

PARTIES WITH A PURPOSE

YOUR HOUSE PARTY WORKBOOK

THE NORTHWEST CATHOLIC COUNSELING CENTER



WELCOME!

Thank you for choosing to be a part of The Northwest Catholic Counseling Center (NCC) Parties With a 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 Blvd

Suite 205

Portland, Oregon 97220

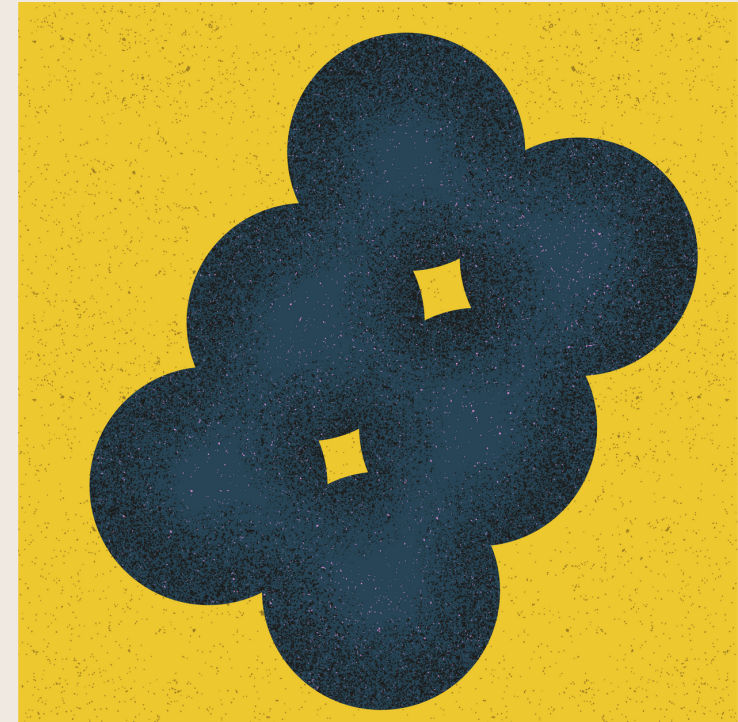
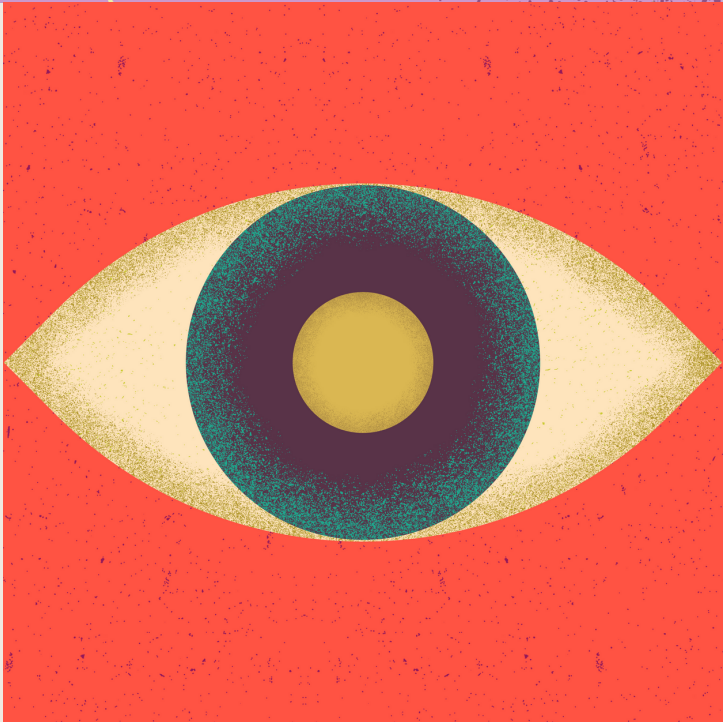
Phone: 503-253-0964

Email: donate@nwcounseling.org

Website: www.nwcounseling.org

OUR MISSION:

