



# Anchorpoint Counseling Ministry

Volume 41, Issue 1

Since 1966

Spring 2013 Newsletter

## Why Are You Involved with ACM?



### John Littell Answers

Like many others, I first became involved with Anchorpoint Counseling Ministry through our church's participation in the annual used book sale, and an opportunity at work to help the ministry through United Way contributions. As I gained exposure to the work of Anchorpoint, I learned that the ministry was much more than a center for youth counseling. Supplemented by parent education, tutoring, developmental assets, school programs, and adult counseling, Anchorpoint offers a unique array of services that help to strengthen and restore families.

Strengthening families is a "hot button" for me. I feel that strong family bonds are essential in all aspects of life. They make the family a safe place, where trust and hope prevail. Too often however, family bonds have been broken. For parents, the appreciation for a child's just "being" is often

missing and for children the lack of a nurturing family can lead to emptiness that is often filled through destructive venues. But it doesn't need to be. Anchorpoint Counseling Ministry is a place for children and adults to be transformed and help avoid a legacy of family dysfunction.

I am proud to have served with the Board of Directors. It has been a pleasure for me to see Anchorpoint's staff and fellow board members close-up. There are many ways you too can provide support to strengthening families through Anchorpoint Counseling Ministry. Become a tutor, a friend, participate in the Highmark Walk, attend the Golden Anchor Gala, or, like I got started, volunteer to help at the used book sale.

I hope to see you there!



John signing in at the Highmark Walk (above) and still smiling after helping to move and unpack 40,000 books on the eve of the used book sale (above left).

*John just completed six years of service on the ACM Board of Directors (Thank you John!). He's a devoted husband and father of four, an active member of his church, and the Logistics Manager for World Vision.*

## You Are in the Right Place!

Nora McDonald, MS, Intern

In the waiting room stands a sign that says "You are in the right place." I believe that sign is meaningful for clients, staff, and volunteers alike. I have spent many years in the corporate world and am now embarking on a different journey as I finish up my Masters in Marriage and Family Therapy. I believe that God is leading and directing my path, including my time here at Anchorpoint. As a former client, I could feel God's presence and knew that I was here for a reason. That is just as true for me today. I believe that our clients feel the unconditional positive regard that we are called to have for one another, and that the journey to wellness includes the client, the counselor, and divine guidance. God's presence guides those of us entrusted to help others as we act as His conduit.



**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

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



# # 354

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

**Please remember us in your will.**

## Wish List Thank You!

### Volunteer Tutors

It only takes one or two hours a week to make a difference for academically at-risk children. To learn more, contact Sandy Niekum at 412-366-1300 x23

### Office & Mailing Volunteers

Perfect for a Mom's Group or a Church Women's Group looking to volunteer a few hours a month. Call Lisa Feraco at 412-366-1300 x10 for more information.

Laptops/iPads - working condition

Gift Cards to Office Supply Stores

White Copy Paper (unused)

Flat Screen Monitors

Your Continued Prayer Support

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#### Executive Director

Rev. Dr. Ron Barnes, LSW

#### Counselors:

Sr. Mary Jane Beatty, CDP, MEd, LMFT

Rick Jackson, MEd, LPC, CACD

Rev. Don Ludwig, LSW

Jennifer McCaslin, MA, NCC, LPC

Barbara Smith, LPC, CCDP, CACD

Jay Sperling, MEd, 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 Manager

Lisa Feraco, Office Manager

Dawn Tornese, Assistant Office Manager

## Thank you for helping us come up to speed with technology!

We strive to be the best stewards of the resources you've entrusted to us so that we can help as many people as possible receive much needed tutoring and counseling. With this end in mind, we have made great strides in the technology area over the past several months. These changes will bring us up to date and help us to be efficient.



• We've successfully made the transfer to a new database management software called DonorPro. Please be patient with us as we learn this new tool and transfer data. A few things may still need adjusted. If you previously opted out of a print copy of this newsletter and you are now holding it in your hands, please forgive us. Send an email to [marketing@anchorpointcounselingministry.org](mailto:marketing@anchorpointcounselingministry.org) notifying us that you'd prefer an electronic version.

• Visit our new website at the same address: [www.anchorpointcounselingministry.org](http://www.anchorpointcounselingministry.org). We've made it easier for you to navigate and added a new blog section that we hope you'll find a useful resource in the months ahead. Send Wendy a note and let her know if you have an article suggestion for the blog: [marketing@anchorpointcounselingministry.org](mailto:marketing@anchorpointcounselingministry.org).

