



The Northwest Catholic Counseling Center

Volume XXVIII

Spring 2025

Number 1

EXECUTIVE DIRECTOR'S NOTE

Last week I woke up at 3:30am one night, a swirl of worries and anxieties above my head, all vying for attention. The state of the world, health issues, money, schedules – all important, and demanding I do something **RIGHT NOW**. Needless to say, 3:30am isn't the best time to assess, much less solve, anything!

We are living through difficult and tumultuous times. Every day the news delivers another terrible situation to my breakfast table, or a personal situation ties me in knots. I know I'm not alone in my early morning handwringing. We are hearing it from our clients, too. So our counselors have been taking extra time sharing tools to deal with stress and anxiety. They've helped me, and I hope they can help you, too.



Stress Busting Strategies

While it is a normal part of life to experience occasional stress, long-term stress can lead to worsening health problems. Managing stress is an important part of overall health. Here are some steps that can help you manage the effects of stress:

- **Eat well** - what you eat effects your mood, energy, and stress level. A healthy, balanced diet supports your body by providing the proper nutrients it needs.
- **Prioritize quality sleep** - good sleep hygiene habits ensure you're well rested. Sleep is essential for mental health! Lack of sleep can lead to many problems that make stress worse, like irritability or poor concentration. Aim for seven to eight hours per night if you can.
- **Engage in regular physical activity** - even a short walk or a simple stretch may offer relief. Spend time outdoors being active. Go on a hike, play some basketball, maybe explore the river in a kayak. So many possibilities!
- **Connect with supportive people** - reach out and spend time with those who make you feel safe. Social support is good for your mental health. Consider joining a support group to connect with others of shared experiences.
- **Create healthy boundaries** - say no when you need to. It's OK to take breaks. Know your own limits and reflect on what activities or situations trigger your stress. Establishing and sticking to your boundaries are an essential part of self-care.
- **Self-relaxation techniques** - try breathing, meditation, or progressive muscle relaxation. There are many ways to unwind from stress – listening to music, stretching, keeping a gratitude journal. Explore what works for you.
- **Seek professional help** - don't be afraid to ask for help. We're here for you! Our dedicated therapists will work with you to collaboratively establish personal goals taking into consideration the emotional, physical, and spiritual dimensions of your life.

Erin Peters, Executive Director

LEADERSHIP

EXECUTIVE DIRECTOR

Erin Peters

CLINICAL MANAGER

Michelle Sideroff, LPC, QMHP
Operations Manager

Stephanie Awalt, MA
Office Manager

Kalie Self

CLINICAL STAFF

Lacie Baumer, LPC

Marchelle Carl, LPC

Rain Estrada, LPC

Thomás Grubb, LPC

Jessie Larson-Wu, LPC

Lu Lu, LPC, CCTP-II

Laken Nelson,
Professional Counselor Associate, QMHP

Isabelle Norconk,
Marriage and Family Therapist Associate

Ava Rotrock,
Clinical Social Work Associate

Kim Trigoso-Harvey,
CSWA, QMHP, CADC II

ADMINISTRATIVE STAFF

Kathryn Foubister
Development and Outreach Manager

Ash Brawley
Receptionist

OFFICE VOLUNTEERS

Vickie Carl
Alison Petrie-Wait



OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday appointments available

nwcounseling.org

Welcome New Staff!

Clinical Team

We're excited to welcome **Rain Estrada, LPC!** Rain (she/her/hers) is a Licensed Professional Counselor with a master's degree in Clinical Mental Health Counseling from New Mexico State University where she also earned her BA in Psychology. Rain takes an integrative approach to therapy, utilizing principles from Narrative Therapy, Cognitive Behavioral Therapy (CBT), EMDR trained, and Mindfulness-Based Stress Reduction.



Outside of being a therapist, Rain enjoys scenic drives in the gorge, art museums, and a good concert.

Administrative Team

We're happy to welcome **Kathryn Foubister** as our new Development and Outreach Manager. With over eight years of nonprofit development experience, Kathryn has dedicated her career to serving youth and families, most recently at the Northwest Mothers Milk Bank.



In her free time, Kathryn enjoys exploring Oregon's many parks and trails, soaking in the state's abundant natural beauty.

May is Mental Health Month and it's just around the corner. That means it's almost time for NCC's spring fundraising campaign: **Growing Hope!** Every dollar we raise is used to provide mental health services on a sliding fee scale to our community members experiencing socioeconomic disparities who would not otherwise have access to care. We can only continue our services with your support!



Keep your eyes on our social media accounts or your mailbox for mental health tips and ways to support us starting May 1st. We appreciate you, and look forward to Growing Hope with you.

Save the Date for Circle of Strength!

