



A Message from the Executive Director: A NEW STORY

We all have a story. Take a moment to think about your story — what's the story of your life? Who are the people and what are the events that have influenced your story?

Likely people come to mind who had an intentional and direct impact on your life. And, even more likely, there are countless others who have helped to form your story, a part of how you know yourself in the world, who may have no idea of the profound impact they have had on your life.

You might also think about the defining experiences in your life that helped shape what you believe about yourself and who you know yourself to be in this world. *It's our experiences in this world — especially in our formative years — for good or for harm — that define how we know who we are.*

Perhaps it was a coach or a teacher whose belief in your ability helped you to believe in yourself. Or perhaps it was the steady love and support from a parent that allowed you to believe that you are worthy of love and care.

Or perhaps it was a harsh and painful experience from someone that caused you to distrust the world around you. These are the kinds of experiences that forge the narrative — the story of our lives.

When children are sexually abused, this act of violation becomes a defining experience of their life. The confusion, shame, and fear that come from sexual abuse form the beliefs they have about the world and the way they interact with the world — this becomes a crucial factor in how they see themselves and who they know themselves to be in the world.

These beliefs are not a part of their story, this is their story and, sadly, they often believe that this story will not change.

And that's exactly and fundamentally why Roanoke Park Counseling exists. To let adults who didn't think there was a different story — who didn't think that their story could take a different path — that their story could also include a better and more hopeful life — to let them know it is

see **MESSAGE** continued on page 2

Workshops for Survivors

To help create new, more fulfilling stories of healing, RPC is committed to hosting workshops and specialized classes for adult survivors of childhood sexual abuse. This community benefit is made possible in part by our generous supporters.

Workshops are offered to survivors throughout the year in addition to therapy sessions. RPC's services include individual therapy, family and couples counseling, and group therapy (partners, GenderQueer, male-identified, and female-identified).

This Year's Schedule: Breathwork Workshop for Survivors (November 1)

Facilitator: **Josephine Edmondson**
Ms. Edmondson is a healer and yoga teacher trainer specializing in trauma-informed practices.

RPC will be scheduling additional workshops for the spring.

Visit RPC's website to learn more, and watch for upcoming events:

**[RoanokeParkcounseling.org/
find-help/workshops-for-survivors/](http://RoanokeParkcounseling.org/find-help/workshops-for-survivors/)**



"Because others showed compassion to my story, I began to live more authentically in all my interactions." ~ RPC Group Therapy Client

Finding Hope

10th Annual Fall Event Inspiring Healing

Joining Together to Create a New Story for Survivors!



Janice Palm,
Executive Director, RPC



Above: Jason Amala,
PCVA Law

Below: Amity Addrisi,
Allen Institute



On September 25, RPC celebrated our tenth annual fall event, *Finding Hope, Inspiring Healing*. Through the generosity of such an amazing and supportive community, a record 164 individuals and organizations from across the community joined together to support healing for adult survivors of childhood sexual abuse.

We are truly grateful to everyone who joined us in-person or in spirit to raise a record \$90,000+ (exceeding our goal by \$5,000!) for adult survivors of childhood sexual abuse.

We extend our warmest thanks to keynote speaker **Jason Amala** (Senior Partner, Pfau Cochran Vertetis Amala Attorneys at Law), survivor speaker **Karen**, and emcee **Amity Addrisi** (Senior Communications, Allen Institute) for this meaningful event of community and healing. Their stories of strength, hope, and courage were deeply moving and impactful for all who attended. We also thank **Daryl Redeker** (Composer, Musician, and Instructor) who shared with us his gift for guitar.

Thank YOU to everyone for the new stories you help create!

Your support transforms the lives of every survivor who finds the courage to reach out for the help and healing they so deeply deserve! We hope you all can join us next autumn for this annual event of hope and healing.



If you weren't able to attend, you can still support survivors!

Thank You to Our Event Sponsors!

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IN-KIND DONORS:



Interested in becoming a sponsor or in-kind donor? Contact Laura McFarland, Development Director, laura@roanokeparkcounseling.org.

MESSAGE continued from page 1

possible — in that way Roanoke Park Counseling becomes a part of their story, a part of their life.

I know the struggles, the strengths, the turning points all along the way that have woven together to form the fabric of Roanoke Park Counseling — that have brought us to this place we are now.

