



Anchorpoint Counseling Ministry

Volume 46, Issue 1

Since 1966

Spring/Summer Newsletter

An Evening with Jim Krenn: Celebrating People of Hope

Over 200 guests and supporters gathered high atop Mt. Washington at the LeMont Restaurant to celebrate Hope and Healing in our community. The event on Thursday, April 12 began with a cocktail reception and Hope Auction before proceeding to dinner and a program—featuring legendary Pittsburgh comedian and radio personality, Jim “Jimmy” Krenn.

Jimmy helped fill the room with smiles and laughter as he shared his personal experiences facing life struggles and finding hope. The evening also included an emotional story from a husband and wife who received counseling at Anchorpoint to strengthen their relationship and their family. Sandra Crutchman, a student who received tutoring and mentoring at Anchorpoint, was awarded the 2018 Hope Scholarship for overcoming adversity and academic struggles to achieve high school graduation (*see page 3 for more information*).

The event reached its pinnacle with the presentation of the 2018 People of Hope Awards to deserving community stewards who prioritize service to others:

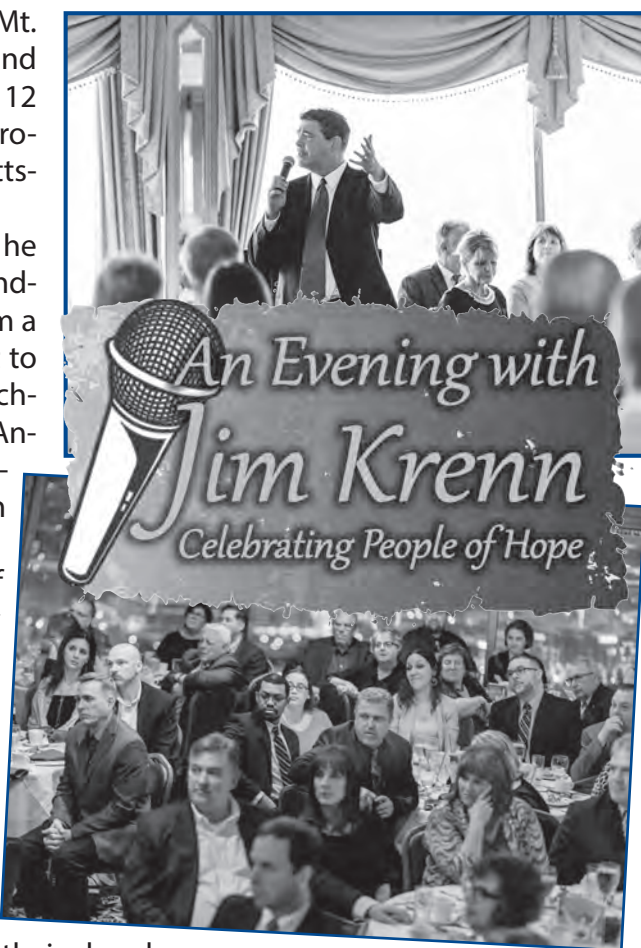
Friends Who Bring Hope – Bill and Sandy Lambert



William (Bill) Lambert is the Chairman/CEO of MSA Safety, Inc. Sandy is an educator and President of the Woodlands Foundation Auxiliary. They are active in their church

and various health/human service organizations. They also have a heart for ensuring all can enjoy Pittsburgh’s cultural offerings through their involvement in causes like the Pittsburgh CLO, Pittsburgh Ballet Theatre, and The Heinz History Center.

(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

Family Who Brings Hope – The Schellhaas Family



In its sixth generation of owning and operating Schellhaas Funeral Homes, the Schellhaas family supports other families during the most trying times of grief and loss. They are actively involved in numerous youth programs as well as civic, church, and charitable activities. They see helping others now as a way to strengthen future generations.

Business That Brings Hope – FBC Chemical Corporation.



FBC Chemical Corporation is operated by six Hudac brothers and dedicates a percentage of profits every year for charitable giving. Each brother gives his share to charities ranging from soup kitchens, Catholic seminaries, and women's shelters to symphony orchestras. Anchorpoint is among over fifty organizations supported by FBC. They see giving back as a blessing and a privilege.

Faith Community That Brings Hope – Heritage Presbyterian Church



Heritage Presbyterian Church has been serving the community for over fifty years and was one of Anchorpoint's original founding churches in 1966. This church is a host site for Anchorpoint's Single Parent Information Network (SPIN) support group for single moms. Their hospitality includes providing a space, a family meal, and childcare while moms receive therapeutic support and educational resources.

“Being an entertainer and working in media - I have encountered people from all levels of society. Mental health doesn't discriminate. We all struggle to deal with the mental challenges in our lives. I am honored to speak at Anchorpoint's event this year and hope to bring some laughs and inspiration to their event.” - Jim Krenn

The event raised more than \$44,000 to provide professional counseling, therapeutic support groups, parenting/relationship education, and tutoring/mentoring services to individuals and families who are uninsured, under-insured, or facing significant financial hardships.

