



Kathy Oades-Kelly MS, LPC, NCC
Licensed Professional Counselor
913.579.8349

It seems all of us struggle at times to manage daily living and relationships more effectively.

6 important areas of our lives make all the difference! This would include how we care for our physical health, the way we are affected by our thoughts, and how we handle our emotions. Equally important, our spirituality, the environments in which we live, work and play, and our relationships contribute significantly to how well we experience wellness and healthy living. There are so many demands on our daily lives, our relationships, and unexpected experiences that can interfere with well-intentioned efforts to keep our lives balanced in these areas.

Through my personal and professional life experiences I have learned to trust the capacity we have been given within us to repair and live our lives in an intentional, balanced way toward greater well-being. The name and philosophy of my private counseling practice, **The Ministry of Wellspring, LLC** are inspired from the scripture John 4:14 and Jesus' conversation with the Samaritan woman at the well. He was giving her the opportunity to live her life differently and draw from the wellspring of God's presence and wisdom within her that is a resource for wholeness that never runs dry.

I strive to support the *wellspring of wisdom within* my clients that helps to restore balance, empower strengths and inner resources, and encourage healthier living and healthier relationships. Whether it is in my work with marriage prep couples, or individual and couple counseling, my passion and joy deepens each time I work with others interested in exploring areas in their lives where they want to experience growth and new life.

Additional on-line resources:

- **GoodTherapy.org ; PsychologyToday.com** You can see the profiles of professional counselors in our area.
- For married couples /troubled marriages/dating couples/singles/parents: **The 5 Love Languages by Gary Chapman. The 5 Love Languages of Children. The 5 Love Languages of Teenagers (great books and on-line options available.)**

Prepare/Enrich: I use the **Prepare** Assessment for Engaged Couples. The **Enrich** version is an option to use for married couples along with counseling to help strengthen their relationship.