

# Roanoke Park Counseling

formerly Shepherd's Counseling Services

## Healing Happens Because of You



### A Message from the Executive Director

Imagine the hope of a survivor in finally finding a resource that can truly guide adult survivors of childhood sexual abuse on the path to healing. And then imagine the stress of worrying that financial circumstances may stand in the way of getting this specialized kind of help that will truly make a life-changing difference.

**Fortunately, because of your generous support for our Hope in Healing Scholarship Fund, this survivor and many others have found that financial constraints need not be a barrier to getting help at Roanoke Park Counseling!**

A guiding value of our agency from the very beginning has been the commitment to provide affordable therapy to adult survivors. Over the years we came to realize that many survivors struggled to pay even the lowest fee

on our sliding scale. It was for this very reason that, in 2009, our Hope in Healing Scholarship Fund was created in honor of our beloved long time clinical coordinator, Mary Bayard. **It was Mary's hope, as it remains ours, to provide healing opportunities to all survivors who come to us for help and healing.**

**Since 2009 over 200 survivors have received scholarship funds to find the kind of help that they so deeply deserve.** Over the years we have provided long-term therapy to survivors who live at the margins and would be otherwise unable to access the kind of skilled and specialized help that is needed to heal from sexual abuse. In fact, the opportunity to truly find meaningful healing allows survivors to begin to live a more fruitful and productive life.

### HOW WE'RE DOING

#### Individual Therapy

Since March of 2020 we have been holding all individual therapy sessions via telehealth. We hear from our clients how critically important it has been to have consistent therapy through this difficult time. As the pandemic has continued on, we have shifted all of our groups to telehealth.

#### Group Therapy

After a brief pause, we have shifted all of our groups to telehealth. Amazingly, we have held a total of **7 new therapy groups to date – a new record for groups in such a short span of time!**

#### Looking Ahead

As vaccinations increase and the rates of infection decrease, **we are eagerly looking forward to the time when we are safely able to meet with clients again in person.** We are approaching this transition with great care and cautious anticipation!

**Each and every one of those 200 survivors has found the kind of healing and vitality that brings hope for the future. And each of those 200 survivors is living proof of the value of your support!**

As we approach our annual **Hope in Healing Spring Scholarship Fund from May 1-15**, we depend on the generosity of the community to

# HOPE IN HEALING SCHOLARSHIP FUND CAMPAIGN

## MAY 1-15

The **Hope In Healing Scholarship Fund Campaign** is an online fundraiser to provide support for survivors who need the most financial help to find healing.

While many clients rely on the financial assistance of our generous sliding fee scale (made possible through donations to the general fund), the **Hope in Healing Fund** makes it possible for those survivors whose level of need is greater than our lowest sliding fee scale to access our unique, specialized long-term therapy services.

**Since the inception of the Scholarship Fund in June of 2009, 200 survivors have received services totaling 3,148 hours of therapy! Through your incredible generosity, we have provided \$150,688 worth of therapy services to survivors!**



Join us online at [www.roanokeparkcounseling.org](http://www.roanokeparkcounseling.org) beginning May 4 as we kick-off our 2021 Scholarship Fund Campaign.

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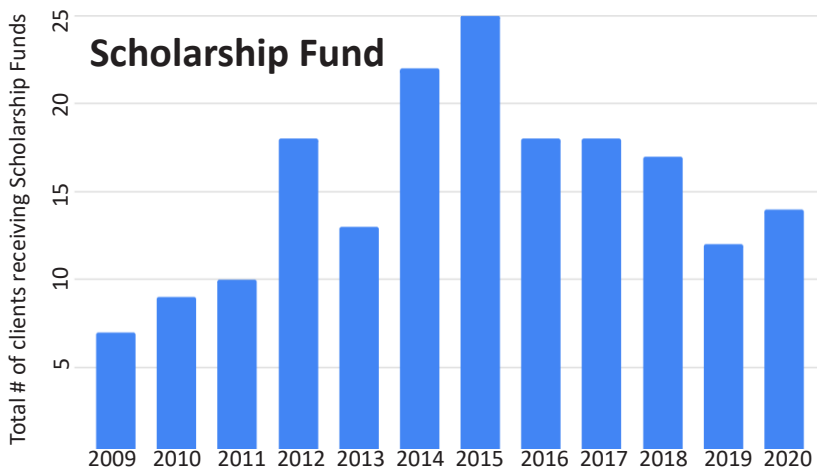
provide the support needed to ensure that our scholarship funds are available to meet the needs of every survivor who reaches out for financial help. As we gratefully begin to move from the restrictions of the past year, we understand that for many survivors, the work and life disruptions of the past year have created significant financial instability and uncertainty.

