



# Anchorpoint Counseling Ministry

Volume 43, Issue 2

Since 1966

Fall 2015 Newsletter

**Please Share Your Memories with Us:** Anchorpoint is close to celebrating 50 Years! Would you share your Anchorpoint memories with us? *How has this ministry impacted you as a volunteer, client, or donor? We would love any contributions as we put together a 50th Anniversary Celebration. Please send your photos, stories, testimonies, etc. to the address below or [marketing@anchorpointcounselingministry.org](mailto:marketing@anchorpointcounselingministry.org). Thank you.*



## Thank You For Helping Us Minister to Single Parent Families

### *A Mom Shares her Story of Finding Hope through Anchorpoint & You...*

“I distinctly remember when I heard about Anchorpoint for the first time. I was a newly separated single parent who was desperately trying to hold an old life together for my kids. I felt like our world had been turned upside down and the future was so uncertain and scary. I was attending a Faith Formation “Family” Session with my kids at our church. After the kids headed downstairs for their lesson, the parents stayed behind sitting at the tables. Once the kids had left, I was painfully aware that I was one of the only parents sitting alone. It was that same sting of failure, loneliness and isolation that I now felt every Sunday when I sat with my kids in church, among families complete with two parents. And here, yet again, it was all couples and then there was me...the token single parent. I always felt like I bore that scarlet letter of divorce; ashamed to expose my left hand without a ring. It was still so new and painful for me at that time. I tried to look busy by checking my phone until a woman walked up to the podium [Joan Schenker, ACM’s Parent Education Coordinator]. I braced myself for what she might talk about today...the importance of “family” time?... (tough to hear as a single parent). Instead, I felt a surge of hope when this woman spoke of a counseling ministry called Anchorpoint that

was offering free parenting sessions to single parents. My shame and embarrassment of being all alone quickly turned to curiosity and then to complete gratitude and awe. For the first time since my separation, I felt like someone out there actually understood my predicament and wanted to help. I couldn’t dial Anchorpoint’s phone number fast enough and before I knew it I was sitting in Joan’s office tripping over my words as I tried to explain the craziness that was my life at that time. It wasn’t until I began sharing my struggles as a single parent with Joan, that I realized just how tapped out I was. *(continue reading on page 5)*

## Set Goals & Find Solutions with Solution-Focused Methods

By Don Shar, MA, NCC, Staff Therapist

A popular type of counseling is Solution Focused Brief Therapy (SFBT). SFBT is different from many types of counseling in that it relies little on examining previous failings, weaknesses and problems and, instead, focuses on clients’ strengths and previous successes. SFBT is based on conversations that result in defining and building solutions towards a preferred future. *(continue reading on page 2)*

**Inside this issue:** • *Helpful resources for you or a friend.*  
• *Details about upcoming events.* • *Ways your contributions have improved the lives and wellbeing of those we serve.*



**Formerly North Hills Youth Ministry Counseling Center**

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504

[www.anchorpointcounselingministry.org](http://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 page 1)

***Don't be pushed by your problems,  
be led by your dreams.—A Proverb***

Outside the counseling office, these solution-focused conversations are useful in helping individuals, families, and organizations to be more effective at solving problems. Much time and energy can be spent attempting to find the source of the problem, and who or what is to blame. Often, and especially in relationships, this is a bottomless pit. Being solution focused, rather than problem focused, avoids this trap and can result in joint effort towards common goals.

### **Here are some of the qualities of a solution-focused relationship:**

#### **The Solution-Focused Relationship**

**1. Be respectful and hopeful.** Spend the necessary time to clearly understand, accept, and appreciate what is important to others (and yourself). Paraphrasing what you've heard and then asking if what you said is accurate is a great way of checking for your understanding.

**2. Be cooperative and inclusive, rather than adversarial and divisive.** During a disagreement, people will often use "Yes, but..." statements which minimize what the other person is communicating and can invalidate their point of view. For example:

Spouse 1: "We should go on a nice vacation."

Spouse 2: "Yes, but we need a new roof."

The "Yes, but" minimizes the previous statement and sets up an either/or (or win/lose) scenario.

Let's try that again:

Spouse 1: "We should go on a nice vacation."

Spouse 2: "Yes, and we need a new roof."

