



The Northwest Catholic Counseling Center

Serving All Regardless of Faith or Finances

March 30, 2020

Help, Hope, and Guidance from The Northwest Catholic Counseling Center

Dear Friends,

We are living through unusual times.

Our physical, mental, spiritual, and financial health is being tested daily. As a supporter of The Northwest Catholic Counseling Center (NCC), we want you to know we are walking with you and our clients as we all navigate the COVID-19 pandemic. We want to share with you how we can continue working with you, and what additional resources we are offering to our clients and the community. Some details may change as we learn more, but our commitment to serving anyone in need will not waver, no matter what the physical or financial circumstances.

Counseling Services

All of our therapists are offering, and encouraging, phone and/or video appointments. This will allow both clients and staff to stay safe and healthy. For those who must come in, due to safety or other issues, we've created a second waiting area to allow everyone to stay six feet apart.

Client Financial Assistance

We are working closely with any client who has been laid off, lost hours, or is feeling the financial impact of this unprecedented situation. No one will lose access to care because of financial circumstances. This is our core mission and commitment.

May 14 Growing Hope Event Cancelled

The in-person element of our May 14 fundraising event, *Growing Hope*, is cancelled. The situation is simply too uncertain and dynamic to move forward. The *Growing Hope* event committee is evaluating the options for an online, web-based, or virtual event. The need for financial support for mental health care is greater now than ever, and our event committee will create a framework for a new option within the next two weeks. We will send you the details when we have them or you can check our website at <https://www.nwcounseling.org/> for the latest information.

Current Needs

As we rapidly pivot to teletherapy, some immediate needs are apparent. We are looking for 3-4 webcams (preferably newer Logitech, or another type that works with Macs). Several of our therapists want to offer video therapy from home, but don't have the tools. Please let me know if you have a newer laptop, Mac or PC (five years old or newer), that you'd be willing to donate. Please send the specific model and technical information to erin@nwcounseling.org and I will check with our IT person on it.

A State Certified Counseling Agency

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8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

www.nwcounseling.org

Mental Health “Tools You Can Use”

As many of us are finding ourselves isolated, unable to connect with friends and family as we usually do, we have increased anxiety and stress. Our clinical staff is developing a series of online workshops, sessions, and resources to help. We'll be covering issues like anxiety, self-care, and isolation. You can find regularly updated information on our website here: <https://www.nwcounseling.org/> We will share not only our own content, but helpful information from others. Follow us on Facebook and other social media platforms for lots of good articles and tips.

General Things to Remember

- We'll all get through this together. Don't panic. Keep breathing and do the next right thing.
- Wash your hands often, with soap for 20 seconds. Our staff is doing this, too. It will help us all stay healthy.
- It may be easiest during this time to communicate by email. If you would like to receive information electronically, please send your email address to info@nwcounseling.org.
- If you wish to make a tax-deductible donation to help us continue our services to anyone in need, please go here: <https://www.nwcounseling.org/> and click the “Donate” button on the right side of the screen. You may also do it the old-fashioned way – mail a check to 8383 NE Sandy Blvd Ste. 205, Portland, OR 97220 using the envelope you received with the *Growing Hope* invitation. We appreciate your support.

Please feel free to share this information with anyone who might find it helpful. The Northwest Catholic Counseling Center is here with and for you. Please call 503-253-0964 if you have any questions or concerns.

Stay safe and healthy,



Erin Peters
Executive Director