

SPRING 2026

RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

CELEBRATING

60 YEARS!



LENTEN
GIVING EVENT

60 DONORS
FOR OUR 60TH
ANNIVERSARY



YOUR GENEROSITY HELPED A SINGLE MOM FIND COMMUNITY
PAGE 3

A STORY OF TURNING LOSS INTO CARE FOR OTHERS
PAGE 4

PLUS: SAVE THE DATES: 2026 GALA, WALK, AND GOLF - **PAGE 6**

ANCHORPOINT STAFF

Mark Heinbockel, MSW
EXECUTIVE DIRECTOR

COUNSELING

Kristen Olson-Gaia, LCSW
ASST. CLINICAL DIRECTOR &
LICENSED COUNSELOR

Lauren Burke, LCSW
LICENSED COUNSELOR

Katrina Campbell, LSW
LICENSED COUNSELOR

Jennifer Galvez, LCSW
LICENSED COUNSELOR

Sarah Hodge, LPC
LICENSED COUNSELOR

Mairead Stewart, LSW
LICENSED COUNSELOR

Ashley Whitaker, LPC
LICENSED COUNSELOR

Jenna Bajuszik, LAPC
RESIDENT COUNSELOR

Christie Berger, LAPC
RESIDENT COUNSELOR

Alie Griffin, LPC
GROUP FACILITATOR

ADMINISTRATION

Bruce Bartlett
CAMPAIGN MANAGER AND
MISSION ADVOCATE

Jordan Bauer
CLIENT SERVICES AND
EVENTS MANAGER

Aracena Chambers
RECEPTIONIST

Haley Ebersole
DIRECTOR OF OPERATIONS

Audrey Reiley
RECEPTIONIST

Emalee Sekely, MS
MARKETING AND GRANTS
MANAGER

Jodie Tabano, MS
DIRECTOR OF DEVELOPMENT

A LEGACY OF CARE, BUILT TOGETHER

It's remarkable to consider how Anchorpoint's mission has evolved over the past 60 years! What began as an outreach ministry to local youth in 1966 has blossomed into a full-fledged family mental wellness center. Right now, Anchorpoint is making lives better for neighbors across the lifespan (serving young children through senior adults) and throughout the northern Pittsburgh region. Many thousands of families are stronger today because of this mission.

YOU are an important part of the success story. As Anchorpoint celebrates 60 years of service in 2026, we give thanks for people like you who have shared this journey with us. Your investments of time and resources, your advocacy and care for neighbors, and your prayers have propelled Anchorpoint's mission forward over the decades.

In the years ahead, more local families will need help navigating difficult times. With your continued support, Anchorpoint will be able to meet these needs and provide a reliable place to turn for neighbors in our community for many years to come! Thank you for being part of the foundation of this life-improving and family-strengthening ministry,

Mark Heinbockel, MSW
Executive Director

Anchors of Hope: Small Gifts, BIG Impacts

GOAL: 60 DONORS CELEBRATING ANCHORPOINT'S 60TH ANNIVERSARY

During the Lenten season, a time for giving to those in need, your help is crucial to support families struggling with mental health needs.

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

ASK: Invite others to make a Small Gift



Scan to
enroll in
monthly
giving!

"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." (Corinthians 9:7, ESV)

Want to make a bigger impact? Join the Anchors of Hope Giving Club to provide sustainable funds all year long.

WAYS TO GIVE DURING THE LENTEN GIVING EVENT

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

YOUR GENEROUS SUPPORT IS CHANGING LIVES



IT'S SO NICE TO BE AROUND OTHER MOTHERS WHO GET IT. I FOUND A SECOND FAMILY.

Raising a child on your own leaves little room to think about yourself—something Michelle knows all too well.

As a single mom, Michelle has spent years navigating medical appointments, school challenges, and mental health concerns with her teenage daughter Olivia. From the very beginning, most of Michelle's energy has gone toward advocating for her daughter and keeping life moving forward.

"I can't come up for air some days," Michelle shared. "But through every surgery and appointment, I've been there to bat for her. I'm trying."

