



The Northwest Catholic Counseling Center

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Number 2

EXECUTIVE DIRECTOR'S NOTE

The world seems so divided and uncertain right now. When I'm feeling distressed or anxious looking at the news, I take a moment to reflect on what connects us — our shared commitment to care, compassion, and community.

For nearly four decades, our organization has stood as a trusted, independent nonprofit, offering accessible mental health care to all, regardless of financial circumstances, identity, or background. Our doors have remained open for 39 years because of the deeply held belief that everyone deserves support, healing, and hope, no matter what the insurance coverage or size of the bank account.

We were founded on the values of justice, compassion, collaboration, and excellence—values we continue to live out every day. With our work, we transform these values into real, measurable impact in the lives of our neighbors. And we do this hand-in-hand with our community of supporters, volunteers, and advocates.



*"Thank you for everything you and the center have done.
I really think you guys changed the course of something really bad for me.
I think you saved me. I don't think I would be here without you. Thank you.
I know you'll be here if I need you. I'll be sure to call you again if I do."*

– NCC Client

It's because of your generosity and belief in this work that we are here for clients like this one. And with your continued partnership, we plan to be here for the next 39 years and beyond. Together we will fulfill our vision of ensuring that everyone in our community can access the mental health care they need and deserve.

Giving, in all its forms, is not just a transaction. It's a powerful reflection of how we define community, care, and courage. It's a tradition rooted in love, solidarity, and the recognition that we are stronger together.

We honor every expression of generosity—whether it's a \$5 gift, a plate of cookies shared with our team, time spent serving on our board, or a legacy gift that changes lives for years to come. Each act is a meaningful investment in the health and wellbeing of our community.

Soon we'll be sharing ways to deepen that impact through opportunities like Make-a-Will Month, Donor-Advised Fund (DAF) Day, and more. Whether you're learning how to make a bequest, recommend a DAF grant, send a QCD from your IRA, or donate appreciated stock—there are many paths to contribute. Each one helps build a more equitable and caring future.

Thank you for walking this journey with us. If you or someone you love needs support, we're here for you. We're here for all of us.

Erin Peters, Executive Director

LEADERSHIP

EXECUTIVE DIRECTOR

Erin Peters

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Kathryn Foubister

Receptionist

Ash Brawley

OFFICE VOLUNTEERS

Vickie Carl
Alison Petrie-Wait



OFFICE HOURS

9:00am – 5:00pm

Evening and Saturday appointments available

nwcounseling.org

Welcome New Board Member!

Tobias Shea (he/him/his)

NCC is honored to welcome our newest board member! Tobias Shea is a Mental Health Counseling associate, having graduated in 2025 from Lewis and Clark College



with a Master's in Counseling including a specialization in Addictions Counseling. He also holds a B.A. in Psychology from Portland State University and has been working with individual clients and addiction education groups since 2024.

As a Veteran of both Operation Enduring Freedom and Operation Iraqi Freedom, he has a special affinity for Veterans in crisis and has previously worked as a peer counselor and case manager for traumatically injured Veterans and Veterans experiencing homelessness in the greater Metro area.



GROWING HOPE SUCCESS!

Together, our community raised \$50,000 from 68 generous donors to help ensure everyone has access to the mental health care they deserve.

Circle of Strength

24th Annual Women's Fundraising Brunch

September 27th, 2025 • 10:00am-12:00pm
The Madeleine Parish Hall

Each fall, a devoted circle of women comes together with purpose and heart—to uplift members of our community by ensuring access to vital mental health support. Through their efforts, and the generosity of many, we help make compassionate, high-quality counseling services available to women and children who might otherwise face barriers to care.

We invite you to be part of this meaningful tradition. Your support helps create a stronger, more connected community where every woman and child has the opportunity to thrive mentally and emotionally.

Celebrate the strength and resilience in our community and help us grow the resources needed to support healing and hope.

Tables and tickets are on sale now! Reserve yours today and stand with us in making mental wellness accessible for all. nwcounseling.org/circle-of-strength-2025

Sponsorships still available!

Call us at 503-253-0964 or email donate@nwcounseling.org to learn more.



Healing Across Generations

Family patterns are powerful. Whether we realize it or not, the ways we communicate, handle stress, or show love often echo the generations before us. This is what



we call **intergenerational trauma**—unspoken emotional wounds, inherited coping strategies, and survival behaviors that quietly shape how we relate to one another. It's not about blaming our parents or grandparents. It's about understanding the emotional legacies we carry, and choosing what we want to pass on.

One simple yet powerful exercise in working with intergenerational trauma is to **name the feeling** in a moment of disconnection. Instead of shutting down or brushing it off, a parent might say, *"I'm feeling overwhelmed right now, and I want to take a breath before we talk."* This kind of small, honest moment teaches children (of any age) that emotions are safe to name, and relationships can hold space for imperfection and repair. Healing doesn't have to start with big speeches; often, it begins with one sentence.

Interested in learning more? In our upcoming workshop *Healing Across Generations*, NCC clinical therapist Lu Lu, LPC, will explore how these patterns affect parent-child relationships at every stage of life.

We've Earned A New Nonprofit Rating!

We're honored to share that we've received the **Platinum Seal of Transparency** from Candid (formerly GuideStar)! This is the highest level of recognition for nonprofit transparency and accountability.

This honor reflects our commitment to sharing not just financial details, but also our goals, strategies, and measurable impact. Fewer than 1% of nonprofits nationwide achieve this level of recognition. Thank you for supporting our mission grounded in trust and integrity!

Platinum
Transparency
2025

Candid.

NCC 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.

Building Your Future? Begin with Marriage Prep!

Our marriage prep workshops, led by trained therapists, are a warm and welcoming introduction to some of the big topics that come up in marriage—things like money, meaningful rituals, dating your partner over the years, growing older together, and more.

You'll hear engaging presentations as a group and also have time as a couple to work through fun and thought-provoking exercises (some pre-work will be sent ahead of time). Think of this as a great starting point for some of those deep conversations you'll continue to have throughout your life together.



The workshop meets online over several sessions and includes breakout rooms for smaller group chats. Cost is \$300.

Our next weekend workshop:

September 5–6

Wednesday evening option (4 weekly sessions):

October 22–November 12

Build a strong foundation for your future.

Sign-up today at nwcounseling.org/couples-workshops

Curious about how our couples' sessions or our sessions + workshop combo can support your relationship? Visit nwcounseling.org/marriage-preparation to explore your options and get started, or email marriageprep@nwcounseling.org.

Upcoming Workshops

Our 2025 workshop lineup keeps growing! These virtual workshops are coming up next:



Couples and ADHD

August 20th • 5–7pm



Caring for Caregivers:

A Gentle Hour of Self-Care & Stress Relief

September 9th • 5–6pm



Healing

Across Generations

September 29 • 5–6pm

FALL WORKSHOPS YOU WON'T WANT TO MISS:

- Supporting Adolescents Struggling with Substance Use
- Exploring Grief Through Culture and Art
- Tools for Understanding and Easing Anxiety.

Discover tools for your well-being. Visit nwcounseling.org/workshops to find out more and sign-up.

The Northwest
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Portland, Oregon 97220

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Providing Help...
...Creating Hope



Discover Tools for Wellness on Our Blog

Looking for practical ways to reduce stress and build healthier relationships?

Explore our latest blog posts on body-centered stress relief, mindful self-compassion, setting healthy boundaries, and more.

Take a moment
for your well-being.
Read now at **nwcounseling.org**.

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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