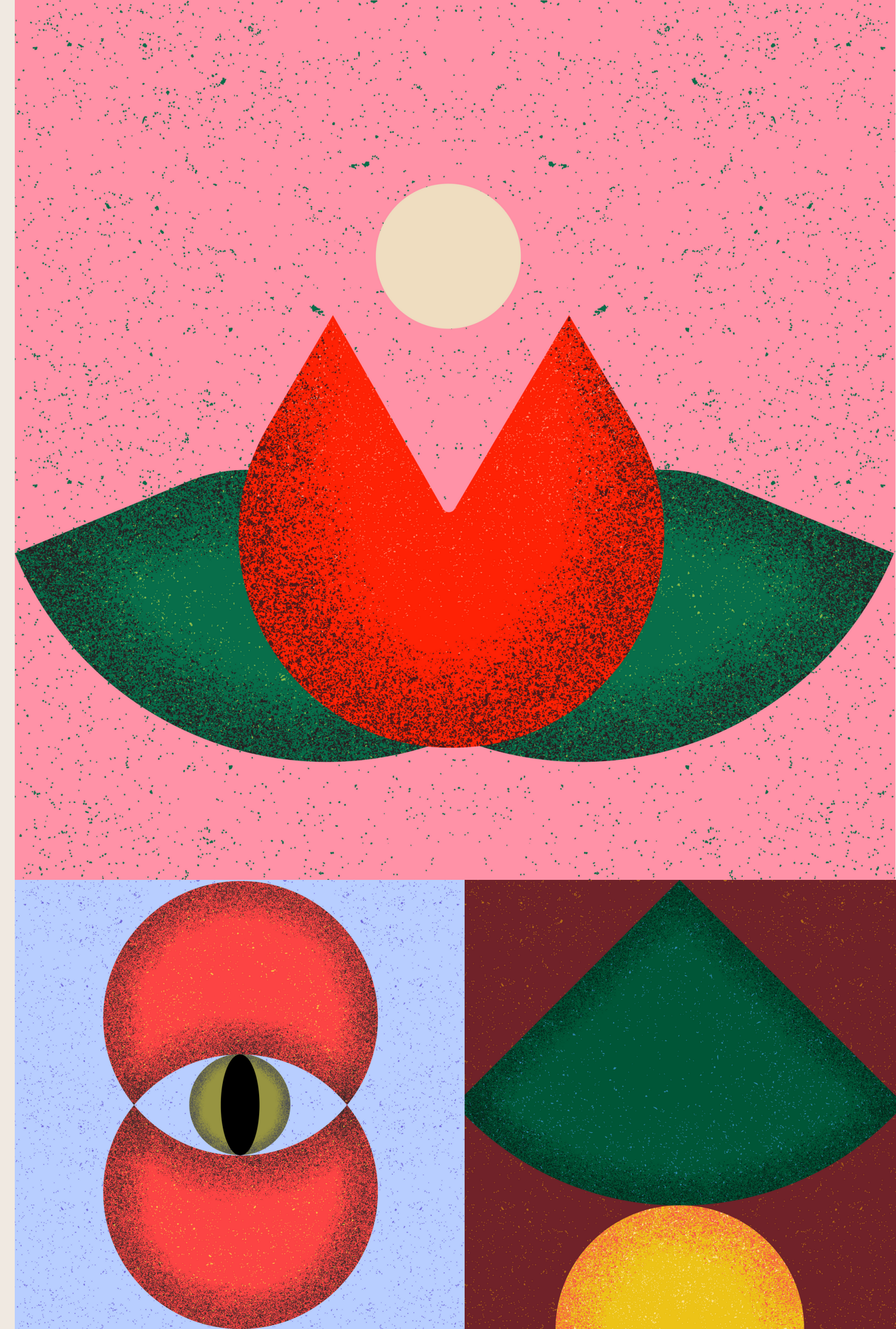
NCC supports and strengthens our community by providing professional mental health services to all, regardless of faith or finance.



