

SUMMER 2024

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER



**A MOM SHARES HER JOURNEY OF HEALING & RECOVERY
YOUR GIVING IS MAKING LIVES BETTER | PAGE 3**



**INSPIRING GENEROSITY WITH BRIAN & JOYCE GONGAWARE
PAGE 2**

**LEARN ABOUT #ONEDAY OF GIVING
PAGE 4**

ANCHORPOINT STAFF

Mark Heinbockel, MSW
EXECUTIVE DIRECTOR

COUNSELING

Jennifer Regester, LCSW
CLINICAL DIRECTOR &
LICENSED COUNSELOR

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

Lauren Burke, LCSW
LICENSED COUNSELOR

Katrina Campbell, LSW
LICENSED COUNSELOR

Jennifer Galvez, LCSW
LICENSED COUNSELOR

Alie Griffin, LPC
GROUP FACILITATOR

Sarah Hodge, LPC
LICENSED COUNSELOR

Jessica Nowacki, LPC
INTERNSHIPS MANAGER &
LICENSED COUNSELOR

Kristen Olson-Gaia, LCSW, JD
GROUP FACILITATOR &
LICENSED COUNSELOR

Ashley Whitaker, NCC
GROUP FACILITATOR &
CERTIFIED COUNSELOR

ADMINISTRATION

Haley Ebersole
ASSOCIATE DIRECTOR OF
OPERATIONS

Jordan Bauer
ADMINISTRATIVE SUPPORT
ASSOCIATE

Barb Dempsey
TUTORING COORDINATOR

Rebecca Freyvogel, MSEd
TUTORING MANAGER

Cathy Mann
BILLING MANAGER

Emalee Sekely, MS
MARKETING AND GRANTS
MANAGER



Living generously helps others while benefiting your own mental and spiritual health. Anchorpoint's "Inspiring Generosity" series tells stories of people like you. May these stories inspire you to live generously!

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." -Matthew 5:16 (NIV)

Generosity brings joy and light to the world, says Joyce Gongaware. "I'm trying to be the light!"

As a child, Joyce learned the value of generosity and that life is bigger than oneself. Her mom and dad routinely brought people in and hosted them in their family home. "Dad took care of people," Joyce remembers. He lived by the mantras "what's mine is yours" and "to whom much is given, much is required."

You don't need tangible possessions to be generous, Joyce proclaims. She points to her grandparents who weren't "wealthy" in the traditional sense. But they were very giving of their knowledge—an inspiration for Joyce's teaching career. Joyce fondly recalls learning the 23rd Psalm of the Bible from her grandparents.

Joyce's husband, Brian, also learned about generosity from his parents and grandparents. His grandfather was a police officer who served the community. And his dad lived out a calling to meet the needs of the poor—needs of all kinds. From his parents, Brian learned the importance of tithing (i.e., giving a portion) and doing so with humility.

As a financial planner, Brian acknowledges that the world is currently fixed on a deficit mindset. There always seems to be a "lack of" or "not enough" to go around, he says.

In contrast, Brian contends that generosity is rooted in an abundance mindset. It's the recognition that we already have what we need and then some to share. Brian was recently on the golf course with a new friend who simply said, "When you get much, you give much."

Brian and Joyce are pillars of Anchorpoint's mission and other causes. They pour generously into others from what they have. For example, Joyce has given her teaching talents to Anchorpoint's tutoring program. Brian served as a past Board President of the organization. He's also a member of Anchorpoint's Finance Committee and Golf Committee.

"We're not the originator of the time, talent, and blessings we receive," Brian notes. "I believe it is our responsibility to take the seeds [we have been given] and multiply [to others]." Joyce agrees that "we love, because God loved us. We should be generous, because God was generous."



To join the conversation and share your story, contact Mark Heinbockel at 412-366-1300 ext. 103 or mheinbockel@anchorpoint.org.

YOUR KINDNESS IS HEALING OUR COMMUNITY

“
**YOU CAN'T
POUR FROM
AN EMPTY
CUP. YOU
CAN GIVE
AND GIVE,
AND GIVE,
BUT YOU
HAVE TO FILL
YOURSELF
UP, TOO.**

Every night used to be a battle for Morgan. In the dark, she had nightmares of her past abusive relationship. But thanks to you, Morgan found a light at Anchorpoint.

Before moving to Pittsburgh, Morgan suffered from addiction and lived in her car with her young daughter.

"I tried to be a good mom," Morgan said. "It took my daughter being taken away from me to get my stuff together. But within a year I had her in my full custody."

She knew that both she and her daughter needed counseling to process their traumas.

"My daughter's dad is still in his addiction," Morgan said. "And she's felt a lot of abandonment. I knew she needed somebody who wasn't me to be there to talk to. It's helped so much."

Morgan has also experienced so much growth herself since starting counseling at Anchorpoint. Her therapist is trained in Eye Movement Desensitization and Reprocessing Therapy (EMDR), which helps Morgan get control over her anxiety and stop having nightmares.

"It was a lot," Morgan expressed. "And I'm trying to heal from all of that so my kids don't have to heal from that, too. We're trying to break generational trauma, and this is the first step. You can't pour from an empty cup. You can give and give and give, but you have to fill yourself up, too."

Morgan was able to access the help she and her daughter needed because of Anchorpoint's low-fee sliding scale program. It was a "game changer" for her family.



"We're all trying to make it, especially these days," Morgan remarked. "And what I'm able to contribute is all I'm really able to. So the sliding scale has honestly been life changing."

Anchorpoint can support families like Morgan's thanks to the immense generosity of community members like you. It's incredibly heartening that you are passionate about seeing others become their best selves.

With deep gratitude, Morgan wanted to share this message with you: "Thank you. My daughter is happier now. It was so important to me to have a better relationship with her because I didn't have that with my mom. And we have that now because we're able to work on ourselves without that [financial] stress being there. Sincerely, thank you."

**YOU CAN HELP MORE FAMILIES
LIKE MORGAN'S BY GIVING ON AUGUST 6**



**2024 #ONEDAY
CRITICAL NEEDS ALERT**

3 EASY STEPS TO DONATE ON AUGUST 6

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

ALL IT TAKES IS #ONEDAY TO CHANGE HUNDREDS OF LIVES

YOUR DONATION WILL BE INCREASED ON TUESDAY, AUGUST 6TH FROM 8:00 AM - 11:59 PM

If you or a loved one has ever struggled with mental health, you know how hard it can be to get help. On #ONEDAY, your gift will show your neighbors that they are not alone. Your generosity will ensure access to healing for all families, no matter their circumstances.

Every dollar you give to Anchorpoint on August 6 will go further thanks to The Pittsburgh Foundation's commitment of incentive funds to every online donation received on #ONEDAY:



Join the #ONEDAY Critical Needs Alert Day of Giving on Tuesday, 8/6!

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

EVERY GIFT GIVEN IS A LIFELINE TO A NEIGHBOR IN NEED!

ANCHORPOINT
REGISTER NOW
ANCHORPOINT GOLF CLASSIC

FRIDAY, SEPTEMBER 13TH
AT OLDE STONEWALL GOLF CLUB

412-366-1300
ANCHORPOINT.ORG/GOLF-CLASSIC

SUMMER 2024 NEWSLETTER

800 McKnight Park Drive, Suite 802
Pittsburgh, PA 15237

412-366-1300 • Fax: 412-366-1333
www.anchorpoint.org

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

/AnchorpointCounseling

@anchorpointcounseling

RENEWING HOPE | SUMMER 2024