The "Yes, and" shows equal footing and value for both statements, and supposes a both/and (or win/win) possibility. This is just one example of how small changes in language can alter a conversation in favor of cooperation.

**3. While keeping in mind item #1, maintain a basic belief that problems are best solved by focusing on how someone would like their life to be, and what is already working, rather than focusing on the past and the origin of problems.** Attention to how a problem was created is frequently a futile exercise as far as solving it or coming up with a solution. If you want to get from A to B, it's often unnecessary to figure out how you got to A.

**4. Define a "preferred future", the goal(s) with as much detail as possible.** If you awoke tomorrow and your biggest problem was gone, how would you know? What would be different? What difference would that make for you, your family, your coworkers?

It's a start, but not enough to determine that you, or

others, don't want [insert problem]. What do you want instead of the problem?

*Don't I look into myself and say: "What is the right word for this feeling, this mood? And, is it clear that my mood isn't intensified, for instance, by this looking?"—Ludwig Wittgenstein*

**5. Assume people are resilient and are continually making changes and coping.** Solution-focused thinking assumes that people are resilient and changing. How has the problem, or other similar problems, been solved in the past? When could the problem have arisen, but didn't? How do you cope?

**6. Notice and Compliment.** While acknowledging the difficulty of the problems, notice and validate what is already working well. Look for times when the problem is less of a problem.

**7. Be curious.** Take a solution-focused stance of "not knowing" or "leading from one step behind". Question rather than make directives or interpretations. Solution-focused questions are present and future focused rather than past oriented. Questions are related to what is going on now and in the desired future. This reflects the basic belief that problems are best solved by focusing on what is already working and how people would like their lives to be, rather than focusing on the past and the origin of problems. Stay curious!

*"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland."—Isaiah 43:18,19*

If you are having difficulty with conflict within your relationships, call Anchorpoint to schedule an appointment for couples or family counseling at 412-366-1300.



"When I was about 14 my mom brought me to the counseling center to work through the problems she and I were having surviving together. The ability to talk those problems out helped an enormous amount and now she and I are very close, so thank you! - ACM Teen Counseling Client





## Thank You for a Great Day on the Golf Course and in the Club House

*“Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots - but you have to play the ball where it lies.” - Bobby Jones*

We thank all involved with the 2015 Anchorpoint Golf Classic that was held at the Wildwood Golf Club on Monday, September 14th! The weather was fabulous with a terrific time of golfing and fund- and friend-raising.

Our guest speaker, Mr. Tony Marmo, presented a discussion on cyber crime and how to protect our children and ourselves from predators and scammers. Mr. Marmo served as the PA Deputy Attorney General for eight years investigating internet predators and spoke to the importance of the public being more aware of the dangers of the internet.

We were excited to honor the George V. Hamilton Company, Medical Service Associates, and the University of Pittsburgh School of Social Work for being Principal Sponsors. We also honored Bates, Barksdale and Ickert, and Wilkins Associates for being 20 Year Sponsors of the Anchorpoint Golf Classic.

This year \$44,000 was raised which will be used to subsidize our various programs serving children, teens, couples, and families. See more Golf Classic photos on our Facebook page: facebook.com/anchorpointcounseling.

Without your generosity and philanthropy it would be very difficult to minister to the many clients whom we serve each year. Please know your giving enables many families to receive needed help and hope.

Please set aside Monday, September 12, 2016 and join us for the 25th Annual Anchorpoint Counseling Ministry Golf Classic!



## Golden Anchor Gala: Thank you for a night of Celebrating Hope & Continued Support for our Healing Ministry.

We were once again blessed with an extraordinarily beautiful evening as we honored very special people who bring hope to our community while raising funds to continue our healing ministry. A spectacular view and delicious meal were provided by the LeMont. Great memories were made as we socialized and had fun with the Clicks for a Cause Photo booth. Our Event Chairperson, Mary Schnepf, shared the story of how she came to be an advocate for Anchorpoint after her community suffered the loss of three teens to suicide. Three former Anchorpoint clients also bravely stood before those gathered and told their stories of how Anchorpoint helped them through them through dark times in their lives. Anchorpoint was available to them because of your generosity. Master of Ceremonies, Kathy Emmons (from the John and Kathy Show on Word FM), kept our program moving brilliantly. The highlight of the evening was when we were able to award our special honorees:

**Rev. H. William Dambach:** *a Friend Who Brings Hope*

**The Littell Family:** *a Family Who Brings Hope*

**John Marshall Catering:** *a Business that Brings Hope*

**Hampton Presbyterian Church:** *a Faith Community that Brings Hope*

In addition to recognizing the philanthropic efforts of the honorees, over \$20,000 dollars was raised at this event (donations are still coming in as a result of the gala). The lives that will be changed by your generosity will affect our whole community. Because of you - **honorees, sponsors, donors, advertisers, attendees, board members, gala committee, staff** - we will be able to provide more counseling, tutoring and parent education. Thank you!



