

**SPRING 2023**

# RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

**STORY OF A YOUNG HEALING MOM & HER LITTLE PRINCESS**  
**YOUR GENEROUS SUPPORT IS CHANGING LIVES | PAGE 3**



HOW TO SUPPORT SOMEONE WHO IS GRIEVING  
PAGES 4-5

WHAT YOUR KINDNESS ACCOMPLISHED LAST YEAR  
PAGE 6



## ANCHORPOINT STAFF

**Mark Heinbockel, MSW**  
EXECUTIVE DIRECTOR

## COUNSELING STAFF

**Jennifer Regester, LCSW**  
CLINICAL DIRECTOR &  
LICENSED COUNSELOR

**Sr. Mary Jane Beatty, CDP, MEd, LMFT**  
SPIRITUAL DIRECTION

**Lauren Burke, LCSW**  
LICENSED COUNSELOR

**Danny Churchill, LCSW**  
LICENSED COUNSELOR

**Jennifer Galvez, LCSW**  
LICENSED COUNSELOR

**Lucas Malmberg, NCC**  
CERTIFIED COUNSELOR

**Kristen Olson-Gaia, LSW, JD**  
LICENSED COUNSELOR

**Jay Sperling, MEd, LPC**  
LICENSED COUNSELOR

**Andie Spevetz, LPC**  
LICENSED COUNSELOR

**Sarah Trocki, NCC**  
CERTIFIED COUNSELOR

**Amber Walczyk, LPC**  
LICENSED COUNSELOR

**Ashley Whitaker, NCC**  
CERTIFIED COUNSELOR

## ADMIN STAFF

**Haley Ebersole**  
ASSOCIATE DIRECTOR OF  
OPERATIONS

**Rebecca Freyvogel, MEd**  
TUTORING MANAGER

**Cathy Mann**  
ADMINISTRATIVE SUPPORT  
ASSOCIATE

**Emalee Sekely, MS**  
MARKETING MANAGER

# HAVE HOPE AND GIVE HOPE

Anchorpoint Counseling Ministry is founded in faith and driven by faith. In this ministry we share together, we are dedicated to living out Christian values through unconditional service to our neighbors.

The observance of Lent in Christianity is a time to remember the pain and suffering endured by Jesus for the good of the world. It is a season for reflection and sacrifice to pay homage for these selfless acts.

Today, many people in our midst are struggling, facing difficult circumstances, and experiencing darkness. We can meaningfully engage in spiritual practices this Lent through acts of compassion and love for our neighbors.

Thank you for your continued generous support of others through your gifts, time, efforts, and prayers.

**Mark Heinbockel, MSW**  
Executive Director

## 24-Hour Challenge: *Small Gifts, BIG Impacts*

**WEDNESDAY, MARCH 22<sup>ND</sup>**

A Lenten experience of loving your neighbors...

**GIVE:** Make a Small Gift

+

**ASK:** Find others to make a Small Gift

+

**EARN:** A \$500 matching gift for every 5 donors!

### GOAL: 275 DONORS

Will you invite 5 donors, 10 donors, or even more donors to make a Small Gift with you?

[Giving is a spiritual practice. Asking others to give is a ministry.](#)

The second annual 24-Hour Challenge is a special way to engage in Lenten spiritual practices. Your impacts will grow as you invite more and more donors to give:

**An Anonymous Donor will give a \$500 matching gift for every 5 donors to the 24-Hour Challenge.**

With your help, 275 donors (or more) will give during the 24-Hour Challenge!

### WAYS TO GIVE TO THE 24-HOUR CHALLENGE

- 1. Give in Advance:** Return the enclosed card with a check, cash or credit card information. Your Small Gift will be applied to the 24-Hour Challenge.
- 2. Give on March 22nd:** Make your Small Gift online at [www.anchorpoint.org/donate-now](http://www.anchorpoint.org/donate-now)

# YOUR GENEROUS SUPPORT IS CHANGING LIVES

**I'M MORE PRESENT IN LIFE. I CAN BE A BETTER MOM. I KNOW MY WORTH NOW, AND THAT COULDN'T HAVE HAPPENED WITHOUT COUNSELING.**

A single mom could want for a lot of things, but on the top of Shana's list? A simple family dinner. Not just on Christmas, she says. Any time of the year. Something that becomes such a common occurrence that her daughter wouldn't know anything different – wouldn't know that Shana has never had that before.

Growing up, Shana experienced a barrage of pain and trauma: abuse, panic attacks, addiction. At the end of it all, she found herself sitting in a jail cell.

"I was 80 pounds, severely dehydrated, and starving with no one to call," she recalls. "I was physically sober, but mentally I was not. I had so much anxiety and believed everyone was judging me. I needed help."

It was then that Shana found Anchorpoint. Because of **your** generous giving, Shana was able to afford the help she desperately needed.

