

A Healing and Educational Ministry 412-366-1300



Anchorpoint Counseling Ministry

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Since 1966

Spring 2015 Newsletter

Feeling Stressed? Interrupt It, Name It & Take Control!

Did you know that we work 158 hours more a week than we did just 20 years ago? In addition, many of us are over committed with additional activities. We have many demands on our time and attention. As busy people we often keep going with little or no personal time and no complaints until our stress level becomes a personal crisis. Anchorpoint Executive Director, Ron Barnes, says that in order to maintain healthy stress, it is important to interrupt oneself and manage it. He says, "You have more control than you think." Managing stress is about taking charge of our thoughts, emotions, schedules and the way we deal with problems.

Some stress is healthy. We need a certain amount of this stimulation. It is energizing. The adrenaline associated with stress pushes us even further than we thought we could to accomplish great goals.

However, excessive stress equals distress. It can affect our physical and emotional health. Nervousness, ulcers, anorexia, back pain, chronic fatigue, headaches, breathing problems, anger, being overly emotional and irritability are some of the unhealthy manifestations of stress.

Two important aspects to controlling stress levels are to understand the source of your stress and to implement healthy management techniques.

Naming your stress lowers the sense of generalized anxiety. You

may find it helpful to list the definite stress areas in your life. Be aware of major stresses you have been dealing with like the death of a loved one, a child leaving home, divorce, job loss or change, personal injury, an illness, or caring for an aging parent.

If you can not reduce or adapt to a stressor yourself then you must get support from others: family members, friends, colleagues at work, or counseling to learn healthy stress management tools.

Tips for Managing Stress Daily

Do not place unrealistic expectations on yourself. Below are some of the fundamentals to good stress management that Ron suggests. But, he says don't get stressed out about your stress management. Do what you can.

- Try to do something for yourself every day. For example, go for a walk. Even in the winter or bad weather, you can walk the mall several times a week. Listen to music. Read a magazine. Take a break. These are also great ways to interrupt yourself when you are feeling stressed.

- Eat well. Maintain a nutritious diet. Don't drink caffeine or alcohol in excess. Don't smoke.

- Exercise. We all need to exercise more regularly and in a twenty minute to half hour segment.

- Maintain a sense of humor and be optimistic.

- Writing can provide prospective. Some of our clients find putting their stories and thoughts on paper therapeutic.

(Continued on next page)



Formerly North Hills Youth Ministry Counseling Center

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504
www.anchorpointcounselingministry.org • 412-366-1300

*Building hope and promoting healing and learning through faith-based counseling and support services.
We have this hope as an anchor for the soul, firm and secure. - Hebrews 6:19*

(Continued from first page)

- Get creative. Some of our clients also find journaling, writing poetry, playing an instrument or creating art beneficial for stress relief.

- Take charge of your schedule. Do not try to please everyone by saying yes to every project or activity. Know your limits and when to say no.

- We are spiritual beings and a healthy spiritual life is a very grounding experience.

Wish List

Thank You!

Office & Mailing Volunteers

Answering phones, stuffing envelopes, and more fun. Call Lisa Feraco at 412-366-1300 x100 for details.

Walkers for the HighMark Walk

Book Sale Volunteers

**Set up/Tear Down*
Retail Shifts During Sale

Golfers for our Golf Classic

Silent Auction & Raffle Items

For the Golf Classic & Golden Anchor Gala

Event Sponsors

Golf Classic and Golden Anchor Gala

White Copy Paper (unused)

Your Continued Prayer Support
and Friendship. Thank you.

Anchorpoint Staff

Executive Director

Rev. Dr. Ron Barnes, LSW

Counselors:

Sr. Mary Jane Beatty, CDP, MSED, LMFT

Rev. Don Ludwig, LSW

Jennifer McCaslin, MA, NCC, LPC

Barbara Smith, MA, CAADC, CCDPD, LPC

Jay Sperling, MSED, LPC

Don Shar, MA, NCC

Sarah Taylor, MA, LPC

Tutoring and Education:

Joan Wolf Schenker, MEd,

Community Education Director

Sandy Niekum, MEd,

Tutoring Program Manager

Leanne Bentz, MS,

Tutoring Program Assistant

Administration:

Denise Patsko, Director of Development

Wendy Cibula, Communications Coordinator

Lisa Feraco, Office Manager

Dawn Tornese, Assistant Office Manager

- Practice Mindfulness and Meditation. It helps us focus and leads to relaxation. Ron says that it is an art form in itself. He finds meditating on the Word and prayer helpful for him. He asks the Lord for help in coping with stress.

