

SPRING 2025

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

LENTEN GIVING EVENT

100 DONORS FOR
100 NEIGHBORS

THROUGH APRIL 9

**A STORY OF HEALING FOR A GRIEVING WIDOW
YOUR GENEROSITY IS MAKING LIVES BETTER - PAGE 3**



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HELPING OTHERS FIND THEIR WAY

Lent is a time to regather yourself spiritually and re-center your life on Christ.

What meaningful changes can you make to become more like Christ? What can you leave behind? How can you become more intentional in your faith walk?

I invite you to consider praying, meditating, fasting, serving, and giving this Lent. These spiritual practices can help you find the path Christ calls you to follow.

At Anchorpoint, we believe your spiritual health is an essential part of your overall wellness. Just like your physical, social, and emotional health, your spiritual self needs to be nourished and attended to on a regular basis.

Your support of Anchorpoint helps others find their spiritual self as they seek hope and healing in their lives. Thank you for walking alongside this ministry to make lives better and families stronger,

Mark Heinbockel, MSW
Executive Director

Lenten Giving Event: *Small Gifts, BIG Impacts*

NOW THROUGH WEDNESDAY, APRIL 9TH

A Lenten experience of loving your neighbors...

GIVE: Make a Small Gift of \$10 or more

+

ASK: Invite others to make a Small Gift

GOAL: 100 DONORS

Will you invite your friends and family to make a Small Gift with you?

“And do not forget to do good and to share with others, for with such sacrifices God is pleased.” (Hebrews 13:16, NIV)

The annual Lenten Giving Event is a special way to engage in the spiritual practices of giving and inviting others to give.

With your help, 100 donors (or more) will give during this event!

WAYS TO GIVE DURING THE LENTEN GIVING EVENT

- 1. Give by Mail:** Return the enclosed card with a check, cash, or credit card information.
- 2. Give Online:** Make your Small Gift online at www.anchorpoint.org/donate

YOUR GENEROUS SUPPORT IS CHANGING LIVES

THIS LAUGHING IS SHOWING ME THAT I CAN GET THROUGH THIS, AND EVENTUALLY, I'LL BE ABLE TO LAUGH AGAIN, TOO.

When you hear the words “grief support group,” you don’t think of laughter. But that’s what Jane was met with when she first walked into Anchorpoint’s Grief Group for Spousal Loss.

“When I went to that first meeting, I wasn’t sure it’d be for me,” Jane shared. “I mean, this is a support group, and they’re *laughing?*”

(It’s safe to say Jane was skeptical.) Jane lost her husband about 3 years ago after being married for over half a century.

“I was with my husband since I was 16 years old,” Jane said. “We were together for 56 years. I felt like he was my knight in shining armor.”

Before coming to Anchorpoint, Jane had tried individual counseling elsewhere and said that it didn’t help her the way she needed.

What did she need? A community who had also experienced the immense loss of a spouse.

“It’s so important to be around people who understand,” Jane expressed. “I always have a place to go when I’m upset. There’s always somebody there for me.”

Anchorpoint offers two grief groups for spousal loss on the first and third Tuesdays of the month as well as the second and fourth Wednesdays. In the years since the group began, the members have created their own community of care and support.

“The camaraderie and sympathy I get from this group,” Jane said, “I don’t get that from anyone else, not even my daughters.”

Jane shared that she’s less lonesome because of the friends she’s made in the group. They all talk outside of Anchorpoint, and they schedule lunches and get together where they can talk and laugh.

So while the laughter was a bit jarring in the beginning, Jane appreciates it now.

“This laughing is showing me that I can get through this,” Jane said. “And eventually, I’ll be able to laugh again, too.”

Jane still has hard days. She’ll never stop missing her husband. But now she has a refuge.

“If I didn’t find this group, I truly don’t know where I’d be right now,” Jane said.

Anchorpoint offers the grief group to anyone who has lost a spouse. There is no registration necessary and it’s free of cost for community members in need.



Offering this group at no-cost means that any neighbor in need can join, no matter their financial situation. Anchorpoint is only able to do so because of generous donors like you.

“Thank you for opening your hearts,” Jane wanted to share with donors. “[It’s comforting to know] there’s someone who cares, and we’re all so thankful for that.”



If you want to help families like this one...

Be one of the 100 donors to give a small gift through April 9 at anchorpoint.org/donate!



INSPIRING GENEROSITY

WITH BRUCE BARTLETT

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

"Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God." -2 Corinthians 9:10-11 (NIV)

"You may not come out of this alive," the doctor told me before surgery. When I woke up, the doctor asked me, "what are you smiling at?" "I'm here. [I'm alive]," I said."

When Bruce Bartlett was a young adult, he was given 50-50 odds of survival from a complicated surgery. It was one of many health challenges he's overcome. Looking back, he says, "I recognize how blessed I've been."

