**June 2022, LSI Bulletin/Newsletter Article and Story**

**Happy Father’s Day!**

At Lutheran Services in Iowa (LSI), we strive to build up and empower Iowa kids and families. For us, Father’s Day is a time to celebrate all the fathers and male role models we see every day.

Through our Early Childhood Services, young men are learning to become dads. They’re becoming confident and active in their child’s life, and they are creating loving, bright futures for their families.

Many Iowa children entering foster care need a positive male role model in their lives. And through LSI Foster Care and Adoption, our licensed foster dads are there to help guide them.

This is only possible through your support of LSI! If you would like to make a gift, please contact Deb Whitford, LSI director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563-676-2065.

Thank you for responding to the love of Jesus Christ through compassionate service!

*Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at* [*LSIowa.org*](http://www.lsiowa.org/) *and* [*Facebook.com/LSI.iowa*](http://www.facebook.com/LSI.iowa)*.*

**Therapy Provides a Solid Foundation**

Dana and Jack have lots to look forward to. They are planning their wedding, Jack is hard at work finishing his college degree, and they share a growing baby boy, Levi.

But while they wanted to keep their sights set on the future, Jack struggled to cope with some of his past.

As an Army veteran, Jack found himself struggling with addiction after he returned home, and he found it difficult to process some of the emotions that came with it. He wanted to break free from those struggles and get help. Dana had been meeting with her LSI therapist, Andrea, for several years already and wanted her to connect with Jack too.

Now, after meeting with Andrea, Jack has learned to cope with his past in healthy ways. He has since been able to break his addiction and he now feels clear-headed whenever he needs to cope through the challenging days.

Jack and Dana also attend couples counseling with Andrea and through their sessions, they are able to ensure they have a happy, healthy home for Levi.

The couple says Andrea and LSI have been a “breath of fresh air,” and they feel more empowered and in control of their life.