



Anchorpoint Counseling Ministry

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Since 1966

Spring 2014 Newsletter

From a Grateful Heart Comes Appreciation

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~Leo Buscaglia

This past November, our executive director, Ron Barnes, delivered a sermon at Elfenwild Church, entitled “*The Grateful Heart*.” (visit the blog on our website to read it.) In this sermon he discusses the struggles and obstacles of cultivating a heart of gratefulness and the personal healing that comes from being grateful. One of the fruits of a grateful heart is that it allows us to be more loving and appreciative of others.

“Silent gratitude isn’t much use to anyone,” according to G.B. Stern. Take action. But, how? Have some of your attempts to show appreciation fallen flat? Would you like to show appreciation to the important people in your life and have it be received as you intend it? There are two books that might

be helpful and provide you with great insights into communication.

The first is *The Five Love Languages* by Gary Chapman. Several of our therapists, including Barbara Smith, suggests this book for couples in marriage counseling at Anchorpoint. Barbara says it has been an effective tool for communication.

The second is a similar book, the *Five Languages of Appreciation in the Workplace* by Gary Chapman and Paul White. This book recommends taking the time to learn the language of those whom you wish to appreciate in order to strengthen your important relationships. The authors share these as the five languages:

1. Words of Affirmation: Some people receive appreciation through your words. These people want and need to be affirmed through encouraging words. Negative words can be devastating.

2. Quality Time: People who accept appreciation through quality time want to spend time with you. They want your attention. If you are texting or emailing while spending time with them then

it will turn them off and cause negative feelings.

3. Acts of Service: Acts of service people are doers. Action speaks louder than words for them. They perform and that is how they show and accept appreciation. When you offer to do something and do NOT do it, it offends people who accept appreciation through Acts of service.

4. Tangible Gifts: People with this love language express their feelings and appreciation through giving and receiving gifts. It doesn’t have to be an expensive gift but it should be a meaningful one. Bake cookies, send a gift card to a favorite restaurant, or give another thoughtful token.

5. Appropriate Touch: Physical touch is important in your intimate relationship but you need to be more careful and culturally appropriate in other settings like the workplace. A handshake, fist bump, pat on the back, or high-five can express appreciation.

(Continued on the next page)



Formerly North Hills Youth Ministry Counseling Center

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504

www.anchorpointcounselingministry.org • 412-366-1300

Building hope and promoting healing and learning through faith-based counseling and support services

We have this hope as an anchor for the soul, firm and secure. - Hebrews 6:19

Counseling with Teens

My therapist understood what I was trying to tell her even when I didn't really understand. My experience was awesome.
- ACM Teen Client

Adolescence is often a stressful time. There is so much going on developmentally that it usually affects the entire family system. Teens are going through identity formation, relational skill building, comparing themselves to peers, learning what intimacy means, experimenting with different activities and involvements with different peer groups, beginning to think about a career, separating from their parents, and developing a religious belief system about life. Formal operational thinking is developed in the later teen years when they learn to argue their line of reasoning for their behaviors which can be enjoyable as well as very challenging for the parents and siblings.

The teen and family are going through many changes from intense joy and wonderment to intense pain and tragedy. ACM has been counseling with teens for over 48 years. We work from a systems point of view when counseling with the adolescent family. Counseling can help clarify needed boundaries, expectations, consequences, and strengthen the communication process which often becomes minimal and secretive. Teens need and want to be connected to their family and yet they need to be allowed to expand their boundaries from when they were younger. Remember the ultimate goal is to launch our teens so they become responsible, independent adults who are capable of maintaining their own livelihood and be a loving presence for their family of origin as well as themselves and their own future family.

God bless you as you experience the adolescent joys and challenges that are inevitable in the growing up process. We are here if you need us. Call us today at 412-366-1300 to begin the healing process.



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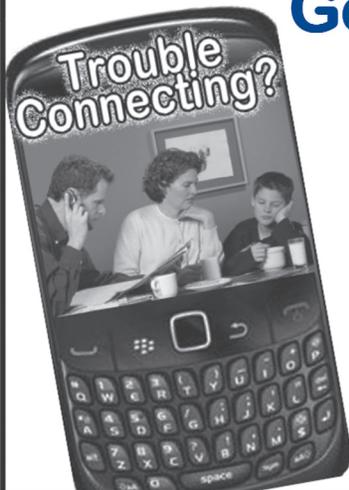
How do you discover the appreciation language of others? There is an online test you can take but it may be weird to ask others to take a test so you know whether to bake them brownies, give them a high-five, or send them a note. The book suggests that you listen and observe behavior. Others will reveal a language through their requests, compliments, and complaints. Someone who is always writing you notes speaks Words of Affirmation. The co-worker that complains that he is overwhelmed with work needs to be appreciated with Acts of Service. The friend who has been calling you to go out to coffee needs some Quality Time. The office mate who likes to occasionally surprise you with a latte from your fa-

vorite coffee shop shows appreciation with Tangible Gifts.