Bruce's life is sprinkled with miraculous moments when the right person was there for him at the right time, including a perfect-match kidney donation from his brother. "That's why I don't play the lottery," Bruce says. "I feel like I've already won the lottery!" These moments are constant reminders that God exists and plays an active role in his life.

Bruce's careers in healthcare and medical billing opened doors to pay forward the blessings he's received. He finds great fulfillment in being generous. "It's what God is asking of us," he contends, "to give to those in need, to help others, and to be kind to your neighbor." But he urges: "the most important part is not expecting anything in return."

From an early age, Bruce wanted to give to others. "I've always had that feeling [of wanting to help]," he remembers. Whether it was sharing a portion of his allowance with his church or fundraising door-to-door for charities as a child, Bruce aimed to be the first in line to help. It's a family legacy he inherited from his mom who was always one of the first to help.

As he grew up, Bruce discovered that generosity compounds. "The more you do, the more you want to do," he learned. And he found the benefits of generosity enriched his own life. "When you give, it comes back ten times over," he notes. Through giving, Bruce developed new friendships and met new people, including others who shared his values and passions for giving.

After years of supporting Anchorpoint's mission as a donor, Bruce recently joined the team in retirement to help expand this important ministry. He values Anchorpoint's focus on providing direct care to community members and families in need. And he appreciates how much of every dollar goes to support these critical services.

Bruce hopes to pass on the virtue of generosity—to inspire more people to help others by supporting important causes like Anchorpoint's mission. "When the world seems to be in turmoil," Bruce asserts, "we need to get back to caring and sharing."

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



Anchorpoint's Clinical Director Jennifer and Bruce volunteering at the 2024 Golf Classic

ANCHORPOINT IS NOW OFFERING NO-COST MENTAL WELLNESS COACHING

WHAT IS "MENTAL WELLNESS COACHING"?

This mental health service is proactive and goal-driven. Unlike traditional counseling, it concentrates on current and future goals, guiding individuals toward achieving them. Coaches use techniques like motivational interviewing and behavioral change theory to aid clients through life's hurdles.

COACHING CAN HELP WITH:

- Managing stress + anxiety
- Setting + attaining goals
- Adopting healthy lifestyle choices
- Creating work-life balance
- Building better relationships
- Navigating + accessing resources
- Finding purpose in your life

CALL 412-366-1300 AND ASK ABOUT THESE SERVICES



ABOUT ANCHORPOINT'S MENTAL WELLNESS COACH:

Cheryl Yates, MA joined Anchorpoint's team to offer community-based wellness coaching that focuses on bringing life into balance. As a highly skilled listener, Cheryl guides clients with energy and humor, using Positive Psychology, Cognitive Behavioral Therapy, and Mindfulness along with the strength-based tools of coaching. She assists clients at the many partner organizations Anchorpoint works with throughout the community as well as at Anchorpoint's headquarters in Ross Twp.

WE ALSO PROVIDE TUTORING SERVICES:

SUMMER TUTORING DATES:

7 WEEKS • JUNE 23 – AUGUST 7, 2025
KINDERGARTEN – 8TH GRADE



**ONE-HOUR SESSIONS PROVIDED
MONDAYS THROUGH THURSDAYS**

FEEES RANGE FROM \$10 – \$30/HOUR

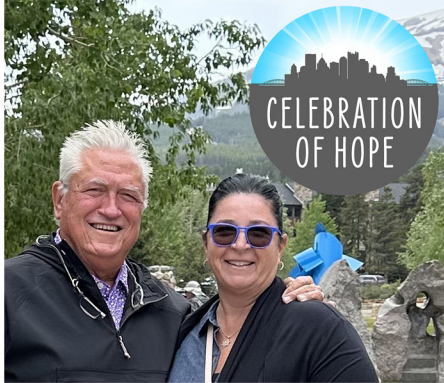
CONTACT US FOR AVAILABILITY BY
CALLING 412-366-1300 OR EMAILING
RFREYVOGEL@ANCHORPOINT.ORG



SAVE THE DATES



YOUR PARTICIPATION IN ANCHORPOINT'S EVENTS WILL IMPROVE THE LIVES OF NEIGHBORS IN NEED



CELEBRATION OF HOPE GALA
*presented by Todd Financial
Associates of Thrivent*

Thursday, May 29, 2025

Wildwood Golf Club
2195 Sample Road
Allison Park, PA 15101



**HIGHMARK WALK FOR A
HEALTHY COMMUNITY**

Saturday, June 14, 2025

Stage AE Parking Lot
400 North Shore Drive
Pittsburgh, PA 15212



**ANCHORPOINT JOE KLIMCHAK
& FRIENDS GOLF CLASSIC**

Friday, September 12, 2025

Olde Stonewall Golf Club
1495 Mercer Road
Ellwood City, PA 16117

VISIT [ANCHORPOINT.ORG/EVENTS](https://www.anchorpoint.org/events) OR SCAN THE QR CODE ABOVE TO LEARN MORE & REGISTER.



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