

2024 ANNUAL REPORT  
**ANCHORPOINT**  
COUNSELING MINISTRY



CREATING SPACE FOR  
**GROWTH & GRACE**

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Advertising Specialist, CBS Radio

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Psychologist | PA Bureau of Disability Determination

Al Thomson, IV  
President | Thomson Properties, Inc.

Dominic Zappa  
Assistant Director of Finance & Operations | Sojourner House

# Anchorpoint Staff

Mark Heinbockel, MSW  
*Executive Director*

Jennifer Regester, LCSW  
*Clinical Director*

Haley Ebersole  
*Associate Director of Operations*

## COUNSELORS

Sr. Mary Jane Beatty, LMFT  
*Spiritual Direction*

Lauren Burke, LCSW  
*Licensed Counselor*

Katrina Campbell, LSW  
*Licensed Counselor*

Danny Churchill, LCSW  
*Licensed Counselor*

Jennifer Galvez, LCSW  
*Licensed Counselor*

Alie Griffin, LPC  
*Group Facilitator*

Sarah Hodge, LPC  
*Licensed Counselor*

Jessica Nowacki, LPC  
*Licensed Counselor*

Kristen Olson-Gaia, LCSW  
*Licensed Counselor*

Ashley Whitaker, NCC  
*Certified Counselor*

Cheryl Yates, MA  
*Community-Based Wellness Coach*

## ADMINISTRATION

Jordan Bauer  
*Administrative Support Associate*

Cathy Mann  
*Billing Manager*

Emalee Sekely, MS  
*Marketing and Grants Manager*

## TUTORING

Rebecca Freyvogel, MSEd  
*Tutoring Program Manager*

Barb Dempsey  
*Tutoring Program Coordinator*

## CLINICAL INTERNS

Jenna Bajuszik

Christie Berger

Michael George

Magdalena Ralston

Katie Snyder



## A NOTE FROM OUR EXECUTIVE DIRECTOR: YOUR SUPPORT MAKES LIVES BETTER!

Once again, your thoughtfulness, care, and generosity made a positive difference in the community. With your help, Anchorpoint healed more hearts, repaired more relationships, strengthened more families, and improved more outlooks to create a better tomorrow. I'm inspired by your kind and selfless acts!

Enclosed, you will find a summary of your life-improving impacts in 2024. As you review this Annual Report, please remember that every number is connected to a person—a person who needed and deserved help. And because of you, each person was able to find this support at Anchorpoint.



"Counseling is helping me grieve, strengthening my relationships, and giving me insight on what I want to do with my life."

-Client, age 21

"Counseling has helped me recognize the source of my struggles, work through them, and learn to give myself kindness and grace."

-Client, age 43

The future is bright for this mission, and your involvement with Anchorpoint makes it possible to dream big. By walking alongside Anchorpoint and those we serve, you've ensured a stronger and healthier community for all. Thank you for your contributions!

With deep gratitude,

*Mark Heinbockel*

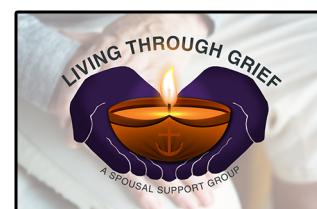
Mark Heinbockel, MSW  
Executive Director, Anchorpoint Counseling Ministry



"My daughter's reading skills have greatly improved! She's more confident in herself than she has ever been which leads to better reading. We are so happy to have a place that can help those who kind of fall through the cracks at school. We're grateful to be a part of the Anchorpoint family!"