**Visit [AnchorpointCounselingMinistry.org](http://AnchorpointCounselingMinistry.org)** to read Mary's story as well as learn more about our wonderful honorees. Simply click on the resource tab and then scroll down to 2015 Gala Program. Our Golf Classic Program is also available. While there, check out both of these programs to see our sponsors and advertisers who helped to make the Gala and Golf Classic possible. Consider them when making decisions regarding products or services you may need.

## 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.

### Parent Education Programs

Call Joan Schenker at 412-366-1300 ex. 118 to learn more.

**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.

**S.P.I.N. For Single Moms** (Single Parent Information Network): Prepare yourself to be empowered physically, mentally and spiritually. For less than two hours of your time, you'll be treated to a free meal, great conversation, and homework help for the kids. Two SPIN groups currently meet at Anchorpoint bimonthly on Wednesdays from 6:30 to 8:00 pm. A third group will begin in January and meet at the Community Center of Bellevue once a month on Mondays. **Registration is now open for SPIN Bellevue.**

**Parenting Workshops:** Invite ACM to your school, church or troop. Equip parents, grandparents and youth leaders with the tools to help navigate youth successfully through childhood and adolescence. Visit our website for a current list of popular topics. To ensure your date, schedule your workshop soon.

### Support & Educational Groups Registration Now Open

**Call 412-366-1300 to register** for the next session and for more information regarding costs and materials covered. Do not let a lack of financial resources keep you from registering. **Scholarships & Sliding Scale payments are available.**

**Grief Support Group:** For widows and widowers over Fifty. Hosted by St. Sebastian's Parish in Haber Hall. The 2nd & 4th Wednesdays of the month, 1:00 to 2:30 pm.

**Self-Care for Women:** Support and educational group for women struggling with stress or depression and its effects in their lives. Mondays: 6:00 to 8:00 pm

**Life After Divorce:** Educational group for people trying to make sense of life after divorce and learning to cope with the experience. Major insurance accepted. Tuesdays: 6:00 to 7:30 pm.

**Marriage Support:** For married couples who want to reinvigorate their marriage. TBD

**How Not To Marry A Jerk:** For singles who want some pointers for jerk-proofing a future marriage. TBD

**Sanctuary for Teens:** Support group for teens grappling with depression, anxiety, or feeling alone. Tuesdays: 4:00 to 5:30 pm.

**Sibling Group:** For children with siblings who have disabilities. Mondays: 4:30-5:30 pm

**Life Skills Group:** For children who need help learning how to interact with adults and peers in a socially appropriate way. Tuesdays: 4:30-5:30 pm

**Custodial Grandparents Group:** A support group for individuals who are raising grandchildren. Wednesdays: 12:30 to 2:30pm.

### After-School Tutoring Program

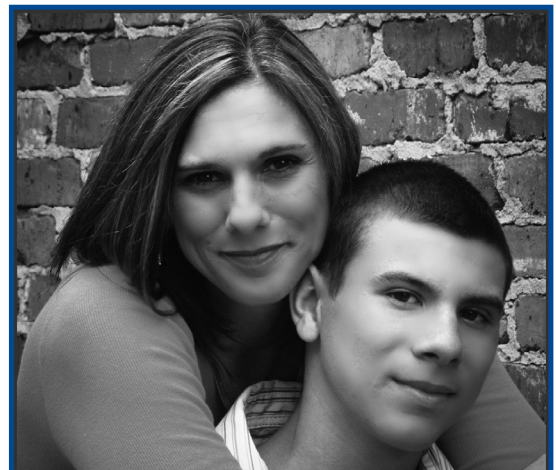
Now Accepting New Students

*Tutoring & Mentoring provided in a nurturing, supportive environment*

What makes the Anchorpoint Tutoring Program unique?

