



Roanoke Park Counseling

formerly Shepherd's Counseling Services

2026 Spring Newsletter



A Message from Executive Director Janice Palm: *From Victim to Survivor*

I recently interviewed a survivor who stated, "When I first came to get therapy at Roanoke Park Counseling, I was full of anger at what had been done to me. I felt powerless to make anything good happen in my life and I couldn't see a way forward."*

This client gave words to the feelings common to so many clients who find their way to RPC. They know the years of struggle, just getting by, only to find that it's increasingly difficult to carry on as adult life becomes more complex.

Adults who have been sexually victimized in childhood learn a profound lesson in powerlessness – one that affects every area of their lives.

In fact, many clients take exception to the label survivor. Just managing to make it through another day does not conjure images of the kind of strength and resilience that the word "survivor" implies.

What is the journey from victim to survivor? How is it that adults whose sense of agency and worth has been stolen through sexual abuse come to internalize a kind of strength, stability, and belief in themselves?

While every survivor travels their own unique path to healing, we understand that each journey to healing begins with the common elements of being truly and deeply seen, heard, and believed by another human being.

For some survivors that happens in the safety of an individual session with their therapist. For others, telling their story in a group of fellow survivors whose journeys validate their own pain is the beginning of their path to healing.

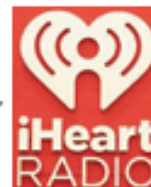
While few RPC clients feel strong or courageous at the start of therapy, we understand the depth of courage required to open the most

*Shared with client permission

see MESSAGE continued on page 2

Listen to RPC on "Seattle Voice" podcast for Sexual Assault Awareness Month!

You don't want to miss this conversation with RPC's Executive Director as part of our Sexual Assault Awareness Month activities.



Hosted by Jessamyn McIntyre, Seattle Voice connects people making positive impacts and changes in Puget Sound.

Listen now (start at minute 19:45)!
iheart.com/podcast/1248-seattle-voice-239985717/



April is
Sexual Assault Awareness Month

April Dates for your Calendar:

April 1: Start by Believing Day*

April 7: Hope in Healing Scholarship giving begins!

Gifts made to RPC by May 5 will be doubled with a \$15,000 challenge match!

April 19-25: National Crime Victims' Rights Week

April 28: GIVE BIG early giving starts

April 29: International Denim Day*

May 5: GIVE BIG

MAY 5: Last day to help RPC meet the for the \$15,000 challenge match!

*See YOU Can Make a Difference, p. 3, for details



Dorothy Lemoult
Clinical Coordinator

Welcome to Dorothy Lemoult, RPC's New Clinical Coordinator!

Dorothy Lemoult, MA, LMHC, RDT, CPTR, (she/they) joined RPC as Clinical Coordinator.

Dorothy is a licensed mental health counselor and clinical supervisor and holds an M.A. in counseling psychology with a specialization in Drama Therapy and a certificate in Psychedelic-Assisted Therapies and Research. She brings a strong sensitivity to identity, belonging, neurodiversity, and multi-cultural perspectives.

For more than 15 years, Dorothy has worked with adults, families, and groups using a relational

integrative approach blending expressive arts, and trauma-informed modalities to support healing, resilience, and thriving. From 2015-2020 she served as a therapist at RPC.

From Dorothy: *"I'm excited to be a more visible advocate for the cause of healing from CSA (childhood sexual abuse) and lend the skills and knowledge I have working in this area."*

"I'm also interested in supporting RPC's continued focus on accessibility, diversity, equity and belonging. It's a conversation I've been a part of my entire life. CSA happens across gender, race, class and we must not forget that."

"I am feeling more confident in my story and my truth. I am learning compassion for myself and gratitude for the present moments." ~ RPC Client

Promoting Healing Throughout the Community



Janice Palm,
Executive Director

It's been a busy time for RPC's Janice Palm.

In addition to being Executive Director and working with

survivors as a therapist, she makes outreach appearances as part of our education and advocacy work. **Thanks to you and all our**

generous supporters, RPC is happy to do this work, often at no cost to hosting organizations.

Janice recently spoke at *Vashon Island's Senior Center* (February 3) and joined the *Kirkland Woman's Club Circle of Support: Domestic & Sexual Trauma* forum (March 16).

A Seattle Voice Podcast featuring Janice is now live! Listen here, starting at minute 19:45: [iheart.com/podcast/1248-seattle-voice-239985717/](https://www.iheart.com/podcast/1248-seattle-voice-239985717/)

RPC is sponsoring a table at the annual **Seattle NAMI (National Alliance for Mental Illness)** 5K walk in Magnusson Park (May 31). Say hello to some of our board members, learn more about CSA and our services, and show your support for survivors and for healing!

painful and shameful parts of one's life experience.

The incremental steps of trust, willingness to approach the unapproachable and speak the unspeakable, and especially to allow the vulnerability of human care and connection create the pathway to health, hope, and strength.

Shame, the common and deeply injurious (although completely unjustified) outcome of sexual abuse begins to lessen as survivors begin to allow the light of human care into the dark and painful crevasses of the secret they have held for so long.

Every day we see how deeply-held shame is replaced by an authentic sense of self and pride in knowing that the powerlessness and victimization of childhood sexual abuse need no longer be the defining factor in life.