-Parent of Elementary School Tutoring Student

## 117 TOTAL SUPPORT GROUP AND COACHING SESSIONS HELD IN 2024



47 SESSIONS



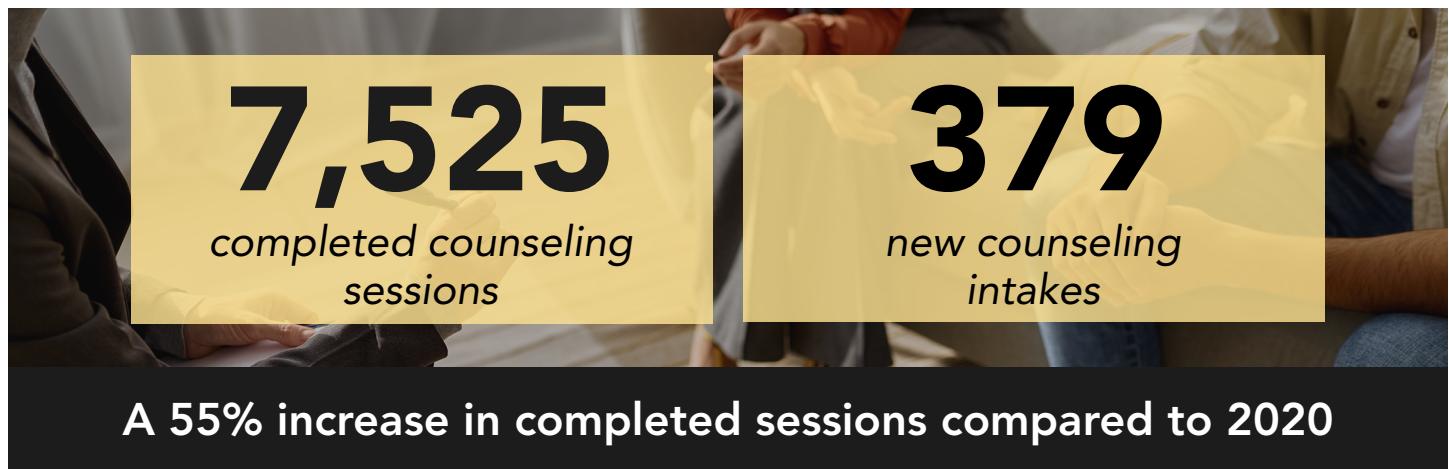
44 SESSIONS



14 SESSIONS



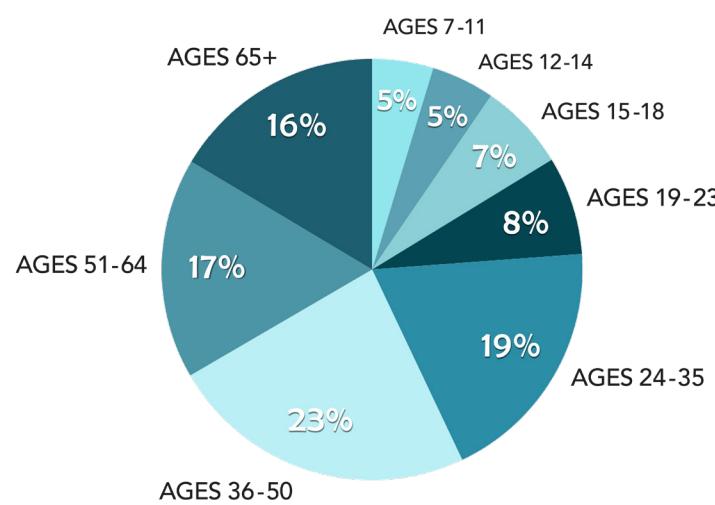
12 SESSIONS



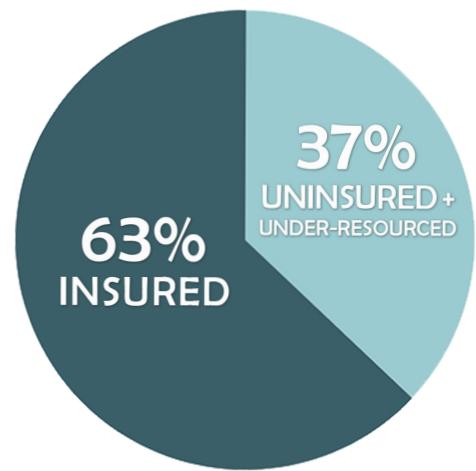
# ANCHORPOINT'S COUNSELING IMPACTS

## 596 Clients Counseled in 2024

### BY AGE:



### BY FINANCIAL NEED:

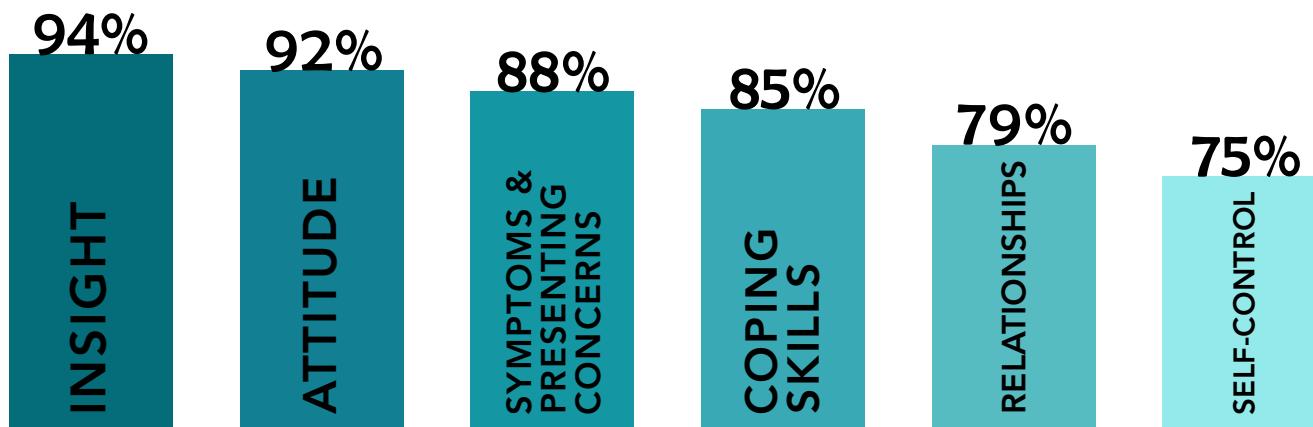


### BY TOP CONCERNS:

- 1 **ANXIETY**
- 2 **DEPRESSION**
- 3 **GRIEF & LOSS**
- 4 **FAMILY CONFLICT**
- 5 **MARRIAGE, DIVORCE & RELATIONSHIP ISSUES**
- 6 **ANGER**
- 7 **TRAUMA & PTSD**



