



During February, our society is filled with images of romance and love. While many take advantage of this time to share expressions of love with each other, it can be a difficult time for those who feel less than loved. Even those fortunate to have loving people in their lives have experienced being hurt and let down by others.

What you can do:

- If you're feeling disappointed in relationships, find a way to make a selfless gesture where your sole objective is to make someone else feel loved.
- If you feel disconnected from others, join a group or club with a schedule and structure that allows you to engage successfully with others in a supported way.
- If you feel there is not enough love in the world, volunteer to help others. You can be part of helping compassion grow when you work for others.
- Take care of yourself by pursuing those opportunities that provide you with a sense of fulfillment.

Even with the best of intentions, we are human and sometimes fall short of loving others the way they really need to be loved.



You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237).

Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.

LCFS offers counseling at the following locations:

Northern Illinois

Grace Lutheran School, River Forest

Central Illinois

Trinity Lutheran School, Bloomington

LCFS office, Decatur

LCFS office, Springfield

Southern Illinois

LCFS office, Belleville

LCFS office, Mt. Vernon

To schedule a first-time appointment, call 800-363-LCFS (5237) or visit www.lcfs.org for additional information.