For a long time, Michelle was carrying these responsibilities without much support. After leaving her marriage to protect herself and her daughter, she faced financial strain and the realities of single parenthood on her own.

Finding Anchorpoint's Single Moms C.A.R.E. Group changed that.

At this support group, moms and their kids share a meal and spend time together. After dinner, Anchorpoint provides free childcare so the moms can spend uninterrupted time sharing and connecting with one another.

"This group costs you nothing but your time and your gas to get there," Michelle said. "Your kids can meet new friends, and it's a good family night where everybody can eat dinner together. It's a win-win for everybody."

Over time, the group became more than just a bi-weekly meeting—it became a community.

"I have a friend from the group that comes to my house for holidays because she doesn't talk to her family," Michelle said. "She found a second family because of the group... and I did, too."

Being a part of this group has also given Michelle access

to shared knowledge and practical support. The group's accessibility has also made a meaningful difference.

"It's so helpful that the group is free because we all have restricted funds," Michelle explained. "And the hosts have thoughtful little things that they do for us, like giving us gift cards and hot cocoa baskets on Christmas, or celebrating us on Mother's Day. It's such a nice community space."

Michelle also credits the group's facilitator, Alie, with helping create a welcoming and genuine environment.

"It's so nice to be around other mothers who get it," Michelle said. "Alie is awesome. She offers reasonable solutions and lets us talk about whatever is currently bothering all of us."



The challenges in Michelle's life haven't disappeared. But now, she's no longer carrying them alone.

Through Single Moms C.A.R.E., Michelle found something she didn't realize she was missing: a community that shows up, shares resources, and celebrates one another.

Because of supporters like you, Anchorpoint is able to offer programs like the Single Moms C.A.R.E. Group at no cost. Your generosity will continue to create spaces where neighbors feel less alone.

"The generosity of a stranger who pours into single moms and their kids is genuinely so appreciated," Michelle said. "It's so comforting to know there are people who care."

 **Anchorpoint offers support groups for single moms & seniors:**
You can find more info at anchorpoint.org/groups!



INSPIRING GENEROSITY

A FATHER'S DISTRESS BECOMES HELP FOR OTHERS

**STORY PROVIDED BY A FRIEND OF ANCHORPOINT WHO WISHES TO REMAIN ANONYMOUS*

I am a proud donor to Anchorpoint. I understand the importance of Anchorpoint's mission. I know the life-saving and family-strengthening benefits of its programs. Here's my story...

When my daughter Jennifer was born, the doctors thought everything was okay. We were able to take her home.

At two weeks old, the doctors requested an evaluation of Jennifer. The assessment led to an emergency heart catheterization for my daughter. We were told Jennifer would likely die any day, and most likely during the first year of her life. Remarkably, she beat the odds.

At age four, Jennifer began to experience daily seizures. She never learned to walk, crawl, or talk. As a parent, you can never fully prepare to handle the emotions and realities of these circumstances. I knew I needed help from a mental health professional. I thought it would be important for my wife to receive help, too. I found a program that offered donor-supported mental health care. I turned to counseling. My wife, unfortunately, turned to alcohol.

During her fifth year of life, Jennifer's seizure episodes increased to approximately 80 times per day. Around the same time, my mother died. When I left town to attend her funeral, my wife stayed home and became severely intoxicated while Jennifer was in her care. The in-home nurse aiding Jennifer's care refused to leave that night, fearing for my daughter's health and safety. When I returned home, I was confronted with a stark choice: provide a plan to ensure Jennifer's well-being or have my wife reported to the Department of Social Services.

I talked with my counselor about everything. I felt so low. My counselor assisted me in processing the situation: my daughter was nearing death and my wife was running from the situation. With my counselor's guidance and support, I made a very difficult and painful decision to move out.

