

Anchorpoint Counseling Ministry's

2015

Golden Anchor Gala

Celebrating People of Hope in our Community



Wednesday, October 21, 2015
LeMont Restaurant

Honoring

Rev. H. William Dambach
A Friend Who Brings Hope

John Marshall Catering
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The Littell Family
A Family Who Brings Hope

Hampton Presbyterian Church
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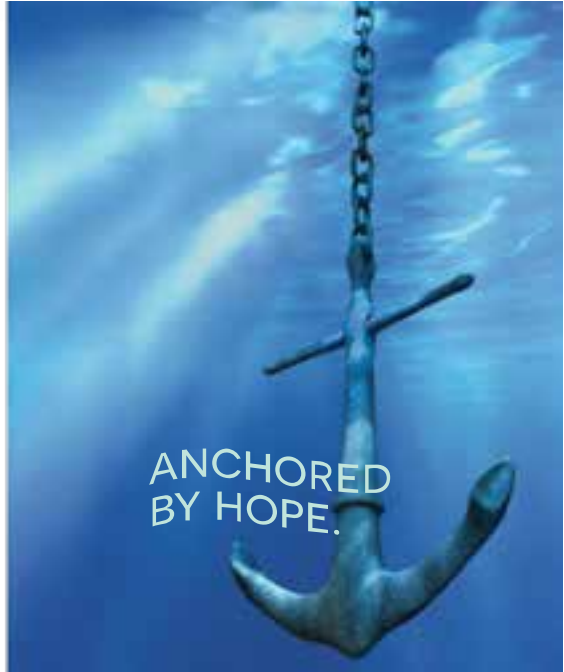
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Welcome!

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Anchorpoint
Counseling Ministry

Anchorpoint Counseling Ministry

2015 Golden Anchor Gala



This Evening's Program

Cocktail Reception

Gala Chair Remarks

Mary Schnepf

Welcome

Master of Ceremonies, Kathy Emmons

Invocation

Executive Director, Rev. Dr. Ron Barnes, LSW

Dinner

Board President Remarks

Jim Ogle

ACM's Impact on My Life

Presentation of Honorees

Jim Ogle and Rev. Dr. Ron Barnes, LSW

Auction Winners

Cindy Gilch and Fran Halley

Thank you!

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made this evening possible.*

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Cindy Gilch • Fran Halley • Sylvia Lynn

Jim Ogle • Denise Patsko • Ron Pusic

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Anchorpoint Staff

Rev. Dr. Ron Barnes, LSW, Executive Director

Administration

- *Denise Patsko, Director of Development • Wendy Cibula, Communications Coordinator*
- *Lisa Feraco, Office Manager • Dawn Tornese, Assistant Office Manager*

Tutoring and Education

- *Joan Wolf Schenker, MEd, Community Education Director*
- *Sandy Niekum, MEd, Tutoring Program Manager*
- *Leanne Bentz, MS, Tutoring Program Assistant*

Counselors

- *Sr. Mary Jane Beatty, CDP, MEd, LMFT • Rev. Don Ludwig, LSW*
- *Jennifer McCaslin, MA, NCC, LPC • Barbara Smith, MA, CAADC, CCDPD, LPC*
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Hope Auction



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- **Learn to Paint like Fran!**
- **Tailgate Special**
- **It's a Hockey Night in Pittsburgh**

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A special thank you to Dawn Tornesse and Tim & Kristina Treese of Anchors-Below.Etsy.com for the pocket squares.



Executive Director Rev. Dr. Ron Barnes, LSW

People Need Hope



Our faith-based Anchorpoint Counseling Ministry believes that Christianity is a servant-focused communal belief system. The need to serve others was instilled into Christianity by Jesus Christ and the life he lived on earth over 2,000 years ago. Christianity inspires and teaches about the core significance of communal motivation above individual motivation in our lives. Service to others is our way of living hopeful lives and obeying Christ's teaching. Each of us here tonight can offer hope to others. This builds community. There are as many stories of building hope as there are people here tonight. We have selected four awardees and are privileged to honor them for all they contribute to our communities. Thank you for being here this evening. Your presence, support, and involvement is another Anchor of Hope.

