

*Lane Harmon, MC, LPC*

(Counseling and Psychotherapy)

*St. Mark's UMC*

*Counselor-in-Residence Program*

Wesley House  
1431 West Magee Road  
Tucson, AZ 85704  
520-297-6228  
Appointment only



*The wound is the place where light enters you.*

*-Rumi*

The top of the page features a photograph of vibrant green leaves on the left side, with a soft-focus background. To the right of the leaves is a horizontal brushstroke in shades of green and yellow, creating a textured, artistic effect.

**The Counselor-in-Residence program  
offers psychotherapy for:**

*Individuals  
Couples  
Families  
Children  
Adolescents*

## *The History*

The Counseling-in-Residence program is sometimes referred to as the “quiet ministry”. Through this quiet program, contributions to our community can be far reaching. The healing of one might translate into the courage to protect a child, or the formation of a loving bond, or the living of life to its absolute fullest. This enriches us all.

Perhaps you do not need to avail yourself of this service but wish to make a contribution in order to assure the continuation of services from this important ministry.

Please make your check payable to St. Mark’s UMC and write on the memo line Counselor-in-Residence. Your contribution will help support the ongoing Grief Support Group and provide funding for financial assistance for individual therapy when a need arises.

*“St. Mark’s UMC is deeply committed to helping people find hope and healing through the ministries of the Counselor-in-Residence Program. Lane’s deep compassion and skill guide people on this journey of healing. Along with the people of St. Mark’s, I feel blessed to be part of a ministry that reaches into the Tucson community, and is so vital in our day.”*

*-Rev. Sharon Ragland, Senior Pastor*

*“The doors we open and close each day  
decide the lives we live.”  
~ Flora Whittemore*

## *Grief Support Group*

*"The circle is a form of nature. In nature, all things move in cycles. There are the seasons, day and night, life and death. Life moves in darkness, returning to light."*

*~ Stephen Levine*

Experiencing a loss can sometimes make you feel as though you have lost your place in the "circle" of life. You may feel isolated, angry, depressed, deeply saddened, or even numb. You may find few people to safely share your intimate grief journey. This weekly grief support group can provide a healing circle of care and compassion and offer a safe, supportive place for your feelings, your stories, and your healing.

Healing in grief is not done alone. Each of us has a unique experience of grief while at the same time a universal connection with others in grief. Giving voice to your unique experience, finding avenues of self-care and validation, while nurturing your connection with others leads to a healing that can create new meaning in your life.

Grief Support Group meets once a week.

Please call Lane Harmon, MC, LPC at 520-297-6228

if you are interested in attending.

## *Therapeutic Support Groups*

The Counselor-in-Residence program offers a variety of support groups at any given time. Please call and see if there is a group that would meet your need.

*"When my child died I plunged into a deep depression that was deeper and darker than those around me ever knew. The grief support group provided an essential and integral part of my healing journey. I am forever thankful."*

*~Former Group Member*

*"My husband of twenty five years died suddenly and I was left in a world where I felt frightened and alone. The grief support group provided a safe place to express myself and help me to understand that I was not alone. Words cannot express how Lane's work helped me."*

*~Former Group Member*

*Words from Former Grief Group Members:  
provided by permission*





Lane Harmon, MC, LPC

Lane Harmon, MC, LPC, is a licensed psychotherapist with over twenty years of experience working with adults, couples, families, children and adolescents. She is passionate about her work and brings her extensive training in psychodynamic, psychoanalytic, cognitive behavioral, and mindfulness to the therapeutic treatment. Her approach is both collaborative and respectful, understanding that the safety of a trusting relationship with the therapist is essential for creating healing and lasting change. Understanding, addressing, and resolving obstacles often result in more joyous living and a more loving relationship with self and others.

Lane is also a dynamic presenter and is available to speak on a variety of topics for community forums, workshops and conferences.

### *Lane's Areas of Specialty Include:*

*Grief and Loss*

*Trauma and PTSD*

*Depression and Anxiety*

*Relationship Issues*

*Impulse Control Disorders*

*Addiction*

*Chronic Pain or Illness*

*Parenting (including Grandparents parenting)*

### *Mission Statement:*

St. Mark's UMC Counselor-in-Residence program recognizes the right of all people to feel supported and connected to a caring community. We believe that healing occurs within those fibers of connection to self and others. The counseling program is dedicated to providing resources and therapeutic support for both the St. Mark's and Tucson community.