

# Roanoke Park Counseling



2025 Spring  
Newsletter



## Safe Space for Survivors in a Changing World



We are often asked what people can do for survivors during times of change and uncertainty. One answer is both simple and fundamental: Making sure a stable, safe space is available where survivors can find healing.

Roanoke Park Counseling is such a space, providing healing therapy to all survivors who need them, regardless of their ability to pay.

A gift to RPC is a tangible act to undertake for survivors today. We invite you to join us in this stable community of caring by supporting hope and the hard work of healing.

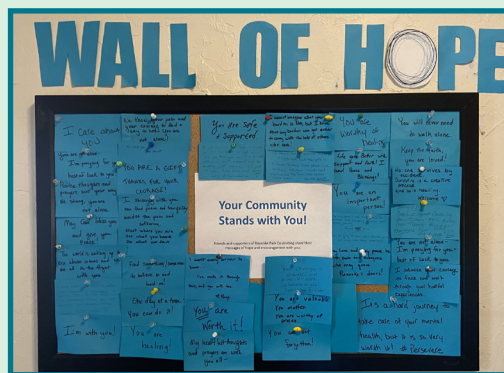
## A Message from the Executive Director: Healing in Community

On the wall, just outside of one of our therapy rooms, is our Wall of Hope. This is the space where we post the notes of encouragement for survivors sent in by Roanoke Park Counseling's amazing community of support.

It is a common occurrence to see clients pause to read the notes and take in the care offered, often visibly moved by the outpouring of kindness and support. **Whether our clients realize it or not, there is indeed a strong and vibrant community of support, 35 years in the making, that holds open the space for healing and hope.**

As human beings, we intuitively understand that healing is not possible in isolation — we need each other to heal. It's a profoundly wonderful human instinct to reach out and to join with those who are suffering. **This is the heartbeat of healing.**

This truth has enormous resonance for those who have been sexually abused as children. In the aftermath of the trauma of being sexually abused, the abuse is seldom recognized, or worse yet, ignored by the adults in the abused child's life.

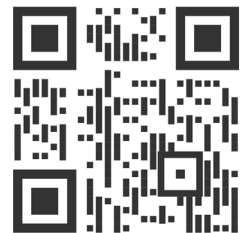


Believing that they have done something wrong, these children slip away into isolation, fearing that their secret will be discovered. In the words of spiritual writer S. Kelley Harrell, "Often it isn't the initiating trauma that creates seemingly insurmountable pain, but the lack of support after."

see **MESSAGE** continued on page 2

**Request a grant through your DAF:**  
(Donor Advised Fund);  
Organizational ID: 94-3061441

**Donate via  
QR code!**



**Mail a check to:**  
2601 Broadway E.  
Seattle, WA 98102

**Donate online:**  
[RoanokeParkCounseling.org/  
donate/gift-of-healing/](https://RoanokeParkCounseling.org/donate/gift-of-healing/)

*"It's when we start working  
together that the real healing  
takes place." ~ David Hume*

## Welcome New Board Member Bob Toomey!



Bob Toomey

Bob is a long-time member of the RPC community, having attended our fall event for a number of years.

He joined the RPC Board this January because of his strong belief in the importance of RPC's mission and a desire to give back to the greater Seattle community.

As a Certified Financial Planner, Bob brings a deep financial expertise to the Board in addition to his enthusiasm and commitment to supporting survivors.

## Building Community Connections

**Stop by our Table and Say Hello!** May 31, Seattle's Magnusson Park (New location this year!) RPC is once again sponsoring a table at the annual NAMI (National Alliance on Mental Illness) Walk. Stop by, say hello, and join us in showing support and reducing the stigma surrounding mental health services at this annual 5k walk and advocacy event.

**Community Partner Spotlight:** RPC is committed to building strong relationships with area organizations to create a wider community of healing. We love Bothell's eco-friendly **Happy Hauler!** Over the years they've generously delivered furniture for the therapy rooms for RPC (pro bono!) and donated some lovely furniture.



We are excited about their new venture of organizing and moving donated items to furnish homes for families leaving domestic violence situations. Visit their website: <https://happyhauler.com/> to learn more.

### Become a Sponsor:

Support RPC's vital healing therapy through a corporate gift to our fall event.

Make an impact and increase your organization's community engagement while reaching a new audience with logo placement on RPC's website, event materials, e-newsletters, and complimentary event seating depending upon gift level.

Contact Laura McFarland, Development Director, [laura@roanokeparkcounseling.org](mailto:laura@roanokeparkcounseling.org), to get involved today!

## Stay Connected with our Community!

We'd love to stay in touch with you through RPC's e-newsletters and blog! Make sure you're signed up to receive the latest news, upcoming event information, insights, and inspiration.

Be assured we do not sell or share your information.

[Visit Roanokeparkcounseling.org/](https://roanokeparkcounseling.org/)— scroll down the page to sign up!

**MESSAGE** continued from page 1

Survivors of sexual abuse commonly enter the space of RPC feeling so alone, so broken, so far from the experience of community acceptance after years of hiding their pain.