Blessings in your everyday journey of this hope-filled life we have been given.

An advertisement for Mascaro Construction. The background is split diagonally from the bottom-left to the top-right. The upper-left portion is yellow and contains the Mascaro logo, which consists of a blue circle with a white 'm' inside. Below the logo, the word 'mascaro' is written in blue, followed by the tagline '... build with the best' in a smaller font. Below that, the text 'general contractors', 'construction managers', and 'design-builders' is listed in a bold, sans-serif font. The lower-right portion of the ad is dark blue and features the text 'We deliver great experiences' in white, with 'great' and 'experiences' on separate lines. In the bottom right corner of the blue section, there are small icons for Facebook, LinkedIn, and YouTube, followed by the website address 'www.mascaroconstruction.com' in white.

Board President Jim Ogle



Welcome to Anchorpoint's Third Annual Golden Anchor Gala. Tonight, we honor some very special friends and families who have an impact in people's lives, who bring hope to our Pittsburgh community, and who simply make the world a better place. We are influenced not by what people say but by what people do....Our honorees are people of strong faith, hope and love. Through their daily lives they take action and do things for others. They have a mission greater than their own. It's not a chore for them. It's simply who they are. They are an inspiration and we are proud to have them as part of our Anchorpoint family tonight.

Anxiety, depression, anger, loneliness, grief, parenting and relationships are some of the issues we all face in our lives. Anchorpoint has been counseling individuals, tutoring children and teens, and educating parents on these challenges for the last 49 years, but there are still so many people who don't know where to turn or what Anchorpoint does. Our services have never been in more demand than today. You have read about how overwhelming and tragic some of these situations can be to families and individuals, and you think: not in my neighborhood. But, we all know someone or have heard a story that saddens or shocks us. Today's teens, young adults, and single parent households are particularly challenged in their everyday lives. Tonight's celebration and your contributions enable us to bring newly enhanced programs and services to so many who strive to find hope and direction.

In the days and weeks ahead, I ask you to reflect on where you were tonight, the Anchorpoint mission and some of the stories you have heard. I hope that it prompts all of us to be a friend to someone in our community going through challenges. Let's listen with more intent and offer Anchorpoint as an option for those who don't know where to turn or are struggling to find answers. Hope changes everything.

We thank the wonderful staff of Anchorpoint, our Executive Director, Ron Barnes, and our Gala Chairperson, Mary Schnepf, for

all the planning that makes tonight possible.

We thank all of you for joining us to celebrate Anchorpoint and honor these people who give us hope. As you mingle and enjoy the great food and ambiance of The LeMont, please spend a few minutes with each of our honorees and thank them for who they are and what they do.

Thanks so much for your support!

Enjoy the evening.

**When you find a friend in need,
please pass on one of these cards.**



*You'll find a few
cards on your table
tonight. Keep one in
your wallet to share.*

Golden Anchor Gala Chair

Mary Schnepf

Hi, my name is Mary Schnepf. I know several people on the board of Anchorpoint Counseling Ministry, including my husband. I agreed to be the Chairperson of this year's Gala because of the support that Anchorpoint provided to the friends and family of the Pine-Richland High School Wrestling Team, who lost three of its members to suicide in consecutive years. Both of my sons went to Pine-Richland High School, and one of them, the younger, was on the Wrestling Team. As is the case with many wrestling teams, the wrestling community for Pine-Richland High School is a tight one.



Unfortunately, in 2010, all of us were devastated when one of its members committed suicide in his sophomore year.

This young man, who was known for his bright smile and engaging personality, was not just a classmate and friend of our son, he had been to our house on numerous occasions and spent time with all of us. Not surprisingly, during their days together on the Pine-Richland Youth Wrestling Team, he willingly and generously provided a lot of emotional support to our younger son, who is mildly autistic and was greatly in need of peer support, as he did not have a lot of friends.

