



Circle of Strength Turns 15!

We aren't done celebrating our anniversary just yet! Our year-long celebration continues on **Saturday, October 22, 2016** with the 15th annual **Circle of Strength Women's Fundraising Brunch**. The theme this year is **"Celebrate Your Journey."**

The event, which runs from 10am-12pm, raises money to pay for mental health services for financially-fragile women and children.

Buy your tickets or table now at www.nwcounseling.org.

www.nwcounseling.org



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EXECUTIVE DIRECTOR'S NOTE

It's been a hard few months. I pause when I turn on the morning news or flip on my car radio at the end of the day. So often the news of a shooting, terrorist attack, or a protest turned violent is what fills the space around me as the anchor or reporter rattles off the latest list of facts. As I listen, I am stunned by the unfairness of the deaths, the anguish of the families.

Like so many things in my life, recent events require balance from me: between despair and hope, or paralysis and action. If I feel overwhelmed by the problems, I may need some tools to help me not **over**-empathize, like understanding what I **can** do and keeping healthy boundaries. If I'm at a loss on how to tackle racism or injustice in our country, I can start in my own neighborhood, seeking to understand other people before making my viewpoint understood.

Our news stories can be profoundly sad. Our politics can be nasty and divisive. Daily events can take a toll on our mental health. If you are feeling overwhelmed, counseling may help – that's why we're here. You can also turn to our new website, www.nwcounseling.org, to find regular posts on important, relevant topics like talking to your kids about violence, finding balance, and self-care in troubled times.

We're in this together.

Erin Peters
Executive Director

Want to save paper?

Get this newsletter by email! Signing up for email helps more of your donation dollars go to mental health care services rather than printing and postage!

Just email info@nwcounseling.org and let us know. *Thank you!*

Providing Help Creating Hope



EXECUTIVE DIRECTOR

Erin Peters

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OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday
appointments available

www.nwcounseling.org

30th Anniversary Celebration



Although our milestone celebration lasts all year, we held a special anniversary dinner and fundraiser on April 30th at the German American Society in Portland. A capacity crowd of 220 helped celebrate three decades of work and raise more than \$85,000 to help pay for the mental health care of those with limited resources. **Our many blessings this year included a generous matching grant from the Maybelle Clark Macdonald Fund.**

Friends gathered and visited as they decided where to place their raffle tickets. Each prize kept with the theme of the evening, **“The Journey of Hope and Healing.”** The lucky ones won a new bicycle package, trips to the Oregon Coast, a tour of the Willamette Valley, or a jar of cash to choose their own vacation. Dinner also followed the theme with an array of internationally inspired foods.

Center Co-Founders Sr. Sarah Deeby, Sr. Barbara Kennedy, and Sr. Lisa Sheridan shared some funny stories from the early days (like the fundraiser of 30 days of brownie baking to sell at The Grotto’s Christmas Festival of Lights!) and spoke of their amazement and humility in helping so many for so many years. They also unveiled a brand new video about the Center (which is now posted on NCC’s new website).

Thank you to all who made the first 30 years possible!



Founding Sisters, (from left) Sr. Barbara Kennedy, Sr. Lisa Sheridan and Sister Sarah Deeby (far right), are joined by the Servants of Mary Provincial Sr. Mary Gehringer (second from right) to celebrate NCC’s 30 year milestone.



Sheila and John Gillespie laugh at one of the many stories from the early days.



Diane Millemann is a big winner. She’ll be taking friends on a vacation to Sunriver.

Strength from Stories: Gratitude Shows In Paying It Forward

NCC doesn’t have playground equipment or book drives to help count our successes, but we do have stories to share. Recently this note came in the mail:

“Years ago when I was coming to your agency, my counselor told me that someone had given her money to help a family. She offered it to me to buy Christmas gifts for my children.

That was a blessing in so many ways. Today while sorting through old records I came across your address and I remembered that gift. Please use the enclosed check to bless someone else in any way you feel is appropriate.”



Website and Social Media

Our website has a makeover! It looks great, but it also provides you with more up-to-date information about our staff, workshops, upcoming events, and links to mental health articles of interest. Check it out! You can also “Like” us on Facebook, and find us on Twitter @nccorg.



Sad Goodbye

Liz LeCuyer, one of our PMHNPs (Psychiatric Mental Health Nurse Practitioner) is retiring and leaving us for warmer climes! Liz has volunteered on Fridays seeing clients since 2013 and been an important part of our NCC family. We will miss her terribly!



A Failure to Communicate

All relationships hit road-blocks in communication, but you don’t have to stay stuck there. Don’t miss NCC’s next workshop, **“Communicating More Effectively With Your Partner.”** Past workshops have completely filled, so don’t wait to register! Cost is \$20 per person and you may attend alone or with your partner. Go to www.nwcounseling.org and click “Workshops” or call 503-253-0964 to register over the phone.



Saturday, September 10, 10am to 12:30pm at NCC, 8383 NE Sandy Blvd., Ste 205, Portland, OR 97222.

Marriage Preparation

NCC’s Marriage Preparation Program is great way to prepare for and honor the beginning of your lives together. Working with our counselors, it’s a chance for you to strengthen your friendship, develop empowering patterns of communication, and plan for your life of love, shared goals and values. Register now for one of our remaining marriage preparation seminars this year.

Marriage Preparation Seminar Dates

Saturday, August 27, 9-4
Saturday, September 24, 9-4
Saturday, November 5, 9-4

Registration Deadlines

Friday, August 12
Friday, September 9
Friday, October 21