By understanding the five languages of appreciation, you will be equipped to better communicate your message of gratefulness in the most understandable and receivable way for others. After all, your goal is genuine appreciation for them. It's not about you (although you will find it to be a blessing for you too!).

No discussion of appreciation would be complete without thanking you for your dear friendship. We could not effectively minister to others without your support of time, resources, referrals, and prayers. You have been such a blessing for Anchorpoint Counseling Ministry. We love and are grateful for you.

Thank You for all you do to support us in helping others in need!



Get Back in Touch!

We've been helping families reconnect for over 48 Years.



Start the process of hope, healing & better communication today.



Anchorpoint Counseling Ministry

Professional Counseling for couples, individuals, youth & families

Call 412-366-1300

AnchorpointCounselingMinistry.org
*(near Ross Park Mall off McKnight Road)
We accept most medical insurances and offer sliding scale rates if you are uninsured or under insured.*



June 23 - August 8 (7 weeks)

Anchorpoint Summer Tutoring Program

Remedial & developmental instruction in Reading, Mathematics, & English for students KG - 12th grade.

**Registration Opens May 1st.
Register early. Limited Space.**

For additional information and to register, contact Sandy Niekum at 412-366-1300 ex. 23 or tutors@anchorpointcounselingministry.org



Parent Coaching Available

Does parenting feel like a battle? It doesn't have to be. Help is available! Scholarships for single parents, too!

You are trying your best with limited resources, to raise confident, resilient, responsible, and considerate children. We are here to help with private parent coaching sessions.

You can benefit from personal parent coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills

Our parent coach, Joan Schenker, listens, asks questions, provides important information and offers specific suggestions to help you implement positive change. Personal parent coaching will empower you with a new set

of skills and techniques to enable you to handle most parenting challenges, present or future, in a thoughtful, positive way.

Flexible scheduling includes early morning or lunch break options for busy parents. One to four coaching sessions are typical depending on the parenting issues needing to be addressed.

If you are a single parent, you may qualify for a parent coaching scholarship, due in part to the generosity of the WOMEN of Southwestern PA.

Our parent coach, Joan Wolf Schenker, M.ED, is a certified school counselor with over 25 years of experience providing community education with ACM and is the parent to two grown boys.

For more information on parent coaching and to see if you qualify for a scholarship, contact Joan at 412-366-1300 ex.25. If you know of a single parent for whom parent coaching would be helpful, please pass this information on to him or her.

What parents say about the parenting programs at ACM

"I always enjoyed going and left feeling so uplifted with the new strategies that I had learned and the support that I had received from Joan...I look back fondly on those experiences and feel grateful that Anchorpoint was there for me during those years when my children were so young and I needed support with my parenting skills."

"There are a lot less arguments since I have learned how not to engage in them."

"My relationship with my teen has improved by utilizing the information provided."

"It gave me more respect for what my children have to go through."

"Very helpful and got me thinking of different ways to approach things."

"I now focus more on the positive and it encourages more discussion."

Thank you for enabling Anchorpoint to bring these vital programs to equip parents!

Book Sale Volunteers Needed!

Friday, June 6 after 3pm: Set up Night.

We need help unpacking and placing the books on the tables (you'll get the first peek!).

Saturday, June 7 thru Thursday, June 12:

Help during the book sale. Call us to sign up for a shift. Become a shift captain and recruit a group from your work, school, or church to work together.

Thursday, June 12: Tear down Night.

Thank you for helping us turn used books into much needed counseling and tutoring for families in need.

For more information and to volunteer, call Denise Patsko at 412-366-1300 x13

Anchorpoint Annual Used Book Sale

Saturday, June 7th to Thursday, June 12 (Mall Hours)
There's something for everyone!

Shoppes at Northway
former Kid Zone Location
(upper level)

Book Drive Donations accepted until May 13th
Spread the word about this sale!