Survivors who walk through our doors, daring to believe they deserve a better life, do indeed find that there is a life to claim beneath the layers of self-doubt, fear, and pain.

For so many RPC clients, this difficult pathway to healing opens a new opportunity to live the life that's been waiting for them all along. Many survivors find, as the client I mentioned earlier, "I came here as a victim and I'm leaving as a survivor."

With great gratitude for all you do to help adults who have been sexually abused in childhood know that they are indeed survivors,

Janice Palm

Janice M Palm, MA, LMHC
Executive Director



YOU Can Make a Difference: April is Sexual Assault Awareness Month (SAAM)

2026 is the 25th anniversary of Sexual Assault Awareness Month in the U.S. *Even today, nearly every minute someone in the U.S. is sexually assaulted. Every nine minutes, that someone is a child.*

Join us and walk with survivors all month (and every day of the year) by learning, supporting, and speaking out.

SAAM began April 1 with Start by Believing Day. When someone tells you of their abuse, knowing how to respond is critical. A



negative response can worsen trauma and foster an environment where perpetrators face no consequences.

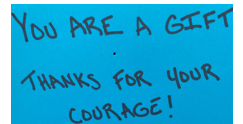
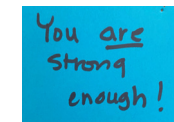
Start by Believing stops this cycle by improving our reactions when survivors share their stories to help reduce the feelings of isolation, shame, fear, and trauma.

Other SAAM actions to take:

- Wear teal and post a selfie on social media with **#SAAM2026**.
- Add messages of support and awareness to social media profiles.
- Wear your support for survivors! Email Development Director, Laura, (Laura@roanokeparkcounseling.org) for a teal awareness pin to show you care — and start conversations!



- Write a supportive message for survivors to read: ("I believe you; I support you; You are not alone") on RPC's Wall of Hope. Email Laura with messages.



- Wear jeans on international Denim Day, April 29, in solidarity with survivors blamed for their own assaults because of what they were wearing.

Share the Gift of Healing through our Hope in Healing Scholarship Fund

Our **Mary Bayard Hope in Healing Scholarship Fund** allows survivors with the greatest financial need to get help. Your generosity makes this happen!

The Scholarship Fund, established in 2009, has given more than 250 survivors a chance at a better, more fulfilling life.

Every spring RPC renews our commitment to affordable healing.

Now is a crucial time: We've seen a 25% increase in need this year!

To help us meet this need, we've secured a \$15,000 challenge match to double donations made by May 5, 2026.

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



Survivors benefitting from Scholarship funding since 2009

260

Scholarship Need for 2026:

\$35,000

Total Hours of Scholarship-funded healing since 2009:

5,104

Total Hope in Healing awards since 2009

\$304,090

"Thanks to the Scholarship, I didn't have to choose between paying rent and finding help. For the first time, I felt like my healing mattered as much as my survival." ~ RPC Client

Finding Hope
Inspiring Healing
11th annual fall event
Sept. 24, 2026

Be a Table Captain! Invite friends to join you at this program of hope and healing!

Considering Sponsorship? Foster a better quality of life for survivors while reaching a new audience through logo placement on RPC's website, event materials, e-news, and signage.

Contact Laura McFarland, laura@roanokeparkcounseling.org, to learn how you can make a difference for survivors.

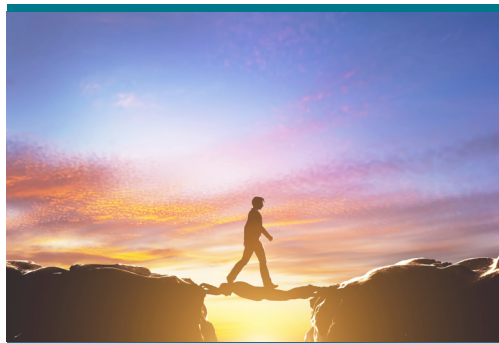


Roanoke Park Counseling

formerly Shepherd's Counseling Services

2601 Broadway East
Seattle, WA 98102-3906

NON-PROFIT ORG.
U.S. POSTAGE PAID
SEATTLE, WA
PERMIT NO. 1223



Be the BRIDGE to a Better Life

with the

Hope in Healing
 Scholarship Fund

Through the **Mary Bayard Hope in Healing Scholarship Fund**, RPC offers specialized counseling services for every adult survivor of childhood sexual abuse who comes to us for healing — regardless of their personal financial situation.

GIVE 
BIG
POWERED BY
501 COMMONS
MAY 5

Early giving starts April 28 and culminates in **GIVE BIG** on May 5! Gifts are eligible for the challenge match.

Your gift today doubles the healing!
Gifts received by May 5th will be doubled through a \$15,000 Challenge Match from generous donors.



Finding Hope

Inspiring Healing
11th annual fall event

Thursday Sept. 24, 2026

5:30 pm

Dockside@Duke's,
S. Lake Union, Seattle

Join us for this inspiring program of dinner and drinks on the water, while recognizing the courageous journey of adult survivors of childhood sexual abuse.

CHECK YOUR EMAIL — REGISTRATION OPENS IN MAY



<https://www.youtube.com/user/shepherdcounseling>



facebook.com/RoanokeParkCounseling



roanokeparkcounseling.org