



Center for Community Counseling

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541.344.0620



FALL 2024 NEWSLETTER TRANSFORMING LIVES & HEALING RELATIONSHIPS

Thanks to Our Friends at St. Thomas

Smiling St. Thomas volunteers gathered to tidy up the landscaping and repaint the trim at the Center for Community Counseling. Many thanks to the St. Thomas Episcopal Church's Building and Grounds Committee for organizing this event to beautify our home. This care of the property and campus helps clients feel welcomed and reflects the care of the services provided within our walls. We are so grateful for the work that was put in by all, and look forward to joining you for the next project!

If you are interested in joining the next work party, please email counseling@ccceugene.org.



Volunteer Tea Party is Moving to Spring!

Our annual Volunteer Appreciation Tea Party is moving from the fall to Friday, May 2, 2025. Bring your loved ones for an afternoon of tea, delicious food, and connection with friends. This annual event recognizes the dedication of all our volunteers, without whom we would not be able to provide essential services to our community.

We are pleased to be honoring Leora White, LPC, as our 2024 Volunteer of the Year! Leora, a long-time member of CCC, continues to support our mission through her service to clients through groups and as a supervisor and mentor to new clinicians.

We hope that all supporters of CCC will join us in celebrating this spring! For more information, please contact nasim@ccceugene.org.

Dear Debbie

I prefer to donate to causes that support the wellbeing of parents and children. How does CCC help families or people with traumatic childhoods?

Dear Reader,

At the Center for Community Counseling, we believe in the power of transformation and the strength of the human spirit. I want to share a story that illustrates the profound impact of our services on individuals striving to break the cycle of trauma and create a brighter future for their families.



Deborah Saunders

Sarah, a devoted mother of two, grew up in an abusive household. For years, she carried the weight of her past, grappling with the emotional scars that shaped her childhood. Determined to provide a different life for her children, Sarah sought help at CCC, hoping to heal from her trauma and to provide her children with a safe and loving home. In her journey with us, Sarah has confronted the painful memories of her past while learning valuable coping strategies and parenting skills. Through individual counseling sessions, she discovered not only the tools to address her trauma, but also the importance of self-compassion and resilience.

Sarah's story is just one of many that highlight the critical need for counseling services in our community. Each year, countless families face similar challenges, and we are proud to offer accessible services so local families can find healing and support. To continue providing these essential services, we rely on the generosity of our community. As we look ahead to the upcoming year, we invite you to join us in our mission. Your donations can make a significant difference in the lives of families like Sarah's. With your support, we can expand our programs, reach more individuals in need, and help break the cycle of trauma for future generations. Together, we can create a community where every family has the opportunity to heal, grow, and thrive. Please consider making a donation to the Center for Community Counseling. Your support is vital in helping us continue our work, and empower families to build a brighter future.

Thank you for standing with us in this important mission. Together, we can change lives, one story at a time.

For more information on how to donate or get involved, visit our website or contact us directly at 541-344-0620. Your support matters!



WANT TO DONATE TO SUPPORT CCC?

Scan the QR code to get taken directly to our new, secure donation site.



Thank You to Our Volunteers

Sarah Ammar, MA

Pam Birrell, Ph.D.

Miranda Borka, CSWA

Nichole Chaney, Student Intern

Brittany Chapman,
Student Intern

Elise Colasurdo, Student Intern

Rick Cummings, LPC

Cilka Daniels, Student Intern

Jennifer Devault, LPC

Andy Duffield, Student Intern

Esther Freinkel Tishman,
Student Intern

Rick Friedrich, MD

Alex Garver, Student Intern

Jamyn Gavello, LCSW

Jessica Haymaker, LCSW

Lori Haymore, LPC

Valina Jacksonberger, Student
Intern

Jan Jamieson, LCSW

Polly Jamison, Ph.D.

Emmett Kaiser, Student Intern

Ari Kosel, Student Intern

Tricia LaFrance, LPC

Jane Lincoln, LCSW

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Volunteers

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Samantha Martinez, LPC

Amy May, LCSW

Zoza Oberle, CSWA

Gene Obersinner, LCSW

Jennifer Owen, CSWA

Michelle Perez, Student Intern

Juliana Picard, Student Intern

Alayna Pilney, Student Intern

Amy Reiss, Ph.D.

Robin Samora, LCSW

Christy Sheerin, LCSW

Karen Simas, CSWA

Jamie Souza, Student Intern

Cori Taggart, LPC

Jon Talebreza-May, Ph.D., LCSW

Shin Shin Tang, Ph.D.

Carolyn Taylor, LMFT

Janet Taylor, LMFT

Chris White, MD

Leora White, LPC

Lauren Wilson

Whitney Whiting, Student Intern

Virginia Wright-Johnson, Student Intern

Ask Nasim

I am feeling worried about the future of our country. I have lost friends in the last few years and find myself easily irritated and anxious. I am tired of political ads, but find myself constantly scrolling to keep up with the headlines. What should I do?