• Please "like" us on Facebook: [www.facebook.com/anchorpointcounseling](http://www.facebook.com/anchorpointcounseling).

• Thank you for helping us to purchase and refurbish computers for the staff and the children being tutored. Much of the homework assignments the students need help with are online. Updated computers will make the tutoring tasks easier.

## We Need Books!

### Turn your used books into counseling and tutoring for those in need.

Please donate your used books or host a book drive at your church, school, or workplace.

We are now accepting books for our annual used book sale to be held June 10-14 at the Shoppes at Northway. Books accepted until Memorial Day. Sooner is always appreciated. For details contact Denise Patsko at 412-366-1300 or [development@anchorpointcounselingministry.org](mailto:development@anchorpointcounselingministry.org).

Please Note: We only accept books in good condition. We do not accept musty smelling books, encyclopedias, TimeLife, National Geographic, or Readers Digest. We no longer accept VHS video or cassette tapes.

*Building hope and understanding through faith-based counseling and support services for youth, adults, couples, and families in our communities.*



# How to Talk to Your Children After a Tragedy

Our Parent Education Coordinator, Joan Schenker, shares the following tips for parents wondering how to talk with their children after a tragedy such as Sandy Hook.

We know that God is with us in the good times and the difficult times. In Matthew 28:20, He promises, "Remember I am with you always to the end of the ages."

**1. Children will imitate us.** If we model strength and do not allow ourselves to be overwhelmed by our own anxious or fearful emotions then our children will benefit. By the same token we must be honest about our feelings. If we are sad, we need to say, "When I see a hurt child, I feel sad inside. I know their mommies or daddys feels sad too. I'm glad there are lots of helpers who look out for children just like them and I can be a helper too."

**2. Talk about all of the community helpers who keep us safe** (firemen, policeman, nurses and doctors, etc.). Ask: "Do you know any other helpers?" Say: "Aren't we lucky to have so many helpers."

**3. Make it a Family Project to be a helper.** Lend a hand to those in distress.

**4. Turn off the television or radio.** Limit your child's media exposure to tragedies like Sandy Hook Elementary School as they can create excessive fear and anxiety.



**5. Give age appropriate facts** about the event.

**6. LISTEN.** Remember the same letters in the word listen are contained in the word silent. Listen more. Talk less. Show your children the ministry of your presence. "Be still and know that I am God." Psalm 46:10

**7. Keep a balance of "nurture" and "structure" in your home.** Children are most secure when they know what to expect. Stick to your morning, mealtime and bedtime routines especially during turbulent times.

**8. Stay close.** Hugs, kisses and a warm snuggle provide the comfort and love children need in stressful times. "Nothing in all creation will be able to separate us from the love of God in Christ Jesus our Lord." Romans 8:39

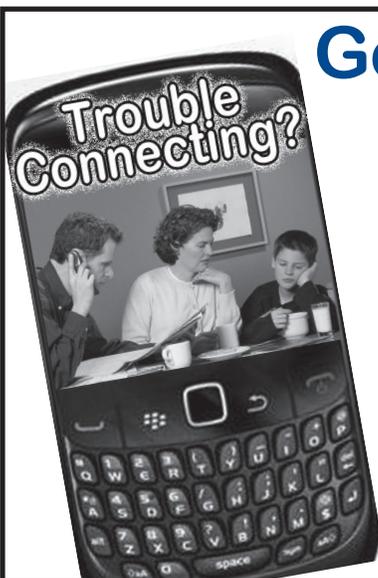
## Thank You for helping us to help Sam and his family!

"Sam is doing much better and is really responding to his sessions with his counselor. I literally had to pick him up and carry him in for the first meeting and now he actually looks forward to coming. He tells me during the week what he wants to tell the counselor. He takes her suggestions seriously and they have really been helpful to him. He feels that she genuinely cares about him. The price-break for the sessions is so helpful with my husband looking for a job, we would not have been able to afford the help Sam needs. Thank you."  
- Sam's Mom \*



Together we can help more families like this one. Return the enclosed donation envelope or visit our website at [anchorpointcounselingministry.org](http://anchorpointcounselingministry.org) to make your tax deductible gift of healing. Thank you!

\*Names changed due to confidentiality



## Get Back in Touch!

We've been helping families reconnect for over 47 Years.



Start the process of hope, healing & better communication today.



