



Center for Community Counseling

FALL 2016 NEWSLETTER TRANSFORMING LIVES & HEALING RELATIONSHIPS

Message from the Director: Great News!

We are pleased to announce that the trustees of The Collins Foundation approved a challenge grant of \$10,000 to the Center for Community Counseling!

The Collins Foundation is an independent, private foundation that was created in 1947 by Truman W. Collins Sr. and other members of the family of E.S. Collins. The Foundation exists to improve, enrich, and give greater expression to humanitarian endeavors in the state of Oregon and to assist in improving the quality of life in the state.

This tremendous opportunity allows us to continue to provide affordable mental health services in our community. If you want to make a difference, donate now and The Collins Foundation will double your impact! The match is 1:1 with new and increased gifts from individuals and business contributions. We hope you will take advantage of this exciting chance to have your donation

continued on page 2

Jen's Story

Jen was a young child when she was abused by a family member. It took her 5 years to tell anyone what she'd experienced. She was scared and ashamed about what happened and didn't know where to turn.

Looking back, she feels she lost her childhood. When her mother found out about the abuse, she moved Jen and her two younger siblings to Eastern Oregon. No police or child welfare reports were made.

While relieved to be out of reach of her abuser, new troubles arrived as her mother struggled to make ends meet. She found various motel rooms for them to stay in, worked long hours, and relied on Jen to take care of her siblings. Jen would make sure they made it to school every day and purchased food at the mini-mart with the money her mother gave her. She was diligent and courageous, and although plagued with nightmares and guilt, she held out hope that a better life was just around the corner.

Indeed, Jen grew up and had a family of her own. When her husband died unexpectedly, she returned to Eugene, reconnected with family members, and found a job in motel management.

As time went on, she stated that her childhood memories "had a dreamlike quality and questioned whether she was truly abused." Everything changed after the revelation that the same



continued on page 2

Director's Message

continued from page 1

matched dollar for dollar. The grant deadline is December 1st.

Here's how it works:

For current donors, The Collins Foundation will match your increased gift. If your previous gift was \$200 and you give \$300, \$100 will be matched = \$200!

For new donors, your whole donation will be matched! Your \$250 donation becomes \$500!

Do you own a business or does your employer have a business match program? We would be happy to explain the process to new friends in the business community!

Contribute today to make sure we can match your gift for the greatest impact. Your generosity helps make our community healthier, safer and stronger through professional, accessible, affordable mental health services. Please take a moment and read Jen's Story. This is how your contribution supports our long mission of Transforming Lives and Healing Relationships.

We couldn't do it without you, and for that we are most grateful.

Melissa

Jen's Story

continued from page 1

person who abused her daughter after a rare visit to his home. Jen was devastated. She told her counselor that she allowed her daughter to visit the abuser because many years had passed, she thought the abuse was specific to her, that she was the only target and therefore, somehow at fault.

Jen contacted law enforcement then immediately sought help for her daughter and herself. Through individual services at CCC, Jen has worked through her trauma issues. Plagued with anxiety, guilt and depression, Jen said life became a "Pandora's Box for awhile, with no part left unturned, everything came out. I don't totally understand why, but I still found hope. I found a fragment of belief in myself as a person and a mother. When I first started going to therapy, I'm not sure how I managed to carry myself through the door. The pain was immense."

Jen continues therapy at CCC and CCC also provided outreach and referral to another agency so her daughter could participate in a group for children.

Jen states "the gift in the wound was finding me. My hopes and dreams had been shattered by abuse and loss. My counselor helped me remember my goals and think critically about what was preventing me from achieving those goals. She helped me understand that I am already a good person, even with all I've experienced. I wouldn't be living the life I enjoy today-an abundant life-if it wasn't for the counseling I received from my CCC counselor."





Join the Match!

Double or even triple the impact of your donation to CCC!

The Collins Foundation has generously agreed to match all new and increased gifts for CCC's fall appeal. Your gift makes a direct and lasting impact on the lives of others. And, now you can have the chance to double it!

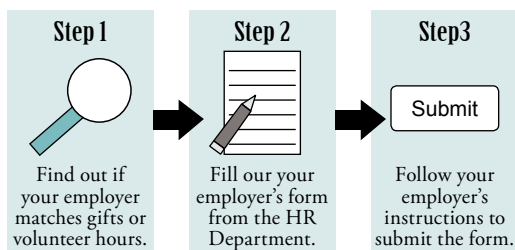
Ways to Give

- Online – go to www.ccceugene.org and click the donate now button. You can click here--> [DONATE NOW](#)
- Cash/Check – use the enclosed remit envelope. Make checks payable to CCC.
- Automatic Bank withdrawal – please send a voided check. Agreement form will be mailed to you.
- Stocks/Securities – please call 541.344.0620 to make your gift.
- Make a Pledge – please use the form below and mail back in the enclosed remit envelope.