Your sliding financial scale made it possible for me to seek help. Without your willingness to have me pay what I could, I would not have been able to come. - ACM Client

Mark Your Calendar & Please Pass this Information On

Visit www.anchorpointcounselingministry.org and our Face Book Page for updates & additional workshops.

Special Events

Help ACM to raise awareness and critically needed dollars for those in need of counseling and tutoring. Join us for these fun ventures and make a positive impact for those we serve.

Saturday, May 17 - 9am

Highmark Walk for a Healthy Community

Great family friendly event! Walk with us or become a team captain and organize a team of walkers! Can't make it? Please support another ACM walker. Proceeds will be directed to scholarship support for students in need of tutoring at ACM. To register visit our website or www.walkforahealthycommunity.org (find Anchorpoint on the list of participating organizations).

Saturday, June 7th to Thursday, June 12 - Mall Hours

Annual Used Book Sale

Shoppes at Northway in the former Kid Zone Location (upper level). We need volunteers for set up after 3pm on Friday, June 6th as well as folks to work the week of the book sale. Come stock up on your summer reading. With over 40,000 books sorted into more than 20 categories, there is something for everyone.

Tuesday, June 24th to Saturday, June 28th

Senior Constellation Golf Championship

We need volunteers to "man" the concession stands at this exciting golf event. Call Denise to sign up for a shift.

Monday, September 8

Golf Classic and Silent Auction

Wildwood Golf Club

We are seeking golfers, sponsors, silent auction items and raffle prizes for this annual event.



Thursday, October 23

The Golden Anchor Gala:

Celebrating People of Hope in Our Community

LeMont Restaurant - Dinner and Awards Ceremony. Watch your inbox and mailbox. More details to come.

To get involved with the above events, contact Denise Patsko for more information at 412-366-1300 or development@anchorpointcounselingministry.org

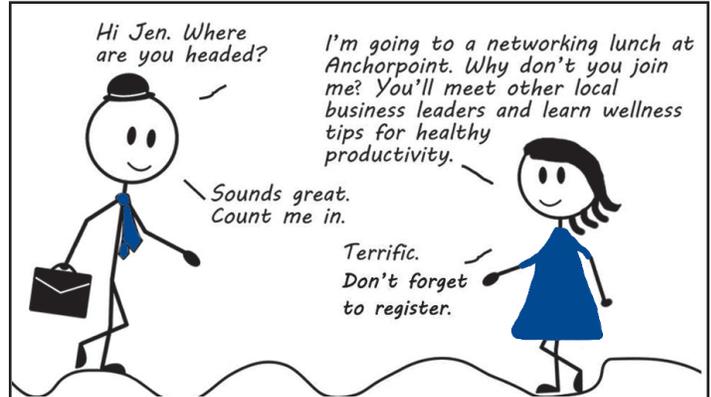
WHAT DAY WILL IT BE FOR YOU?

A DAY OF giving.

**Pittsburgh
Day of Giving
May 6, 2014**

Donate at
**PITTSBURGH
GIVES.ORG**

A Resource of The Pittsburgh Foundation



Business Leader Wellness Series

4th Tuesday of the Month
noon to 1pm (April thru June)

Do you own a small business, manage a department, or find yourself in a leadership position within your community, non-profit, church or other organization? As a seasoned or emerging leader, you'll find practical wellness advice to equip you to stay healthy so that you can be of service to your organization, your team, your family and others that depend on you.

April 22: Learn about a tool that will equip you to better handle the stress, anxiety and demands of being a leader. Mindfulness can be practiced at any time and anywhere. Sara Taylor, small business owner and ACM therapist will share the benefits and the how to of mindfulness.

May 27: Learn an ageless tool for sorting through your ideas, focusing, and refining and reaching your goals. Can you guess what it is? Journaling! Therapist, Barbara Smith, will share tips for this powerful tool at our June session.

Join us for networking, a light lunch,
and an informative wellness presentation.

Register online: www.anchorpointcounselingministry.org.
For more information email visit or website or email Wendy at marketing@anchorpointcounselingministry.org.

Bereavement Support Group

(for Widows/Widowers over 50)

2nd and 4th Wednesday, 1:00 to 2:30 pm
Hosted by St. Sebastian's Parish in Haber Hall
For more information call 412-366-1300

Thank you for remembering us during
your company's United Way Campaign.

United Way  # 354

Support Anchorpoint Counseling Ministry by
designating United Way Giving #354. Thank you.