"I had just graduated and had no money," she confided. "I was a single mom on welfare, and Anchorpoint was willing to work with me."

Shana told us that she wouldn't have been able to receive counseling without the sliding scale program; she couldn't have been put on a path toward healing without the generosity of donors like you.

"My first year [of counseling] was amazing. I learned so much and got into my first healthy relationship ever," she recalled. "[My counselor] helped me with

everyday struggles and worries. I know my worth now, and that couldn't have happened without counseling."

Since starting her mental wellness journey, Shana has been able to reconnect with her church, where she was surprised by the friendship that was shown to her. She's also repairing the damage that her past choices inflicted upon her family.

"Trust is earned, and I had broken everyone's trust over and over again. It was hard," she admitted, "but I wanted to rebuild all of my relationships."

At the end of our conversation, a toddler stumbled in decked out in bright sunglasses, plastic high heels, and a sparkly dress.

"She dresses like a princess every day," Shana remarked. "We have finally entered that phase!"



"Do you love it?" the young girl asked, seeking her mom's approval. Shana did love it, of course. She loves that this is her new normal.

"Today, I'm more present in life. I'm not carrying around the insecurities and shame," Shana said. "I can be a better mom. I can help and guide my little girl in the most Godly way. I am there for her [in every sense]."

Your dedicated support, and your caring gifts, make stories like this one possible every day. Because of you, Shana is working on rebuilding her familial relationships. Because of you, Shana is learning how to quell her anxiety and heal from her past. Because of you, Shana is able to begin living the life she's always wanted, starting with taking a seat across from her daughter and fiance at the family dinner table.





## DEALING WITH DEATH

### How to Support Someone Who's Grieving

By Ashley Whitaker, NCC

**G**rief is inevitable. It is something everyone will experience at one point or another. It is the only guarantee in life, yet the topic is typically taboo and uncomfortable for most. Often times, it's treated like a problem to be solved, as if there's something that can be said or done to make it all magically go away.

When someone responds to grief by withdrawing or being exceptionally sad for what others deem a long period of time, they are treated as if there is something wrong with them. We've all heard the classic responses: "They wouldn't want you to be sad," "they're in a better place now," "at least you had them for as long as you did," and several other unhelpful phrases that fill space but do not fix someone's grief.

The harsh reality of grief is this: it will never go away, it can never be fixed, and there is nothing anyone can do to make it better. Megan Devine, author of *It's Ok That You're Not Ok*, writes: "There's nothing wrong with grief. It's a natural extension of love. It's a healthy and sane response to loss."

**Instead of viewing grief as a solvable problem, try viewing it as an experience in need of support.**

Many people refer to "The Five Stages of Grief" as a linear approach to "getting through" grief. There may

be comfort in normalizing the experiences of what it feels like to grieve, but assigning stages and a timeline to grief treat the experience as if everyone's is the same and as if it's abnormal if your grief differs. Grief is learning to live life under different circumstances; it will look different for each individual griever and each type of loss. Losing a spouse differs from losing a parent, from losing a child, from losing a friend, etc.

Support is generally offered to those grieving in the immediate days and weeks following a death. Then, eventually, people return to their normal lives. The support slowly fades away. Those grieving go on to continue adjusting to this new normal. They cannot just return to their "regular lives" because those regular lives are no more. Their life and who they are will never be the same again.

Support is needed for months and even years following a death. Milestones such as holidays, birthdays, and anniversaries can be particularly challenging for the griever to face. It is important to keep in mind, however, that the kind of support each griever needs will be different. Rather than provide the support you *think* someone needs, let the griever lead. Allow the griever to state what would be most helpful as they navigate their new life.

### A THERAPIST'S TIP:

**Don't take things personally.** The person grieving may ignore calls/texts, cancel last minute, or leave early. Emotions are high and often fluctuate. What maybe felt good when the plans were made may no longer feel good. Perhaps the griever wants alone time. Maybe the event they've committed to ended up being too much once they arrived. **That's okay.** There are a number of reasons a grieving person may decide for or against social engagement. Don't let this be a deterrent from continuing to reach out and let them know they have support when they are ready for it.

### Listening is the best thing anyone can offer to someone grieving.

Generally, it's difficult for people to just listen to problems without trying to fix them. Everyone wants to provide advice, find a solution, and be the fixer of an unfixable problem. Listening without trying to relate, compare, or fix is more helpful than most even realize. Additionally, saying the deceased's name and sharing memories also goes a long way. People typically avoid saying the name of the person who died or talking about them in fear of upsetting the griever. The griever, however, often *want* people to talk about their person. They don't always want to be the one initiating the conversation because then it feels like they're the only one keeping their memory alive. Speaking about the person who died to the griever isn't going to suddenly remind them that they're sad and they lost someone beloved – they're already always thinking about the person, whether someone brings them up or not. Knowing they aren't alone in missing or remembering is super helpful.

