

Reflecting our Place for Survivors

Because of You

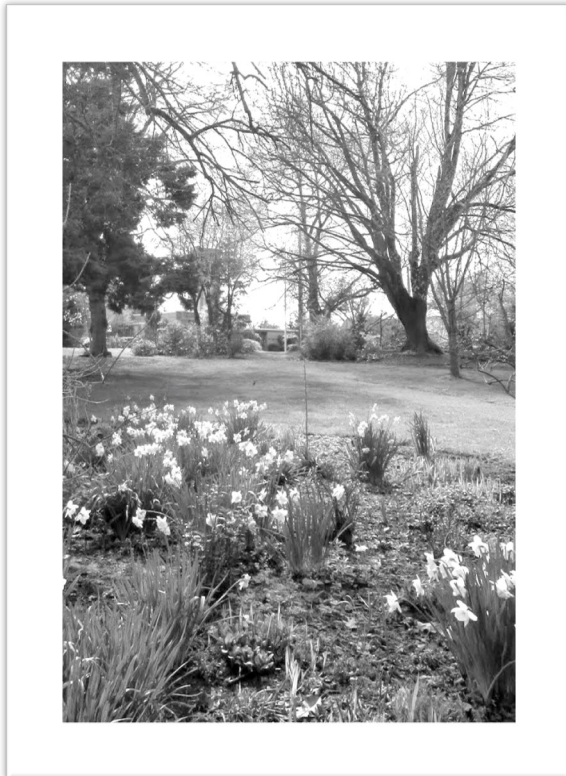
Since we began in 1987:

- ♥ We have been providing specialized, affordable therapy dedicated to the needs of adult survivors of childhood sexual abuse.
- ♥ Over 4,000 men and women have been supported in their journey of healing here.
- ♥ We have never ended a client's therapy because they could no longer afford it.
- ♥ 90% of clients without health insurance receive financial subsidies for therapy.
- ♥ There is a rare place for male survivors to find healing.

Executive Director's Message

In 1987, our founder's book chronicling the stories of survivors of childhood sexual abuse was the only book on the University of Washington book store shelves that dared to address this reality experienced by so many!

Over these more than 3 decades, we are honored to have earned a strong and respected reputation in the community as the place that adult survivors of childhood sexual abuse come to heal and to find new paths of growth. We are extremely proud of our heritage as Shepherd's Counseling Services passed down to us from our founder and we celebrate our 32 years of helping adult survivors of sexual abuse heal from their trauma to re-claim their lives.



This is a journey we walk with each and every person who has walked through our doors to find healing and each and every donor who has kept this very special place strong and enduring to continue supporting healing for survivors.

This year, we will celebrate our strong foundation and enduring future which you will see reflected in a name change to reflect the solid and dependable space we hold for adult survivors. After much deliberation and discernment, the name **Roanoke Park Counseling** was chosen to reflect our organization's long-standing place in the community and to honor the connection

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"There is nothing like a dream to create the future."
~ Victor Hugo



Together, steady and strong for survivors ...

- ♥ Celebrating our past 32 years and our next 32 and more years of dedication to expert therapy services for adult survivors of childhood sexual abuse.
- ♥ Continuing our commitment to affordable therapy of the highest quality to survivors and their families.
- ♥ Rooted in our place in the community for survivors of childhood sexual abuse.
- ♥ Walking with each survivor on their journey for as long as it takes.
- ♥ Standing up and speaking out for the needs of adult survivors.
- ♥ Continuing to turn the light on the reality and consequences of childhood sexual abuse.



Director's Message continued

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many of our clients, over the years, have come to feel with the healing and grounded beauty of Roanoke Park across the street from our building.

With our strong roots in the community, we hold a strong and steady place for clients to return to over the years, finding that we are here, holding open the space for nurture and growth.

You will begin to see our new name along with our new logo in June of this year. We will be launching a new website at that time with all the same content as our current website, and hopefully organized in a way that you can find even more information, insights, and inspiration as we walk this path forward together.

We will let you know when the new website launches in an eNewsletter. If you would like to make sure you're subscribed to our eNews, please contact Jill at jill@shepherdstherapy.org. If you have any other questions, please contact Janice at Janice@shepherdstherapy.org.

Roanoke Park

We're excited to continue this journey with you!



Our greatest glory is not in never falling, but in rising every time we fall.

~ Confucius

Third Annual Luncheon Brings Community Together



We are filled with gratitude for another banner year of extraordinary speakers sharing their journeys, insights, and inspiration giving us all hope!

A record number of people attended our Third Annual Luncheon. Together they contributed over \$40,000 to open the door to healing for men and women who were sexually abused as children.

Hope and healing filled this beautifully lit room towering over stunning views of downtown Seattle's waterfront.

We are filled with light and hope and honored to have such an amazing community supporting healing for survivors.

We are so grateful for this time together filling this space with hope and support, **and it reminds us of our community near and far** with an inspirational commitment to supporting healing and affordable therapy for all those who walk through our doors.

Thank you!

Reflections and Connections

By Mike Gale, President Board of Directors

At our recent luncheon fundraiser, I spoke with many people. Some of them were adult survivors who received therapy at Shepherd's and wanted to show their support by attending the luncheon and giving back. They shared how much of a difference Shepherd's made in their lives and how appreciative they were to have their therapist to guide them in their journey.

But what struck me the most was the strong sense of pride that came across as we talked about Shepherd's and the event. It was the pride of someone who has been through the struggle, experienced the highs and the lows, the despair and the triumphs, and came out on the other side. With time, guidance, hard work and perseverance, the hope transformed into a life full of possibilities that simply wasn't available before.

That pride started with a ray of hope that at Shepherd's things could get better. They didn't say all of these things out loud but their beaming smiles and air of confidence shone through in a way that spoke louder than any words could.



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Sharing a Chance to Help

"This group has been extremely helpful! Life-saving in fact. I was feeling like I was going crazy with my thoughts and overwhelming feelings. ... This group has meant everything to me. I feel like I can make it through with the support of the fantastic facilitator and group members."
- Shepherd's Client

GIVING TUESDAY—After Thanksgiving Weekend

Let your friends know about the healing happening for survivors of childhood sexual abuse at Shepherd's Counseling Services!

Send your friends a link to our Donate page on #Giving Tuesday!

Save-the-Dates:

November 27, 2018 #Giving Tuesday

May 1-15, 2019 Annual Scholarship Fund Campaign—Online