- One-on-one tutoring for youth in kindergarten thru 12th grade
- One hour tutoring sessions scheduled from 3:30 – 8:30, Monday – Thursday
- Sliding scale used to determine hourly tutoring fee (based on income and number of people in family)
- Assistance provided for homework, reports, projects, organization, and preparation for tests
- Subjects tutored: reading, spelling, math, English (literature, grammar, composition), and science

For more information, contact Sandy Niekum at 412-366-1300 x123 or [tutors@anchorpointcounselingministry.org](mailto:tutors@anchorpointcounselingministry.org)



"The sliding scale is the only way we could have gotten our son a tutor. The combination of Sandy and my son's tutor made a huge impact on my son because of how much he respects them both ...Why? Because they cared and believed in him when so many others didn't." - Family in Tutoring at ACM



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***"Life no longer feels like the never-ending struggle it once was and I know my new reality would not have been possible without Joan, Anchorpoint, its many generous donors, and the amazing group of women who will forever be like family to me."***

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I was so busy trying to take care of everyone and everything else in my life that I had dropped to the very bottom of my priority list. I was mentally, emotionally and physically exhausted and I didn't see an end in sight or a way I would ever catch a break. We continued to meet and each time I left feeling better than the last time. Joan's reassuring words and profound advice were just what I needed to hear and got me through my week until our next session together. She shared valuable coping and parenting skills with me to help support my kids and I through this difficult and painful period in our lives. Before I knew it, our sessions were over and I yearned for more time and more help. It was then that Joan mentioned an absolutely brilliant idea - she was looking into starting a group for single parents to meet and discuss these very same topics! Up until that moment it didn't even dawn on me that there could be others like me living on this lonely deserted island of single parenthood. Where were all these other single parents and how have I never run into any of them before? Up until that point I didn't know anyone who was in the same boat as me who could understand my daily struggle. That was before SPIN.

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***"Thank you for your heart-felt kindness and generosity. It was so comforting to know that when I needed it the most, Anchorpoint was there for me and my kids to offer help and hope for a better life ahead."***

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My first evening at SPIN (Single Parent Information Network) was nothing short of a God-send. Not only was there a delicious catered dinner waiting for me and my kids upon arrival, but the room was filled with other single moms and their kids too. They DID exist; I was not alone after all! After we ate together, the kids left the room to receive tutoring and help with their homework (for free!). It was then that I got to have the first real break I had had since I could even remember. That evening my burdens of being a single parent were lifted off my shoulders. Dinner was taken care of, the kids were being helped with their homework, and I found myself sitting across the table from these women with the same look of exhaustion from our busy days mixed with utter relief to be there. Being cared for in this way was such a foreign yet incredibly comforting feeling for me. Up until then I wasn't used to sitting still for more than a minute if I wasn't sitting at my desk working. I couldn't afford that luxury - not with two kids, a crazy round the clock work schedule, all the kids' activities, schoolwork, and trying to maintain a household with little to no help. I didn't know what it meant to slow down or relax up until then.

Over the course of our group, not only did I learn how to better cope with all the demands I had to juggle, thanks to Joan's amazing guidance, but I realized that I didn't have to do it alone anymore. I had a new group of friends who be-

came my biggest support system. We all spoke the same language even though we were at different parts of our journey when we met. We shared our day to day struggles through tears and lots of laughter, and learned so many valuable coping and parenting skills in the process. We motivated each other and picked each other up when we were down. We supported each setback and celebrated each victory together. Over those eight months, I saw such awesome changes in these women and myself - everything from new jobs, to new personal milestones, lots of healing and most of all a newfound sense of hope.



To think if I had never met Joan or had access to this group, how different my journey would have been. I would probably still be sitting alone on that deserted island, not knowing any difference. But, instead I have gained a whole new perspective and it has spread like a positive domino effect throughout my life and my kids' lives. Life no longer feels like the never-ending struggle it once was and I know my new reality would not have been possible without Joan, Anchorpoint, its many generous donors, and the amazing group of women who will forever be like family to me. It's hard to convey the overwhelming feeling of love and gratitude I felt knowing that such generous people were behind the scenes giving this amazing gift to me. Thank you for your heart-felt kindness and generosity. It was so comforting to know that when I needed it the most, Anchorpoint was there for me and my kids to offer help and hope for a better life ahead. And knowing that their doors will always be open gives me a sense of peace and relief that I never have to walk that path alone again."

