



## COMMON TREATMENT CONCERNS

- Depression
- Anxiety/Stress
- Marriage & Family
- Childhood Disorders
- Attention Deficit
- Panic Disorder
- Anger Management
  - Grief Issues
  - Abuse
- Domestic Violence
  - PTSD
- Spiritual Issues
- Parenting Concerns
- Christian Growth

## INSURANCE

NCFF accepts most major insurance carriers including Medicare and some forms of Medicaid. Call our office for help in determining medical benefits.

## HOURS

NCFF is open 9-9 five days a week and on Saturdays for your convenience.

## VALUES AND MISSION

### Values

We are driven by:

- Integrity, competence and the highest ethical standards
- A faith-based understanding of how people grow
- Thriving families as a foundation for emotional and spiritual health
- Providing a sanctuary to help individuals, couples, and families address the hard issues of life
- Giving back: helping the hurting on the mission field
- Fun: When all else fails, try some dark chocolate!

### Mission:

To equip every person, couple and family we counsel to thrive despite life's obstacles through empowerment with spiritual and psychological resources.



NORTH COAST  
**FAMILY**  
FOUNDATION

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NORTH COAST  
**FAMILY**  
FOUNDATION

YOU DON'T HAVE  
TO JOURNEY ALONE

Psychological Counseling  
for  
Adults, Couples, Children  
and Families

# LIFE CAN BE DIFFICULT



“My marriage is in trouble. I’ve lost motivation to do much of anything. My mind just keeps racing and I can’t sleep. I need help with this out of control teenager!” Have you come to a place where life just doesn’t work? You may be sad, angry, fearful, or confused. Your marriage may be in crisis. The financial and job stress may be overwhelming. Loneliness, failure, and loss may be robbing you of hope.

There is hope. Depression can be lifted, fears can be faced, and marriages can be healed. Life’s difficulties can truly be great opportunities for positive growth and change. NCF has helped thousands of people overcome emotional, psychological, and spiritual difficulties.

# COUNSELING HELPS



You don’t have to journey alone. A person with the courage to ask can find help through counseling. Counselors can help you find hope in the toughest of times. An experienced, caring counselor knows how to guide you through the confusion and pain of emotional and relational distress.

When pain and confusion hit, it can be very hard to make sense of things. Thoughts, emotions, and behaviors can be confusing and troubling. Counselors help you find the source of your problems and offer specific direction to lead you out of your struggles.

# LET US HELP YOU



We want to help you. For nearly thirty years, North Coast Family Foundation has been helping individuals and families cope with emotional problems and relational conflicts. Thousands of people have trusted us and have successfully resolved their psychological and relational concerns.

Our psychologists and counselors are not just trained professionals, we are caring, dedicated people who have devoted our lives to help people face the difficulties they encounter. Personal maturity, life experience, and Godly wisdom are characteristics possessed by our counselors. We will journey with you—you don’t have to journey alone.



**CHARLES F. MISJA, PH.D.**

Chuck received his Ph.D. from Kent State University and is a licensed psychologist. He’s on staff at several local hospitals and taught at Ashland Theological Seminary and Moody Bible Institute. Along with brother Mike he co-authored *Thriving Despite a Difficult Marriage*. Chuck has been a short-term missionary to Brazil for many years and also participates in medical missions trips around the world. He’s married to his high school sweetheart, Jackie, and they have three grown children and nine grandchildren. Chuck enjoys downhill skiing and running marathons.



**MICHAEL C. MISJA, PH.D.**

Mike is a psychologist who has a Master’s in Biblical Counseling from Grace Theological Seminary and a Doctorate from Kent State University. For the past thirty years he has written and spoken extensively on issues of mental health, marriage and family, from a Christian world view. He has counseled and taught in such diverse countries as Pakistan, India, Ghana, China, and Turkey. He derives great joy from his four children (two who are still discovering life in high school) and his two grandchildren, who live much too far away. He loves Bear, his rescue Border Collie/therapy dog. Playing the guitar and riding his motorcycle (not at the same time) occupy much of his free time.