



RENEWING HOPE

ANCHORPOINT COUNSELING MINISTRY'S NEWSLETTER

SUMMER 2026

A FOUNDATION FOR THE FUTURE: VISIT THE ANCHORPOINT COMMUNITY WELLNESS HUB

This spring, the organization opened the doors of the Anchorpoint Community Wellness Hub, a newly renovated 15,000-square-foot facility located on the Vincentian Collaborative System (VCS) campus in McCandless Twp. The building provides the space needed to expand counseling services, support groups, clinical training opportunities, and community wellness programs for years to come.

The journey to this new home began several years ago when Anchorpoint recognized that its longtime office space could no longer keep pace with the growing needs for mental health services. While driving past the Vincentian campus in 2025, Executive Director Mark Heinbockel wondered whether the property might offer the space Anchorpoint was seeking. An email to VCS sparked a partnership rooted in a shared commitment to serving the community—one that ultimately led to the creation of the Anchorpoint Community Wellness Hub.

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YOUR GIFT TO
ANCHORPOINT WILL BE
INCREASED BY INCENTIVE
FUNDS ON AUGUST 4TH!

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EXECUTIVE DIRECTOR

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CLINICAL DIRECTOR &
LICENSED COUNSELOR

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ASST. CLINICAL DIRECTOR &
LICENSED COUNSELOR

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LICENSED COUNSELOR

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CAMPAIGN MANAGER &
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RECEPTIONIST

Kaitlyn Sipp
RECEPTIONIST

MEET ANCHORPOINT'S
NEW CLINICAL DIRECTOR
CASSY WIMMER, LCSW



For Cassy Wimmer, the crisp autumn air of 2014 carried a sense of nervous anticipation as she walked through the doors of Anchorpoint Counseling Ministry. Armed with a passion for community healing and a deep-seated belief that people are influenced by their environment, she stepped into her role as a counseling intern. During this time, Cassy balanced home life with small children, a rigorous Master's of Social Work program at the University of Pittsburgh, and managing a caseload of twelve clients. Anchorpoint's internship program wasn't just a placement—it was the anvil where her values of empathy and clinical integrity began to shape into true competence.

The year 2015 brought graduation, a new title of Licensed Social Worker, and a formal position at Anchorpoint as a therapist. Over the next four years, Cassy embedded herself into the fabric of the organization. She developed skills for guiding faith-informed counseling, recognizing faith as a source of strength for many. She designed and spearheaded vital community groups: Life After Divorce, Self-Care for Women, and Sanctuary, a dedicated space for struggling teens. During this time, Cassy stepped into the role of Internship Field Instructor, mentoring the next generation of Pitt master's students in the very rooms where she had once sat as an intern.

By 2019, after earning full licensure as a Clinical Social Worker (LCSW), Cassy felt called to spread her wings further. She co-founded Living Stones Counseling Services, stepping into the new roles of Owner and Director. For seven years, she built an ecosystem of growth from the ground up. She managed payroll, spearheaded strategic planning, and achieved EMDR Trainer status, all while expanding her team to a staff of eight clinicians. Cassy cultivated graduate internship programs, actively mentoring and transitioning interns into thriving, pre-licensed counselors. Yet, even as her business flourished, her foundational connection to Anchorpoint's mission remained a guiding light.

In October 2025, a job posting caught Cassy's eye: Anchorpoint was searching for a Clinical Director. Seeing the organization's call for a leader who understood nurturing care felt like a direct reflection of her own life's mission. She sat down to write her cover letter, laying out how her six years running Living Stones had prepared her to step into this exact level of leadership.

This journey reached its full-circle moment in April 2026. Cassy Wimmer officially returned to Anchorpoint—no longer the quiet intern learning the ropes, but the Clinical Director ready to support and inspire the clinical team that helps determine the organization's future. Stepping back onto familiar ground, she brings a decade of clinical mastery and a deep commitment to empower the staff, clinicians, and community that had first raised her. Anchorpoint couldn't be more thrilled to have her on the team!