Our whole family, as well as the Pine-Richland Wrestling Community, was devastated and confused by the premature loss of this young man in 2010. In his memory, a vigil was held at St. Richard's Church. At the request of their pastor, the Executive Director of Anchorpoint, Ron Barnes, and several specialty counselors attended the service, in order to be available to provide empathy, support, and grief counseling to whoever needed it.

The following year, the son of one of my younger son's wrestling coaches committed suicide, and the year after that, another of my younger son's classmates and wrestling teammates committed suicide. In each of these cases, Anchorpoint was available to provide support as needed. Ron Barnes and the Anchorpoint staff made themselves available to those in need as a community service. They were there in case anybody needed to talk to them. From what I know of this organization, that is how Anchorpoint works. They quietly provide support and healing to the

community as needed.

In the aftermath of the tragic loss of these teenagers, my husband and I both wanted to provide resources to the parents in our community to hopefully prevent even further tragic losses. We asked the pastor of our church to sponsor parenting workshops by Anchorpoint on topics like setting boundaries for teens and facilitating resiliency. Many other churches sponsor similar parenting workshops. In addition, Anchorpoint recently began offering a therapy group for teens, called Sanctuary, in the hopes of providing troubled youth with a safe place to go to express their problems and concerns. This is a rather unique program, as therapy groups are fairly rare outside of inpatient or partial hospital programs. Furthermore, as always, Anchorpoint provides individual and family counseling to teens as well as to parents.

My goals as this year's Chairperson of our Third Annual Gala are to increase the awareness in our community of what Anchorpoint Counseling Ministry is and what they have been doing for years. With an increase in your understanding of what Anchorpoint stands for and knowledge of its impact on its clients and the community at large, I hope that you will support it with your time, talents, and treasures.

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our communities
we're all in

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Building hope and promoting healing
and learning through faith-based
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Thank you 
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Counseling Ministry

*"We have this hope as an anchor for the soul, firm and secure."
—Hebrews 6:19*

Master of Ceremonies Kathy Emmons

A native Pittsburgher, Kathy Emmons is the co-host of The Ride Home with John and Kathy, the afternoon drive talk program broadcast by 101.5 WORDfm in metropolitan Pittsburgh. Presented by Salem Communications, The Ride Home is at the forefront of faith-based radio, combining conversation, news, entertainment and learning, all within the framework of a Christian worldview. Kathy is also a retreat speaker, a conference leader, and an event host in the region.



Additionally, Kathy has served as Worship Leader and Music Director at Bellefield Presbyterian Church on the University of Pittsburgh campus since 1998. She holds a degree in Communications & Writing from the University of Pittsburgh, and in Interior Design from the Art Institute of Pittsburgh. Kathy loves sports, photography, reading, and slow Sundays with her family. She lives in Pittsburgh with her husband and two daughters.

We are happy to have Kathy emceeding tonight's event.

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"Our counselor is amazing. She has helped me and my daughter so much. Her voice has been a great comfort to me during this difficult time." - Family in Counseling

"I've had family counseling with my wife and son, individual counseling on issues relating to my anger, and marriage counseling on communication gaps. Without exception, the counseling I received was helpful, compassionate and practical. The spiritual focus in our sessions was especially helpful." - Counseling Client

"The staff is incredible, not only to the children, but to the parents. The cost is definitely affordable. I love having counseling and tutoring in the same building. It makes things so much easier." - Parent of Child in Counseling and Tutoring

"This program, the tutors, and the entire staff have been one of the biggest blessings in our lives and truly an answer to prayer. This service has been invaluable and life changing for our son." - Parent of Child in Counseling and Tutoring

"As soon as I heard my counselor's voice on the phone, I knew I had found the right person to help me. Her kindness, compassion and gentleness have impacted me greatly and her experience and valuable suggestions have helped me tremendously. I feel so comfortable talking to her about my life and my faith. I thank God for her every day." - Counseling Client

