



Nobody Warned You About June

You knew Holy Week would be hard. You planned for the December stretch. But somewhere between the last Sunday of May and mid-June, something shifted, and nobody put it on the calendar.

Summer has a way of shaking loose what people have been holding together. The structure that kept a struggling marriage functional disappears when school lets out. The adult child moves back home and reopens tensions that never fully healed. The grief someone avoided during a busy season finally has room to surface. Rarely does it come with a warning. It just shows up in a text, in a pulled-aside conversation after service, in the person who seemed fine until last week.

Here's the part that catches a lot of pastors off guard: summer arrives looking like relief. The program calendar thins. The weekly pace softens. And you're ready for a little breathing room. But the care load doesn't follow the same logic. The people who white-knuckled it through spring finally have a little room to breathe, and that's usually when the harder stuff finds its way to the surface. You become the place people bring what they've been carrying, right at the moment you were hoping to catch your breath.

That's the shape of summer ministry. It doesn't announce itself, and it doesn't really ask permission. You find yourself holding more than you necessarily expected, with people who trust you enough to bring it. That says a lot about the relationships and trust you've built. Just know, when someone needs more than this season has room for, we're here.

Things that tend to show up in summer that nobody plans for:

- The couple staring down an empty nest who aren't sure they still know each other
- The family bracing for a school transition nobody feels ready for
- The man who was holding it together until something unexpected knocked it loose
- The woman who finally has enough quiet to realize those sensations are panic attacks

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For the Couple You're Not Sure How to Help

Some couples just need a caring presence and a little outside perspective. Others are carrying something that's been layered and complicated for a long time. What they need is a space where the real work can happen, week after week, with someone trained to go there with them.

Dana Haram is a Licensed Marriage and Family Therapist with more than 20 years of experience working with couples who love each other but can't seem to get out of their own way. She's trained in Gottman Method Couples Therapy and Prepare/Enrich, and she works with couples navigating the slow erosion of connection, communication patterns that keep circling back to the same place, the weight of past relationships, and the distance that builds quietly over years when life gets full and intentionality gets crowded out.

Dana integrates faith into her work naturally, not as a formula, but as part of how she understands people and relationships. She's direct, clinically skilled, and genuinely invested in the couples she works with. Couples who work with her leave sessions with more than a better conversation. They start to understand the patterns underneath, which is where things actually change.



Dana Haram, LMFT

One Last Thing

If it's a family rather than a couple you're thinking of, Christine Hicks works with women, children, and families navigating anxiety, transition, and the particular weight of parenting through hard seasons.

The first step is a Get Acquainted Call. This is a complimentary 30-minute conversation to meet a counselor, ask questions, and find out if it feels like the right fit. It's a low-pressure way for someone to take a real first step.

Start with a Get Acquainted Call

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