We are anticipating an increase in need for scholarship funds for the coming year and we trust that with the generous support of our community, we will again be able to provide the help and support that survivors so deeply deserve, regardless of their ability to pay.

We are so very grateful to you, our faithful friends and donors, whose support has allowed us to continue to bring healing to survivors each and every day of the past year. **You are truly the foundation of support that allows our life-changing work to continue regardless of the challenges we might face.**

With great hope we are planning to resume our in-person *Finding Hope – Inspiring Healing Luncheon* event on Wed., October 6. **What a wonderful gift at the (hopeful) ending of a long and difficult time to see many of you in person at the luncheon!** Stay tuned for more information.

- Janice Palm, MA, LMHN  
Executive Director



**A**s we see the welcome signs of spring emerging daily, so it seems we are beginning to emerge from an incredibly long and trying year.

What a difficult year it has been for us all as we have struggled to cope with the impact of a global pandemic. We know that for some, these past months have been a time of immeasurable loss.



**For nearly all of us, we have come to realize how vital it is to have regular human connection in our lives.** We, at RPC, have greatly missed our regular connection with staff and board members and most certainly our in-person meetings with clients.

Our steady individual and group therapy sessions have been a life-line for many survivors. And while we are grateful for the technology that has made it possible to safely connect with one another, we are looking forward with much anticipation to in-person meetings once it is possible to do so safely.

## MEET OUR OFFICE MANAGER

Susan Fondren joined Roanoke Park Counseling in June of 2020 as the Office Manager. With a keen interest in mental health and a diverse background in retail, education, and small business, she dedicates her skills in service to the programs we provide. In her role, she works diligently to make the business side of the client experience a smooth one, while also supporting the staff, therapists, and board of Roanoke Park Counseling.



Susan Fondren

Originally from the Southeast, Seattle has been home for Susan since 2013. She enjoys paddle boarding on Lake Washington and urban hikes as well as reading, baking, playing Mahjonn, and gardening.



Sampson

One of Susan's greatest loves is the connection between humans and animals. Closest to her heart is her canine companion,

Sampson, who has become the resident "office dog" at RPC. You'll usually find him asleep under her desk... he is 15 after all!

Susan is grateful to have joined RPC to support the behind-the-scenes work of the administrative staff and board of directors and to be a part of helping adult survivors to find the hope and healing that they need.

Having joined RPC during the lockdown phase of the COVID pandemic, she is looking forward to meeting more clients and staff in person.

**You can reach Susan Fondren at [susan@roanokeparkcounseling.org](mailto:susan@roanokeparkcounseling.org) or 206.323.7131.**

## SEXUAL ASSAULT AWARENESS MONTH



April is Sexual Assault Awareness Month. Engagement throughout the month aims to stop sexual assault, harassment, and abuse before they happen through education.

**Talking about childhood sexual abuse as a culture helps keep kids safe and supports adult survivors.**

Join Roanoke Park Counseling in showing your support for survivors of sexual assault and abuse during the month of April.

- **Wear a teal piece of clothing or a teal ribbon** and post a selfie to social media — teal is the color of sexual violence prevention
- **Change your Zoom background** to a teal ribbon



*Staff and board members participated in the National Day of Action on April 6th by wearing teal and sharing photos to social media.*



## Sixth Annual Fall Luncheon: Finding Hope, Inspiring Healing

**Wednesday, October 6, 2021**  
**Location: TBA\***

We look forward to sharing the warmth and connection of our Annual Fall Luncheon with you this year! We hope you'll join us to experience the powerful stories of survivors of childhood sexual abuse as they speak of their experience of healing.

Watch your inbox for more details about how you can be a part of this inspiring event!

**Contact Karen at [karen@roanokeparkcounseling.org](mailto:karen@roanokeparkcounseling.org) to take a leadership role as a Table Captain or learn about Corporate Sponsorship Opportunities.**

\*Due to the uncertain circumstances with the COVID-19 pandemic we will keep you updated on any changes that need to be made.



# Roanoke Park Counseling

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*“The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.”*

- Ben Okri

*Strong at the broken places*



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