**Anchorpoint**

Counseling Ministry

Professional Counseling for couples, individuals, youth & families

Call 412-366-1300

[AnchorpointCounselingMinistry.org](http://AnchorpointCounselingMinistry.org)

(near Ross Park Mall off McKnight Road)

We accept most medical insurances and offer sliding scale rates if you are uninsured or under insured.

# Mark Your Calendar & Pass this Information On

Visit [www.anchorpointcounselingministry.org](http://www.anchorpointcounselingministry.org) and our FaceBook Page for updates & additional workshops.

## 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 that make such a great impact for those we serve.

Saturday, May 18 - 9 am

### Highmark Walk for a Healthy Community

All proceeds will be utilized for scholarship support for students participating in our Youth Development Program. Get involved as an individual walker or become a team captain and organize a team of walkers! To register visit our website or [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org) (find Anchorpoint on the list of participating organizations).

Monday, June 10th to Friday, June 14 - 10 am to 9 pm

### Annual Used Book Sale

Shoppes at Northway in the former Party City Location.

We need volunteers for set up on Sunday, June 9th as well as the week of the book sale. We still need more books. Consider hosting a book drive at your work, church or school.

Monday, September 9

### Golf Classic and Silent Auction

Wildwood Golf Club

We are seeking golfers, sponsors, silent auction items and raffle prizes for this annual event.



Thursday, October 24

### The Golden Anchor Gala:

### Celebrating People of Hope in Our Community

LeMont Restaurant - Dinner and Awards Ceremony

Details about the Golden Anchor Gala Art Contest enclosed.

*To get involved with these events, contact Denise Patsko for more information at 412-366-1300 or [development@anchorpointcounselingministry.org](mailto:development@anchorpointcounselingministry.org)*

### Boundaries and Self Care

(A support group for women 30 and over)

2nd & 4th Monday of the month  
6:00 to 7:20 pm at the ACM offices

We explore ways to find the healthy balance that allows you to take care of others without neglecting yourself. You can join at any time. To register call 412-366-1300.

### 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  
For more information call 412-366-1300

### Making Peace with Our Bodies

Monday, March 25 & Monday, April 1  
6 to 8 pm at the ACM offices

#### What do you see when you look in the mirror?

For many women, the image doesn't quite measure up. As we age, we are confronted with changes, and sometimes these changes are at odds with what society tells us is acceptable or beautiful. This two-session group will dispel the myths of aging and provide participants with awareness and tools to increase self-acceptance. \$5 donation per session. To register call 412-366-1300.



## Body Image & The Media Workshops

Sponsored by Women of Southwestern PA.



Parents, leaders, and teen girls welcome to attend. Choose one of these four host locations:

Wednesday, April 3 • 7:00 – 8:30 pm  
Memorial Park Church, Clayton Center, 8800 Peebles Road, Allison Park  
To register email: [mdaniel@memorialparkchurch.org](mailto:mdaniel@memorialparkchurch.org)

Wednesday, April 10 • 6:30 – 8:00 pm  
Cranberry Public Library, 2525 Rochester Road, Cranberry Twp  
To register email: [rtroianos@bcfls.org](mailto:rtroianos@bcfls.org)

Monday, April 22 • 7:00 – 8:30 pm  
Saints John and Paul Church, Cardinal DiNardo Center  
2586 Wexford Bayne Road, Sewickley  
To register email: [kmasters@stsjohnandpaul.org](mailto:kmasters@stsjohnandpaul.org)

Sunday, April 28 • 7:00 – 8:30 pm  
Saint Paul's Church, 1965 Ferguson Road, Allison Park  
To register email: [tweisner@stpaulsumc.com](mailto:tweisner@stpaulsumc.com)

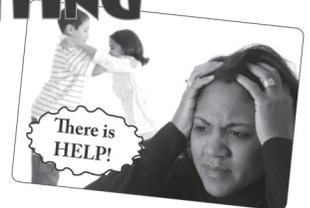
Ron Barnes & Joan Schenker were recently interviewed by Dr. Ron Bowes on the Education Plus Radio Show. Listen to their recent discussion, "Does Parenting Have to Be a Battle?"

Thank You for the hospitality, Dr. Bowes & the Education Plus Crew!

Air Dates:  
KQV News Radio (1410 AM)  
• Friday, April 12 at 7 pm  
• Sunday, April 14 at 7 am



## DOES PARENTING FEEL LIKE A BATTLE?



### Private Parent Coaching Now Available.

You can benefit from personal coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills

With over 25 years of experience in education and counseling, Joan Schenker provides private consultation to parents of children in preschool through the teen years. Call more information and to schedule your one hour session: 412-366-1300 Ext. 25.