STEP 1: DECIDING WHAT KIND OF PARTY YOU'RE 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





STEP 2: IDENTIFYING YOUR GOALS

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

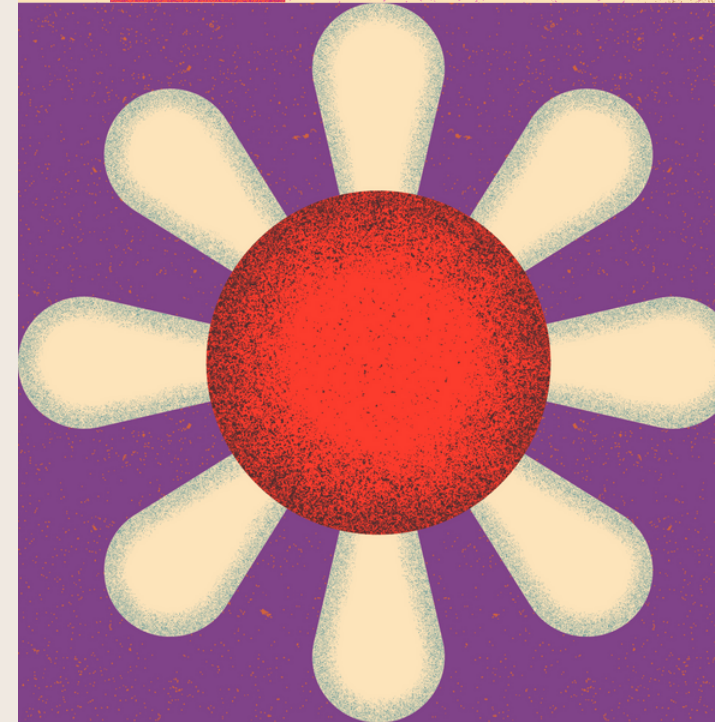
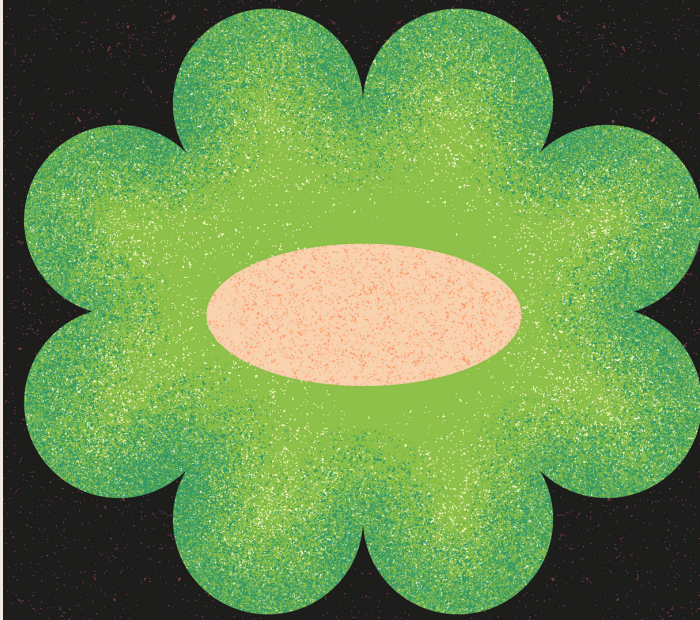
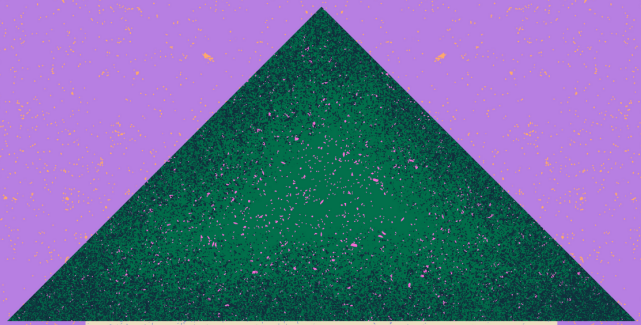
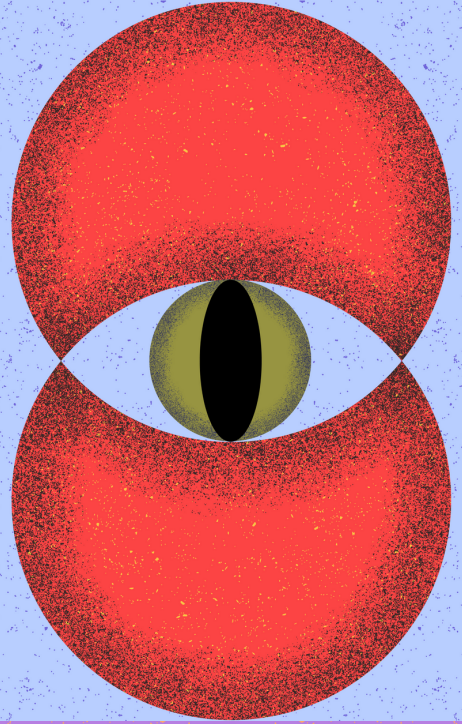
setting goals helps give us direction and motivation. let us know if you need help identifying goals for your party!



