



THE NORTHWEST CATHOLIC COUNSELING CENTER

Serving all regardless of faith or finances.

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PARTIES WITH PURPOSE

YOUR HOUSE PARTY WORKBOOK

The Northwest Catholic Counseling Center



NCC Client Stories

“How well I remember when I first came to NCC. You allowed me to get back on my feet and start by paying only \$5 a session. Slowly, I found my way. Now, I have the tools I need - just have to use them, which I do every day!”

-Kathy, NCC client

Denae is a 10-year-old client at The Northwest Catholic Counseling Center (NCC). Her father suffered from a severe head injury when he fell off a ladder, leaving him unable to work. As a result, the family had only a small income and no health insurance. Denae experienced a lot of change in a short amount of time. She began to withdraw from her family, and would clean her room for hours every single day. After working with an NCC counselor, Denae has learned how to manage her anxiety and how to better communicate with her family when she is going through difficult times. The support of NCC donors made it possible to assist this young girl and her family.

“This place is amazing. I tell all my friends how much you have respected me, helped me and believed in me. It became contagious.”

-Virginia, NCC client

Natalie is a middle-aged woman who pays \$10 per session, because it's all she can afford. When she came to NCC six months ago she couldn't work. In fact, her depression was so severe she couldn't even sort her mail. With counseling, she has now enrolled in college full-time, and has resumed working part-time in her own bookkeeping business.

“I made over twenty calls to various agencies A friend told me about The Northwest Catholic Counseling Center. To me, this place is a miracle!”

-Chris, NCC client

NCC Client Stories

“You guys really care. I don't know why you care, but I noticed the difference right away. I'm always treated like I'm somebody here.”

-Matthew, NCC client

Some tragedies are beyond imagining. This is certainly true of Patty. Her life turned upside down when her husband was killed in a tragic car accident on his way to work, leaving Patty to manage her life and raise their two small children. She thought finances were tough before the loss of her husband, but the weight and worry after the accident caused her to spiral into depression. She was struggling to accomplish even the simplest tasks. She called the Northwest Catholic Counseling Center to get help. Our counselors worked with Patty and her children to support them as they began the initial stages of coping through their grief and despair. Because of our sliding scale, counseling was affordable for all of them. Patty and her children are doing much better. Their loss is still a daily presence, but they have the help and tools they need to face the struggles and challenges that will continue for some time.

“Since I've been seeing you, I feel less anxious. I don't seem to make every little itty bitsy thing absolutely perfect. I used to wash my hands a LOT because I was nervous, but now I feel much better.”

-Carrie, 14-year-old NCC client

Some of NCC's clients are faced with desperate decisions to make: should I pay for the power or the water? Should I pay for the rent or buy groceries? It all can't be accomplished. Only a few weeks ago one of our clients, Carol, collapsed in our waiting room. She had not eaten in two days. Carol desperately turned to NCC for help as she struggled with both poverty and depression, and now she is slowly putting her life back together.

“I've just graduated from Marylhurst University. All of this would not have happened if it wasn't for you and the tough beginning we shared. Thank you.”

-Dustin, NCC client

SUGGESTED TIMELINE FOR PLANNING



10 WEEKS BEFORE

- Set party date and create invite list

8 WEEKS BEFORE

- Mail out invitations, send evites, or call to invite your guests

4 WEEKS BEFORE

- Determine speaker
- Decide who will do the Ask

2 WEEKS BEFORE

- Call people who have not RSVP'd
- Make final list of who is coming

1 WEEK BEFORE

- Buy food and beverages
- Get supplies from NCC

WELCOME!



Thank you for choosing to be a part of The Northwest Catholic Counseling Center (NCC) Parties With Purpose initiative. These parties are an important part of NCC's community outreach and engagement. This is meant to be a fun, informative, and inviting way to add to our circle of friends and raise money to keep our mission thriving. It is also an opportunity to educate others on the importance of mental health and help decrease the stigma that often goes with it. Our hope is that you have fun while you share your passion for mental health care and NCC with others. Please don't hesitate to reach out with any questions or needs. You are an important part of the NCC family, and we can't thank you enough for your donation of time, money, and spirit.

NCC Contact Information

Address:

8383 NE Sandy Boulevard
Suite 205
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503-253-0964

Fax:

503-253-7659

Email:

donate@nwcounseling.org

Website:

www.nwcounseling.org





PARTIES WITH PURPOSE

STEP 9: FOLLOW UP



DONATIONS

At the end of your party, gather up all the donations and envelopes from your guests. After your party, give the donations to your NCC contact.