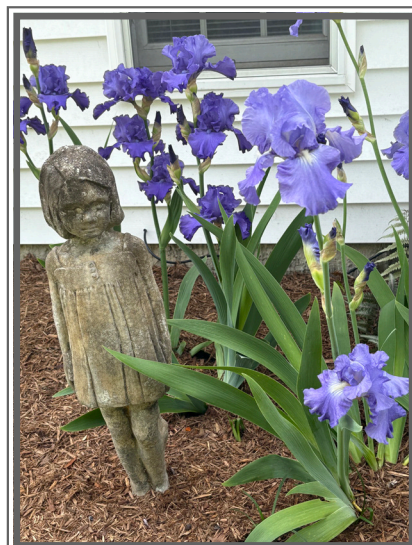
At six years old, Jennifer's life support was disconnected. She died within the next minute. My wife quickly departed while I sat holding Jennifer in my lap. After three minutes, I handed Jennifer to the nurse.

Later, the nurse told me how Jennifer would always smile when I came into the room. Jennifer knew who really loved her: I did, with my entire self.

Throughout my trials, I learned two important factors for successful counseling: 1. Knowing you need help, and 2. Having the financial resources to afford help.

In Jennifer's memory, I want to do all I can to assist others. Making a financial donation is the easiest thing you can do to provide life-saving care to people in need. As a fellow donor, I'm sharing my story with you to urge your continued or increased giving to Anchorpoint. Thank you for your support!

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



Jennifer's Garden is a tribute to my daughter's memory. It's a powerful reminder to be my best & keep going.

FROM 1966 TO TODAY: CELEBRATING 60 YEARS OF STRENGTHENING FAMILIES

HONORING THE PAST, EMBRACING THE FUTURE

Anchorpoint Counseling Ministry was founded as "North Hills Youth Ministry" in 1966 by an ecumenical partnership of 16 Christian churches in Pittsburgh's North Hills.

Through the efforts of Youth Minister Rev. Keith Brown, the churches committed to supporting this cooperative ministry throughout the community. The organization originally served at-risk teens who had no positive relationships with other adults or institutions. Early programs included drug education, parent-teen groups, a coffee house, job referrals, retreats, and service projects.

During the 1980s, the ministry moved toward an emphasis on professional counseling for teens, which gradually broadened to emphasize family counseling.

Under the leadership of Rev. Dr. Ronald Barnes, LSW, the organization hired licensed counselors & certified teachers to meet the community's growing need for professional mental health and educational services. Recognizing the importance of dealing with family systems as a whole, marital counseling, parent education, and individual counseling for all ages became core programs.



In 2009, the organization changed its name to "Anchorpoint Counseling Ministry" to reflect its mission growth throughout the northern Pittsburgh region.

In the years since, Anchorpoint has become a training site for over 150 clinical interns and residents, focusing on developing caring and experienced therapists while making lives better throughout the community.

Today, Anchorpoint continues the tradition of compassionate Christian outreach ministry to local families. Anchorpoint strives to be a reflection of the unconditional love of Jesus Christ by providing "above-and-beyond" mental wellness care for all neighbors in need.

TELL US HOW YOU'VE BEEN PART OF THIS WONDERFUL JOURNEY:

As we prepare for this milestone anniversary, we invite you to take a walk down memory lane. Share a story, testimonial, or highlight about your connection with Anchorpoint—we'd love to celebrate these moments together!



SCAN THE QR CODE OR VISIT ANCHORPOINT.ORG/60TH TO SHARE YOUR STORY

ANCHORPOINT COUNSELING MINISTRY EVENTS

SAVE THE DATES!

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



CELEBRATION OF HOPE GALA
honoring Charlie & Tasha Batch

Thursday, May 21, 2026



Wildwood Golf Club
2195 Sample Road
Allison Park, PA 15101
anchorpoint.org/gala



HIGHMARK WALK FOR A HEALTHY COMMUNITY

Saturday, May 30, 2026



Point State Park
601 Commonwealth Pl
Pittsburgh, PA 15222
anchorpoint.org/events



ANCHORPOINT JOE KLIMCHAK & FRIENDS GOLF CLASSIC

Friday, Sept. 11, 2026



Olde Stonewall Golf
1495 Mercer Road
Ellwood City, PA 16117
anchorpoint.org/golf

VISIT ANCHORPOINT.ORG/EVENTS OR SCAN THE QR CODES ABOVE TO LEARN MORE & REGISTER



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:
UNITED WAY #354
A Thrivent Choice organization

 /AnchorpointCounseling

 @anchorpointcounseling