Triple Your Donation

Many employers sponsor matching gift programs and will match any charitable contributions or volunteer hours made by their employees. To find out if your company has a matching gift policy, simply ask your HR department.

If your company is eligible, request a matching gift form from your employer and send it completed and signed with your gift. We will do the rest. The impact of your gift to the Center for Community Counseling may be doubled or possibly tripled! Some companies match gifts made by retirees and/or spouses.



Pledge Form

Name: _____ Address: _____

Email: _____ City, State: _____

Pledge Amount: \$ _____ Zip: _____

Starting in January 2017, invoice me: ☐ Monthly ☐ Quarterly ☐ Semi-Annually

Please send the bill to the above ☐ address or ☐ email



Donor List - March 15, 2016 to September 8, 2016

We understand that people donate to CCC at different times of the year and we always appreciate your donations. Any donations made after September 8th will be listed in our Spring 2017 Newsletter.

\$10,000+

PacificSource Charitable Foundation
United Rotary Clubs of Lane County

\$5000-\$9999

Erika Leaf & Chris Meeker
Reser Family Foundation
Spirit Mountain Community Fund

1000-4999

Pam Love & George Koris
McMenamins North Bank
Ken & Kenda Singer
Michael Stalker, CFA/MCS Family Wealth Advisors

500-999

Laurel Anderson ~ in kind
Rick & Kenny Friedrich
John & Karen Lawrence
Life Cycle Bike Shop ~ in kind
The Pearl Day Spa
Nancy Raymond
The Businesses of George Rode ~ Euro-Asian Auto, Autohaus & Stadium Automotive
Alvin Urquhart
Weyerhaeuser
Zirkle, Long & Quimby, LLC

150-499

Len & Janet Calvert
Broadway Apothecary
Margaret Campbell
The Kiva ~ Melissa & George Brown
Patricia & Thomas Hasbach
High Pride Detail ~ Mike Schell ~ in kind
Kathy Hoeg ~ in kind
PDI, LLC ~ Mark Lindberg ~ in kind
Garey & Kathleen Mark
Karen McCowan
Johan & Emel Mehlum
Jean Names & Gary Cross
Ninkasi Tasting Room
Northwest Ecotherapy ~ Patricia Hasbach, PhD
Virginia S. Prouty
Ken Ross
Shamrock Flowers & Gifts ~ in kind
Sheppard Motors
Sunshine Limo ~ in kind
Melissa & Steve Thomas
Valley River Inn ~ in kind
Willie & Priscilla West
James & Sarah Weston
Tom & Linda Whitehead
Pam Whyte & Ron Saylor
The Richard E. Wildish Community Theater ~ in kind
Michelle T. Wyatt

100-149

Christina Armstrong
Vern Arne
Judith Baldwin
MB Barlow
Carolyn Benedict
Raymond & Sheila Broderick ~ in kind

David & Jean Campbell
Dan & Valerie Close
Jonathan & Georgia Davies
Sadie Dressekie
Feisty Fudge ~ Ken & Sarah Harris
Kastle Hill Wines ~ Monika Rauch ~ in kind
Carol Kirkpatrick
Marylyn Klein Larsen
Susan Norris
Techna Print ~ Eric Pearson
Sharon & Michael Posner
Nancy Raymond
John & Carole Ann Rutledge
Herb & Bonnie Severson
Sheila & Gary Timm
James & Barbara Walker
Barbara West
Jim & Linda McCarthy
Jeanne-Marie Moore
Gary & Iris Moye ~ in memory of Dan Klinghammer
Julie Parker & Dave Davis
Kamala Quale
Ellen Rifkin
Diane Schechter
Patty Henry-Schneider
Jane Souzon
Rick & Janet Starr
Randall Streets
Betty Taylor
Melissa Thomas ~ in kind
Anne Hohenemser
Steven Rolnick
Lesley Sabini ~ in memory of William Christgau
Diane Schechter
Rick & Janet Starr
Sweet Life Patisserie ~ in kind
Mike Thomas
Francis Waresak
Stacey Westover
Leora White

Up to 99

Helen Guy Anderson
Laurel Anderson
Diane Andrews
Leah Be
Mick & Betsy Blum
Lee Boutell
Ben Brubaker
Lynne Burley
Margaret Campbell
Pat Corbin
Gary Cornelius
Karen Edla
Audrey Erickson
Richard Freund
Anne Gaudette
Kate Gillespie
Barbara Hemphill
Leah Hickson
Drew Johnson & Diane Moen
Nancy Larsen
Catharine Lindsley



Jon Davies has joined the CCC Board of Directors. He is a retired UO professor and Director of the McKenzie River Men's Center – a program of CCC.