Are you feeling stressed? If a life

transition, unexpected crisis or just daily stress has been challenging or overwhelming for you, we can help. Call Anchorpoint Counseling Ministry at 412-366-1300 to begin the healing process. A compassionate counselor will listen and work with you to develop healthy stress management techniques.



Help Us Finish Strong!

You'll make a difference one step at a time.

"I'm very grateful for the tutoring program at Anchorpoint. I have seen many benefits from my child going there. Some of them are her grades have improved, her self-esteem has gone up, and her attitude about going to school is also better. Everyone at Anchorpoint is very knowledgeable and helpful. I don't want to think of our school life for our child if I would not have found Anchorpoint tutoring." –Parent of a child in tutoring



Highmark Walk for a Healthy Community is days away and we still have a ways to go. We need your help to finish strong.

The walk takes place on **Saturday, May 16, 2015, at Stage AE, North Shore**. Because Highmark underwrites this event, 100% of the proceeds we raise go directly to helping children receive desperately needed counseling and tutoring support. Join us and together we can make a difference in the lives of at-risk youth one step at a time. If you are unable to walk, please consider a donation to one of our other walkers. The kids in tutoring and their families have formed **Team Excel** to help in this effort. They'd appreciate your support. To register for the walk or to sponsor one of the tutoring families

who will be walking, **visit www.walkforahealthycommunity.org**. Click on the Pittsburgh region and then click on register. Choose Anchorpoint from the list and then follow the prompts to either donate or register as a walker. **Thank you for helping us finish strong for the kids in our tutoring program.**

Thank You

for attending and supporting these recent fund-raising efforts and to the businesses who made these special events possible:

Tacos for Tutoring Fundraiser

Franklin Inn Mexican Restaurant & The Style Truck

Funds raised went to our Tutoring Program

Dine to Make A Difference

Bob Evans on McKnight Road

Funds raised went to our Single Mom Support Group (SPIN)

Thank you to the restaurants who provided dinner for SPIN Families.

Please support them: Bravo! Cucina Italiana, California Pizza, Chick-fil-A, Dave's Country Meats, Franklin Inn Mexican Restaurant, Giant Eagle at Pine Creek, John Marshall Catering, Olive Garden, Rico's, & Spaghetti Warehouse.

New Location this year! Papermart Building

Anchorpoint's 40th & Final

There's a book for
EVERYONE at the sale's
NEW LOCATION
(with plenty of parking
around back)

Used Book Sale June 13 to June 18

Saturday through Thursday
10am to 8pm (Sunday noon to 6pm)

Former Papermart Building

7809 McKnight Road, Pittsburgh 15237
Just South of Northway Mall



Over 40,000 new & used books
and DVDs all \$2.50 or less!

BAG DAY - Thursday
We close early Thursday for tear down.



Anchorpoint
Counseling Ministry

AnchorpointCounselingMinistry.org
412.366.1300

This book sale is a charitable fundraiser!

Your purchases benefit clients of Anchorpoint who would otherwise not be able to afford the counseling and tutoring services they need.

Anchorpoint Counseling Ministry

Summer Tutoring Program



**June 22, 2015
thru
August 7, 2015**

The **Anchorpoint Summer Tutoring Program** is designed to meet the unique challenges and needs of our **kindergarten to 12th grade students**.

Our **one-on-one tutoring** provides the opportunity for **individualized instruction** geared to our students' strengths and weaknesses.

Customized lessons, taught by **certified teachers**, focus on the review & re-teaching of key concepts that the students need to master in order to be successful in the upcoming school year.

Subjects:

READING

Sight Word Development, Phonics, Comprehension, Reading Fluency

MATHEMATICS

General Math, Pre-Algebra, Algebra 1, Algebra 2, Geometry, Trigonometry, Calculus

ENGLISH – Grammar & Composition

Students may sign up for one or more subjects

FLEXIBLE SUMMER SCHEDULING:

- Monday – Friday, 9:00 – 3:00
*one day will offer extended hours up to 6:30
- Schedule tutoring for 1 – 5 days/week
- Choose 1 hour or 1½ hour sessions
- Once scheduled, sessions will be the same days/times each week

AFFORDABLE TUTORING!

