

Make Shopping Count!

Use your **Fred Meyer Rewards Card** to help **NCC clients most in need**. When you link your Rewards Card to the Center, you earn donations for NCC. The program is free and you still earn points. Go to **www.fredmeyer.com** and select "Community Rewards" at the bottom of the page. Click on "Link your Rewards Card Now." Choose **90040** and start helping today!



Save the Date!

It's cold now, but ***Swing Into Spring*** is just around the corner! Join other supporters of NCC on **April 26** at 7:00 PM at Riverside Golf and Country Club for our annual fundraiser. Food, music and fun are on the list. Get more information and buy tables and tickets at **www.nwcounseling.org**.



Our Wish List

- Three 2009 or newer Mac desktop computers
- Network equipment

Passion & Purpose for Marriage

Discover key ingredients to a healthy and happy marriage! Dynamic author and speaker Dr. Allen Hunt helps you take your relationship to a whole new level at this workshop at Our Lady of the Lake Parish in Lake Oswego on **May 17, 2014**. For more information, go to **ollparish.com/marriage.html**.



**The Northwest
Catholic Counseling Center**
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The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

Long Lasting Generosity

Work at NCC is filled with wonderful blessings. I spoke with one client recently who credited his work with his counselor and nurse practitioner in getting him back to employment – his depression had kept him out of work for years. I've seen children come in fearful and troubled, not even wanting to look me in the eye. With the help of their counselor, they blossom into outgoing boys and girls, anxious to tell about their latest adventures in science class.



At the end of 2013, The Northwest Catholic Counseling Center itself received an amazing and unexpected blessing: a former client left the Center a bequest in her will. It is the first bequest we have ever received and the timing is amazing. The requests for help from lower-income clients seem to grow monthly, and now we can offer them additional services. We are facing some badly needed technology and infrastructure upgrades in 2014, and this wonderful gift helps us answer the question, "How in the world are we going to pay for this?"

The generosity of this one-time gift will live long into the future. If you would like to make a long-term impact on the Center's mission and work, I encourage you to contact me about planned giving and putting the Center in your estate plans. It's easy to do and brings our compassionate, caring service to those most in need. I'm sure this special client would be pleased her gift is making such a difference in people's lives.

Erin Peters, Executive Director

Our Most Faithful Friends

What an honor it is to introduce the inaugural members of our new **Faithful Friends Program**! In becoming a Faithful Friend, you make an automatic monthly gift from your checking account or credit card. It's a great way to bring vital mental health care to those most in need in an easy, ongoing way. Just call or email erin@nwcounseling.org to get started!

Thanks to our inaugural Faithful Friends!

<i>Fr. Jack Krall</i>	<i>Dorothy Kremer</i>	<i>Robyn Restel</i>	<i>Natalie and Oz Osburn</i>
<i>Bethany and Aaron Bacci</i>	<i>Ginny Krall</i>	<i>Julie Rowland</i>	<i>Chris and Greg Kressek</i>
<i>Machelle Nagel</i>	<i>Trudy Brennan</i>	<i>Karen and Brian Wegener</i>	<i>Rick Murie</i>

Providing Help Creating Hope

EXECUTIVE DIRECTOR

Erin Peters

CLINICAL DIRECTOR

Barbara Kennedy, OSM, LPC

CLINICAL STAFF

Colleen Burke-Sivers, LPC

Polly Burton, LPC

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Sarah Deeby, OSM, LPC

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Annahita Ghaboussi, Intern

Brooke-Galster-Boston, MA

Lauren Holmgren MS, MFT

Marita Keys, LPC

Liz LeCuyer, PMHNP

Darren McDonald, M.Div., Intern

Machelle Nagel, MA, Intern

Cathy Owen, PMHNP

Nancie Potter, MA, MFT

Shirley Price, LPC

Graham Sterling, LPC

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Turella Woods

BILLING SPECIALIST

Andie Waits

OFFICE VOLUNTEERS

Linda Buttler

Vickie Carl

Pat Hough



OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday appointments available

Staff Changes: Welcome!

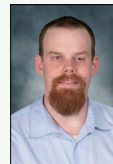
Lauren Holmgren MS, MFT, brings a special interest in couples, families and premarriage work to NCC. Lauren will also offer Saturday hours, giving an additional option to clients.

