



# The Northwest Catholic Counseling Center

*Providing help, creating hope...*

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## **Counseling Center Turns 25** *Nonprofit Celebrating a Quarter Century of Service*

**Portland, Ore.** – It was 25 years ago three Catholic Sisters responded to a call from the community: where can people, especially those living in poverty or without health insurance, go for mental health care? On April 9, the community gives back, presenting Servite Sisters Barbara Kennedy, Sarah Deeby and Lisa Sheridan the Compassionate Heart Award, as part of the 25<sup>th</sup> Anniversary celebration for The Northwest Catholic Counseling Center (NCC).

Under the founders' careful stewardship, and with much community support, the small, part-time operation which started in 1986 in borrowed space has grown into a respected and state-certified counseling agency, employing a staff of 16. Always true to its mission of providing quality and professional behavioral health services to all regardless of faith or finances, 40% of clients have no health insurance and 97% receive some subsidization of fees. NCC sees more than 1,000 clients a year, and offers not only counseling to clients ages six to 95, but psychiatric medication management, graduate training to four interns, premarriage counseling, and workshops. NCC receives no government support, and operates on a combination of fees, donations and grants.

On April 9 at 7:00 pm, friends and supporters of NCC will gather at Riverside Golf and Country Club for the Compassionate Heart Award, a Celebration and Fundraiser. The evening gala will highlight the Sisters' extraordinary commitment our community - in the early days, the Sisters accepted payment from clients in firewood, giving it to other clients who lacked heat, and saw one client who counted out 62 cents for a session, all she could afford. The event also raises money to continue the Sisters' work: providing mental health care to the most vulnerable and financially fragile members of our community.

Find more information on NCC, the Compassionate Heart Awards, or supporting mental health care at [www.nwcounseling.org](http://www.nwcounseling.org) or call 503-253-0964.

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*A State Certified Counseling Agency*

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