### COUNSELING CLIENTS IMPROVED IN THE FOLLOWING AREAS:



# ANCHORPOINT'S TUTORING IMPACTS

## 56 Students Tutored in 2024

### Grade Level

Elementary (K-5)	37 Students
Middle School (6-8)	13 Students
High School (9-12)	6 Students

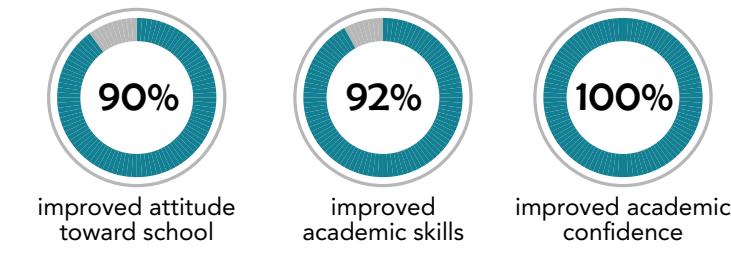
### Tutoring Sessions Conducted

School Year	524 sessions
Summer Program	+ 320 sessions
Total	982 sessions

### SCHOOLS ATTENDING ANCHORPOINT:

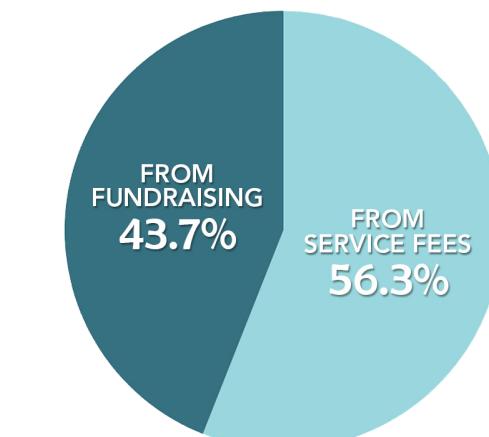
PUBLIC SCHOOLS	PRIVATE SCHOOLS
Avonworth	Aquinas Academy
North Allegheny	Eden Christian Academy
North Hills	Holy Cross Academy
Pine Richland	Manchester Academic Charter School
Pittsburgh Public	Northside Catholic
Shaler	Provident Charter School
	Shadyside Academy Country Day School

