning of summer nears …

- Allow your child to reflect on the school year and the adjustment to new routines. They are probably looking back at a year of highs and lows. Perhaps they are nervous about what is to come over the summer and the next school year. Listen for signs that your child not only wants to talk about the positives of summer, but also about the negatives. Sharing a story about your own experience growing up may help them understand they are not alone in how they feel.

- Encourage your child to maintain contact with their school friends during the break. If they are not old enough to do it themselves, invite kids over for them. Otherwise, discuss with your older children how they would like to connect with their friends. Think of what their common interests are and help them reach out in order to stay in touch.

- If your child is particularly attached to their teacher and is anxious about the end of the year, help them write a letter expressing how their experience in class was beneficial. A creative art project is a positive way to thank a teacher for their dedication. Remind your child that they can check in with their teachers once they move on to the next grade.

- Regardless of the grades on their final report card, remember to encourage and praise your child for the accomplishment of completing their grade level. It takes dedication and focus for young people to get through the school year. They have much more to contend with than just challenging coursework. Celebrate them at dinner with special recognition or make a point of congratulating them when they are not expecting it.
Lorene Bohnert  
Norma Kaempfe

Bill Borgfield  
Frances Allison  
Jo Ann Bock  
Marlene Cloude  
Carolyn Fiedler

Tammy Elizabeth Cason  
Rev. Larry & Ruth McCormick  
Lynn G. McCormick

Sally Ann Cassidy  
David Mattern, Sr.

Geneva Cochran  
Patricia & Thomas Bender, Jr.  
Maria & Wayne Christmann

The Father of Richard Denne  
Jim & Gayle Woolf

Carla, the daughter of Mr. & Mrs. Carl Dickey  
Jim & Gayle Woolf

Dr. James Dinkins  
Imogene Unger

Anna Marie Ehmann  
Connie Bredensteiner  
Arlie & LaVern Ehmann  
Richard & Martha Ehmann  
Bob & Judy Finck  
Gail Groh  
Stevan & Deborah Hendricks

Don & Mary Herbert  
Lucille Huslage  
Gayle Kampmann  
John Marsh  
Charlotte Marsh-Truman  
Michael & Susan McClintock  
Kathleen & Raymond  
Mossman  
Craig & Jane O’Sadnick  
Robert & Teresa Rau  
Daniel & Nancy Schroeder

Nola Hammond  
Lola & Larry Finn

Miranda Harper  
Gary & Kathy Rapp

Johanna Heggenmeier  
Russ & Pat Blumenkamp

Helen Hilgendorf  
Frances Allison  
Sonja Davis

Judith Holcomb  
Joel Guiling

Pat Hopmeier  
Charles C. McCloskey Law Firm

John Janssen  
Marjory Janssen

Rosie & Harold Kaiser  
Timothy Kaiser

Freeman Keesling  
Robert & Jeanette Bekebrede  
Margaret & Ray Finke  
Roy & Carol Hillmann  
Mark & Linda Huning  
Ruth & Richard Hung  
Anita & Claude Knight  
Debbie & Ted Kueeck  
Mr. & Mrs. Gene Kuhlmann  
Janet & Gilbert Leimkuehler  
Mitzi Mallette  
Ricky & Mistelle Martin  
Matt & Cindy Meyer and Family  
O’Fallon Chamber of Commerce & Industries  
Sean & Pam Patty  
Richard & Paula Seim  
Carol Jean & Melvin Tyson

Bob Kramer  
Kathy Kuhlmann

Michelle Lukeal  
Tom & Linda Sher

Jill, the sister of Kay Meyer  
Jim & Gayle Woolf

Rick & Charles Niehoff  
Dorris Jo & Russell Niehoff

Philip Paul  
Rev. Roy Moore

Ron Raebber  
Gina Fromme

Alfred & John Roehm  
Maybelle Roehm

Joan Mary Schroeder  
Diane & Myron Hanna  
Susan Kutterer

William J. Sippel  
Carol Baker  
JoAnn Berger  
Linda & Thomas Bluth  
Dan & Chris Deslage  
Dennis & Marie Foglemann  
Michael Garner  
Mr. & Mrs. Kent Garossino  
Mr. & Mrs. Kevin Garossino  
Jean Hamilton  
Patricia Hofmeister  
Diane & William LaVenture  
The Honorable & Mrs. Stephen Limbaugh, Jr.  
Mary Kay, Rick, & Sam Naber  
Judy & Dan Stuehrenberg  
Nancy & Addison Thomas  
Bob & Lisa Vallino  
Ernest Webber, Jr.