### It's natural to want to help someone who is hurt and attempt to make their pain go away.

The truth of the matter is this: there is no possible way to make someone's grief go away. The only real way to do that would be to bring their person back. Rather than provide the unhelpful and cliché phrases, try acknowledging the grief instead. Try

telling the person: "This is really hard, and I know there is nothing I can do to make it better, but I'm here, and I love you." Don't be afraid to talk about the deceased. Ask the griever what they need, and if they don't know, check back another time.

As the grief continues, new challenges will arise. It's so important to be there in support as they navigate this new life. It might feel uncomfortable to shift this mindset from fixer to listener, but it's okay to admit discomfort and stop pushing anyway. Just remember to ask questions, take the griever's lead, and be present. Remember not to offer solutions, provide compliments about how well they're taking things, or talk about how bright the future can still be. Let the griever own their grief.

IF YOU'VE LOST A PARTNER AND COULD USE SOME SUPPORT, CHECK OUT ONE OF OUR GRIEF GROUPS FOR SPOUSAL LOSS: GIVE US A CALL AT 412-366-1300 OR VISIT [ANCHORPOINT.ORG/GRIEF-SUPPORT-GROUP](https://anchorpoint.org/grief-support-group)

### SAVE THE DATES:

Thursday, May 11:

Celebration of Hope Gala at the LeMont

[anchorpoint.org/gala](https://anchorpoint.org/gala)



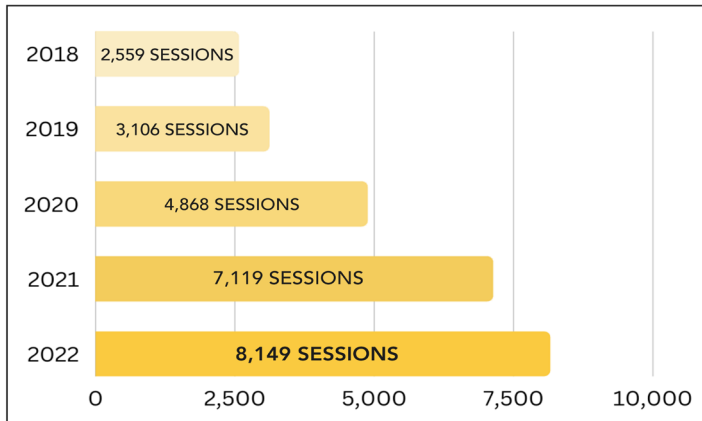
Friday, Sept. 15:

Annual Golf Classic at Olde Stonewall

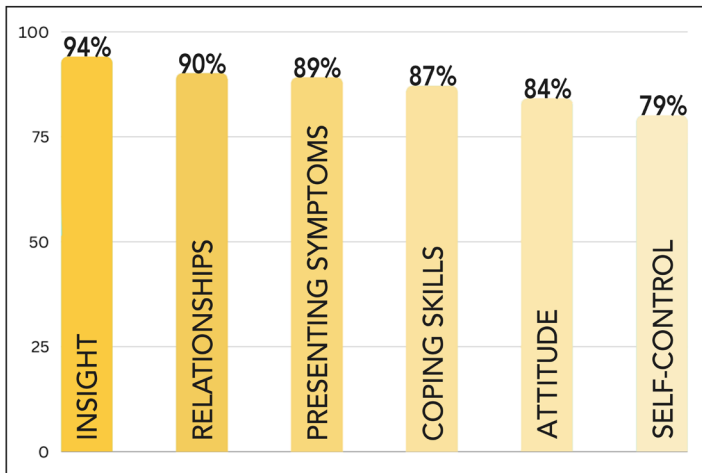
[anchorpoint.org/golf-classic](https://anchorpoint.org/golf-classic)

# THANK YOU FOR ALL THAT YOU DID TO HELP YOUR NEIGHBORS IN 2022!

COUNSELING SESSIONS INCREASED 14% FROM 2021 & 218% SINCE 2018!



PERCENTAGE OF CLIENTS WHO FEEL THEY'VE IMPROVED IN THE AREAS BELOW:



## "Counseling has changed my life by..."

"...making me not feel as sad and bad about myself."  
- 9-year-old client

"...allowing me to understand my reactions and to take a step back and breathe." - 17-year-old client

"...helping me learn to love myself and to be proud of who I am." - 22-year-old client

"...knowing that someone cares about what happens to me." - 66-year-old client



## SPRING 2023 NEWSLETTER

800 McKnight Park Drive, Suite 802  
Pittsburgh, PA 15237

412-366-1300 • Fax: 412-366-1333  
[www.anchorpoint.org](http://www.anchorpoint.org)

Give to Anchorpoint through your workplace campaign.  
UNITED WAY #354  
A Thrivent Choice organization

 /AnchorpointCounseling

 @anchorpointcounseling