CCC Awarded 'Volunteer Team of the Month'

Congratulations go to CCC volunteers who were selected as the winner in the team category in the Volunteer of the Month program by Community Leaders Together!

CCC received a winner's certificate and a copy of the full-page announcement that was showcased in *The Register-Guard* newspaper. On the application, Melissa Thomas wrote about our volunteers, "My primary reason for nominating our team of volunteers



is because they are so generous with their time and expertise. They quietly and diligently go about their important and life-saving work with our clients to help them

make the changes in their lives they so desperately desire. Our clients would not receive the services they seek without our volunteers, it is that simple."

Thank You to Our Volunteer Counselors

Karyn Aho, PhD
Katelyn Anderson, BA
Rachel Andrews, MSW
Jim Arnold, MS
MB Barlow, LCSW
Carolyn Benedict, LCSW
Derrick Bines, BA
Pam Birrell, PhD
Paul Bolle, LMFT
Ray Broderick, LMFT
Anita Browning, EdD
Nicole Brule, PsyD
Catherine Burke, LMFT
Lynne Burley, LPC
Zem Chance, MFT
Michelle Chaves, BA
Sasha Chernoff, PhD
Sari Coven, BA
Chuck Craytor, MA
Victoria Daniels-Miller, LCSW
Jon Davies, PhD
Megan Driscoll, MA
Arthur Edelmann, PhD

Jess Farrar, MA
Julia Fishwick, BS
Dana Fleming, MSW
Grace Fletcher, MA
Nancy Fletcher, MA
Michelle Fong, MS
Kris Funk, LCSW
Jennifer Gomez, MS
Carol Goodman, RN, LPC
Lori Haymore, BS
Nina Hildago, MS
Peggy Heltman, LCSW
Jeni Hinton, LCSW
Polly Jamison, PhD
Denise Jessup, LMFT
Allan Kluber, MS
Avonelle Kluessendorf, PhD
Patricia LaFrance, MA
Sabin Lamson, MS
Robert Lea, MA
Jill Leffingwell, LCSW
Susan Levine-Friedman, LCSW
Jessica Linscott, MS

Bryna Livingston, LCSW
Mary Beth Llorens, PhD
Becky Loving, MS
Joy Lum, PhD
Wendy Maltz, LCSW
Matt Manser, BS
Jennifer Mauro, PhD
Janine McGraw, MS, MFT
Bree McKenzie, MA
Karen McKenzie-Alexander, BA
Mike Meyer, LCSW
Becky Meynell, BA
Susan Norris, PhD
Sally O'Donnell, LCSW
Mark Oldham, LCSW
Aleksandria Perez-Grabow, BA
Steve Pethick, PhD
Paula Prober MS, LPC
Sara Rabinovitch, BA
Nancy Raymond, MS
Brenda Reed, LPC
Emily Reich, BA
Gail Richards, LCSW

Ellen Rifkin, LCSW
Patty Henry Schneider, MS, LPC
Audrey Schwartz, MSW
Nancy Scott, LMFT
Ryan Scott, PhD
Rachel Shepard, PhD
Linda Sherman, PhD
Carly Smith, MS
Jill Smith, MS
Sally Louise Smith, LCSW
Cori Taggart, LPC
Shin Shin Tang, PhD
Jon Talebreza-May, LCSW
Nancy Taylor Kemp, PhD
Priya Thiele, LPC
Melissa Thomas, LPC
Carmelita Thomson, LCSW
Yolanda Valenzuela, MS
Leora White, MS
Karen Wickham, LCSW
Keith Wohlberg, MA
Jill Wolf, MS
Marc Zola, LMFT





PHOTO COURTESY OF SHEILA WALLACE

Comedians perform with CCC volunteer at the 4th Annual Comedy Benefit.

Comedy for a Cause a Success!

CCC held our 4th Annual Comedy Benefit at the Wildish Theater in Springfield. The event was spectacular with great food, great comedians, tons of laughter and all for the great cause of making counseling accessible and affordable for everyone in our community!