Darren McDonald, M.Div., is interning with NCC until August while completing his Master's in Counseling at Lewis & Clark College. Darren's experience includes providing emotional and spiritual support for families in the midst of health crises while working as a hospital and hospice chaplain.

Liz LeCuyer is a Psychiatric Mental Health Nurse Practitioner who sees clients on Fridays. She's worked with lower-income clients in out-patient mental health settings in both Oregon and New York, and is also faculty in the School of Nursing at Oregon Health & Sciences University.

Debby Willett is a Registered Nurse working with clients who have questions about treatment or need assistance with medications. She previously worked at Providence Hospital and has a specialty in geriatrics.

And one goodbye to **Glenn Rubin, MD, MA**, who left NCC in January for some much earned time off.



A Client's Journey Toward Healing: Matthew's Story

Matthew is a 22-year-old man who is well spoken, cheerful and polite. His gentle demeanor belies a tough childhood with little of the love and attention we wish for our children. His father was in prison and out of contact for most of his young life and his mother had the habit of dating and living with violent criminals. Matthew struggled to graduate high school. He has been "in the system" for as long as he can remember. **This kind young man's life has been filled with chaos and uncertainty.** He craved affection and acceptance. He kept secret the abuse he endured at home.

Matthew sought counseling to help him stay focused on his goals of gaining full-time employment and learning skills to reduce his anxiety and has made great strides. Recently he asked his counselor why she thought he came to The Northwest Catholic Counseling Center and not another agency. Before she could respond he chuckled and said "**you guys REALLY care.** I don't know why you really care, but I noticed the difference right away. I'm always treated like I'm somebody here."

Crossroads and Thresholds

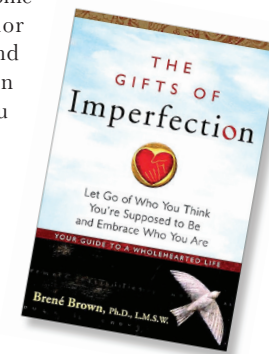
What Will People Think. . .?

The six year old was so completely absorbed by the dance of the flame and the slow, almost imperceptible movement of air around the flame that she completely forgot she was waiting to lead the procession into church. She also forgot that 400 people were turned in her direction.

I couldn't help but wonder how many months or years it would take for her to develop a sense of embarrassment or shame. How long would it take for her to begin worrying and wondering about questions like, "What will people think...what will people say if...will someone think less of me if...?"

All of these questions are connected to the familiar feelings of fear, shame and inadequacy. These feelings are owned by all of us in varying degrees. We often think if we act or pretend a certain way we will ward off negative feelings, self-criticism or the criticism of others. We play it safe for the sake of acceptance. And yet, it is acting on these same feelings that isolate, paralyze and prevent us from our own greatness. Yes, our own greatness.

Self-help books are a dime a dozen. It is a rare gift to come across a book and author who touches so deeply and wisely into the common human experiences. If you have ever struggled with shame and imperfection, I urge you to read ***The Gifts of Imperfection*** by Brené Brown. In a well-researched yet personal and easy-to-read manner, Dr. Brown explains how letting go of perfectionism, comparisons, anxiety and self-doubt leads to joy, belonging, authenticity and love.



Sr. Barbara Kennedy
Clinical Director

www.nwcounseling.org

Expanding Circle



Table Hostess Nina Locke, her daughter Gina Hermens and event committee member Mercedes Loprinzi catch up at the Circle of Strength Fundraising Brunch.

More than 220 women expanded NCC's ***Circle of Strength*** at the 12th annual event on October 19, 2013. The popular women's brunch at Riverside Golf and Country Club raised more than \$85,000 to pay for mental health services to lower-income women and children. The amount was a new record for the event!

A client helped by the Center moved the group to tears as she told her story of how, after a lifetime of working and caring for others, she found herself lost and alone without resources. The help she got at NCC gave her back her life.

Keynote Speaker Dr. Jan Chozen Bays, a pediatrician, expert on child abuse, and co-abbot of the Great Vow Zen Monastery, illustrated the terrible impact of childhood abuse and how we can all play a role in making the lives of children better.

The event got a big boost from dozens of raffle prize donations and many wonderful sponsors including Carol and Jerry Bitz, Magnacorp, Pacific Seafood, Weston Kia Buick GMC, Aetna, Pacific Residential Mortgage, Romano PC, Neil Kelly, Northwest Lawfirm, and Providence Health and Services.

