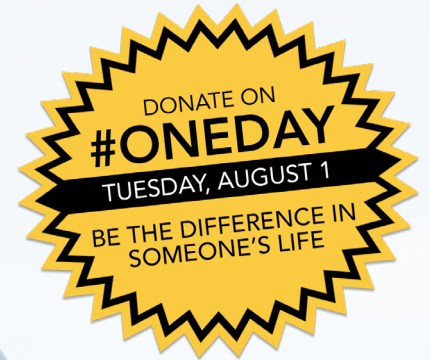


SUMMER 2023

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER



**A STORY OF GROWTH AND JOY FOR A YOUNG GIRL
YOUR GENEROSITY IS CHANGING LIVES | PAGE 3**



**LEARN ABOUT #ONEDAY OF GIVING
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**HOW TO COMBAT SOCIAL ANXIETY
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ANCHORPOINT STAFF

Mark Heinbockel, MSW
EXECUTIVE DIRECTOR

COUNSELING STAFF

Jennifer Regester, LCSW
CLINICAL DIRECTOR &
LICENSED COUNSELOR

Sr. Mary Jane Beatty,
CDP, MSEd, LMFT
SPIRITUAL DIRECTION

Lauren Burke, LCSW
LICENSED COUNSELOR

Danny Churchill, LCSW
INTERNSHIP DIRECTOR &
LICENSED COUNSELOR

Jennifer Galvez, LCSW
LICENSED COUNSELOR

Kristen Olson-Gaia, LSW, JD
LICENSED COUNSELOR

Jay Sperling, MSEd, LPC
LICENSED COUNSELOR

Andie Spevetz, LPC
LICENSED COUNSELOR

Sarah Trocki, LPC
LICENSED COUNSELOR

Amber Walczyk, LPC
LICENSED COUNSELOR

Ashley Whitaker, NCC
CERTIFIED COUNSELOR

ADMIN STAFF

Haley Ebersole
ASSOCIATE DIRECTOR OF
OPERATIONS

Rebecca Freyvogel, MSEd
TUTORING MANAGER

Cathy Mann
ADMINISTRATIVE SUPPORT
ASSOCIATE

Emalee Sekely, MS
MARKETING AND GRANTS
MANAGER

BUILDING HOPE AND CHANGING LIVES

"Founded in faith, Anchorpoint Counseling Ministry strengthens individuals and families through personalized mental wellness and educational services accessible to all."

I strongly encourage you to read the enclosed story about how you're making a difference each and every day through your generous support of this mission. Your gifts of time, talent, and treasure along with your referrals are the reason kids like Hannah and families like Kate's are experiencing life-improving changes.

Because of you, people of all ages and all backgrounds have a reliable place to turn for unconditional help in times of need. Bring your anxiety, your depression, your grief, your trauma, your anger, your relationship issues, and your academic problems. There's a place for everyone at Anchorpoint, no matter who you are, no matter what you've experienced, and no matter what resources you have to offer.

Thank you for making this ever-important mission possible for those who need it!

Mark Heinbockel, MSW
Executive Director

#ONEDAY CRITICAL NEEDS ALERT

TUESDAY, AUGUST 1ST • 8 AM - 11:59 PM

All it takes is one day to change hundreds of lives.

Every dollar you give to Anchorpoint Counseling Ministry on August 1 will go further thanks to The Pittsburgh Foundation committing extra funds to every donation received on #ONEDAY



Last year, your kindness resulted in over \$22,000 going directly to uninsured and under-resourced families looking for help.

Visit www.pittsburghgives.org/anchorpoint for more information.

Every gift given is a lifeline to a neighbor in need!

YOUR KINDNESS IS HEALING OUR COMMUNITY

“

MY DAUGHTER IS A MIRACLE TO WATCH, TO SEE HER GROW AND EVOLVE, WITH HER CHARITY AND HER KINDNESS FOR EVERY-ONE. SHE'S MY BIGGEST PRIDE.

It's easy to forget how hard being a child can actually be. The mental and emotional challenges that children face often go unnoticed with the commotion of everyday life. Luckily for Hannah, her mother Kate realized she needed help.

There are several ways a child can benefit from counseling, even if it just acts as a safe space for them to work through their feelings. For Hannah, it was anxiety, emotional control, and school struggles that led her to Anchorpoint.

"I think it just became apparent a couple of years [after her dad and I split] that there was some coping and struggling that Hannah hadn't really dealt with. So getting her set up with her counselor has been really great for her," Kate said.

Like a lot of clients, Hannah was nervous to begin counseling, but she soon found it helped her

communicate better and practice coping skills to calm down when she gets upset.

"I really get along with [my counselor] and we work on stuff to help with my emotions. I feel more comfortable being around her and talking to her than I thought I would be," Hannah said.

Kate also utilized Anchorpoint's tutoring program to help Hannah feel more confident in school, especially in math.

"Having a tutor there to help her every week has been amazing," Kate said. "When she started tutoring, she had an F [in math], and she's at a solid C now. I'm so proud of her and the work she's put in."

Hannah was able to have access to these services



because of Anchorpoint's sliding scale program and our low-fee counseling clinic in Millvale.

"I'm on a mostly fixed income, and you know, the price of life goes up and sometimes the financial situation stays the same," Kate said. "Fitting tutoring and counseling into a budget without financial assistance was something we weren't sure we'd be able to manage. Anchorpoint's been very, very beneficial, and we feel so blessed."

Anchorpoint is only able to help families like Kate and Hannah's because of generous donors in our community. It's so comforting to have neighbors that care about seeing kids like Hannah grow into the best versions of themselves.

"Thank you doesn't seem like enough," Kate remarked. "Thank you [Anchorpoint donors], from the bottom of our hearts and from every family who receives help. It really does make a difference."

YOU CAN HELP MORE FAMILIES LIKE HANNAH'S BY GIVING ON AUGUST 1



2023 #ONEDAY
Critical Needs Alert

3 EASY STEPS TO DONATE ON AUGUST 1

- 1 Visit www.pittsburghgives.org
- 2 Search for Anchorpoint Counseling Ministry
- 3 Select or enter amount (The Pittsburgh Foundation will increase your gift)



DON'T LET SOCIAL ANXIETY RULE YOUR LIFE

Read the full blog on our website - just scan the QR code!

By Danny Churchill, LCSW

Social anxiety has run rampant in recent years. The pandemic made things like virtual meetings, working from home, & online classes the norm when they previously hadn't been utilized all that much. When such a significant emphasis is put on staying home, a fear of what is outside develops. When told that being around others is not safe, a fear of people develops. This appears to be what has happened in the years since COVID first appeared. So, let's talk about how to address this amplified anxiety.

WHAT IS SOCIAL ANXIETY AND WHY HAS IT GOTTEN SO MUCH WORSE?

According to the National Institute of Mental Health, social anxiety disorder is "characterized by persistent fear of one or more social or performance situations in which the person is exposed to unfamiliar people or to possible scrutiny by others." It is estimated that around 12% of people fit the criteria for social anxiety disorder. To read more about it and learn what steps can be taken to better manage it, visit [anchorpoint.org/news](https://www.anchorpoint.org/news) or scan this QR code:



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800 McKnight Park Drive, Suite 802
Pittsburgh, PA 15237

412-366-1300 • Fax: 412-366-1333
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