"The best part of group is getting to know strong women who are going through similar situations. They're so supportive and helpful." - Women's Self Care Group Participant

"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." - Counseling Client

"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." - Sanctuary for Teens Participant





"Just a note of thanks for all of the teaching and personal support that you offered me. I am grateful for all of the encouragement and work that you did in presenting parenting skills. Our situation has calmed down greatly and I do utilize skills/actions that you shared. I will always remember your kindness and compassion." – Mom in Parent Coaching

"Never take God out of what you all are doing, it helped me, and it'll help others." – Family in Therapy

"Marriage Sustainers helped my husband and me reconnect and focus on our marriage strengths and weaknesses. It was a great support and encouraged us to start with where our ideas of marriage were formed up until this point. We enjoyed sharing with young couples and couples who have been married a long time." – Couple who participated in Marriage Sustainers Group

"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!" – Single Mom SPIN Participant

"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." – Grief Support Group Attendee

"This workshop changed my life with my kids. I like the intervention strategies and role-playing; seeing it helps solidify the concepts. I needed a reminder of how much difference I can make. The personal stories and experiences were excellent. – Education Workshop Participant

"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 SPIN Participant

"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." – Family in Counseling

"I cannot thank you enough for all of the encouragement and love that you have given me. It means a lot to have somebody to believe in you." – High School Student in Tutoring at ACM



*Congratulations to the 2015
Golden Anchor Gala
Honorees*



Rev. H. William Dambach

The Littell Family

John Marshall Catering

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*Thank you for
Inspiring Hope!*

Meet our
2015
Golden Anchor Gala
Honorees



Congratulations

Rev. Bill Dambach
A Friend Who Inspires Hope!



The Littell Family
A Family Who Inspires Hope!

From Alan & Bonnie

Congratulations to the 2015 Golden Anchor Gala Honorees

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A Friend Who Brings Us Hope

Rev. H. William Dambach



When asked what brings him hope, Rev. H. William Dambach (Bill) replies, “Jesus Christ first and foremost, then helping others have a better life and hearing the stories of those who attend places like Anchorpoint Counseling Ministry and are healed from painful situations, depression, addictions, and etc.” Bill says that his philosophy is to “love God and love one another. God first, others second, me last.”

Bill has been married to his wife, Cathy, who he met at church, for the past 35 years. He says that his favorite things are golfing, running, reading, preaching, Pitt Sports and his golden retriever, Emma. He refers to himself as “a local guy.” He attended Richland High School and the University of Pittsburgh before completing his studies at Pittsburgh Theological Seminary. He has been serving as a pastor in the Presbyterian Church for 33 years, pastoring North Hills Presbyterian Church in West View since 1996. Another 22 years has been spent ministering as a hospital and nursing home chaplain. He is currently employed as the UPMC Chaplain at the Seneca Place in Verona and Cranberry Place in Cranberry. It is a calling for him to bring “sunshine and smiles into the lives of nursing home residents.” Bill serves in many capacities and he views service as a core element of his life’s purpose. In addition to his work as a pastor and chaplain, Bill has served on several non-profit boards and foundations. Bill is a board member at Anchorpoint Counseling Ministry (as well as a key member of Anchorpoint’s Golf committee), and at the Pine Richland Youth Foundation Board. He also serves with the Cranberry Rotary and is a member of the Pine-Richland Ministerium. Other important areas of involvement that Bill notes are his work with the Annual Passion Play and Grief Share

Bereavement Support.

Denise Patsko, ACM Director of Development, and the rest of our staff cannot say enough good things about Dambach's sense of humor and kindness towards all he meets. Denise relates a story about why Bill's wardrobe is so outrageous. She says, "Once he realized that his clothing could bring a smile and a little humor to people, especially those in distressed situations, he never looked back."