The cost for tutoring is determined by a sliding scale (based on a family's gross income and the # of people in the family).

(Fees range from \$10.00/hour – \$25.00/hour)

**Full payment must be made on or before the start of the program. If necessary, ½ of the total fee can be paid at the beginning of the program with the remainder due on or before July 17, 2015.

Please Note: Refunds cannot be given for missed sessions; however, every attempt will be made to reschedule missed appointments.



For more information, contact
Sandy Niekum at 412-366-1300 x123
tutors@anchorpointcounselingministry.org



"I am hopeful! In this short period I have seen positive change in my relationship with my custodial granddaughter. Her counselor seems very effective and has helped me also. I am grateful that you are here and affordable. Thank you!"

ACM's services are here and affordable because of YOU!

Thank you for your generosity in helping us bring hope to so many families.



Your faithful giving has helped us minister to clients and instill hope through support groups.

"I see that I am not alone in my situation."

One-on-one counseling with individuals, couples and families remains the core for healing at Anchorpoint Counseling Ministry (ACM) followed by tutoring and parent education. In addition, we are encouraged by the strides our clients are making through support group therapy. *These additional services are made possible by your generosity. Thank you!* ♥

"It was helpful hearing people with the same problems and what you can do to solve the problems."

Our support groups bring together those who share a common experience or struggle in a safe and caring environment. Facilitated by ACM therapists, these groups encourage, empower and instill hope while helping attendees to develop coping tools to successfully maintain a healthy life-style long after this support group experience.

"I felt all alone in my grief, openly pretending it did not exist, when I found the spousal loss group. I found hope and others who shared my grief and in turn helped them share theirs. The experience taught me that it is okay to grieve and I've found a new circle of friends."

Our longest running support group is our Bereavement Group for Widows and Widowers over Fifty. This group has been a source of comfort for over sixteen years.

"The best part of group is getting to know strong women who are going through similar situations. They're so supportive and helpful."

The past several years we have also offered a Boundaries Group for women which has evolved into a Women's Self Care Group. This program is an opportunity for women to share life struggles. They also learn positive coping mechanisms for stress, anxiety

and depression and how to set positive boundaries.

"This group was extremely helpful to me. I learned so many helpful skills to feel better about myself. I also learned how to cope with unhelpful feelings and thoughts."
-Teen Participant

Sanctuary for Teens was introduced this winter to reach out to kids who are feeling depressed, alone, anxious, or out of sorts. We are letting these kids know that they are not alone and there is hope for the future. With your help, we've been able to encourage these children who will become adults in only a few years. Sanctuary has just completed the spring session and a waiting list is forming for the fall.

"As much as I thought this would be a waste of time, it wasn't! I learned to be myself and be comfortable with it." -Teen Participant

You've also helped us launch our Single Parent Information Network (SPIN) with a Single Mom's Support Group. SPIN nights are encouraging for the whole family. Everyone meets to share a meal donated by a local restaurant. Afterwards, the moms attend their support group while the children get homework help or ACM Tutoring.

"Spin nights are funny and fun because we do games after homework. I like the food here so much. My favorite was the cupcakes with pink icing and fake eggs. I like coming here so much I could cry."
-Child Participant

In addition to faithful individual donors like you, generous support was given by the WOMEN of Southwest PA, local restaurants and also by Ann Payling, Larry Reuss, Beth Caldwell and members of Pittsburgh Professional Women who donated restaurant gift cards and other supplies.

"This SPIN Group is really fun and cool. It also helps my mom to calm down. The SPIN group gives me the ability to meet kids with single parents. This program was so much fun, that I hope it continues next year." - Child Participant

This Single Mom's Support Group will continue in the fall and we are praying and waiting for an answer on grant money to start an additional SPIN Group. We already have a waiting list of moms wanting to participate.

"The SPIN group has been such a positive experience for me-just knowing I'm not alone and having a group of women to share my feelings with and encourage me has helped me so much! I feel so blessed to have met such strong and supportive women in this group and I am so grateful to be able to be part of it!"

The need for group support therapy is present and is having an encouraging and healing impact on our clients. We could not provide such hope-filled programming without your generosity. We can't say **Thank You** enough!

SUPPORT GROUPS



Call us at 412-366-1300 for more information, to register or be put on a wait list.

Bereavement Support Group (for Widows/Widowers over 50)

2nd and 4th Wednesday, 1:00 to 2:30 pm
Hosted by St. Sebastian's Parish in Haber Hall
This group is accepting new members.