I often reflect on all of the individuals over nearly 40 years who have been a part of our story — the countless good-hearted, caring and generous individuals over the years who have supported this work — have cared about survivors — little by little, day after day, year after year.

Whether they realize it or not, they are a part of our story. And in fact, ***we would not have a story if it weren't for all the people who have supported this work through the years. That's not an exaggeration — without the support of you, our faithful and generous community, RPC would not exist.***

I am so deeply grateful to all the good-hearted individuals throughout the years who have dared to open their hearts to care about survivors. And ***I am so deeply grateful to you, our faithful community whose generous support ensures that survivors will find a new story of healing.*** Because of your care and support, you are a part of our story and a vital part of every survivor's story who comes to RPC for help.

With my deepest gratitude,

Janice Palm

Janice Palm, MA, LMHC
Executive Director



Welcome to our Extern Therapist, Erin Dacey

What is your professional background and previous experience?

I joined RPC as an intern therapist and am now an extern therapist after obtaining an M.A. in Clinical Mental Health Counseling at Seattle University.

I have worked for several years with individuals of all ages as a group facilitator and passionate advocate across the residential, partial hospitalization, and intensive outpatient levels of care.

What is important and meaningful to you about working at RPC?

It was clear to me from the minute I set foot in RPC for my internship interview that a very special community has been thoughtfully and tenderly cultivated here, for both those we serve and for those who come into contact with RPC in any number of roles.

There really aren't many places like this — a thought I've had often throughout my time here — which has only been reaffirmed time and time again as I have witnessed and experienced the singular sensitivity, attentiveness, encouragement, and passion of those I am so proud to call my colleagues, role models, and mentors, as they move with dedication between their own many roles in this community.

I have felt deeply supported in my ongoing development as a new therapist here, and it is an honor to learn and hold the stories of survivors.

Did you know you can support RPC's mission while you shop? To **use Fred Meyer Rewards to support RPC**, visit www.fredmeyer.com/communityrewards.

Search for us by our name or by our non-profit number: **WQ876**.



Erin Dacey, Extern Therapist

Meet RPC's Newest Board Member

Welcome **Ann Hansen**, who joined our Board of Directors in the spring of 2025.



Ann Hansen, RPC Board of Directors

Working in the health care realm, Ann has had the privilege of witnessing how patients can regain independence when given appropriate care.

Ann is drawn to RPC's — and our community's — commitment to providing the unique care and services needed by adults who have been sexually abused in childhood.

Ann is grateful for the opportunity to support RPC as it fulfills its crucial mission and raises community awareness.

Below: Ann (middle) along with current board member Bob Toomey and former board member Veronica Mega, staffed RPC's table at the Seattle 2025 NAMIWalk, an advocacy event to raise awareness and provide advocacy and education on mental health issues and services.



Stay Connected!

We'd love to stay in touch with you through RPC's e-newsletters and blog!

Make sure you're signed up to hear our stories, receive the latest news, upcoming event information, insights, and inspiration.

Sign up at: <https://tinyurl.com/RPCStayConnected>

Be assured we do not sell or share your information.

"Roanoke Park Counseling has given me a sense of being stronger than I ever knew I was. I don't think I could have known that without the help I've received here."

~ RPC Client



**Roanoke Park
Counseling**

formerly Shepherd's Counseling Services

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OUR MISSION: At Roanoke Park Counseling, 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.

GIVINGTUESDAY is December 2!

On December 2, 2025, people all around the world are coming together to tap into the power of human connection and strengthen communities to change our world. Will you be one of them?

In just a few weeks Roanoke Park Counseling will once again be participating in GivingTuesday, and we need your help!

By joining the GivingTuesday movement, you're a part of healing; you're bearing witness and letting adult survivors of childhood sexual abuse know that they are not alone and that healing is possible.

Here is how you can get ready to give: Mark your calendar! On December 2, go to RoanokeParkCounseling.org/donate/gift-of-healing/ and be a part of healing by making a gift!

Encourage your friends and family to join you in creating real impact on December 2 by sharing what our mission means to you and why you support RPC. **Use #GivingTuesday2025** and tag us so we can share your message! **Let's join together to keep life-changing healing possible.**



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