Bill says that people would be surprised to learn that he was raised on a chicken farm by his mother and grandparents. He shares that his grandfather nicknamed him "Worms" because Bill could never sit still. Bill's father passed away early in his life. His grandfather stepped in teaching him a great deal about giving and helping others. He was a tremendous model and influence. Bill was brought up in the church but when he went away to college, he did not attend. During his senior year, he had a profound spiritual experience that resulted in his call to become a pastor. Bill experienced the hope that Christ offers us through this experience and has lived a life of hope and service ever since.

Good friend, Rev. Ron Barnes says, "He gives very generously of his time, talent and resources. He genuinely cares about people and is always figuring out ways to help many people, often behind the scenes." Rev. Barnes continues, "When you spend time with Bill you realize his zest for life and his desire for you to enjoy the life God has given you." For instance, Bill is a golf fanatic and prioritizes this activity as a way to connect with and enjoy many friends, colleagues and people he cares deeply about. "He makes sure you enjoy yourself on the golf course and after the round as well," says Rev. Barnes. "The hope that Bill brings to the party is that there is a savior, Jesus Christ, who loves us, who died for us and who is present for us on a daily basis, who wants to spend eternity with us in Heaven."

Bill says very humbly that if Jesus Christ could change his heart around, He can change anyone's heart around.

Anchorpoint is fortunate to have Bill as a board member and we are so proud to honor him as a dear friend who brings hope to this needy world.

*We are honored to have the opportunity to recognize
Rev. H. William Dambach as a Friend Who Inspires Hope.*

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Congratulations to the

Littell Family

- John, Joy, Doug, Katie, Nick and Greg -

A Family Who Brings Hope

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Youth Group: Sunday at 6pm • **Kidz @Recharge:** Wednesday at 5:45pm

A Family Who Brings Us Hope

The Littell Family

The Littells are a humble family. Their beautiful service and ministry happens quietly but the impact has been profound. They have brought hope and the love of Jesus to many through their selfless



sacrifices of time, talents and treasures. Many do not even know that this family is responsible for the help they received in times of need.

The Littells have been supporters of Anchorpoint Counseling Ministry for more than thirty years, beginning as volunteers for the former used book sale when the sale was held at North Hills Village. The family also provides financial support through United Way and annual gifts. “There are few organizations that can strengthen families like Anchorpoint,” says John, who has served on Anchorpoint’s Board of Directors. Joy has also served at Anchorpoint as a tutor and for the book sale.

The Littells have moved to the Pittsburgh area no less than three times. John, a native of the state of Indiana, came in the 1970s fresh out of Indiana University. Joy came to Pittsburgh from Hershey when the Littells married in 1979. A twenty-five year career with PPG Industries brought them back to Pittsburgh from Louisiana and California in 1982, and then from Italy in 1991. A professional in Logistics, John left PPG in 1991 and applied his experience with the Christian humanitarian organization, World Vision. He began his work with World Vision as a volunteer, followed by ten years on the staff at the Gifts-in-Kind distribution center in Sewickley. His work there provided materials to fight poverty in the U.S. and worldwide, and included relief efforts on the ground in Sri Lanka following the

Tsunami of 2004.

For many years Joy has had a special ministry for children serving in various ways including but not limited to: the Christian Education Team at Heritage Church, as a Sunday school teacher, various positions with Vacation Bible School including the director, and the LOGOS after school program. She also served as the Children's Director for Community Bible Study. Her calling to education goes beyond children. She has volunteered to organize many women's retreats and facilitated various Bible and book studies.

The Littell family includes four children, all North Allegheny graduates. The eldest, Doug is employed with Adventures by Disney, where he has hosted family trips in the United States, Europe and South America. He and his wife Ally, are parents to Jack and reside in Ventura, California. Daughter Katie is employed with the Loudoun County (Virginia) Schools in Leesburg, teaching high school English. Son, Nick, is also employed with Walt Disney in resort management at Orlando Florida, and son, Gregory, is in the final year of a five year degree program in Urban Planning at the University of Cincinnati.