SPIN has grown to two groups meeting at Anchorpoint's offices. A third group will begin in January at the Community Center of Bellevue. Registration is now open for SPIN Bellevue. For more information about Private Parent Coaching, SPIN, or family counseling, please call 412-366-1300.

Thank you for your generous donations that make SPIN and our other services possible. In addition, we'd like to thank the following organizations who are providing meals to our SPIN families this session:

***Giant Eagle at Pine Creek,***  
*Ian Kalinowski, Manager*

***Chick-Fil-A,***  
*Mike Dickson, Operations Director*

***Franklin Inn Mexican Restaurant,***  
*John Cibula, Owner*

***Olive Garden,***  
*Mark Hrabak, Manager*

***Parkwood Church,***  
*Reverend Jeff Potter & Diane Gardner*

***Trinity Lutheran Church in Wexford,***  
*Ruth Kirk & Committee*

# Mark Your Calendar & Please Pass This Information On!

Visit [AnchorpointCounselingMinistry.org](http://AnchorpointCounselingMinistry.org) and our Face Book Page for updates.

Sign up for our E-News Updates via our website or Face Book Page too.

## 2016 US Open Concession Volunteers Needed

ACM has been given an amazing opportunity to raise funds for client services by staffing a beverage tent at the 2016 US Open in Oakmont this spring. We will need a total of 72 volunteers over the "course" of the week. Individual volunteers welcome. If you could get a friend or two to volunteer with you, it sure would be helpful. Pass this on and check with your church, small group, or office and reserve a shift to volunteer together. Your one day gift of time will have years of positive impact for a struggling family. Plus, you'll get to be a part of golf history!

- We need to fill two 8-hour shifts per day: 9am to 5pm or 11am to close
- Four volunteers are needed for each shift Monday, Tuesday, Wednesday
- Six volunteers are needed for each shift Thursday, Friday, Saturday, and Sunday

Monday, June 13

Tuesday, June 14

Wednesday, June 15

Thursday, June 16

Friday, June 17

Saturday, June 18

Sunday June 19

**For more information and to reserve your volunteer spot for this exciting event, please call us at 412-366-1300.**



## Special Events

Help ACM to raise critically needed dollars for those in need of our services. Join us for these fun ventures to make a positive impact for those we serve. Contact us at 412-366-1300 to get involved. Thank you.

### Highmark Walk for a Healthy Community

**Saturday, May 14 (tentative), 2016 - 9am at Stage AE**

Family friendly event! Walk with us or become a team captain and organize a team of walkers! Proceeds will be directed to scholarship support for students in need of tutoring at ACM.

### 25th Annual Golf Classic and Silent Auction

**Monday, September 12 (tentative)**

Golfers, Sponsors, & Auction Items Needed

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

**Thursday, October 27, 2016 at the LeMont Restaurant**

Dinner and Awards Ceremony. Attendees, Sponsors & Hope Auction Items Needed.

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



**#354**

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



## Your Christmas Shopping Can Make Difference.

**Looking for a new approach to gift giving?** Check out this opportunity to select gifts in a mission-oriented way.

Anchorpoint has been invited to participate in St. Paul's Mission Mall. We'll be selling gently used book bundles already gift wrapped. Come say "hi" and pick up a few great gifts from us and other ministries reaching out to those in need.



**St. Paul's Mission Mall - 9am to 2pm**

Saturday, November 21st

St. Paul's United Methodist Church, Allison Park

[www.stpaulsumc.com](http://www.stpaulsumc.com)

### Can't Decide on a Christmas Gift?

Give a donation to ACM in honor of a loved one. Send your donation along with a note or message and we'll notify your gift recipient that a donation was made in his or her honor. We'll let them know how your tribute to them will be providing hope and healing for someone in need in the new year. Thank you. Call Denise at 412-366-1300 with any questions.

**I thank my God every time  
I remember you. - Phil 1:31**

Have a blessed Thanksgiving and Christmas as you celebrate this holiday season. You are in our prayers and we are so very grateful for your friendship. You will never know just how important your contributions have been to our clients. Thank you!

**"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**