



Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3-4

## MAKE AN APPOINTMENT

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10411 Greenbelt Rd.  
Lanham, MD 20706  
Front Office: 301-262-7008  
Care & Counseling Office: 240-260-3006

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<https://capitalchristian.org/care-and-counseling>



# Care and Counseling

## Capital Christian Fellowship

10411 GREENBELT RD  
LANHAM, MD 20706

# CARE AND COUNSELING AT CCF

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## PEER CARE GIVING

A team of trained lay partners under the guidance of the Care and Counseling Ministry Director offer short term confidential, listening and compassionate ears to help those in need navigate through various life challenges. In addition, Peer Care Providers make periodic care contacts to check in on partners.

## SOUL CARE

Soul Care is the attention given to healing a wounded soul, a time where active listening takes place to facilitate inner peace and strength through a Biblical perspective for healing of emotional wounds of the soul brought on by adverse life circumstances.

## PASTORAL CARE

The CCF Senior Pastor, Executive Pastor, and the Care and Counseling Director offer longer-term more in-depth soul care for those facing difficult life challenges impacting them emotionally, relationally, and spiritually, utilizing Christian and other relevant resources as trained and experienced care givers.

# MISSION

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Care and Counseling Ministry (CCM), is a team of dedicated care providers offering compassionate and confidential support to those experiencing life difficulties.

The CCM provides supportive listening, prayer, and presence to come alongside those who are hurting to help shape healthy decision-making through biblically-based principles of scripture and care training guidance.

The CCM is available at times of sickness bereavement, grief, loss, family discord, and life uncertainties. Wisdom of discernment, compassionate and confidential pastoral care and life coaching are used to help those suffering from soul wounds.

# CRISIS HOTLINES

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Suicide Prevention  
National Alliance on Mental Health  
1-800-273-8255

Prince George's County Mobile Crisis  
301-429-2185  
Anywhere in MD  
Dial 211, Press 1, Enter Zip Code

Human Trafficking  
National Human Trafficking Hotline  
1-888-373-7888  
SMS : TEXT: 233733, Enter HELP or INFO

Abuse (Child, Elder, and Domestic)  
MD - 1-800-332-6347  
Prince George's County MD  
301-909-2450

National Domestic Violence Hotline  
1 - 800-799-7233

## OTHER CARE RESOURCES

CCF also has a Food Pantry, Utility Assistance, and many other resources internally and externally to holistically care for the needs that may arise.

