

## What is Pastoral Care?

*Pastoral care is a process of self-discovery and spiritual unfolding. It helps individuals discover the truth of who and what they are, using the resources within them to find effective solutions to life's challenges. Through pastoral care and prayer, individuals discover the Presence of God with and within them, and within every life situation. They gain a new sense of self-trust and assurance using their own inner wisdom, strength, power, and faith as they realize more personal fulfillment and peace in their lives. Pastoral care is available to anyone sincerely seeking assistance in living the life they truly desire.*



*“Have no fear, for I am with you; do not be looking about in trouble, for I am your God; I will give you strength, yes, I will be your helper; yes, my true right hand will be your support.”  
– Isaiah 41:10*

*There are times in our lives when we have reached the limit of all we know. We may feel lost, alone, bewildered or hopeless. Our lives may have turned upside down and we may be ready to change what no longer works for us. At Unity Atlanta, we provide pastoral care to inspire, encourage and support you in knowing the truth of yourself, the wonder that you are, and the power you have with you and within you to heal, grow, and thrive.*



## Pastoral Care



*Supporting You in  
Living the Life You  
Truly Desire*

## Pastoral Care

*You and your pastoral advisor will discuss your goals for spiritual growth. Our pastoral advisors are licensed, ordained ministers and practitioners, who are trained to provide spiritual direction and pastoral care. Their role is to be with you as a sacred supporter, as you open to the presence and power of God within you. Pastoral care is not psychotherapy or mental health counseling, and it is not a substitute for medical, psychiatric or psychological treatment. Should your pastoral advisor determine that additional assistance is required, you will be referred to qualified mental health professionals who can support you on your life's journey.*

**Unity Atlanta  
770-441-0585 Ext. 107**

## Hours & Sessions

*Pastoral Care sessions are scheduled by appointment only. Each session lasts approximately 50 minutes. A brief, pre-session phone call is recommended, so time can be focused specifically on your most sincere concerns and spiritual growth.*

## Fees

*All pastoral care is offered on a free-will love-offering basis. Unity Atlanta recommends a sliding scale of \$25 to \$100 based on income, but no one in sincere need of support will be turned away. Payment, by cash or check, is expected when sessions are provided. Checks are to be made payable to your pastoral care provider.*

## Contact

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## Confidentiality

*Unity Atlanta has a policy of complete confidentiality. Exceptions to this policy may occur if there is a potential for suicide, homicide, or the abuse of a child, or an elderly or disabled person. Questions regarding this policy can be discussed at the start of your session.*



*“There is such a world of blessings at our command that our most important lesson is to know how to apply them. It is not the things that we have or that we think we need, but how we use them that tells in the life.”*

*-Myrtle Fillmore, Unity Founder  
How to Let God Help You*

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