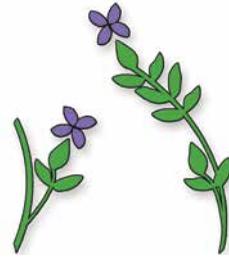




Celebrate With Us!



Join us in celebrating 30 years of offering hope and healing! On **April 30**, from 7-10 PM, we'll toast the last three decades and embark on our next three.

To buy tickets or tables, go to www.nwcounseling.org or call **503-253-0964**.



www.nwcounseling.org



The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

When I came to The Northwest Catholic Counseling Center six years ago, Srs. Barbara and Sarah gifted me with a small, framed penny dated 1986. They explained the Center began in 1986 and the penny symbolizes the widow's mite, a scriptural reference to the widow who gave all she had as an offering. The Center's foundation was like that – the early staff and the small group of supporters who gave all they had in order to make the Center and accessible mental health care a reality. They gave their time, energy and whatever small donations they could. One parish donated a small table we use to this day. Another individual gave a coffee pot, another a calculator, another \$5.00, another \$2.00. One client paid his fee in firewood. That wood went to a single mom to heat her home. The stories are awe-inspiring.



What a journey it's been and continues to be! I am honored to announce that preparations are well underway to celebrate 30 years of dedication to our mission of providing professional mental health services to all regardless of faith or finances. We are kicking off this year's celebration with a special event on April 30th. Your invitation is coming soon!

We are very grateful to the Maybelle Clark McDonald Foundation for joining us in our celebration. This year they will match all donations the Center receives around our 30th anniversary – up to \$20,000. Once again, the widow's mite, along with those more financially secure, will make a profound difference as we move into our next decade.

*Erin Peters
Executive Director*

Providing Help Creating Hope




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OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday
appointments available

www.nwcounseling.org

History Repeats and Re-energizes

It happened again! The **14th annual Circle of Strength** fundraising brunch on October 17, 2015, brought together a record number of women – 240. Their goal, as always, is to make a difference in the lives of disenfranchised women and children. Through their generosity, The Northwest Catholic Counseling Center raised more than \$80,000. This provides hundreds of counseling hours to our sisters, daughters, grandchildren and the strangers among us. And we couldn't have done it without our sponsors: Deb Habel and Bruce Gulliver; Magnacorp, Pacific Seafood, Providence Health and Services, Weston Kia Buick GMC, Natalie and Robert Osburn, Pacific Residential Mortgage, Cedar Hills Hospital, Neil Kelly, Northwest Lawfirm, Romano PC, Tim Vanderburg-Guild Mortgage and Oregon Catholic Press.



A special thanks to our guest speaker Kelly Bergstrom, a former client and a member of our Faithful Friends monthly giving program, **and Sheila Hamilton**, author and media personality. Their passion and personal stories were an inspiration for all.

*Emmy Award winning media personality and author Sheila Hamilton shared her powerful personal story of living with her mentally ill husband, the subject of her new book, **All the Things We Never Knew.***



Workshop: Letting Go Of Perfectionism

Saturday, March 19, 2016

10:00am to 12:30pm at NCC • Cost: \$20 (*Hardship scholarships available*)

Tired of Trying to Measure Up? Letting Go of Perfectionism

If you recognize the exhaustion of criticizing and comparing yourself to others, please join us for this hands-on workshop. We'll provide a safe space and an experienced guide to help discover what drives the harsh judgment of yourself. Be empowered to do something different and leave the workshop with a new set of tools for self-acceptance.

Register by calling **503-253-0964** or at

www.nwcounseling.org/content/letting-go-perfectionism

Special Recognition

As we go about the everyday work of The Northwest Catholic Counseling Center, trying to get paperwork done, clients scheduled, and money raised, the focus is often on the needs of our clients and how we can best serve them.

Recently the attention turned instead to our amazing staff.

NCC was chosen by Oregon Business Magazine as one of the top ten nonprofits in the state to work for. Of the

100 nonprofits recognized, NCC was fifth in overall scoring and third in the small nonprofit category.



As a supporter of NCC, you are part of this success, allowing us to offer amazing, life-changing work in a special caring way. Thank you!

More Wisdom

We welcome two new members to our Board of Directors: Kyle Eilenfeldt and Rick Murie.

Their talents help make the Center an even stronger presence in the Portland community. Rick Murie speaks for all of the board members when he wrote, "I see the Center's mission as vital and the need for its service as inexhaustible. I want to give back to the Center and contribute to its work in any way I'm able."

Backward and Forward

Celebrating an anniversary usually calls for a bit of reminiscing as well as revitalization. No exception here. In 1986, there was no Facebook, no Twitter, no webpage. Today you can Like us on Facebook, and our Twitter handle is @nccorg. Look for a newly designed and updated webpage the beginning of March!



Thousands of Stories

So often in our newsletter, we share a story regarding a client helped by the Center through your generosity. This time is a bit different – it's something shared by our thousands of clients.

To make that initial appointment for counseling requires vulnerability. The person calling is really saying, "I need help." And that vulnerability is the beginning of wisdom. Then comes courage – the courage to sit before a stranger and verbalize that vulnerability. The final trait shared by our clients is the daily commitment it takes to make lasting, healthy changes.

A hero is defined as someone admired for great or brave acts. All of our clients are indeed heroes.

Special Support

Did you know the ranks of women who fall into the Silent Generation (born between 1924-1945) and the Baby Boomer Generation (born between 1946-1964) are swelling along with their mental health needs? These women are living longer than men and have a harder time surviving economic struggles due to a lifetime of unpaid or work-interrupting, care-giving responsibilities. In addition, labor market discrimination and inequalities built into Social Security and employer pension programs adversely impact women, leaving them worse off financially as they enter older age.

Spirit Mountain Community Fund and the **Hoover Family Foundation** also recognize this great need and are partnering with The Northwest Catholic Counseling Center to guarantee these women receive the mental health options they need. Both recently gave grants to NCC to help this vulnerable population. We are grateful for their generosity.

