We are pleased to announce that a private donor has approved a $10,000 challenge match funding opportunity for the Center for Community Counseling! This private donor, a friend and supporter of CCC, wrote the following statement:

What kind of a community would you create if you could design it? Dream with me: pause for a moment, and allow some images to arise.

You might envision people sharing, sustaining each other, laughing together, bonding in common purpose; teaching each other from their unique skills and experiences; building connections that sustain the individual heart and the strength of family.

I know CCC as a place that builds this vision, one person at a time, through the irreplaceable magic of human connection.

Giving is a powerful way to create the community you want to see. I am proud to partner with this singular nonprofit, one that helps realize my dream of healthy, thriving, connected people who are liberated to express their varied gifts.

Please join me, if you share any of this dream, in making it a reality.

This tremendous opportunity allows us to continue to provide affordable mental health counseling services to those who need it the most. One of our clients recently shared: “After exhausting my mental health insurance benefits, I reached out to CCC. I had several major issues to work on and knew I needed long-term care. My counselor taught me new tools that were very appropriate and useful to my situation. She introduced me to mindfulness as a way to manage the intensity of my physical illness and symptoms of pain. The sliding scale allowed me to continue seeing my counselor when I would have had no other options. The results were immediate. I cannot imagine what my life would look like right now if I did not have the ongoing emotional support offered to me through CCC. The ripple effect means I have happier kids now, too! Thank you so much!”

Here’s the simple formula to join in the dream: your whole donation will be matched if given by December 1st! Your $250 donation becomes $500! It is that simple!

We hope you will take advantage of this heartfelt opportunity by December 1st to make our community healthier, safer and stronger through professional, accessible, affordable mental health services. Your tax-deductible contribution ensures continuation of our 39-year mission of Transforming Lives and Healing Relationships.

Melissa
Changing Anger Facilitator Retires After 22 Years

Since 1995, Cori Taggart has been facilitating the Center for Community Counseling’s Changing Anger for Parents class. Cori is retiring from this class and passing the baton to Leora White, MS.

In the 2001 CCC newsletter article Taming the Dragons, the following was written about the class: What can you do when your kids won’t follow your directions? When you’re so exhausted that one last request from your child threatens to “take you over the edge”? When you remember only threats, abuse and neglect from your own childhood and feel “clueless” to deal with the demands of parenting?” Hundreds of motivated parents have turned to this class to find answers, share resources and get support.

“In 2017, the total number of people who have been served by this class is in the thousands,” states Executive Director Melissa Thomas. “We are grateful for Cori’s 22-year commitment to our community.” As Cori notes, “Children of parents who attend the class will grow up with more positive role models for dealing with feelings, managing conflict and reducing stress. When parents change; many others are affected.” Melissa adds, “There is no doubt about the ripple effect of this class. It has, and will continue to have, a profound impact on the reduction of child abuse in Lane County.”

One defining goal of this class is to understand that anger is a natural, healthy emotion when constructively channeled, can become determination. Participants learn ways to increase the ability to respond constructively to feelings as opposed to an impulsive response. Cori states, “As a parent, you feel good about how you respond to stressful situations. Those responses are more effective in getting you the love, respect and acceptance we all want, deepening relationships and self-esteem.”

We honor Cori in her retirement from teaching this class. Cori’s compassionate, approachable style, knowledge and experience created an environment of growth and healing for many parents and care providers.

The class will continue under Leora’s leadership. Leora has been a dedicated volunteer counselor at CCC for over 7 years and we appreciate her carrying on the tradition of this class into the future!

A New Roof for the Center!

Our relationship with St. Thomas is vital to us and we are grateful for their long-standing support of the center. When the roof leaked last winter, there was damage to the ceiling in the conference room that also affected the overhead lighting. St. Thomas came to the rescue and was able to secure a grant from the Episcopal Bishop of Oregon Foundation to repair the ceiling and install new overhead lighting, replace the entire roof as well as rebuilding our back porch! Thank you, St. Thomas!
Join the Helping Hands Monthly Sustainers Group!

Why?
Because Sustainers provide CCC with a vital, stable funding stream that allows us to offer counseling to those who would not be able to afford it otherwise. Knowing we can count on your support enables us to plan classes, programs and services.

What it means.
Your donation means the opportunity to rebuild self esteem, heal from trauma, experience life without anxiety or depression and have a healthy relationship. Your donation means a healthier and happier life for someone wanting to heal and grow.

It's easy!
Simply fill out the form on the page and use the remit envelope to return to CCC with a voided check. Questions? Call us at 541.344.0620.

Can you be one of 30?
Our goal is to have 30 Sustainers by Jan. 1st. We are half way to that goal. Can you become one more and help us achieve our goal?

Become a Sustaining Member Today!

