



The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

Supporting NCC and the many people receiving mental health services on our sliding scale takes many forms. Some give monthly as a Faithful Friend. Others make a gift at our Circle of Strength Women's fundraising brunch (on November 4th this year).

But there are so many other ways you may not think about. You can learn about all of these options by going to our website at www.nwcounseling.org, and clicking on the donation tab.

You can give a gift of stock. The process is easy, and we even have the "paperwork" you need on our website. Just download the Stock Donation Form. After filling in the information, send the form on to your broker and to me at donate@nwcounseling.org. Presto! Stock donation complete!

If you have a car, boat, or even an airplane to donate, we can do that, too. We work with our partners at Volunteers of America to get the highest price possible for your donation, which means a great tax-deduction for you! To donate, simply go to our website, download the Vehicle Donation Intake Form, fill out your information, and email your form to donate@nwcounseling.org. We'll take care of the rest!

Finally, you can put NCC in your estate plans. We recently received a bequest from a wonderful longtime supporter, Ron George. Ron was diagnosed with cancer in 2015. In the months leading up to his eventual passing, Ron and his wife JoAnne started thinking about nonprofits doing meaningful work in the community who could benefit from the financial resources Ron would soon be leaving behind. He named The Northwest Catholic Counseling Center as a beneficiary of his retirement accounts, assuring hundreds of people without insurance or financial resources would receive the mental health care they need. Ron and JoAnne's generosity has and will continue to impact the lives of hundreds of clients and their families. We are humbled and honored to be recipients of Ron's enduring generosity, which extends beyond the limits of a lifetime.

*Erin Peters
Executive Director*



Providing Help Creating Hope

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

EXECUTIVE DIRECTOR

Erin Peters

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OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday
appointments available*

www.nwcounseling.org

The Body War

*By Sr. Barbara Kennedy, OSM, LPC,
NCC Co-Founder*

When I was a kid the horror movie of the day was about some kind of body snatchers, and it scared me to death. Now the same thing is happening everyday to our young girls. No, this epidemic is not about drugs or sex trafficking. It's about how girls perceive their bodies. The bodies of our daughters are being hijacked.

Here are a few frightening statistics:

- 75% of girls feel bad about their bodies and believe they need to lose weight.
- Girls as young as 3 are invested in maintaining an ideal weight.
- 34% of 5 year olds report some form of dieting.

If this is a war who or what are we fighting? First and foremost are the subtle parental messages that sound something like this, ***“That will go straight to your hips.” “Pull in your stomach.” “Do you really need that snack?”***

Then there's the media. The majority of female models presented in the media have been airbrushed. An average magazine cover costs \$60,000 and 6 months of airbrushing to produce. After 3 minutes of looking at a fashion magazine, 70% of girls feel shameful and depressed. The Barbie doll has been made thinner each year since its creation.

There are so many more frightening and overwhelming statistics. This brief article is only to call your attention to this problem, create awareness and offer a few suggestions:

- Model healthy behaviors for your children.
- Provide an environment that makes it easy for your children to make healthy choices.
- Focus less on weight and more on overall health.
- Educate yourself. Check out the Dove Self-Esteem Project at <http://selfesteem.dove.us>. This website offers, resources for parents, teachers, and youth leaders.

Best On The Block

The “All Fun, No Fuss” slogan for the NCC Community Block Party fundraiser certainly lived up to its billing! 160 people packed the Lagunitas Brewing Community Room in NE Portland on April 28 to enjoy great beer, local wines, and fabulous food from three area food trucks. **The fun had a powerful purpose: the event raised nearly \$50,000 to pay for counseling and psychiatric medication management for people in our community without insurance or financial resources.**

While people sipped on IPA or chardonnay, they bought raffle tickets for some great prizes, including an instant wine cellar, week at an oceanfront home at the Oregon Coast, a “stash of cash” with hundreds of dollars in spending money, or a summer of fun activities in the Willamette Valley. Many picked up great gift cards to local restaurants on the “Tasty Treats” wall. A \$25 investment won several people \$50 or \$100 at area favorites like Higgins, Fire and Stone, El Gaucho, and Pastini.

Koi Fusion, Home Plate Sliders, and Ramy’s Lamb Shack made sure no one left hungry! If guests weren’t full enough

after dinner, they had a table-wide spread of delicious desserts made by Mary Beth Lynn.

Guests heard from current NCC counselor, Brooke Galster-Boston, MA, and former client and current donor JoAnne Paxton George. **Both speakers shared stories of positive change and growth. These journeys of healing were made possible by NCC’s sliding scale for people unable to afford counseling services.** With

compassionate, professional care provided for a little as \$5 a session, those listening to the stories caught a glimpse of the importance and power of sharing blessings with others in need.

The experience of an NCC event, such as the 2017 Block Party, is hard to capture with words alone. There is a unique energy,

formed by the sense that we are a part of something greater than ourselves. If you ever find yourselves at one of our events, you will experience a sense of belonging, the same feeling that welcomes NCC clients every single day. Whether you were able to attend, volunteered, or gave a donation—thank you. We could not have done it without you!



Marge Rath and Karl Krzma enjoy some “Tasty Treats” while selling chances to win some great restaurant certificates.

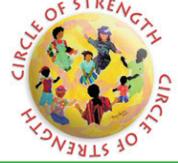


All friends and fun at NCC’s Community Block Party.