The apples didn't fall far from the tree with the Littell children. From a young age they began serving alongside their parents and then on their own as teen helpers with Vacation Bible School, the LOGOS after school program, work days and more. As older teens they also traveled on mission trips and now as young adults bring this commitment to serve others to their professions and the communities in which they live.

They consider among their family the congregation of Heritage Presbyterian Church in Franklin Park where they have ministered and been ministered to for more than thirty years. With the youth of Heritage, both John and Joy traveled to Mexico, and in 2014 they traveled together to Africa in partnership with Heritage's sister church in Bangwe, Malawi.

If asked, John and Joy would say that the gifts of faith and family have been God's greatest blessing to them. Their support of Anchorpoint is one way they try to help pass those blessings on to others.

We are honored to have the opportunity to recognize the Littells as a family who Inspires Hope.

A Business that Brings Us Hope

John Marshall Catering

John Marshall is an avid and talented chef. Marshall began his now 35-year food service career at Beatty Tech where he claimed first place in the state cooking competition (1978). He started running his first kitchen at age twenty and hasn't looked back since. After working for Marriot Corporation and other banquet facilities, Marshall went into business for himself with Bogie's Den (1993-2000), a local family restaurant.

*John Marshall
Catering*



Throughout his career, Marshall has showcased his talents to the likes of Presidents, First Ladies, and various state and local politicians.

His true passion lies with serving the residents of Southwestern PA



with Gibsonia-based catering company, John Marshall Catering. John Marshall Catering was recognized as Best Caterer in the North Hills. He has also won the Reader's Choice Bronze Award presented by Pittsburgh's own Tribune-Review. Marshall has also captured first place in the Veggie Throw Down - Catering Division, and first place Appetizer - Catering Division while participating in a fundraiser

to support Crisis Center North. John Marshall is a professional with many years of experience in the culinary arts and entertainment. The company's mission is to please the palates of everyone with "gourmet to down-home cooking."

We find it quite impressive that John Marshall has cooked alongside Chef Tyler Florence and prepared meals for President Ford, Barbara Bush and numerous other senators, governors and dignitaries.

ies. However, it is how he has used these fabulous skills for the least of those among us that has stolen our hearts.

John Marshall uses his catering company and the talents that God has given him to serve others. He prepares and donates meals for Shepherd's Heart for homeless and veterans. He participates yearly in Cocktails and Cuisine for Crisis Center North, the Pittsburgh Signature Chefs Auction for March of Dimes, and the Cystic Fibrosis Walk and Brewer's Ball helping them to raise much needed funds for their charities. He donates to the Ride for Homeless Vets. He is involved with the Bantam Jeep Festival and the Big Brothers Big Sisters of Butler. He is a member of the Cranberry Noon Rotary Club. John participates in mission groups for St. Richard's Church and travels annually to Guatemala.

We are sure that there is much more to this list but the information was hard to extract from the humble hard-working man behind John Marshall Catering.

He is near and dear to the staff at Anchorpoint as well. Lisa Fera-co, ACM's office manager and former youth leader for St. Alphonus, Wexford says, "John opens his kitchen every year to our teens for our annual nut roll sale." Lisa explains his hands-on help with the teens, "He teaches them how all the steps necessary for creating a finished product that folks love from weighting the nut mixture, rolling the dough properly and giving them a good-natured hard time for odd shaped dough, to the egg wash and the baking. His donation of time, facilities, and supplies at cost allow the teens to participate in our annual Summer Mission Trip."

John Marshall Catering has been good to the families of Anchorpoint's SPIN Group for Single Moms too. What a blessing for these ladies and their children to slow down and enjoy a delicious, hot, homemade meal (that they did not have to cook!) prepared by the famous John Marshall Catering.

John says that "meeting youth with good faith and work ethic inspires hope in him."

We are honored to have the opportunity to recognize John Marshall Catering as a Business that Inspires Hope.