YOUR SUPPORT MAKES HEALING POSSIBLE



I'VE BEEN
HEARD AND
VALUED AS
A PERSON,
NOT JUST A
NUMBER OR
A DOLLAR
SIGN.

Sometimes the people who spend their lives caring for others are the last ones to ask for help themselves.

For years, Erica focused on supporting her family through the challenges of military life. As a wife, mother, and teacher, she was accustomed to putting others first.

Then her family's world shifted.

After relocating several times for her husband's Army career, Erica believed her sons had learned to adapt to change. But when her son began struggling emotionally, she knew he needed support beyond what she could provide.

"My oldest son wasn't fine," Erica shared. "And that was so hard as a parent. That broke my heart."

After contacting countless counseling offices, Erica finally found Anchorpoint. Within just a few weeks, her son was connected with a counselor.

"I just breathed a sigh of relief," she said. "Talking to Mom wasn't helping. Talking to Dad wasn't helping. He needed something more."

As her son began to heal, Erica realized she was carrying struggles of her own.

"I got to a place that was a little dark," Erica recalled. "I scared myself with my thoughts. I knew it was time to reach out and get some help."

For nearly two years, Erica has worked with an Anchorpoint counselor, gaining coping skills and a deeper understanding of herself.

"I've been able to put words and names to some of the things I've been experiencing all my life," she said. "That has been so empowering."

As her confidence grew, Erica began taking steps



she once thought were impossible. She started addressing difficult dynamics by participating in family counseling to work through past hurts and trauma.

"I've been made brave enough and sure enough in myself to really feel like I could tackle those things," Erica said. "Sometimes you feel like no one else in the world feels the way you feel. It's been a gift from Anchorpoint to know that I'm not abnormal."

When financial barriers arose, Anchorpoint worked alongside Erica to ensure she could continue receiving support.

"Not everybody has the resources," Erica shared. "Anchorpoint has been a place where I feel like I've been heard and valued as a person, not just a number or a dollar sign."

Because of generous supporters like you, Erica has never had to choose between her financial well-being and her mental health. She shared a message for the donors who make counseling accessible for families like hers:

"Thank you. I truly mean it from the bottom of my heart. I needed to be here. I wouldn't have made the progress that I have if I had to stop because of money. You're bringing hope and light and love to people who need it, and I'm so grateful."

YOU CAN HELP MORE FAMILIES
LIKE ERICA'S BY GIVING ON AUGUST 4!
YOUR GIFT WILL BE MATCHED BY INCENTIVE FUNDS



2026 #ONEDAY
CRITICAL NEEDS ALERT

SEE PAGE 6 FOR MORE INFORMATION

A FOUNDATION FOR THE FUTURE (Continued from front page)

Anchorpoint’s new facility is a welcoming place where all neighbors can access counseling services, connect with support groups, participate in educational workshops, and find resources that promote whole-person wellness. The building houses dedicated gathering spaces for community events as well as a clinical learning lab for counseling interns and residents, which will help grow the next generation of mental health professionals.

While the move provides additional offices, meeting rooms, and gathering spaces, the true purpose of this building extends far beyond square footage.

Every room was created with people in mind—children working through anxiety, parents navigating life’s challenges, seniors seeking connection, and individuals taking courageous steps toward healing.

As Anchorpoint steps into this new chapter, the organization is deeply grateful to the partners and supporters who are making this space possible. The Wellness Hub reflects a community that believes mental health care should be accessible, compassionate, and close to home. Every person who has supported Anchorpoint over the past 60 years has played a part in bringing it to life.

COMMUNITY OPEN HOUSE
SATURDAY, AUGUST 29
9:00 AM-12:00 PM
8250 BABCOCK BLVD
PITTSBURGH, PA 15237


SCAN TO RSVP

VISIT ANCHORPOINT’S NEW LOCATION!