Dear Reader,

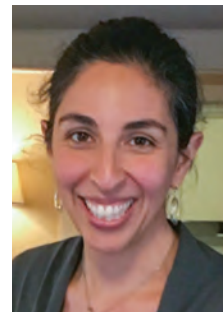
Election years are tough and the events concerning the front runners of each party in August have created a political environment that may surpass previous election cycles in the extreme feelings and reactions we have.

You are not alone in your feelings. According to a *New York Times* poll, 1 in 5 voters reported that they felt a close relationship was hurt due to differing political views. The stress we feel from the sense of hopelessness or fear of the “other side” can increase our symptoms of anxiety and depression. The 24-hour access to news, whether through a news outlet or social media, keeps us on edge. In fact, the term “doom-scrolling” has been coined to describe this exact phenomenon.

The good news is that we can take back control of our lives and relationships. Not all of these ideas will appeal to you, so I encourage you to concentrate on what may bring you the most relief for the next couple of months. If a sense of connection to others is important to you, considering that those with a view different from yours have valid thoughts, values and feelings could be one place to start. Although we may see a different path for the country, the “other side” is often made of friends and family who we still share commonalities with that can be fostered until we are ready to hear the reasons for those beliefs that seem in stark opposition with ours. Sometimes, you may discover that safeguarding your wellbeing will unfortunately mean ending relationships with those who are committed to beliefs that you find harmful or don’t align with your values.

When it comes to the information we take in, this is the best place to set boundaries. Choose times of the day that you will search for news about the elections, preferably not within two hours of waking up or going to bed. Look for reliable news sources that offer a wide range of views and balanced reporting. If you have an intense emotional reaction to a story, it may be a time to explore what emotions are coming up for you and why. Before sharing with others, have you fact-checked the story with reliable sources?

As part of our low-barriers model, CCC does not diagnose clients, but rather supports them in addressing their concerns and working towards their personal growth goals. If you are in need of support, we can match you with a counselor who can be a useful sounding board during this time of intense emotion.



Nasim
Talebreza-May



Dueling Pianos Fundraiser - February 8th

The highly anticipated second annual Dueling Pianos fundraiser for the Center for Community Counseling is just around the corner, and excitement is in the air! Following the tremendous success of last year's event, which attendees hailed as the "best fundraiser they've ever experienced," this year promises to be even more spectacular.

Set to take place at the welcoming Unitarian Universalist Church In Eugene, the evening will be filled with delightful entertainment, delicious food, and a spirit of camaraderie. Guests can look forward to an enticing selection of beer, wine, and non-alcoholic beverages along with a variety of mouth-watering appetizers to keep the energy high and the spirits lifted. One of the highlights of this year's event will be the silent auction, featuring a range of unique items and experiences that attendees can bid on. This is not just an opportunity to snag something special; it's also a chance to support a cause that makes a difference in our community. Additionally, the paddle raise promises to be an exciting segment of the evening, encouraging generosity and showcasing the community's commitment to supporting mental health services.

Guests are encouraged to come ready to sing, dance, and participate in the musical fun. Whether you're a seasoned performer or someone who just enjoys a good tune, this event is designed to be inclusive and entertaining for all.

The Center for Community Counseling plays a crucial role in providing mental health support to those in need. Fundraisers like this not only raise essential funds but also foster a sense of community and awareness about the importance of mental health services. So mark your calendars and gather your friends for a night of joy, laughter, and philanthropy. The Dueling Pianos fundraiser is more than just an event; it's a celebration of community spirit and support for a cause that matters. Join us for an unforgettable evening, and let's make this year's fundraiser a resounding success!

*Winter is an etching, spring
a watercolor, summer an
oil painting, and autumn a
mosaic of them all.*

– Stanley Horowitz

Thank You to Our 2024 Dueling Piano Volunteers

Aaron Fischer

Judy Garwood

Claire Haack

Ryan Haack

Doug Mozan

Jill Munro

Zoza Oberle

Jordan Saraceno

Hannah Schneider-Lynch

Trish Surface

And special thanks to our
Master of Ceremonies Brandon
Kamerman!



Siletz Tribes Support CCC

We are thrilled to announce a generous donation of \$10,000 from the Siletz Tribal Charitable Contribution Fund, marking a significant milestone for CCC as we embark on this new partnership. This contribution will play a vital role in helping us expand our outreach to underserved communities and allow us to

continue supporting those who need it most. We are incredibly grateful for the Confederated Tribes of Siletz Indians' commitment to making a difference in our community, and we look forward to working together to create lasting positive change. Thank you for your invaluable support!



Grants received from August 1, 2023 to September 19, 2024

Many thanks to the generous donors that gifted CCC with grants since August 1, 2023. We are so grateful.