### STUDENTS IMPROVED IN THE FOLLOWING AREAS:



## 2024 FINANCES

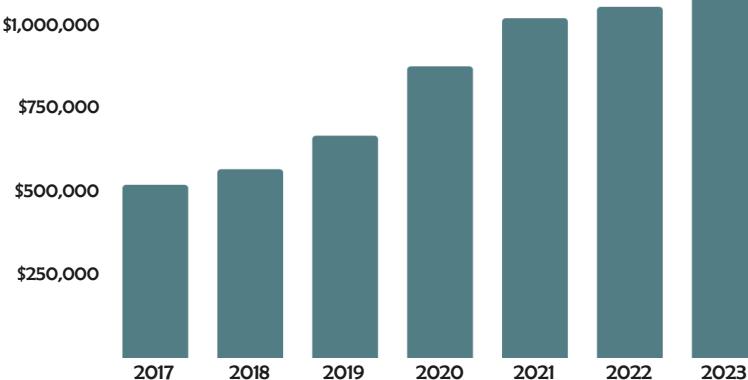
### INCOME BREAKDOWN:



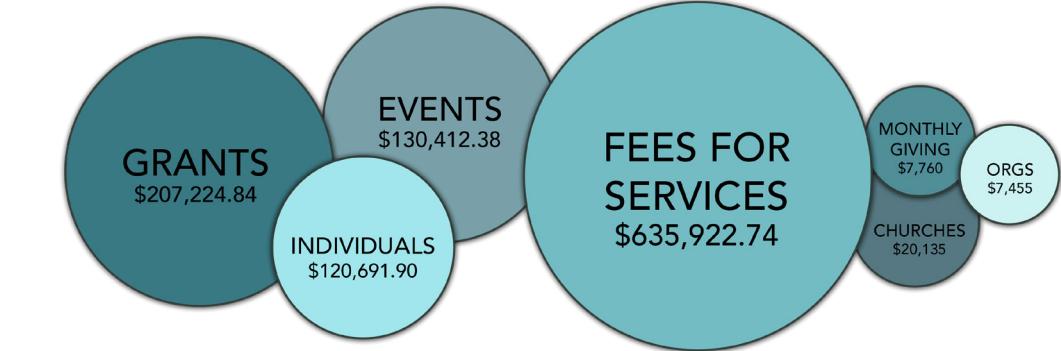
### EXPENSE BREAKDOWN:

**80% PROGRAM | 11% ADMIN | 9% FUNDRAISING**

### GROWTH REFLECTED BY EXPENSES:



### CONTRIBUTIONS BY TYPE:



# THANK YOU FOR SUPPORTING FAMILIES IN NEED!

The following lists acknowledge donors who gave between Jan. 1, 2024 and Dec. 31, 2024. Payments for event tickets, registrations, auctions/raffles, and services are not included. We sincerely regret and wish to be made aware of any errors or omissions. Thank you for giving so generously to help families in need!