Thank you to our honorees, attendees, sponsors, advertisers, and volunteers - **YOU made this night possible.** A copy of the evening's program is available on our website at www.anchorpointcounselingministry.org/gala. See an album with more photos from this event on our Facebook page at www.facebook.com/anchorpointcounseling.

2018 Hope Scholarship Recipient Sandra Crutchman (Hampton High School)

Sandra began participating in Anchorpoint's tutoring program when she was a 4th grade student at a small catholic school. Over the course of several years, her tutors helped her overcome struggles with multiplication tables and worked through other areas of need across various subjects. The program also supported her character development by reinforcing the importance of school, academic performance, and hard work. After middle school, Sandra completed a difficult transition to a large and rigorous public high school.



While receiving tutoring support, Sandra and her mother attended Anchorpoint's Single Parent Information Network (SPIN). The therapeutic groups provided moral, spiritual, and educational support to help them navigate the challenges of being part of a single-parent family. Sandra's mother also participated in Anchorpoint's parenting education offerings to develop her knowledge and skills to support her daughter's healthy development and growth.

"I have witnessed Sandra grow into a beautiful young lady through the years at Anchorpoint," her mother reflects. "Anchorpoint has been like a second family for us. I appreciate all you do and want to thank everyone who made these programs possible."

Sandra will graduate from Hampton High School this spring and plans to use her Hope Scholarship to pursue a degree in Elementary Education. Her goal is to help others as she was helped.

Thank you to everyone who dined in support of Anchorpoint during our Texas Roadhouse and Franklin Inn Mexican Restaurant events. Thank you to these restaurants and to their staffs for their hospitality & generosity.

2018 Hope Sponsors

We want to extend a very special THANK YOU to the following companies that have committed to sponsor both major Anchorpoint events or pledged a Presenting Sponsorship in 2018. These extraordinary investments will help heal neighbors who are hurting. We are grateful for your support.



Anchorpoint Counseling Ministry SUMMER TUTORING PROGRAM

Kindergarten
to
12th grade

7 Week Program

June 18, 2018 - August 3, 2018

Reading • Math • English



Help your child start the 2018-19 school year with improved skills & increased self-confidence!

- Individualized instruction with certified teachers
- Targeted lessons to meet each child's unique academic needs
- Help with summer review packets and reading projects assigned by your school.
- Affordable Sliding Scale tuition

Space is limited. Call Anchorpoint at 412-366-1300 for more details and to register.

Be a Strong Parent Café

Join us to learn new strategies and meet parents in the community



De-stress • Talk • Learn • Share

The 3rd Wednesday of each month

6:30 - 8:00 pm at Sharpsburg Family Worship Center
600 Clay St, Pittsburgh PA 15215

Next meetings:

- Wednesday, June 20
- Wednesday, July 18
- Wednesday, August 15

"I look forward to this meeting every month. The group is surprisingly calming and has been fun and uplifting. It exceeded my expectations."

FREE PARENTING GROUP! FREE CHILD CARE! FREE DINNER!

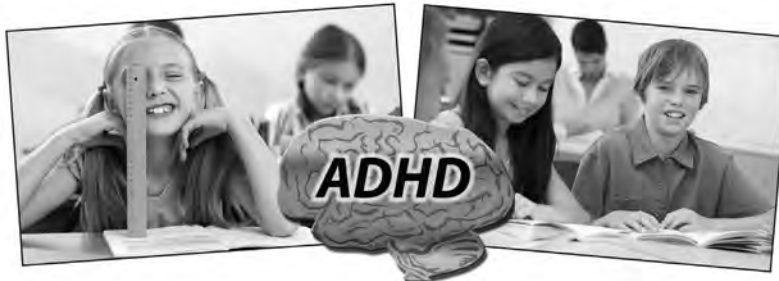
Don't cook. Come early and enjoy dinner served from 5:30 to 6:15 in the 6th Street Gym.

Questions? Contact Jennifer Register at 412-366-1300 or jregister@anchorpointcounselingministry.org

Parenting
Skills
Summer
Booster

ADHD-Friendly Parenting

Every parent of a child with ADHD has mornings where the first thought is,
"I'm completely in over my head."



Wednesday, May 30 - 6:00 to 8:00 pm
at Anchorpoint Counseling Ministry.

Many parents of children with ADHD experience significantly greater stress levels than parents of kids without ADHD. [We're here to help.](#) In this workshop you will learn: how the brain of a child with ADHD is different; which battles to fight and how to fight them; how to set up your environment for success; how to work with schools; and that *you are not alone!*

Join us for this [two-hour workshop](#) and start your summer in a positive direction.