STEP 3: CREATING AN INVITE LIST

SUGGESTIONS FOR INVITEES:

- Work friends
- Church friends
- Social groups (i.e. golf group, book club, garden club)
- Fitness friends
- School friends (parents of kids or your own school friends)
- Ask your friends to invite people who may be interested



QUICK TIPS FOR 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. 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?"
- 4. 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 4: 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

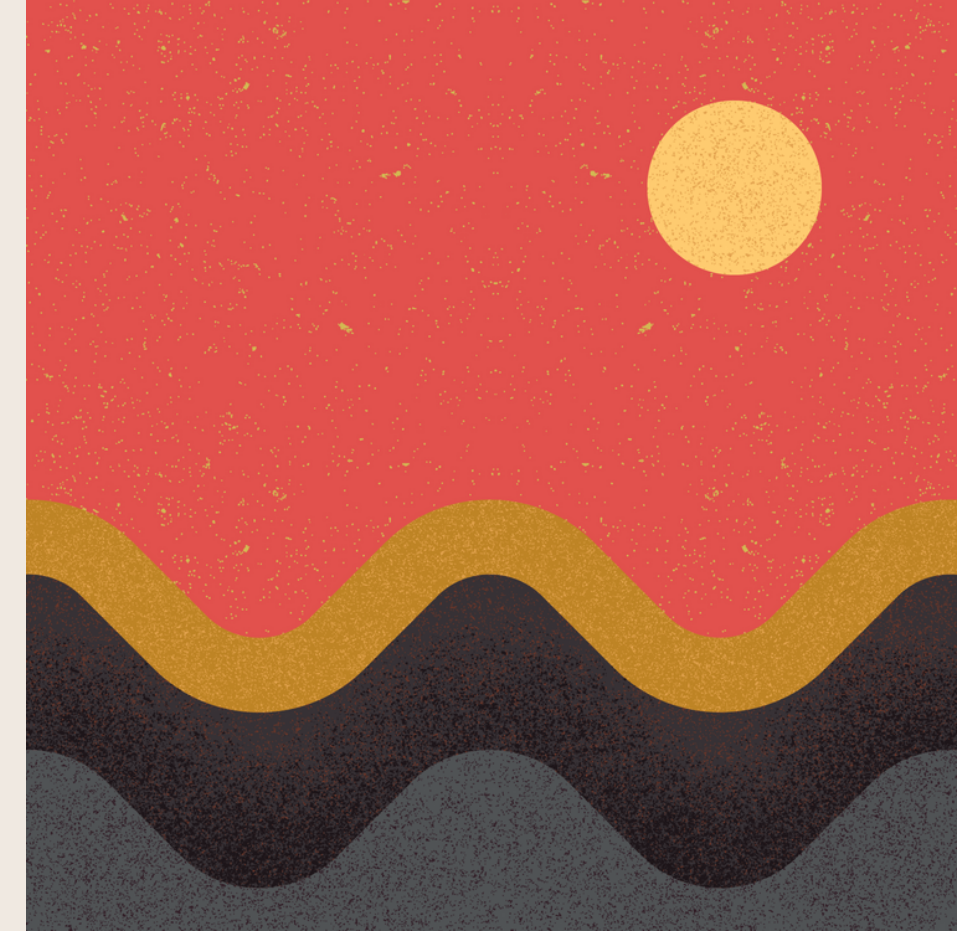
Share your personal connection to NCC. Why does our work matter to you? Why is this something you have chosen to be a part of? When you are preparing your remarks, put yourself in the shoes of a guest who doesn't know anything about NCC or the state of mental health in our region. Make sure everything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

NCC REP

Consider having an NCC 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.



STEP 5: THE "ASK"

WHAT is the Ask?