Authorization for Direct Payment via ACH

I authorize CCC to electronically debit my account as follows:

Automatically recurring donation of:

☐ $__________ on the _______ day of each month.

☐ One-time donation of $_________

Your Financial Institution:

________________________________________

Routing Number:__________________________

Account Number: _________________________

☐ Checking  ☐ Savings

I agree that Automated Clearing House (ACH) payments I authorize comply with all applicable laws.

I understand that this authorization will remain in full force and effect until I notify CCC that I wish to revoke this authorization. I understand that CCC requires at least 10 business days prior notice to cancel automatically recurring payments.

Name: _________________________________

Email: _________________________________

Address: ________________________________

City, State: ______________________________

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Signature: ________________________________ (required)

Date: _________________________________

*IMPORTANT! Please complete the above payment authorization form in its entirety, then cut along the dashed line and return the form to the Center in the envelope provided, along with a voided check from your account. At the Center for Community Counseling, we take your privacy and security very seriously. Your information will be securely protected, and will be used strictly for the purposes of setting up the direct donation.
Donor List - September 8, 2016 to September 8, 2017

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 Fall 2018 Newsletter.

$10,000+
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Stephen & Jayne Lovell McKay Family Foundation
PaciﬁcSource Charitable Foundation
Nancy Raymond
United Rotary Clubs of Lane County
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James & Helen Jackson
Nancy & Allen Kibbey
Marylyn Klein Larsen
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Carol Goodman is retiring from her role as Intake and Assessment Counselor. Thank you to Carol for her 12+ years of service to CCC. We appreciate her dedication to this important part of the counseling experience.

The Kiva - Melissa & George Brown
Karen McCowan
Johan & Emel Mehlum
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Gay Wayman
James & Sarah Weston
Leora White

In his honor, CCC has named our conference room The Dr. Rick Friedrich Group Room. We thank Rick for 25+ years of inspiration and dedicated service on the CCC Board of Directors.

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100-149
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continued from page 4
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5th Annual Comedy for a Cause a Hilariously Good Time!

The Richard E. Wildish Community Theater was once again host to CCC’s Comedy for a Cause Fundraiser. The evening was a spectacular success with delicious food, fantastic comedians, and tons of laughter! 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 cannot do what we do without you!

Thank you to all of our wonderful sponsors and in-kind donors who made the event possible and to everyone who helped to make the event a success! Comedy for a Cause 2018 is shaping up to be even bigger and better than 2017. Stay tuned - you won’t want to miss it!

Portland comedians Katie Nguyen, left, and Mohanad Elshieky, right, bring the audience to tears with laughter.


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Mental Health Conference Dec. 1-3

The Center for Community Counseling and The Eugene Friends of Jung present their fall mental health conference: Trauma and the Soul with Donald Kalsched, PhD. The conference will take place on December 1st, 2nd and 3rd. Please contact Melissa Thomas at CCC for registration information.

Thanks To Our 2017 Office Volunteers
Shirley Collard
Anne Harris
Kathy Hoeg
Jim Horton
Marilyn Klein Larsen
Nancy Raymond
Rose Sabini
Alexys Smith
Sylvia Taylor

Comedy for a Cause  continued from page 6

Actor’s Circle Sponsors: The Kiva, Sheppard Motors, Emge & Whyte, CPA’s Northwest Ecotherapy: Patricia H. Hasbach, Ph.D., Rick Satre & Suzy Morgan

Thanks to the Fabulous Comedians: Mohanad Elsheiky, Jennifer Lanier, Anthony Lopez, Katie Nguyen, Out of Our Mind Improv Troupe, Julia Ramos, and 94.5 MIX FM Liz & Reilly

Special Thanks for the In-Kind Donations to: The Shamrock Flowers & Gifts, Kastle Hill Wines – Monika Rauch, Laurel Anderson, Steve & Melissa Thomas, Bi-Mart Corporation, Sheppard Motors, PDI, LLC – Mark Lindberg, Carolyn Benedict, Kathy Hoeg, Jerry’s Home Improvement Center, Lagunitas Brewing Co., Sierra Nevada Brewing Company and Feisty Fudge – Ken and Sarah Harris

And Thank You to All Those Who Helped Make the Comedy Benefit a Success: Laurel Anderson, Virginia Anderson, Carolyn Benedict, Ray Broderick, Len Calvert, Anne Campbell, Martin Campbell, Debbie Cox, Jon Davies, Dan Egan, Pat Hasbach, Kathy Hoeg, Stewart Hoeg, Tami Howard, Leigh Anne Jasheway, Maya Leavitt, Mark Lindberg, Nick Nelson, Nicole Nelson, Faith Quimby, Shan Rimmey, August Sabini, Lesley Sabini, Rose Sabini, Alexys Smith, Marc Steinbaugh, James Thomas, Melissa Thomas, Steve Thomas, Leora White

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