



**David Silva Howell, M. Div., Marriage & Family Therapist Trainee**

- Supervisor: Linda Carlos, LMFT27723 California
- Supervisor: Tim Dakin, LMFT21311 California

Fair Oaks Church  
 11427 Fair Oaks Boulevard  
 Fair Oaks, California 95628

First Baptist Church of Davis  
 38141 Russell Blvd.  
 Davis, California 95616

<http://communitycounselingassociates.org/>  
 (916) 834-2545 (VOICEMAIL & TEXT ONLY)

**A Brief Biography**

*With a background in ministry and other chaplaincies, I offer a unique, but broad spectrum of care: Couples and individual counseling, support in life and career changes, youth development, grief support, trauma and crisis, caregiver fatigue, dependency recovery, veteran support, adoptive parenting, and multicultural considerations. Contact 916-834-2545 (voicemail & text only) for couple, individual, couple, or family counseling @\$60/hr. Teletherapy is available and utilized.*



**Hope for the Holidays Group**



- ❖ The group will be via Zoom.
- ❖ The one-hour group session will be offered for four weeks on Tuesdays starting 10/6 and concluding 10/27 from 7:00 to 8:00 p.m.
- ❖ There is a \$25.00 fee for each week or an \$80 one-time payment. Scholarship is available.

**The Christian-based support group will include:**

- ❖ Coping during the holidays after a loss, unwanted memories, family dynamics, and related struggles.
- ❖ Self-care and establishing boundaries.
- ❖ Tips on how to prepare emotionally and spiritually as a special day approaches.
- ❖ Utilizing ideas for new traditions.
- ❖ To find out more information and register, contact [sacram76@gmail.com](mailto:sacram76@gmail.com).