Tour our new space, meet the Anchorpoint team, & see firsthand how the Anchorpoint Community Wellness Hub will help more neighbors access affordable mental health care and support when they need it most.

READ OUR LATEST BLOG POST ONLINE AT [ANCHORPOINT.ORG/NEWS](https://www.anchorpoint.org/news):




SCAN TO READ

Remembering Through Music: How Songs Can Heal And Connect Us

By Lisa Thurber, Master’s-Level Counseling Intern



Living generously helps others while benefiting your own mental and spiritual health. The “Inspiring Generosity” series tells stories of supporters like you. May they inspire you to live generously!

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.” -Philippians 2:3-4 (NIV)

For some people, generosity is a lesson learned early in life. For Anchorpoint Board Member Jim Ogle, it was something that grew gradually over time.

In fact, Jim admits that for much of his life, he was focused on building a career, raising a family, and meeting life’s daily demands. While generosity was present around him, it wasn’t until the last 15 years or so that he began to view it as a central part of his life.

“To me, generosity is focusing on doing things that are bigger than myself,” Jim explains. “It’s finding ways to help those in need and going above and beyond the normal focus on ourselves.”

And generosity isn’t limited to financial giving. For Jim, sometimes it looks like making a phone call, helping a neighbor, or simply taking the time to acknowledge someone who needs a smile.

Jim once experienced an act of kindness that left a lasting impression: while navigating a difficult chapter in his life, he received an unexpected card in the mail from a close friend. The card included a thoughtful message that things were going to be okay. The simple gesture reminded him that someone cared enough to reach out.

“I thought to myself, ‘wow, who would even do that?’” Jim recalls. “That sort of set the standard for me. I told myself, ‘Jim, you should be more like that.’”

Experiences like that inspired Jim to become more intentional about showing kindness to others. He finds joy in small acts of service that many people might overlook. Recently, he stopped to help an 80-year-old woman replace a smoke alarm battery. “It was the highlight of my day,” he says with a laugh.

“If I think about happiness and the goal to live a happy life, I think that happiness truly comes from helping others,” Jim says. “I’m much happier when I’m serving others rather than when I’m serving myself.”

As a longtime board member of Anchorpoint, Jim has witnessed firsthand how access to mental health support can change lives. It motivates him to give his time, talents, and financial support to the organization.

At its core, however, Jim believes generosity really isn’t about money at all: “It’s about thinking less about yourself and more about others,” he says.

Whether it’s a gift, a helping hand, or support for a mission that changes lives, Jim believes every act of generosity has the power to brighten someone’s day. After all, as Jim has discovered, the greatest gift generosity often provides is not what it gives away, but the joy it creates in return.

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



Jim and his partner Lale, whom he credits with teaching him so much about generosity over the last decade.

IT ONLY TAKES #ONEDAY TO CHANGE HUNDREDS OF LIVES

YOUR ONLINE DONATION WILL BE INCREASED BY INCENTIVE FUNDS ON TUESDAY, AUGUST 4TH FROM 8:00 AM - 11:59 PM

**DONATIONS MAY BE PRE-SCHEDULED STARTING THURSDAY, JULY 30TH*

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.

Every dollar you give to Anchorpoint on Tuesday, August 4 will go further thanks to The Pittsburgh Foundation's commitment of incentive funds to every online donation received on #ONEDAY:



YOUR DONATION SERVES:



YOUR INCREASED DONATION SERVES:



YOUR TOTAL IMPACT:



(increased by The Pittsburgh Foundation)



SCAN TO GIVE
ON AUGUST 4

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

EVERY GIFT IS A LIFELINE TO NEIGHBORS IN NEED!

REGISTER NOW

**FRIDAY, SEPTEMBER 11TH
AT OLDE STONEWALL GOLF CLUB**

412-366-1300

ANCHORPOINT.ORG/GOLF

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



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