The Ask is the part of any fundraiser when the request for support or donations is made. This is an opportunity to invite your guests to be a part of the NCC community. Whatever level of involvement each guest may choose, it is an invitation to join our collective movement to make our community a better place.

WHO will do the Ask?

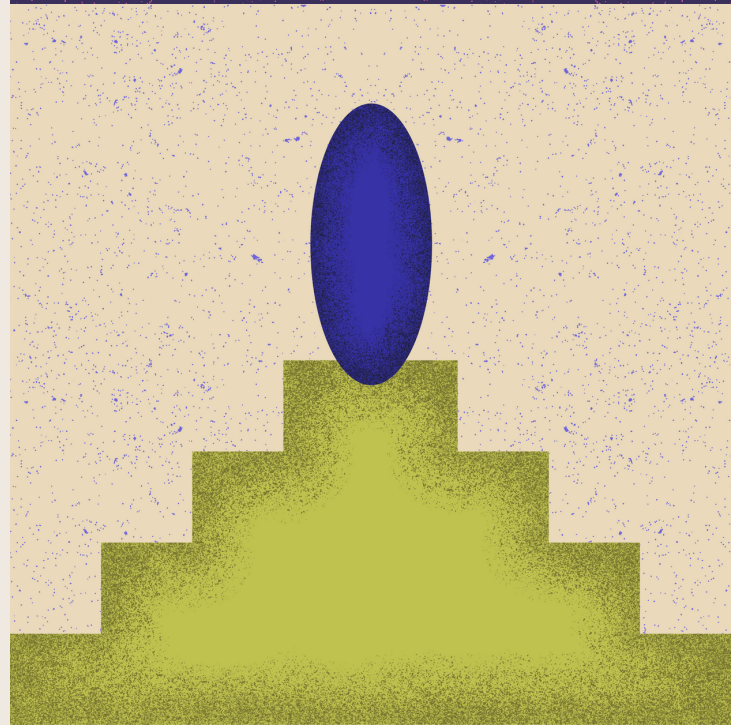
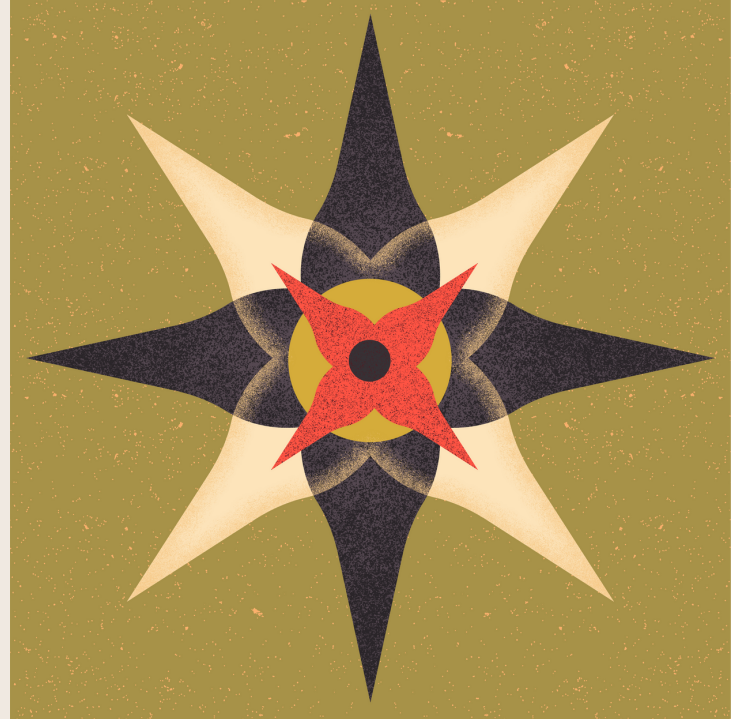
Decide in advance who will be doing the Ask, whether it's yourself, the speaker at your event, or a separate individual. Someone who has done this before would be a good candidate (feel free to ask NCC for suggestions). Whoever does the ask, simply needs to speak from the heart. People respond and connect to honest, sincere words.