Barbara Bowerman Fund of Oregon Community Foundation

Callan Family Fund of the San Francisco Foundation

Candace Callan Fund of Oregon Community Foundation

Chambers Family Foundation

Clio Fund of Oregon Community Foundation

Confederated Tribes of the Siletz Indians

Coquille Tribal Community

Cow Creek Umpqua Indian Foundation

Episcopal Bishop Of Oregon

Eugene Active 20-30 Club #920

Haugland Family Foundation

Mehlum Family Foundation

PacificSource Foundation

R.W. Family Fund of Oregon Community Foundation

Walters Family Foundation

Weyerhaeuser

Woodard Family Foundation

A Fond Farewell to Susan Ban

As we bid farewell to Susan Ban, we reflect on her remarkable 28 years as the Executive Director of Shelter Care in Eugene and her invaluable contributions to the CCC Board of Directors. Susan's unwavering passion for community partnerships has left an indelible mark on our organization. Her wise counsel was sought and cherished on countless occasions and she will be greatly missed! We are grateful for her dedication and leadership, and we wish her all the best in her future endeavors.



Susan Ban



We are proud to support CCC and all its work.

Learn how your business can support CCC, too.

powerdesignintl.com



Donor List - August 1, 2023 to September 19, 2024

We understand that people donate to CCC at different times of the year and we always appreciate your donations. Any donations made after September 19th will be listed in our Fall 2025 Newsletter.

\$5000 & Up

Anonymous
Alan Yordy & Joan Kropf

\$2500-\$4999

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Vern Arne*
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Powers, Howard, Quimby LLP

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Michael Mooser
Janet Moursund
Doug & Barbara Mozan
Jean Names & Gary Cross
Jeffrey Nelson
Pam Newhouse
Marta Powers
Ronald Rourke
Ursula Schneider*
Ken & Kenda Singer
Whitney & Tyler Whiting

\$250-\$499

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Janet & Robert Barnes
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Mary Llorens & Howard Newman
Susan Norris
Laramie & Theodore Palmer
Amy Steckel & Randy Bernstein
John Tamulonis
Tom & Linda Whitehead
Pamela Whyte & Ron Saylor

\$100-\$249

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Christina & Mark Svarverud
Ellen Thomas
Alvin Urquhart
James & Barbara Walker
Mary Maggs Warren
James & Sarah Weston
Jill Wolf
Tom Woxell
John & Emilie York

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** Recognizing our Legacy Society Contributors*



A Call for Clinical Volunteers

As the need for mental health services continues to grow, so does our need for volunteers. Currently the demand is high and we are looking for new professional volunteers. Being a volunteer not only helps meet the needs of our clients, but our volunteers reap the rewards of volunteering as well. Here are some examples of what has drawn volunteers to CCC in the past.

Direct Client Contact

Working towards your LPC, LCSW, or LMFT? Need additional direct contact hours? CCC is a wonderful place to gain some additional hours while serving your community. Come join our team of dedicated professionals as you move towards full licensure.

Pro-Bono Work And Social Justice

You often hear mental health professionals say, "I didn't go into this field for the money;" however the demands of life, non-discrimination policies, and insurance make it challenging for clinicians to do the pro-bono work which is part of a Social Worker's value system. Laws require that the same fee structure is provided for every client in an agency, which limits private clinicians ability to provide pro-bono or sliding scale services to a few clients while maintaining their livelihood through the rest of their clients. This is where CCC can help. As a licensed clinician your CCC caseload can be as low as ONE client, allowing you to support your community and be the therapist you want to be.

Trainings And Networking

We recognize the loneliness of this profession. As such, clinicians at CCC enjoy the networking and support that comes with our model of being client and clinician centered. Join us for training, celebrations, art expression experiences, and case consultation.

"Keeping One Foot In"

Going into retirement, but not ready to leave it all behind? Consider a semi-retired license with CCC. Keep what you love: seeing clients, and leave the billing and administrative stressors behind. Help inspire the next generation of professionals with your experience and dedication to the field.

If you or someone you know is interested in making a difference in our community by becoming a clinical volunteer with the Center for Community Counseling, please call us at 541-344-0620 or email our Clinical Manager at nasim@ccceugene.org.

Join Our Board of Directors

We are actively seeking enthusiastic individuals to join our board and contribute to our mission of serving the community. If you are passionate about making a difference and want to be part of a dedicated team, we would love to hear from you. Please reach out to debbie@ccceugene.org for more information.

Donors *continued from page 6*

Up to \$99

Mary Anderton

Mary Arendt

Francis Aufort

Ryan & Stacey Baker-Fones

Peggy Campbell

Al & Caroline Coddington

Jon Davies

Debby Engle

Thomas & Martha Greaney

Laurie & Peter Gribskov

Kathryn & Herbert Hahn

Handel's Homemade Ice Cream

Peggy Heltman

Betty & James Hemmingsen

Barbara Hemphill

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Mary B & Josh Hinman

Mary Hinman

Esther Jacobson Tepfer & Gary Tepfer

Janeo Jewelry

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