A Faith Community that Brings Us Hope

Hampton Presbyterian Church

Hampton Presbyterian Church jumped to life in 1805 with the vision of Rev Dr. John Black ushering Rev. Matthew Williams into the pulpit. From the very beginning, HPC has held a value for reaching into the community with a passion for mission. The northern wild country of Allegheny County was ripe for the gospel, and HPC took root as an ambassador for Jesus Christ. Today, HPC lives into this philosophy through its mission statement: Grounded in faith and guided by the Holy Spirit, we are sent as faithful ambassadors to reflect the hope of salvation



through Jesus Christ.



As a congregation, HPC seek to live into this mission statement by providing a vibrant children's program, which includes a Pre-School that serves nearly 200 students. The ele-

mentary school program engages children through a variety of activities. Summer programming bursts the walls of the church with children, and family nights create fun encounters with God's truth. The youth program is recognized as premier within Pittsburgh Presbytery. Aside from a 90% involvement in worship, HPC's youth have a healthy discipleship initiative, mission focus and mentoring program.

HPC says, "Our adults are amazing! When a need is present, they respond." Homebound communion, visitation, basic assistance,

young mothers' meals, Bible studies, small groups and more make up a slice of some of HPC's servant pie. Beyond the membership, the church supports 12 local mission agencies and 11 international missionaries. The Mission Committee is keen on making sure each penny given to the church for mission is being properly allocated to ministries that provide hope and exposure to the gospel message.

In recent years, HPC has expanded the adults' opportunities to serve by providing two mission trips per year (one domestic and one international). HPC says, "You may be surprised to know that we have supported Anchorpoint for 25+ years! Our partnership with this ministry is ever expanding, even as we explore new opportunities for ministry together."

"The activities that inspire hope for us as a church would be the purposeful focus upon the next generation and assisting parents to raise the next generation with confidence in the gospel message of Jesus Christ, Who is the author of hope. It is energizing to see children and youth express their faith in real and tangible ways as they emerge as leaders in their community."

*We are honored to have the opportunity
to recognize Hampton Presbyterian Church
as a Faith Community that Inspires Hope.*



About Anchorpoint Counseling Ministry

“God has saved me from myself and profoundly changed my life several times. Among these was the day I met Keith Brown, founder of NYHMCC [now Anchorpoint]. His “coffee house” for teenagers was a fledgling youth ministry at the time. Imagine my surprise when, 40 years later, upon moving back to “the burgh,” Anchorpoint was referred to me as an excellent counseling and tutoring resource. I had not known of the coffee house’s fate—I learned how it is now touching so many lives, both kids and adults. Better yet, the referral was right on. I can’t praise enough the personal counseling I’ve received, and the tutoring program goes way beyond others I’ve tried. The staff took a dedicated, personal interest in my daughter’s circumstances by working closely with me and her teachers. They related to her individual personality to make her experience a positive one, and have created an atmosphere of praise and fun for the kids. The amazing growth, longevity, and the many ways the organization now lifts up the community it serves is testament to God’s work and to the dedication and compassion of the staff.” – Denise Moorehouse, Client



Anchorpoint
Counseling Ministry

Anchorpoint Counseling Ministry (ACM), established in 1966, has grown to encompass the needs of individuals of all ages. We are unique in our approach to strengthen family life by offering a holistic approach that includes the integration of emotional, relational, and spiritual healing through individual and family counseling, support group therapy, parent education and prevention programs and a

tutoring/mentoring program.

North Hills Area churches created Anchorpoint Counseling Ministry (formerly the North Hills Youth Ministry Counseling Center) as a non-denominational outreach ministry to teens. Moving from this emphasis on teens in 1982, the ministry began working with parents, the primary influence determining the health and well-being of the family.

Today, Anchorpoint Counseling Ministry is a Healing and Educational Ministry providing:

- **Professional counseling services**—We conduct an average of 3,000+ counseling sessions annually. On average, 40% of our clients pay according to a sliding scale fee based on annual income. No one is denied service due to financial constraints. Counseling services include: crisis intervention, elementary-age intervention, family, marital, couple, individual, adult, young adult, and teen.