Rachel Ann Steiner  
Dulores Steiner-Krull

Vivian Tyler  
Jim & Gayle Woolf

Vincent Wolf  
Rose & Gino Bernardez

Sue Bahle  
100th Birthday  
Lucille Green

Pris Bass-Timmerberg  
The birth of granddaughter, Charlotte  
Jim & Gayle Woolf

James R. Baxter  
Penny Stewart

Bill & Shirley Beggs  
Brad, Ellen, Luke & Lydia Beggs

Karissa Leanne Berner  
A New Granddaughter  
Dave & Pat Berner

Nancy Bishop  
Birthday Wishes  
Jay & Catherine Boulanger

Christine Corcoran  
Putting Kids First Coalition

Roger Dierberg  
Birthday Wishes  
Allen & Cynthia Hoemann  
Mark & Cindy Tampow

Dr. & Mrs. Chris Eagan  
The birth of grandson, Ezra  
Jim & Gayle Woolf

Herb & Jackie Eggarding  
50th Wedding Anniversary  
Chuck & Marge Groennert  
Emilie Meiners

Doris Hawkins  
Christmas Wishes  
Justin, Madeline, Adam, & Isaac Hawkins

Mr. & Mrs. Randy Heffner  
The wedding of daughters, Ashley and Stefanie  
Jim & Gayle Woolf

Cathy Hesser  
Robert Wacker

Gene & Joyce Huebner  
Christmas Wishes  
Jeff & Brandi Huebner

Mr. & Mrs. Ken Koch  
The birth of grandson, Roman  
Jim & Gayle Woolf

The Koch Family  
Theodore & Deborah Deering

Ken Ohlemeyer, Sr.  
Christmas Wishes  
Ken & Nancy Ohlemeyer

Joyce Parrott  
Christmas Wishes  
Joan & Thom Sheffer

Pastor Paul  
St. Andrew’s Lutheran Church

Bernard & Delores Reinert  
Wayne Giesler

Chloe Richardson  
A new home  
Jim & Gayle Woolf

Bev Schaefer  
Christmas Wishes  
Throck & Claudine Osborn

Tom Seboldt  
Best Wishes on Retirement  
Dgman Products  
Christopher & Robin Pruitt

Nancy Tice  
Birthday Wishes  
Paul Tice

Don Vogel  
John & Diane Hefele

Jerry Warren  
The birth of grandson, Dean  
Jim & Gayle Woolf

Johnny  
Jennifer Terrell
We had a great time at “Celebrating Your Gifts,” the annual LFCS Donor Appreciation Event in St. Louis.

April was Child Abuse Prevention Month. On April 5, LFCS staff in all locations recognized Go Blue Day by wearing blue, the official color of prevention, as a reminder that everyone has a responsibility to children in our communities.

Congratulations to the Hilltop Class of 2019! Hilltop Child and Family Development Center provides children with skills that prepare them for elementary school. Hilltop places an emphasis on developing self-esteem, verbal and creative expressiveness and personal responsibility as children prepare to enter kindergarten.

LFCS Honors Moms!

At LFCS, we make every effort to serve women in their role as mothers – biological moms, adoptive moms, foster moms, grandmothers, and other women who are raising the youngest generation. As a way to continue this support, we invited churches across Missouri to participate in LFCS Sunday during Mother’s Day Weekend. We are so grateful to these churches for spreading the word about the wonderful services that LFCS provides, and for their support in helping mothers, children, and families overcome challenges today so they can build a better tomorrow. For additional information or to inquire about LFCS Sunday in 2020, contact Trueman Orson at TruemanO@lfcs.org. Thank you to all of these churches for helping LFCS celebrate moms!

- Immanuel Lutheran, Boonville
- Zion Lutheran, Valley Park
- Timothy Lutheran, St. Louis
- Zion Lutheran, Moberly
- The Exchange Community, Jackson
- Faith Lutheran, Dexter
- St. Andrew Lutheran, Cape Girardeau
- Faith Lutheran, Springfield
- Epiphany Lutheran, St. Louis
- St. John’s Lutheran, St. Louis
- Zion Lutheran, Macon
- Redeemer Lutheran, Springfield
- Redeemer Lutheran, Nixa
- St. Paul’s Lutheran, St. Louis
- St. Mark’s Lutheran, St. Louis
- Faith Lutheran, Kirkville
- Hope Lutheran, Republic
- Faith Lutheran, Branson
- Immanuel, Barnhart
- First Lutheran, Neosho
- Lutheran Church of the Living Christ, Florissant
- Holy Cross Lutheran Church, Emma
- Living Lord Lutheran, Lake St. Louis
- Amazing Grace Lutheran, Pleasant Hill
- Eisleben Lutheran, Scott City
- Immanuel, Carrollton
- Kent Memorial Lutheran
- Trinity Lutheran, St. Louis
- Trinity Lutheran, Springfield
- Trinity Lutheran, Freistatt
- Messiah ELC, Springfield
- Faith Lutheran, Washington

We had a great time at “Celebrating Your Gifts,” the annual LFCS Donor Appreciation Event in St. Louis.
Join us for an evening “Under the Big Top” to benefit LFCS!

Lutheran Family and Children’s Services is currently preparing for our 36th Annual LFCS Dinner and Auction, which will be held on Saturday September 21, 2019 at the Four Seasons, St. Louis. As our largest fundraising event statewide, the auction will host 400 guests and generate crucial funding to support vital programs and services.

The theme of the event this year is “A Million Dreams,” inspired by the film The Greatest Showman. One of the film’s signature songs describes a boy’s vision of a better world, using faith as a guide. LFCS shares this vision of a better tomorrow for those in need.

The event will feature live and silent auctions, as well as dancing and live music from the band “My Friend Mike.” Tickets are $200 per person or $2,000 per table.

Please join us and help make a million dreams come true for Missouri children and families!

For more information about the event or volunteer opportunities, please contact Amanda Harris at Amanda.Harris@lfcs.org or 314-754-2784.

Call 866-326-LFCS (5327) to charge your gift by phone.
Visit www.lfcsmo.org/donate to give online.