In the aftermath of the abuse and the invalidating silence and ignorance of their suffering, children grow into adults who believe that they will always be alone with their pain.

Just as it is difficult to identify or quantify the harm of struggling alone, the small threads of human connection weave together, one strand at a time, nearly imperceptibly, to form the strong container necessary for healing.

And while the emergence of community support may not be seen, it is profoundly felt and deeply known.

This is the space of healing at RPC — created and nurtured by the support and care of all those who step forward to let survivors know that they are not alone and that their suffering matters. This is the container that you, our dedicated and generous community, have created. It is real and vibrant and deeply felt by each and every survivor who steps through our doors.

Thank you for being a vital and valued part of this community of support — **YOU are the heartbeat of the healing that survivors find at Roanoke Park Counseling!**

Janice Palm, MA, LMHC  
Executive Director

**250**

Survivors have received  
Hope in Healing  
Scholarships since its  
founding

## Hope in Healing Scholarship Fund **You make it possible!**

The Hope in Healing Scholarship Fund allows for every single survivor who comes to our door to receive the healing therapy they need regardless of their ability to pay — for as long as they need.

**100% of Scholarship donations are applied directly to healing therapy for clients.**

Because of you and your incredible generosity, as survivors regain the strength and vitality lost through abuse, they live healthier and more satisfying lives and become stronger and more productive agents for change in their community.

**\$270,323**

in donations have  
been raised for  
Hope in Healing  
since 2009

**291**

Hours of healing were  
made possible through  
the Scholarship Fund  
in 2024.

**4,778**

Hours of therapy have  
been supporting  
through the Hope and  
Healing Fund!



National Sexual  
**ASSAULT**  
awareness month  
APRIL

**April 1: Day of Awareness**

**April 22: Give Big early  
giving starts**

**April 30: International  
Denim Day**

**EDUCATE, ADVOCATE,  
AND SUPPORT  
CREATE COMMUNITY**

### **YOU Can Make a Difference:**

#### **Sexual Assault Awareness Month — April, 2025**

While each survivor's journey is unique, there are many ways to help create a safe community for survivors. **The three most powerful words you can say to a survivor are I believe you. These three words validate a survivor's experience and lets them know you stand with them.**

**Be a safe place** for a survivor to speak if they choose to. Understand that for a survivor to share their story is a very courageous step. Listen non-judgmentally. Listen with your heart. Offer *support* (as opposed to offering *advice*.)

**Become informed.** Gathering information allows you to have a greater understanding of what survivors are experiencing. **Support survivor services** and advocacy organizations.

**Encourage a survivor to reach out for help.** Let them know that specialized services exist.

**Speak up.** Let others know that you are aware of the pervasiveness and the human toll of sexual abuse — and that you support healing. **Wear a teal ribbon** to publicly show your support for survivors!



### **Nurturing a Healing Community for Survivors**

Roanoke Park Counseling has occupied a wonderful house across from Roanoke Park since soon after we were founded in 1987. One of the joys and benefits of this home for healing is having the space for workshops and other events **that allow space for survivors to gather in community to know they are not alone.**

We were very pleased to host two day-long events for survivors this March!

March 8: A Day of Mindfulness and Poetry, for male-identifying adult survivors— **a time for male survivors to gather in a day of reflection and poetry to offer support and sharing.**

March 15: A Day of Mindfulness and Art, for female-identifying adult survivors — **a day of reflection and art expression to offer support and sharing.**



*"We don't heal  
in isolation, but  
in community."*  
~ S. Kelley Harrell





## Roanoke Park Counseling

2601 Broadway East  
Seattle, WA 98102-3906

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**Early giving starts April 22**  
and culminates in the 48-hour  
GIVE BIG! event May 6-7.  
**#GiveBig2025**

Show your support for  
survivors with a gift at:  
**[wagives.org/organization/  
roanokeparkcounseling](https://wagives.org/organization/roanokeparkcounseling)**



## Finding Hope *Inspiring Healing* 10th annual fall event

**Thursday Sept. 25, 2025**  
5:30 cocktails | 6:30 dinner & program

### SAVE THE DATE!

Join us for this inspiring program,  
recognizing the courageous journey of  
adult survivors of childhood sexual abuse  
while celebrating and supporting healing.

- Drinks and dinner on the water,  
[Dockside@Duke's](#), S. Lake Union, Seattle
- Check your email — registration opens  
in May!

- Be a Table Captain and invite your friends to join  
you at this program of hope and healing
- Foster a better quality of life for survivors and the  
community through sponsorship. Contact Laura  
McFarland, [laura@roanokeparkcounseling.org](mailto:laura@roanokeparkcounseling.org)  
to learn more about how you can be involved
- Visit our website for updates:  
[Roanokeparkcounseling.org/events/](https://Roanokeparkcounseling.org/events/)

**OUR MISSION:** We unite to create a safe place to achieve a crucial mission: to restore the  
hope and dignity of adults who have been sexually abused in childhood through specialized  
and affordable therapy, community education, and public advocacy.



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shepherds counseling](https://www.youtube.com/user/shepherds counseling)



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