Contact: Emalee Sekely, 412-366-1300 ext. 104, [esekely@anchorpoint.org](mailto:esekely@anchorpoint.org)

## INDIVIDUAL DONORS

### **Visionary (\$10,000+)**

Anonymous  
Ed and Linda Cox  
Hayes and Patricia Stover

### **Inspired (\$5,000 - \$9,999)**

Galen and Barbara Anderson  
Curt and Kim Fleming

### **Enterprising (\$1,000 - \$4,999)**

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Arlene Palmeri  
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Frederick Thieman  
Joseph and Beth Unger  
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Robert D. Wilson

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Jeff and Kathleen Deken  
Wallace and Ellen Edgecombe  
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Ryan and Laura Fronius  
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Anonymous  
John and Linda Heinbockel  
Pete and Peg Hudac  
Mark and Kim Lenz  
Anonymous  
Dean Mullen  
Matthew Ogle  
Betty Polley  
Jennifer Regester  
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Joe and Jean Scherer  
Manny and Mary Schnepf  
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Jerry and Janet Stephenson  
Barbara Tsou  
Larry and Christine Vasko  
Geil Wesley Williams  
Joseph and Diane Zebrine

**Encouraging (\$100 - \$249)**

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Amy Blass  
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Herman and Margaret Foster  
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Colleen Fuhs  
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Robert and Maris Hilliard  
Bill and Donna Johnston  
Alick and Jean Kennedy  
Janet Kenny-Smith  
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George Latulipe  
Frank and Joan Leja  
Donald Mathews  
Thomas McCartney  
Linda McClure  
Aaron and Brittany Mickens  
Christin Moreland  
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Dale and Karen Truman  
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Lale Virostek  
John Weisbrod  
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George and Carol Wochley  
Jake and Rachel Wrigley  
Diane Yalch  
Antoinette Young

### **Steadfast (Up to \$99)**

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Tod and Ann Baker  
Dylan Barnes  
Dwayne and Donna Barto Tasia Bobish  
Jaclyn Boggs  
Anonymous Paul and Kathy Brewer  
Julie Bubanovich  
Mary Jo Buffo  
Anonymous  
John and Wendy Cibula  
Anonymous  
Lucille Colamarino  
Kate Colville  
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Nancy Douglass  
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Anna Duty  
Anonymous  
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David and Marilou Gibbs  
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Karl Heinbockel  
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Matt Howell  
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John Laquatra  
Cathy Mann  
Barb McClain  
Sandra McKissock  
Mary Michalek  
Katherine Gresh Murphy  
Jessica Nevins  
Rev. Brian Noel  
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Theresa O'Flaherty  
Jessica Opalko  
Anonymous  
Elizabeth Pascuzzi  
Karen Plavan  
Anonymous  
Lindsay Rasmussen  
Alan and Marianne Reed

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Gerard Reitmeyer  
Charles and Joan Rockwell  
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Karen Shumaker  
Craig and Karen Slusser  
Dick and Thea Stover  
Rich and Judy Tappe

Wayne and Val Thiel  
Anonymous  
Daphne Turner  
Michael and Karen Ulrich  
Joan Waldschmidt  
Mary Witul  
David and Jeanne Yargar  
Alfred Yates

## DEDICATIONS

In honor of *Anchorpoint's Board*  
by Joseph and Diane Zebrine  
In memory of *Jeff Barksdale*  
by Bonnie Brimmier  
In honor of *Ron Barnes*  
by Walsh Family Foundation  
In memory of *Rev. Keith Brown*  
by Dean Mullen  
In memory of *Melford Douglass*  
by Nancy Douglass  
In honor of *Curt Fleming*  
by Anonymous  
In memory of *Terry Fahrney*  
by Lee Fahrney  
Dylan Barnes  
ReShelle Barrett  
Tasia Bobish  
Cindy and Vivian Castiglioni  
Mary Lou Ellena  
Julie Myler  
Dale and Karen Truman  
Robert D. Wilson  
David and Jeanne Yargar  
Alfred Yates

In honor of *Matt Glunt*  
by Deborah Morgan  
In memory of *Ronald Goss*  
by Bill and Donna Goss  
In honor of *Brian Hardy*  
by Cottage Bridge Foundation