**Save
the
Date!**

The 16th-annual **Circle of Strength Women’s Fundraising Brunch** will take place on **Saturday, November 4, 2017.**

The event, which runs from 10am-12pm, raises money to pay for mental health services for financially-fragile women and children. Buy your tickets or table at www.nwcounseling.org.



Upcoming 2017 Workshops

NCC has numerous topics to help you thrive

Adjusting Your Sails When You Can't Control the Winds of Change

September 9, 10am-noon

Change can be difficult, even when we want it. Learn about how to know when we're ready for change, what change might best suite us, and how we can adapt to change effectively. Leave with various strategies for managing life transitions well.

FOMO NO MO' (Fear of Missing Out No More)

October 14, 10am-noon

Social media has the potential to keep us more connected than ever before, yet many users feel anxious, depressed, lonely, or fearful of missing out on the best possible experience. Join us to explore your personal relationship with social media, to understand the emotional impact and what needs you are hoping to fulfill. Gain knowledge in using social media and other tools to meet those needs and enrich your life.

Relationship in Motion: Real Time Learning as a Couple

December 2, 10am-1pm

Imagine actually feeling heard and understood by your partner, even if there isn't agreement. Learn steps to manage conflict. Then you and your partner will receive private coaching with a counselor to put the steps into action with a situation from your own relationship. Get the immediate feedback and individualized instruction to help you put the steps into action at home. Limited to 12 couples.



Marriage Preparation Workshops

August 19, September 23, and October 28

Come and get a head start on those important conversations you will continue throughout your marriage. The workshop is designed to increase self-knowledge, knowledge of each other, and to build skills in communication and conflict resolution. These workshops meet on Saturday and are \$225 per couple.

Most workshops cost \$30. Call or register online.
Seating is limited. Get more information at our website:
nwcounseling.org/services/workshops/

NCC Named Mental Health Hero

The Northwest Catholic Counseling Center was chosen as a Mental Health Hero by the “Keep Oregon Well!” Campaign. On May 6, NCC was recognized during Trillium’s Black & Gold Gala, at The Nines in Portland. Board Vice-President Julie Rowland accepted the award on behalf of NCC. The stories of triumph, healing, resilience, and community-building from all the Mental Health Heroes were featured throughout the night.

Rowland said, “The evening was wonderful. It was an honor to represent NCC. The work that is done at NCC is so deserving of this award. It is a great tribute to all the hard work contributed by the counselors and administrators. Serving others regardless of faith or finances is something that is truly lived out by the center. It was great to see that recognized.”



Board Vice-President Julie Rowland accepts the Mental Health Hero Award given to NCC.

NCC was one of 31 individuals and organizations recognized at the gala. Every day in May, each of the recipients were honored for their role in paving the way for mental and behavioral healthcare to thrive in Oregon. **What’s particularly wonderful about this award is NCC was nominated by a former client.** He wrote in his nomination:

“Several years ago, I needed mental health counseling. Even though I had insurance that would cover it, I had trouble finding professional help that was available. I was able to get it only from the Northwest Catholic Counseling Center...First I had to get through the check in. That process can often be cold, intimidating, and daunting. However, the front desk staff were always warm, friendly, and inviting. They will probably never know how many people they helped that way...I worked primarily with Sister Sarah Deeby. She was very helpful...This organization deserves the recognition for the great service it provides to so many in our community.”

KEEP OREGON WELL! 

Joining The Board



The Northwest Catholic Counseling Center is proud to welcome two new members to its Board of Directors!

Nancie Potter is a former NCC therapist. After a long career as a lawyer, Nancie shifted gears to become a mental health care provider. She joined NCC as a clinical intern and stayed on as a therapist after she received her master’s in Marriage and Family Therapy. Now retired from clinical practice, she continues to volunteer at NCC, providing workshops and teaching marriage preparation classes.

Ken Willett is a retired CEO and longtime NCC supporter. Ken has been an entrepreneur and technologist in Portland since his co-founding of Mentor Graphics Corporation in 1981. He has managed software development for numerous businesses, most recently in Healthcare Information Technology.

New Counseling Packages

Need just a little help to get you back on track? Aren’t sure about counseling but want to give it a try without using your insurance or investing a lot of money? Have a specific issue you could handle if you could just consult with someone a few times? Try a counseling package! These four counseling sessions for \$100 might be just what you need.

Check our website at www.nwcounseling.org for more information and limitations. You could also give a package as a gift – the gift of mental health!

The Northwest
Catholic Counseling Center
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Portland, Oregon 97220

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You Don't Know Jack

That caption was just to get your attention. And, of course, you don't know Jack because his name has been changed. Jack is a single dad who has full custody of his children. Jack's wife sold drugs and is now in jail. Explaining this situation to his two young daughters, finding appropriate childcare, trying to maintain his jobs, and fighting his depression and anxiety all took a toll on him. He found himself preoccupied and impatient with his children.

Like so many, Jack thought counseling was for losers. However, when his children's teachers recommended counseling, his love overcame his prejudice. Family counseling proved to be an opportunity to share, ask questions and talk about how to support each other.

You may not know Jack, but Jack knows you. He knows that your generosity helped to make his family healthy again. His two part-time jobs do not offer insurance. But he was able to use our sliding scale, putting critical care within reach. Your generosity made that possible.

Website and Social Media

Check out our website regularly. The staff is frequently adding short, timely articles of interest. You will also find all updates

to programs or events. The same is true for our Facebook Page. Find useful information and don't forget to "Like" us! Follow us on Twitter @nccorg.



www.nwcounseling.org