Issues we address include: anger management, anxiety, bullying, depression, drug and alcohol abuse, eating disorders, family conflict, financial problems, grief support, loneliness and alienation, overindulgence, parenting skills, peer pressure, physical and emotional abuse, school problems, separation and divorce, single parenting, and stress.

We continue to integrate emotional healing with spiritual healing and attempt to bring the life-changing message of Christ and the resources of faith into the counseling room with many of our clients. However, there are always clients who do not wish to incorporate spiritual concerns into their counseling and we respect their boundaries.

- **Support Group Therapy** is a growing area of the ministry. One-on-one counseling with individuals, couples and families remains the core for healing at Anchorpoint Counseling Ministry, followed by tutoring and parent education. In addition, we are encouraged by the strides our clients are making through support group therapy. 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 lifestyle long after this support group experience.

• **Parenting education classes and workshops** on a variety of topics throughout the community for parents on specific child-rearing themes, presentations on family issues, and leadership training seminars. In 2012 we introduced Parent Coaching as well.

• **Tutoring/mentoring (Youth Development Program)** — Reducing the risks facing children is a great challenge. Our Youth Development Program, opened in 2001, has continued to grow and thrive with promising results. The counseling program focuses on improving emotional, relational, and spiritual health of its young clients and strives to restore effective communication within their families. The tutoring/mentoring component seeks to increase the self-worth and academic achievements of at-risk youth and focuses on helping these youth achieve success in terms of completing homework, studying for tests, improving grades, strengthening their overall study skills, and fulfilling other curriculum requirements.

• **Master's level Clinical Internship program.** ACM is committed to training future therapists who have a desire to integrate the resources of religious faith into their counseling with clients. In 1985, we expanded our level of community services by welcoming interns from various colleges and universities pursuing Master's level degrees in counseling and social work. Students are provided the opportunity to develop their counseling skills under the direct supervision of our diverse and talented staff.

If a life transition, unexpected crisis or just daily stress has been challenging or overwhelming for you, we can help. A compassionate counselor is available. Call Anchorpoint Counseling Ministry at 412-366-1300 to begin the healing process.



How You Can Help Anchorpoint Serve Your Neighbors in Need...

Thank you for supporting Anchorpoint Counseling Ministry. ACM relies on generous donations from individuals, businesses, congregations, foundations, and others to subsidize fees to assist those who would otherwise not be able to take advantage of our services. ***Together, we will make a difference!***

Pray—*The earnest prayer of a righteous man has great power and wonderful results*—James 5:16. Please include us on your prayer list and pray for our clients.

Refer—Do you know someone in need of counseling? A child struggling with school work? Moms and dads in need of parenting help? Folks who would benefit from our grief, Teen, or other support groups? Let them know Anchorpoint is available to help.

Donate—Your monetary and in-kind assistance sustains the work of ACM. ***Thanks to your support, we are able to provide one of the few low-cost faith-based counseling services available.*** Please consider: • Monthly Gifts • One-time Monetary Gifts • In Kind Donations (call for a list of current needs) • Restaurant Gift Cards for support group meals • United Way: #354 • Gifts in Memory or in Honor of a Loved One

Volunteer & Special Opportunities—Your participation is appreciated: • **Tutoring** • **Bulk Mailing Helpers** • **Clerical Support** at our office • **Special Event & Committee Help** • Join our **Board of Directors**. We are interviewing individuals who will help to steer the future of this ministry.

Anchorpoint Ambassadors—Help us connect with your church, business or organization. Together, we can reach out and serve those in need.

Connect with us online—Follow us and share our posts with your friends on social media. Sign up for our email updates via our website: AnchorpointCounseling-Ministry.org.

Call us at 412-366-1300 for more information!

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Rev. Bill Dambach

A Family who brings us Hope
The Littell Family (John & Joy)

A Business that brings us Hope
John Marshall Catering

A Faith Community that brings us Hope
Hampton Presbyterian Church



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