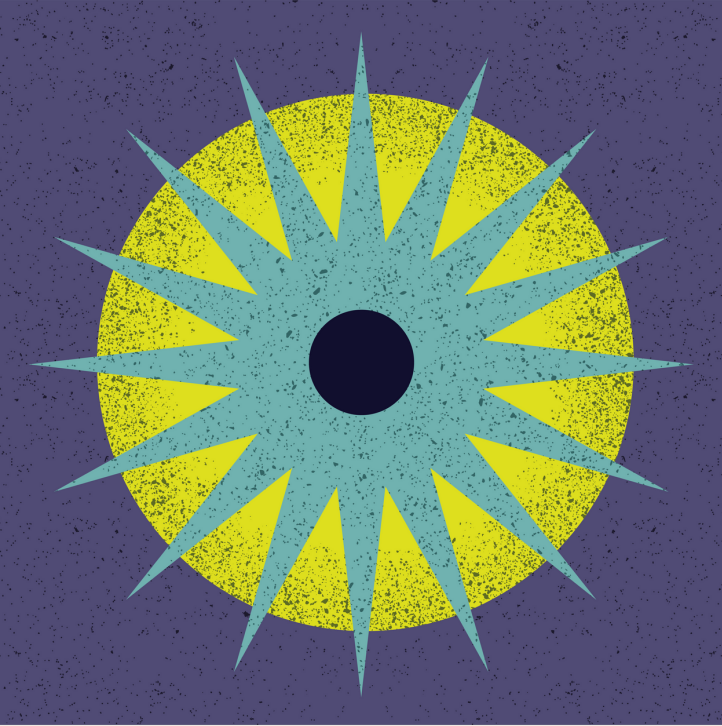
WHEN will the Ask take place?

The Ask most commonly takes place towards the end of your event, after your guests have learned more about NCC's mission and impact.

HOW do you do the Ask?

At some point during or after the Ask, pass out contribution forms and envelopes to your guests. Be familiar with the form ahead of time so that you can walk people through their giving options (one-time gift, Faithful Friends monthly giving, stock gift, estate planning, or goods or services). NCC staff will be available beforehand if you have any questions on how to use it.





CHECKLIST

- Speaker (NCC Founder, Executive Director, Client, Board Member)
- Evite or paper invitations
- Donation forms/envelopes
- Pens
- Table tents (with client quotes)
- 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

let us know how we can help with materials!