Support Groups with a Waiting List

- Self Care Group for Women
- SPIN for Single Moms
- Sanctuary for Teens

New Groups Being Considered

We're in the planning stages for these groups. If you are interested in these subjects contact us to be added to our list of potential participants.

- Marriage Related
- Siblings of Special Needs Children
- Social Skills for Children

*Because of you, we do not turn anyone away who needs our help.
Thank You!*

Mark Your Calendar & Please Pass This Information On!

Visit www.anchorpointcounselingministry.org and our Face Book Page for updates.

Special Events

Help ACM to raise awareness and critically needed dollars for those in need of counseling and tutoring. Join us for these fun ventures and make a positive impact for those we serve. Thank you.

Walkers & Sponsors Needed!

Highmark Walk for a Healthy Community

Saturday, May 16 - 9am at Stage AE

Family friendly event! Walk with us or become a team captain and organize a team of walkers! Can't make it? Please support another ACM walker. Proceeds will be directed to scholarship support for students in need of tutoring at ACM. To register visit our website or www.walkforahealthycommunity.org

Books, Book Buyers, & Volunteers Needed!

ACM 40th & Final Used Book Sale

Saturday, June 13th to Thursday, June 18

New Location: Former Papermart Building at 7809 McKnight Road

(See Flyer inside for more details.)

We need volunteers for set up (Friday afternoon) and tear down (Thursday evening) as well as help during retail hours.

Golfers, Sponsors, & Auction Items Needed

Golf Classic and Silent Auction

Monday, September 14

Wildwood Golf Club

Attendees, Sponsors & Hope Auction Items Needed

The Golden Anchor Gala: Celebrating People of Hope in Our Community

Wednesday, October 21 at the LeMont Restaurant

Dinner and Awards Ceremony.

To get involved with the above events or for more information, contact us at 412-366-1300.

Thank you for remembering us during your company's United Way Campaign.



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Support Anchorpoint Counseling Ministry by designating United Way Giving #354. Thank you.

We are Currently Accepting Clients for...

Professional Counseling

Individual, Couples & Families Welcome. We are here to help you face and resolve significant issues such as:

- Anger & Forgiveness
- Depression & Anxiety
- Emotional, Physical & Sexual Abuse
- Marriage & Family Problems
- Peer Pressure & Bullying
- Conflict Management
- Drug & Alcohol Abuse
- Faith & Meaning
- Loss & Grief
- School Difficulties
- Self-esteem
- Separation & Divorce
- Parent Coaching

If a life transition or unexpected crisis feels overwhelming or challenging, we can help. Call us at 412-366-1300 to begin the healing process.

Private Parent Coaching

If parenting feels like a battle for you, there is help. Moms or Dads of children preschool through high school can benefit from personal parent coaching. Call Joan Schenker at 412-366-1300 ex. 118 to make an appointment.

Summer Tutoring Program

This program (June 22 – August 7, 2015) will provide remedial and developmental instruction in Reading, Mathematics, and English. See the flyer inside this newsletter for more details. Space is limited. For more information and to register your child, call Sandy Niekum at 412-366-1300 ex. 123

Parenting Workshops

We are now accepting reservations for Fall Parenting Workshops. These workshops equip parents, grandparents and youth leaders with the tools necessary to help navigate youth successfully through childhood and adolescence. Invite ACM to your school, church or troop for these popular topics:

- 12 Big Ideas to Change Your Life with Teens
 - Selling Kids Out: Body Image and the Media
 - Cars and Curfews
 - Who's in Charge? Boundaries With Teens
 - Bully-Proofing your Kids
 - Social Media 101 for Parents
 - Go for 40! Unlock Your Child's Potential
 - Tears and Tantrums
 - Raising Responsible Kids
 - The Family Economy: Chores & Allowance
 - Sibling Rivalry: 8 Strategies to Reduce Conflict
 - Understanding Your Preschooler's Temperament
 - When Giving and Doing Too Much Hurts Your Child
- (Visit our website for a complete list of topics.)*

To ensure your date, schedule your workshop soon. Call Joan Schenker at 412-366-1300 ex. 118 to learn more.

Ask About the Triple Play Discount for hosting 3 workshops at your location or in partnership with another organization.

"My therapist is awesome! Very kind, caring and smart. It's very helpful for those without insurance and who have low income. I love that I can come get help and pay what I can."