THANK YOU'S

Every donor will receive a thank you note from NCC, including all the needed tax-deductible information.

Consider calling, emailing, or writing a note to your guests, thanking them for attending. We can never thank too often!

FOLLOW UP WITH NCC

Let us know how your party went! We would love to know what worked well and what did not. Any thoughts and tips you can pass along would be much appreciated!

*Thank you for hosting
an NCC Party With Purpose!*

STEP 8: SUPPLY CHECKLIST



WHAT CAN NCC HELP WITH OR PROVIDE?

CHECK ALL THAT APPLY:

- Speaker (*NCC Founder, Executive Director, Client, Board Member*)
- Evite
- Paper invitations

- Donation forms/envelopes
- Pens
- Table tents (*with client quotes*)

- Video
- Laptop (*for showing NCC website or videos*)
- YouTube link to NCC videos

- Copies of NCC FAQ sheets
- Copies of mental health stats sheet
- Sign-up sheet for volunteer opportunities
- Blank cards for post-event thank you notes

STEP 1: DECIDING WHAT TYPE OF PARTY



CONSIDER HOSTING OR EVEN CO-HOSTING

EXAMPLE IDEAS

- A Wine and Cheese Gathering
- Cider Sampling
- Tea or Light Luncheon
- Dinner Party
- Barbecue
- Birthday Party—ask guests to donate to NCC in lieu of gifts
- Golf, Hiking, or Cycling Outing
- Christmas Light Viewing
- Scavenger Hunt
- Restaurant, Coffee Shop, Wine Bar, or Pub

MY IDEAS:

STEP 2: GOALS FOR THE PARTY



EXAMPLE GOALS:

- Introduce 5 new people to the mission of NCC
- Have one guest become an NCC volunteer
- Educate guests on the mental health needs in our community
- Decrease the stigma towards mental health
- Raise \$1,500

MY PERSONAL GOALS:

STEP 7: PARTY BUDGET



LIST YOUR EXPENSES:

ACTIVITY	\$ _____
FOOD	\$ _____
BEVERAGES	\$ _____
OTHER	\$ _____
	\$ _____
TOTAL COST	\$ _____

TAX DEDUCTIBLE!

When planning your budget, remember The Northwest Catholic Counseling Center is a registered 501(c)3 charity. Your Parties With Purpose expenses are generally tax-deductible. Check with your tax adviser if you have any questions.

STEP 4: TIPS ON INVITING



1. **Invite twice as many people as you would like to attend**
Send out an evite, paper invitation, or pick up the phone! Remember, the only way someone will participate, whether financially, educationally, or as a volunteer, is if they are asked.
2. **Make sure your guests know it's a fundraiser**
Be sure to make clear on the invitation, or during your conversation, that this is a social event, but also a fundraiser. Because it is a more casual event, your guests may need some extra clarification. "We'll have a ton of fun and don't forget your checkbook" is a good reminder. Be sure to tell your guests that donations given to a nonprofit such as NCC to help people in need of mental health services are tax-deductible.
3. **Remember to take a breath and let people ask questions**
4. **People will say no**
Don't sweat it. A good response for people who can't make it is, "Oh, I'm so sorry you can't make it, but would you like to make a gift to support NCC?"
5. **Call to reconfirm**
It's critical to the success of your event that you call your guests a day or two before to reconfirm that they are coming. Let your guests know you need a head count for food and ask if they need directions.

STEP 5: SPEAKER AND PRESENTATION



WHY HAVE SOMEONE SPEAK AT YOUR PARTY?

When planning the schedule of your event, consider setting aside time to tell your guests about NCC. This is a great time to share the mission of NCC, a client's story, or the impact of NCC that you know first-hand.

WHO IS GOING TO SPEAK AT YOUR PARTY?



YOU

Share your personal connection to NCC.
Why does our work matter to you?
Why is this something you have chosen to be a part of?
When you are preparing your remarks, put yourself in the shoes of a guest who doesn't know anything about NCC or the state of mental health in our region.
Make sure everything is explained simply.



NCC REP

Consider having an NCC founder, board member, client, or the Executive Director speak at your event.
We are more than happy to send someone!



VIDEO

NCC has professionally made videos which provide an electronic option for your presentation.
These videos are a great way to share client's stories without having to bring in a client or staff member in person.
You can access these videos on our webpage or on our YouTube channel.