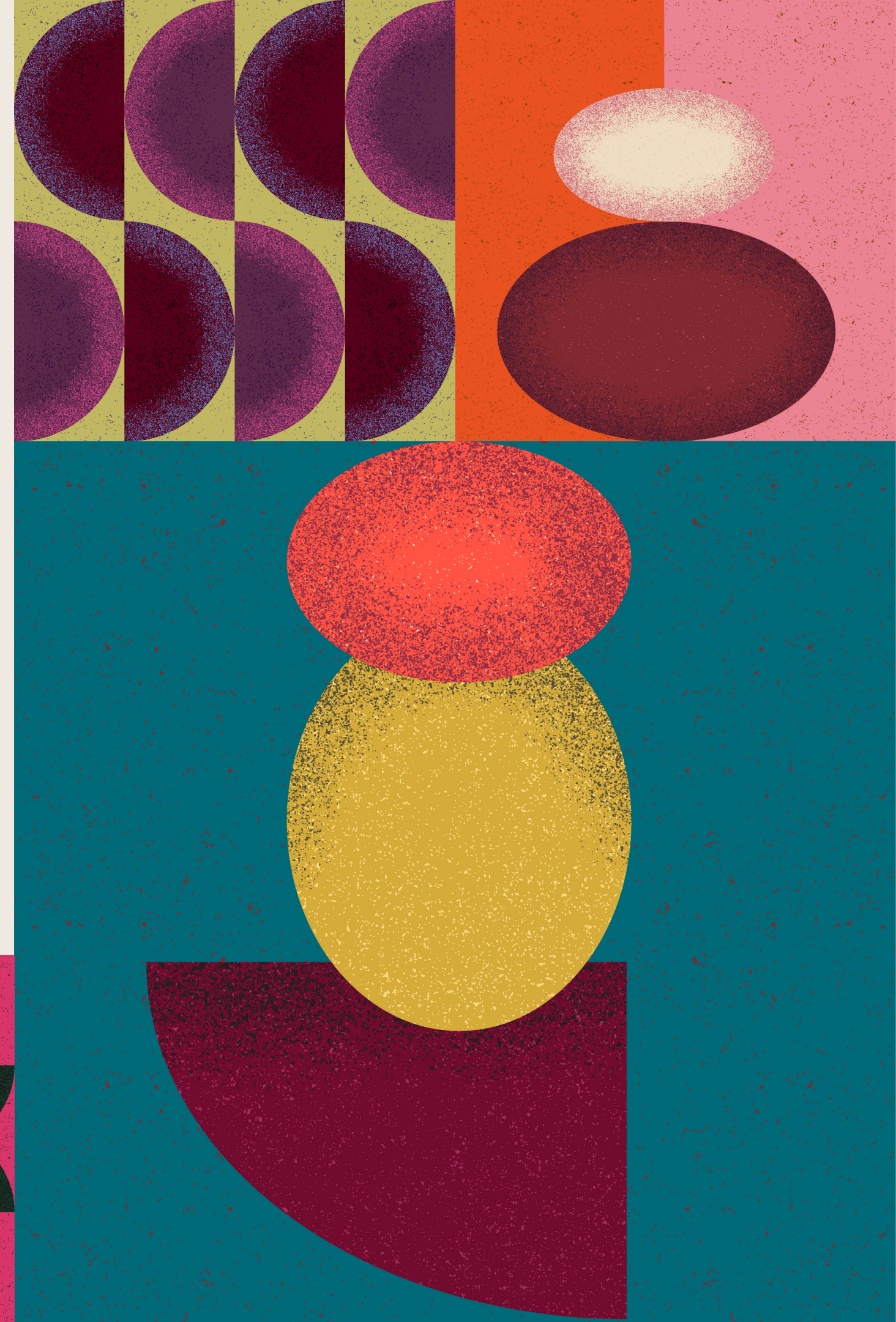


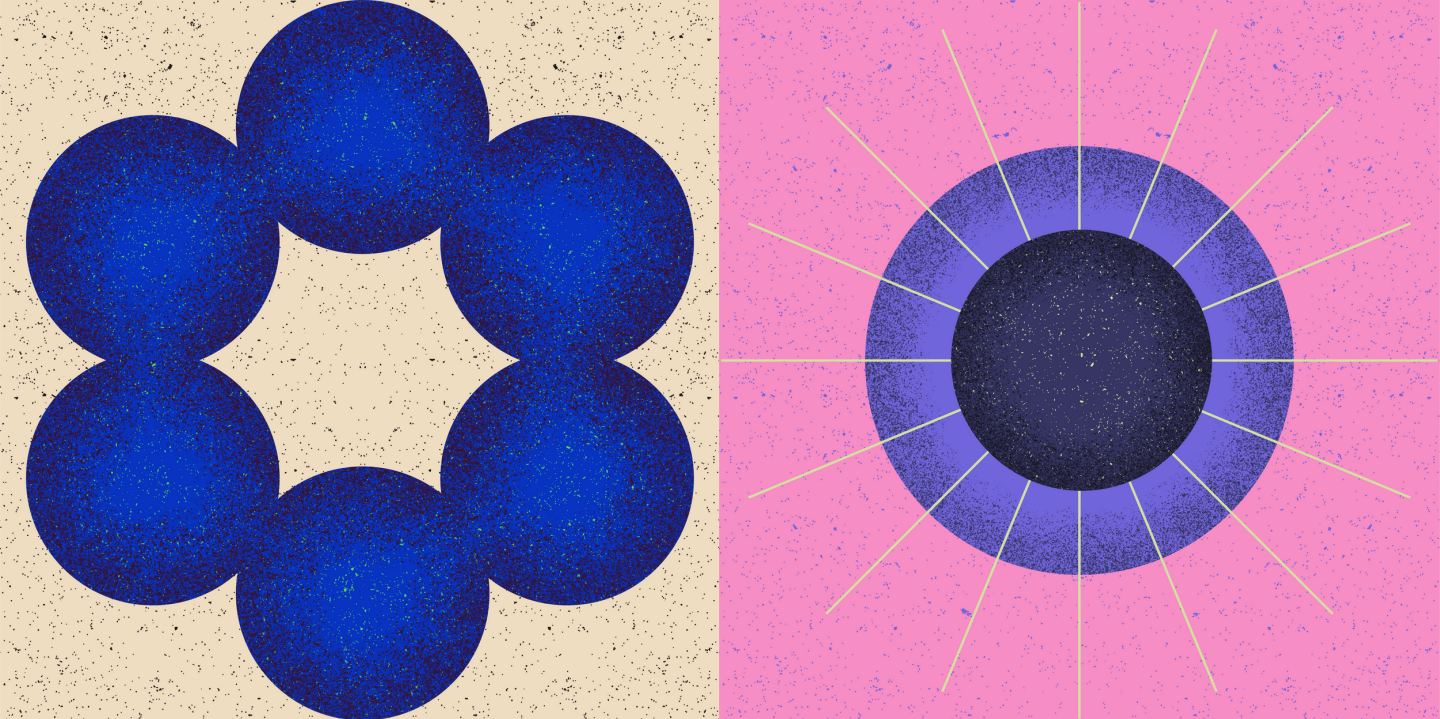
STEP 6: FOLLOW UP

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 YOUS: 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!





NCC CLIENT QUOTES

"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

"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

"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

"Since I've been seeing you, I feel less anxious. I don't
seem to make every little itsy 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

"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