In honor of *the Heinbockel family*  
by Kathleen Berman  
In honor of *Scott and Kathy Kelly*  
by Robert and Im Sook Reinhart  
In memory of *Susan P. Kirschler*  
by R. Scott Kirschler Sr.  
In memory of *Janet Lang*  
by Lad and Janis Hudac  
In memory of *Jessica M. Lauer*  
by Chris and Krissy Adler  
In honor of *Jim Ogle*  
by Lale Virostek  
In memory of *Our Deceased Family Members*  
by Alan and Marianne Reed  
In memory of *Rev. Ed Schleiger*  
by James P. Finn  
In memory of *Mary Ann Stowell*  
by Thomas McCartney  
In memory of *Evelyn Unger*  
by Joseph and Beth Unger  
In honor of *all of the staff at Anchorpoint*  
by Peggy C. Knott  
Christopher Parry  
In memory of *those who could not conquer their demons*  
by Thomas and Sharon Hirsch

## ORGANIZATIONS / BUSINESSES

A Comfort Service Inc.  
Allegheny Financial Group  
Baird  
Bates, Barksdale, Ickert & Co. LLP  
BNY Mellon  
Citizens Bank of America  
Coldwell Banker Realty  
Colliers  
Davies & Davies Insurance, Inc.  
Elfinwild Lions Club  
FBC Chemical Corporation  
Federated Hermes  
First Commonwealth Bank  
Franklin Inn Mexican Restaurant  
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Geo. V. Hamilton, Inc.  
Glunt Contract Service, Inc.  
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Good Looks Eyewear, Inc.  
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John Marshall Catering  
Joseph Scherer Electrical Contractor  
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Mascaro Construction Company  
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Medical Service Associates, Inc.  
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O'Connor, Pagano and Associates  
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Rotary International District 7280  
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Seubert & Associates Inc.  
Shaler Rotary Club  
Sojourner House  
Sperling Funeral Home  
Thomson Properties Inc.  
Todd Financial Associates | Thrivent  
UPMC

## CONNECT & ENGAGE WITH US

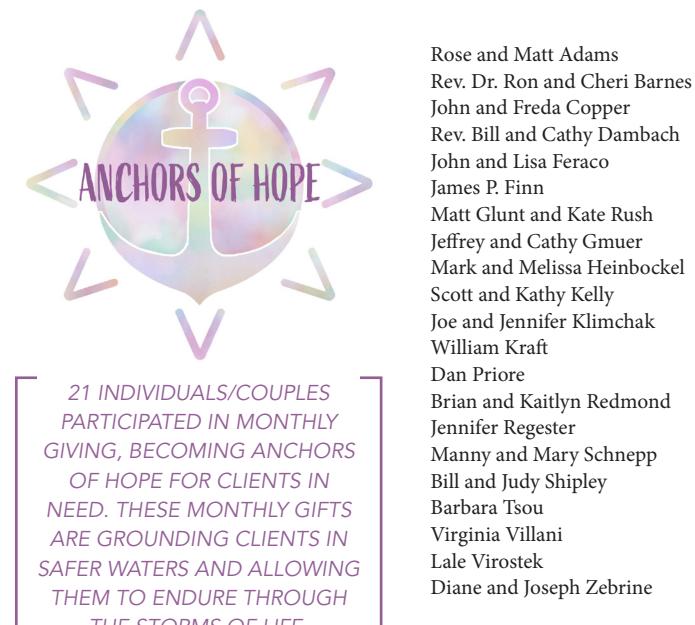
 /AnchorpointCounseling

 @anchorpointcounseling



**"Counseling is allowing me to accept and love myself. My counselor gives me guidance in dealing with my issues and understanding how to improve my behaviors. Joy has been returning to my life and guilt is slowly leaving. I am so grateful!"** -Anchorpoint Client

## MONTHLY GIVERS



## CHURCHES

Bethlehem Evangelical Lutheran Church  
Christ Episcopal Church  
Community Presbyterian Church of Ben Avon  
Elfinwild Presbyterian Church  
Glenshaw Presbyterian Church  
Glenshaw Valley Presbyterian Church  
Hampton United Presbyterian Church  
Heritage Presbyterian Church  
Hiland Presbyterian Church  
North Hills Community Baptist Church