Thank you to all who came out to attend the event and for your generous support! We could not do what we do without you!

Thank you to all of our wonderful sponsors who made the event possible and to everyone who helped to

make the event a success!

Be sure to stay tuned for Comedy for a Cause 2017. You won't want to miss it!

Director's Circle Sponsors: Pacific Continental Bank, The Pearl Day Spa, The Richard E. Wildish Community Theater, Weyerhaeuser, The Volunteer Clinicians of CCC, Zirkle, Long, Quimby CPA's, The Businesses of George Rode – EuroAsian Automotive, Autohaus and Stadium Automotive

continued on page 7

With Gratitude...

Foundation Partners

Coquille Indian Tribe
Haugland Foundation
McKay Family Foundation
PacificSource Charitable Foundation
Peacehealth
Reser Family Foundation
Spirit Mountain Community Fund
United Rotary Clubs of Lane County
Walters Family Foundation

Thanks To Our 2016 Office Volunteers

Patricia Christgau
Shirley Collard
Anne Harris
Kathy Hoeg
Jim Horton
Marylyn Klein Larsen
Nancy Raymond
August Sabini
Rose Sabini
Alexys Smith



Comedy for a Cause

continued from page 6

Actor's Circle Sponsors: The Kiva, Sheppard Motors, Broadway Apothecary, Northwest Ecotherapy: Patricia H. Hasbach, Ph.D.

Thanks to the Fabulous Comedians: Cress Bates, Mike Coletta, Leigh Anne Jasheway, Dax Jordan, Monica Nevi, Beth Pinkerton, Bri Pruett and 94.5 MIX FM Liz & Reilly

Special Thanks for the In-Kind Donations to: Ninkasi Brewing, The Shamrock Flowers & Gifts, Kastle Hill Wines – Monika Rauch, High Pride Detail – Mike Schell, Laurel Anderson, Steve and Melissa Thomas, Bi-Mart Corporation, Life Cycle Bike Shop, Sheppard Motors, Valley River Inn, PDI, LLC – Mark Lindberg, Carolyn Benedict, Len Calvert, Kathy Hoeg and Feisty Fudge – Ken and Sarah Harris

And Thank You to All Those Who Helped Make the Comedy Benefit a Success: Laurel Anderson, Carolyn Benedict, Ray Broderick, Len Calvert, Nicole Canizales, Dominic, Megan Driscoll, Dan Egan, Erin Gould, Kathy Hoeg, Stewart Hoeg, Tami Howard, Jamie Koleno, Mark Lindberg, Mike Meyer, Nick Nelson, August Sabini, Lesley Sabini, Rose Sabini, Alexys Smith, Michael Stalker, Marc Steinbaugh, James Thomas, Melissa Thomas, Steve Thomas, Faith Quimby, Shelia Wallace, Leora White and Ashlee Wiese



*Liz and Reilly
emcee at the
fundraiser, top.
At right, Bri
Pruett performs.*



PHOTOS COURTESY OF SHEILA WALLACE

Save the Date for CCC's 5th Annual Comedy Benefit! Saturday, April 22nd, 2017 at the Richard E. Wildish Community Theater.



MCS 

Family Wealth Advisors

Managing Risk to Increase Wealth®

Proud Sponsor of the Center for Community Counseling Newsletter

360 East Tenth Ave. / Suite 200
Eugene, Oregon 97401

» mcsfamilywealth.com
541.345.7023





Center for
Community
Counseling

1465 Coburg Road
Eugene, OR 97401



*It's easy to make
donations by credit card
at the Center's website:
www.cccceugene.org*



Find us on
Facebook

NONPROFIT ORG
US POSTAGE
PAID
EUGENE OR
PERMIT NO. 299

TRANSFORMING LIVES & HEALING RELATIONSHIPS

Staff

Melissa Thomas, Executive & Clinical Director, melissa@cccceugene.org
Lesley Sabini, Office Manager, lesley@cccceugene.org
Grace Fletcher, Development Program Manager, grace@cccceugene.org

Center for Community Counseling Board of Directors

Ray Broderick, LMFT, President
Erin Gould, JD, Vice President
Patricia Hasbach, PhD, Secretary
Faith Quimby, CPA, Treasurer
Carolyn Benedict, LCSW
Len Calvert
Dan Egan
Jon Davies, PhD
Nick Nelson
Tom Hamby, RN, Advisory



Center for
Community
Counseling