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

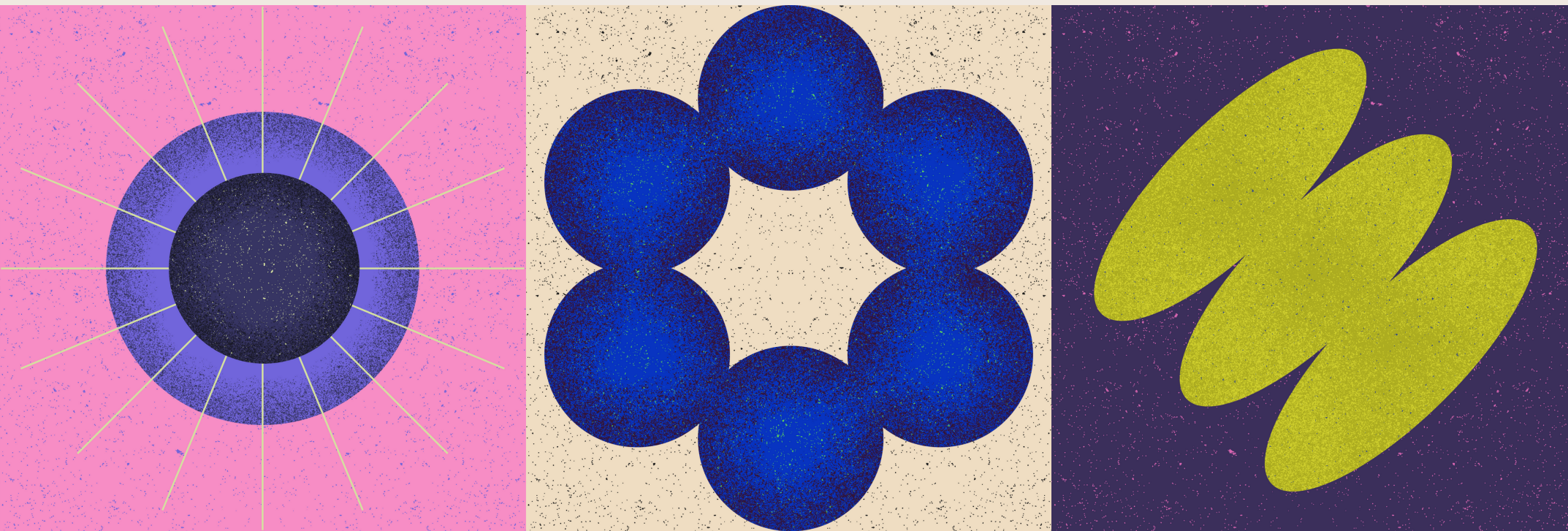
–Virginia, NCC client



NCC CLIENT STORIES

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.

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.



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.



THANK YOU

for hosting a Party with Purpose for NCC! Please feel free to reach out to donate@nwcounseling.org with any questions you may have. We would love to help you with anything you need to make your party fun and successful, whatever that looks like to you.