To register call 412-366-1300. Seats are \$25 per person in advance (\$40 at the door).

Some financial-need scholarships are available. Please inquire in advance.

Save the Date!

Join Us On Friday, Sept. 14 - Olde Stonewall Golf Club

Please join us for the
2018 Anchorpoint Golf Classic
with Dinner & Silent Auction

We are seeking **sponsors, tee signs, golfers, and silent auction donors.** For more information, please contact Mark Heinbockel at 412-366-1300 ext. 103 or mark@anchorpointcounselingministry.org.





Are You A Worrier?

By Robin F. Rishel, Ph.D., LPC

Be still and know that I am GOD. - Psalm 46:10

I was blessed to have been invited to join a prayer group in my neighborhood this past fall. A group of about 10 women meet twice per month to discuss issues occurring in our lives, such as raising children, being working moms, being stay-at-home moms, dealing with extended family during the holidays, as well as our marriages. We have been using biblical scripture to lead the way to feeling more joyful and competent in these areas of our lives that tend to be challenging. We also try to be supportive of each other and “real” in our struggles with trying to be good moms, daughters, wives, friends and colleagues. I have found it to be uplifting and actually a lot of fun!

Recently there was a discussion of worry and how to productively turn over our worries to God through prayer and faith. I would like to share with you scripture and quotations that I have found helpful. (Full disclosure: I am a chronic worrier!)

“Worry implies that we don’t quite trust that God is big enough, or loving enough, to take care of what’s happening in our lives.” - Frances Chan

Are you able to turn over your worry to God through prayer and devotions? And what is worry, anyway? How is it different than anxiety? Here is a comparison that I found helpful:

Worry: This is the thought process that creates the feelings and emotions experienced as anxiety. Worrying can be useful in helping to find solutions to problems; however, worrying often centers on problems that cannot currently be solved. It has been described as preliving because we tend to worry about things in the future. Thinking can soon become very negative and doom laden. This worrisome thinking style can easily create the conditions that make a person feel anxious:

- Helplessness – Insufficient information to handle the situation.*
- Over stimulation – Too much information, or information overload.*
- Incongruity – Conflicting information.*
- Unpredictability – Having an uncertain outcome.*

Anxiety: It’s a bit like being on ‘yellow alert’; anxiety is about looking out for possible danger, and often centers on trying to find certainty in uncertain situations. It’s an attempt to stay safe – a survival tactic – by foresee-

ing and planning for every conceivable outcome; what if...

This worrying is often about the future, and because it’s too far away, the outcome cannot easily be determined. This leads to many unresolved ‘what ifs’, and a person seems to settle on the most catastrophic outcome, without factual basis for these conclusions. Subtle changes start to occur within the body, including:

- Jumpiness and feeling on edge.*
- Heightened senses, looking out for danger.*
- Muscles tensed, just in case physical action is required.*

This approach serves us well when faced with a real potential threat. In caveman times it was wise to assume the rustling in the bushes might be a hungry lion. If it turned out to be a gust of wind, nothing was lost. It is, however, less than helpful when trying to evaluate a future situation in the mind.

Forecasting disaster scenarios leads to feeling apprehensive and fearful. Although very unlikely to happen, a person starts to imagine what those disasters would be like. Remember, the mind cannot tell the difference between reality and a vividly imagined thought, so one may start to experience fear. This can become debilitating if it begins to interfere with everyday life.

If you are someone who experiences worry on a fairly regular basis, try prayer and turning over your worries to God. In daily devotion, or in church, try asking for what you need to seek peace. Living in the present moment and not the past or the future can also help in lessening the amount of worry in our lives. If you feel like your worry or anxious feelings are interfering with your daily living, you may want to seek professional counseling at Anchorpoint Counseling Ministries.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” - Matthew 6:33-34

*The portion describing worry and anxiety is from:
www.psychology-solution.com/anxiety/worry-anxiety-fear-panic*





Use Your IRA Investments to Save Families and Save Lives!

If you are **70½ or older** and have an Individual Retirement Account (IRA), you have the opportunity to transfer IRA assets directly to Anchorpoint Counseling Ministry without this distribution being recognized as income.

This option is part of the Federal PATH Act and may be appropriate for individuals and couples who have more assets in their IRAs than they need to sustain living expenses.

What are the advantages?

- Your IRA Charitable Rollovers will not be recognized as income for tax purposes, so the full amount of your distributions will support local individuals and families in need (up to \$100,000 annually).
- You can make major, legacy gifts NOW during your lifetime and be able to see the impacts of these gifts.
- You can avoid the complexities of future estate and income taxes.



Use your life savings to save lives!

To learn more about IRA Charitable Rollovers and the PATH Act, visit www.irs.org or contact your financial advisor.