## FOUNDATIONS

Allegheny County Medical Society Foundation  
Avon Club Foundation  
Citizens Charitable Foundation  
Dollar Bank Foundation  
Earl Knudsen Charitable Foundation  
Elevare Foundation  
Fidelity Charitable  
Howard & Nell E. Miller Foundation  
Huntington National Bank Foundation  
Leaving Legacies Foundation  
Anonymous  
Nina Baldwin Fisher Foundation  
Norman C. Ray Trust  
Passavant Hospital Foundation  
Paul N. Waite Family Fund  
Pitcairn-Crabbe Foundation

PNC Charitable Trusts  
Portiuncula Foundation  
Robert S. & Louise S. Kahn Foundation  
Susan P. Jones Family Foundation  
The Anne L. and George H. Clapp Charitable and Educational Trust  
The Anne R. Monroe Foundation  
The Cottage Bridge Foundation  
The Jack Buncher Foundation  
The Mazzarini Family Fund  
The Pittsburgh Foundation  
The PNC Foundation  
Thomas J. and Sandra L. Usher Charitable Foundation  
Walsh Family Foundation Inc.  
William B. McLaughlin Charitable Trust  
WOMEN of Southwestern PA, Inc.

## TUTORS & VOLUNTEERS

### TUTORS

Tom Baker  
Ed Cox  
Barb Dempsey  
Mark Feris  
Linda Fischer  
Geoff Friske  
Erica Gmuer

Aggie Haverlack  
Erin Higgins  
Heidi Kreusch  
Mark Lenz  
Karen Miller  
Eileen Moore  
Carol Resnick

### VOLUNTEERS

Rose Adams  
Bruce Bartlett  
Dwayne Barto  
Frank and Mary Bork  
Bonnie Chambers  
Dennis and Anita Chermak  
Robert and Marcia Coleman  
Connor Ebersole  
Mary Ellen Esquino  
John and Lisa Feraco  
Ben Friday  
Cathy Gmuer

Erica Gmuer  
Brian and Joyce Gongaware  
Chris Hack  
Kathy Kelly  
Frank and Joan Leja  
Jerry and Sylvia Lynn  
Jan O'Connor  
Anne Payling  
Bill and Dottie Shuty  
Ray and Elaine Skerlong  
Wayne and Val Thiel  
Lale Virostek

## IN-KIND DONORS

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Sr. Mary Jane Beatty  
Jason and Leanne Bentz  
Big Burrito Restaurant Group  
Birdsfoot Golf Club  
Carnegie Science Center  
Chartiers Country Club  
Chick-fil-A  
Christ Lutheran Church Millvale  
City Theatre Company  
Cranberry Cinemas  
Ed and Linda Cox  
Rev. Bill Dambach  
Wayne and Regina Desbrow  
Diamonds Direct  
Edgewood Country Club  
Elevare Foundation  
Emmanuel Lutheran Church  
John and Lisa Feraco  
Ronald Forster  
Franklin Inn Mexican Restaurant  
Freedom Square Diner  
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Fun Fore All  
Bruce and Renee Georgi  
Jeff and Cathy Gmuer  
Good Looks Eyewear, Inc.  
Graeter's  
Green Apple Barter Services  
Jasmine Nyree Campus  
Joann Grieco

Heritage Presbyterian Church  
Huntington National Bank  
John Marshall Catering  
Scott and Kathy Kelly  
Leaving Legacies Foundation  
McTighe's Drive Thru Beer  
McTighe's Garden Market  
Jan O'Connor  
Jim Ogle  
Olde Stonewall Golf Club  
Pennsylvania Trolley Museum  
Pittsburgh Pirates  
Pittsburgh Steelers  
Pittsburgh Zoo and PPG Aquarium  
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Sognatore  
Spoonwood Brewing Company  
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The Bob O'Connor Golf Course at Schenley  
The Body Bar  
The Clemente Museum  
The Salvation Army North Boroughs  
Treesdale Golf & Country Club  
Trinity Jewelers  
University of Pittsburgh Department of Athletics  
Wildwood Golf Club

**THANK  
YOU  
FOR YOUR  
CONTINUED  
SUPPORT**

