

**Wilmington  
CareNet Counseling**

**Winter 2023 Issue**

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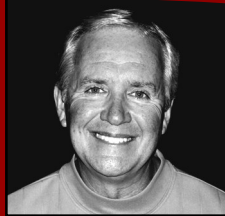
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**WILMINGTON**  
*CareNet News*



Terry L. Tackett, LCSW  
REGIONAL DIRECTOR



*Love*  
*The light the world needs!*

What the world needs now is love...not just for some but for everyone. These words are familiar to many as they are part of a popular song written in 1965 by Hal David and music composed by Burt Bacharach. The world has always needed love and I believe love is what life is all about.

Research by the National Institutes of Health report that an increase in the feeling of being loved and feeling love for others led to a decline in odds of reporting greater levels of depressive symptoms over time. Love has been recognized as the "most essential emotional experience for thriving and good health". The current study examines the significance of giving and receiving compassionate love for psychological well-being in later life. This type of love is other-centered and is focused on the good of the other.

Giving and receiving love has an important impact on well-being and quality of life. Studies have shown that the impact of giving and receiving compassionate love may result in increased longevity & better health habits as well as decreased risk of diabetes, heart disease, death after a heart attack, less stress and depression. Being willing to give and receive love guards against social isolation and often helps people become more active in their community.

For decades in my work as a counselor, I have encouraged others to consider the question: "What does it mean to love in a particular situation in the various types of relationships we hold. How do you love that person in their current state? I believe that all principles of how to live and conduct oneself are summed up in the two greatest commandments both of which speak

of love. They are to Love God and love others (Matt. 22:36-40).

God's Word consistently speaks of love:

- ◆ Let us love one another for love comes from God.
- ◆ Do everything in love.
- ◆ Motivate one another to love and good works.
- ◆ If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.
- ◆ Love is patient; love is kind; love doesn't keep a record of wrongs; it is not selfish; it is not rude; love is compassionate, self-sacrificing, and does not envy; it is not easily angered; does not dishonor others; love protects, trusts, hopes, and perseveres.
- ◆ Now, faith, hope, and love abide; but the greatest of these is love.

Imagine a world with every person compassionately loving one another. What would be different? Love has the power to positively change lives within families and communities.

Wonderful expressions of love can be made every day in simple ways such as...a friend helping a friend, lending a listening ear, making a meal, visiting, running errands, calling to check on someone or even sending a note/letter/email, helping solve a problem, financial gifts, volunteering during natural disasters/worthy causes.

May each of us grow in our awareness of what it *means to love* in all situations and be intentional in sharing that love with others today, tomorrow, and all the days of our lives.



## The Gift of Hope-



Wilmington CareNet Counseling desires to spread the *Gift of Hope* this holiday season and all through the coming year. Our community need is great and daily we receive calls from people struggling with depression, anxiety, loneliness, grief, loss of livelihood and more. Our mission is to serve and come alongside those in need to bring them healing and hope.

We are honored to be able to offer a *Matching Gift of \$15,000* through one of our long time donors. This matching gift will help us meet our year end budgeting goals and serve those in need that may not otherwise be able to seek counseling. Your *Gift of Hope* is matched dollar for dollar and is a wonderful chance to *double your gift*. This opportunity is available through December 31, 2023. You may use the *Giving Envelope* enclosed or donate via our website at [wilmingtoncarenet.org](http://wilmingtoncarenet.org). We appreciate your prayers and support for our ministry which enable us to continue to bless many!



## Team Growth-



**Ijeoma Bennin**  
MA, LCMHCA

Wilmington CareNet welcomes two new faces since our last newsletter. First, Ijeoma Bennin, LCMHCA recently joined the CareNet residency team as part of the Psychotherapy and Spirituality program. She earned her Bachelor of Arts from Rutgers, The State University of New Jersey and her Master of Arts in Clinical Mental Health Counseling from Fairleigh Dickinson University. Ijeoma is a Licensed Clinical Mental Health Counselor Associate. She has settled into the Wilmington office location where she works with adults focusing on issues with depression, anxiety, stress, motherhood, spiritual concerns and individuals with serious diagnoses. It is her passion to help people recognize their own strengths within their own life journey and to support them in building their faith during life's many seasons. Ijeoma enjoys spending time with her husband, two children, exercising, reading, and outdoor walks.



**Ed Cochard**  
Psychologist

Next on our team is Ed Cochard, Psychologist. Ed has been a provider of mental health services since 1995 having practiced in both in and outpatient settings as well as partial hospitalization and intensive outpatient programs. He has worked in community mental health and private practice outpatient clinics. Ed treats mental health and substance abuse issues in adults. Other areas of clinical focus include treatment of anxiety and mood disorders, anger management, compulsive behavioral disorders and substance use disorders. He earned a BS in Psychology and Human Services Counseling from Old Dominion University in 1991 and later earned his Master's degree in Psychology there in 1993. Ed works in our Bolivia office one day a week and in the Wilmington office the remainder of the work week. Ed is married with 2 children who are attending college. He moved here from Philadelphia in 2010, is a huge Philly fan and their family enjoys playing/attending sports events. They love watching football, local high school/UNC-W sports, spending time at the beach and finding local unique restaurants to try out.

We are so thankful to have Ijeoma and Ed! Welcome to the CareNet family!

The *Mission* of Wilmington CareNet Counseling Center is to renew lives by promoting psychological, emotional, and spiritual health through compassionate, professional, faith-integrated counseling provided to individuals, couples, and families throughout southeastern North Carolina.

Wilmington CareNet is a non-profit faith based ministry supported by the prayers and financial contributions of those individuals and organizations who are concerned for the psychological and emotional health of people in our community. Donations are used solely for the development and continuation of these vital services. Other ways to support the future of WCCC include memorial gifts or inclusion in a will. Please use the pre-addressed envelope provided to enclose your gift or donate through our website at [WilmingtonCareNet.org](http://WilmingtonCareNet.org).

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Currently serving Southeastern North Carolina through our College Road and satellite locations in Wilmington, Jacksonville, Shallotte and Bolivia.

Visit us on the web at [WilmingtonCareNet.org](http://WilmingtonCareNet.org)