Mark Heinbockel, Director of Development, (412-366-1300 / mark@anchorpointcounselingministry.org) can help put you in touch with a knowledgeable expert.

Father's Day and Graduations are just around the corner. If you will be shopping for Dad online using your Amazon or Amazon Prime account, ALL of your gifts can go just a little bit further to help your friends and neighbors in need.

It's easy—and there are no additional costs!

1. Visit <https://smile.amazon.com/ch/25-1196957>
2. Login to your Amazon or Amazon Prime account
3. Add items and gifts to your cart
4. Check out: .5% of your purchase will be given to Anchorpoint.



Wish List Thank You!

Call us at 412-366-1300 if you can help us with the items below.

- **Grocery Store Gift & Restaurant Gift Cards** for our SPIN for Single Moms and Be a Strong Parent Café support groups. Call Laurie at ext. 101 with any questions.
- **Golfers/Volunteers/Sponsors/Silent Auction Items** for the 2018 Anchorpoint Golf Classic. Please contact Mark Heinbockel at ext. 103 for details.
- **Tutors/Mentors:** Volunteer tutors, substitute tutors, and teachers needed. Call Sandy Niekum at ext. 123 to apply.

Thank you for Your Continued Prayers and Friendship.



You Make a Difference!

"My insurance wouldn't cover me, but I was still able to come to Anchorpoint for help. Thank you for giving me an outlet to express my issues and emotions regarding a very difficult situation."

Thank you for supporting families in need.

Pass this on to a friend in need: We're currently accepting clients for...

Professional Counseling

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. Individuals, Couples, and 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
- Parenting

Tutoring/Mentoring Program

For more information and to register your child, call Sandy Niekum at 412-366-1300 ext. 123. Registration is now open for our Summer Tutoring Program; please see page 4 for more details.

ADHD-Friendly Parenting Workshop

Wednesday, May 30, from 6:00 to 8:00 pm
at Anchorpoint Counseling Ministry
Advance registration is recommended.
See page 5 for more details.

2018 Anchorpoint Golf Classic

Save the date and join us on Friday, Sept. 14
at the Olde Stonewall Golf Club.
Golfers, Sponsors, Silent Auction Donations Needed.

Support & Educational Groups

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

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

On Going...

Be a Strong Parent Café (3rd Wednesday of each month from 6:30 to 8:00 pm): Join us to meet with other parents and gain tools and insights to strengthen your parenting skills. The Parent Café meets the 3rd Wednesday of each month at the Sharpsburg Family Worship Center. Free child care is available. Walk-ins and visitors welcome. No registration is necessary. Come early at 5:30 and enjoy a free meal.

Grief Support Group for Widows & Widowers Over Fifty (2nd & 4th Wednesdays, 1:00-2:30 pm): Hosted by St. Sebastian Church in Haber Hall and facilitated by ACM Counselors. No registration is necessary.

Self-Care In Action (Monday evenings 6:30-8:30 pm): A group of women working together to live more confident, energized, self-aware, and joy-filled lives. Expect to embrace hope, battle insecurity, and confront difficult life problems in a safe and laughter-filled setting. This group is ongoing, as participants choose when they are ready to graduate. Pre-registration is required.

Coming this Fall...

SPIN For Single Moms (October thru May twice a month from 6:00 to 8:00 pm): Registration is now open for October. SPIN moms and their children enjoy a meal together (that they don't have to cook!). After dinner, moms engage in a therapist-led support group tailored specifically to the needs of single moms. While moms are in their group, child care is available for kids (kg-8th grade). Pre-registration is required.

ADHD-Friendly Parenting Support Group (Starting October 9, Tuesdays, 6:30 to 8:00 pm): Join us at Anchorpoint for this 8 week support group to learn more about how the brain of a child with ADHD is different, how to set your environment up for success, and more. Scholarships available. Advance registration is recommended.

Self-Care for Women: Eight week support and educational group for women struggling with boundaries, stress or depression and its effects in their lives.

Healing Care Group: Twelve week group designed to help people who are struggling with emotional and spiritual brokenness. This group offers individuals a safe place to heal from deep wounds, false beliefs, damaged emotions and harmful behaviors in a confidential small group setting.

Workshops...Invite Us to Your Location

ACM Staff will facilitate topics relating to mental health and prevention, family, parenting, marriage and relationships at your site, school, church, or library. Visit our website for more information on sponsoring and hosting a workshop: AnchorpointCounselingMinistry.org (Click on the Groups/Workshops tab).

Call us at 412-366-1300 for more information regarding all of these groups and services.

"This has been so helpful! I am thankful for finding this group when I was in need of extra support to deal with some challenging issues."



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

United Way



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

Stay In Touch & Keep Up to Date with Anchorpoint!

Follow us on Facebook or Twitter. Join our email list: A sign-up link is available on our Facebook page and our website: AnchorpointCounselingMinistry.org.

