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Spring Newsletter 2026



We wish to thank everyone who donated to our Fall 2025 Annual Drive. Thanks to your generosity, we are able to offer affordable counselling services, ensuring that support is accessible to all who need it. Without the sliding scale, many people would not be able to get the help they need. We gratefully accept donations all year long. If you would like to support the work we do by making a donation, please contact the office @ 604-585-1411.

STAFF UPDATE

The Board of Cascade Christian Counselling Association has been working hard to carry forward the important task that we have been given as we continue to seek to serve our community with Christian counselling. For over 26 years now, we have been ably assisted in this task by the excellent services of Marion Ottevangers, our chief administrative assistant, and her excellent office staff. However, the time has come for Marion to move on to the next stage of life - retirement! Some time ago already, knowing that this change would come, the Board began our search for a capable successor to Marion in serving the administrative needs as Director of Cascade Christian Counselling Association. Last Fall our search reached a successful conclusion as we accepted the application and interviewed one of our former Board members, Teresa Mayhew. Teresa comes to us with the experience of having served on the Board for a number of years, and also of being a qualified Christian counsellor herself. We were happy to welcome her at our last Board meeting, and she has been working with Marion and officially started in her role as director on April 1, 2026. The Board has also recently hired a bookkeeper to assist our new Director in continuing to maintain our financial accounting.

By: Rudy W. Ouwehand
President of the Board



We're pleased to have Teresa Mayhew join our Cascade Team as our Director. In addition to her leadership role, she is also seeing clients in Surrey and Abbotsford and has already settled in wonderfully. We're excited to have her guidance and support as part of our team, and we look forward to the positive impact she will bring.



ALL of our therapists offer ONLINE Counselling sessions.

Caring for the Anxious Self

In the midst of life's diverse experiences—moments of clarity and seasons of uncertainty—anxiety is a common companion. For people of faith, this can feel especially tricky, creating a tension between our desire for God's peace and our lived experience that does not always feel peaceful. This can cause us to feel like our anxiety is a reflection of a waning faith.

Yet, anxiety does not signal a lack of trust or a waning faith. Rather, it reveals a deep longing for stability, assurance, and clarity of meaning. Scripture does not ignore this struggle; it meets us within it. In Philippians 4:6-7, Paul offers an invitation of care rather than an evaluation of faith: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (NIV).

We can navigate uncertainty, not by denying our fears, but by bringing them to a grounding space that connects life's unknowns with the certainty of God's care. By combining spiritual truth with psychologically grounded strategies, we can respond to anxiety in healthy, sustainable ways.

Attentional Awareness

Anxiety thrives on future-oriented thinking—imagining worst-case scenarios that feel uncontrollable. A helpful strategy is to gently reorient your attention to the present. Practices such as slow breathing, grounding exercises, or intentional connection with trusted relationships, can calm the nervous system. For Christians, this can be paired with spiritual practices, such as prayer, that slow us down and get us present with the present—not as an escape, but as a way of anchoring attention and slowing racing thoughts.

Cognitive Reframing

Anxiety tends to distort thinking, leading to catastrophic interpretations. Psychologically, it is helpful to question these thoughts: "Is this fear based on evidence or just possibility?" This aligns with the biblical concept of renewing the mind—noticing, naming, and challenging exaggerated fears with truthful assessments. This isn't about denying difficulty, but rather seeing it reflectively instead of reactively.

Emotional Regulation

Anxiety is not only a thought process but is also a physiological state. When the body remains in a "stress response" it becomes harder to think clearly. Practical habits like consistent sleep, physical movement, healthy nutrition, and limiting overstimulation (such as limiting news or social media consumption) can play a major role in stabilizing mood and decreasing anxiety.

Social Connection

Isolation can cause rumination, which can increase anxiety. Connection, with supportive relationships and community, can offer us spaces to process emotions, experience care, and gain perspective, which can reduce anxiety. Verbalizing fears in safe contexts—whether with friends, support groups, or in counselling—can serve to reduce the weight of the burden and increase emotional stability.

Acceptance Over Control

Anxiety often spikes when we try to eliminate uncertainty entirely, which is rarely possible. A healthier approach is to acknowledge uncertainty while focusing on what can be controlled: daily routines, personal choices, and immediate responsibilities. This shift reduces helplessness and increases a sense of agency.

Self-Compassion

Finally, practicing self-compassion rather than self-criticism is vital. When we stop judging ourselves for feeling anxious, we make room for care and compassion toward self. Reflecting on how you extend compassion to others can help you develop a kinder response to yourself—a response that mirrors God's own compassion toward us.

Anxiety is a normal part of the human experience, and our increasing acceptance of it, along with an increasing awareness of God's love and care for the anxious part of each of us, can increase our ability to emotionally regulate and can ground us in God's peace that transcends all understanding.

If you experience anxiety and would like to connect with a professional, the Cascade team of counsellors is here to support you. Please don't hesitate to reach out.

By: Aaron Roorda MA