**The 24th Annual
Women's Fundraising
Brunch**

September 27th, 2025

10:00am-12:00pm

The Madeleine Parish Hall

You'll want to add this to your calendars now! Join us for the special annual event. All the proceeds from Circle of Strength ensure women and children receive quality and timely mental health services in a caring and compassionate environment. Stay tuned for more information soon!



Want to play a bigger role at Circle of Strength? Join our event committee! Email donate@nwcounseling.org for more information.

Celebrating Lacie

We're thrilled to celebrate our therapist **Lacie Baumer** – who recently earned her counseling license!

This incredible milestone reflects her dedication and passion for helping others. We're beyond proud of her hard work and commitment to excellence.

Congratulations, Lacie! We're honored to continue collaborating with you!



NCC Now Accepts Oregon Health Plan and Medicare

NCC recently completed the process to accept CareOregon OHP, Open Card OHP, and Medicare Part B. You can email billing@nwcounseling.org with questions.

NCC Gratitude Journal

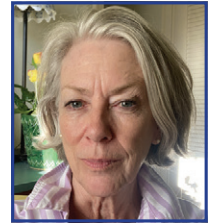
Here at NCC, we use the tips we share with you. With that in mind, we'd love to share an entry from our own gratitude journal: We're so grateful to Jerry Watari for his bequest gift we received last month. Jerry's planning and thoughtfulness gives NCC the resources to provide counseling to anyone in need.

If you, or anyone you know, has been helped by the work we do here at NCC, a bequest gift is a great way to ensure that others can receive the same compassionate care. Want to include NCC in your estate plans? Please reach out to donate@nwcounseling.org to ask questions or let us know!

Welcome New Board Members!

Gail Vanderhoof

Gail (she/her/hers) retired in 2023 from a long career in direct marketing. Upon graduating from Lewis and Clark, she took her first job in the catalog industry, working for Norm Thompson. Gail is passionate about mental health care, knowing that it is key to thriving relationships and helping to build a safer future for vulnerable people in need. Gail spends time in her garden and time with her family and Jane the Cat.



Beth Stanton

Beth (she/her/hers) is a retired interior designer, whose practice specialized in residential remodel and light commercial design. Born and raised in Portland, she believes very strongly in supporting the health and vitality of our community. She wants to contribute to supporting the mission of providing compassionate care for all. Beth enjoys outdoor activities of all sorts, gym-time, reading, cooking, travel and spending time with friends and family.



Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so!

Just email info@nwcounseling.org

Upcoming Workshops

Explore topics and tools to make both you and your relationships healthier!
Get more information and register at www.nwcounseling.org/workshops

| DATE | TIME | CLINICIAN/ FACILITATOR | WORKSHOP SUBJECT/TITLE | MODE |
|------------------------|-----------------|---|---|---------------|
| Thursday May 22 | 5–7 PM | Michelle Sideroff LPC | Boundaries: RSVP to Healthier Relationship | Virtual-video |
| Saturday May 31 | 10 AM –12 PM | Michelle Sideroff LPC | Boundaries: RSVP to Healthier Relationship | IN-PERSON |
| Wednesday June 11 | 5–6 PM | Jessie Larson-Wu LPC | Mindful self-compassion practice | Virtual-video |
| Wednesday August 20 | 5–7 PM | Isabelle Norconk Professional Counselor Associate | Couples and ADHD | Virtual-video |

Recently Engaged? Time for Marriage Preparation!

Our Marriage Preparation Program will help you and your partner build a solid foundation for your future, focused on mutual understanding, respect and support. Together with our trained counselors, we will work with you to further strengthen your friendship, enhance your intimacy, develop empowering, healing patterns of communication and ultimately prepare you for a life of love, shared goals and values.



We offer three options:

1. **Couple Sessions:** Four private sessions with a therapist, online or in-person, \$345;
2. **Workshops:** Online with a therapist and other couples. Weekend workshop on September 5-6 or Wednesday workshops beginning in October (10/22, 10/29, 11/5, 11/12), online , \$300;
3. **Combination:** Both the sessions and the workshop, discounted at \$445.

Sign up online at nwcounseling.org or email marriageprep@nwcounseling.org.

**The Northwest
Catholic Counseling Center**
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Portland, Oregon 97220

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*Providing Help...
...Creating Hope*



Foundation Generosity

*Thank you to these foundations
for financial support
in the second half of 2024:*

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Clark Foundation
Dwyer Charitable Trust

Echo Fund
Liberty Mutual Foundation
OCF Joseph E. Weston Public Foundation

PacificSource Charitable Foundation
Robert D. and Marcia H. Randall
Charitable Trust
Spencer Family Foundation

Social Media

Find us on social media for mental health tips, event information, client stories, and more! Or visit our website for general NCC updates.



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