



NEW DIRECTIONS COUNSELING CENTER

PROUDLY PRESENTS:

THE NAVIGATOR

www.NDCounselingcenter.org

Volume 2, Issue 2

April 1, 2003

FROM OUR DIRECTOR

The past few months have been a very busy and exciting time for NDCC. We started off the year by receiving a very generous donation. Phyllis Cavallo, a long-time supporter of the Center, donated new carpeting for the entire Center. The carpet looks fantastic and, on behalf of NDCC, I would like to publicly thank Phyllis for her generosity. It is with the support of our donors that we can continue to serve our community.

Continued on Page 2

ADOPT-A-ROOM

Very shortly, we will launch our Adopt-A-Room Campaign, which encourages an individual or company to "adopt" one of our counseling rooms by re-decorating it and naming it! If you listen to KUIC Radio (95.3 FM), then you may have already heard about New Directions Counseling Center's Adopt-A-Room Program. There are only 14 rooms available for adoption and two of those rooms are already claimed; please call for more information.

Inside this issue:

From Our Director	1
Adopt-A-Room	1
Celebrate Life Show	1
Credit Cards Accepted!	1
About Our Benefit Dinner	1
From Our Chairman	2
Spotlight on Anne Daniele	5
Group Workshops	5
NDCC Wish List	5
What Is NDCC?	6
Calendar of Events	6

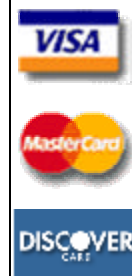
CELEBRATE LIFE!

It's our 3rd Annual Celebrate Life Show! This free event is produced by Rubino Counseling Services and takes place on July 25 & 26, 2003 (Fri - Sat). Enjoy two evening performances at 8:p and a special 2:p matinee on Saturday. Location: Brother Celestial Theater on the De La Salle High School campus. The talented cast and crew is

totally comprised of Alumni from the highly respected De La Salle Company, having performed for 20+ years.

In addition to performances, the show includes an exciting drawing of items like gift certificates from Black Tie Limousine and Reeds Camera, Balazo Catering, and many more!

Continued on Page 5



NEW DIRECTIONS NOW ACCEPTS THESE CREDIT CARDS FOR YOUR CONVENIENCE WHEN MAKING DONATIONS AND PLEDGES!

ANNUAL DINNER 2003— BIG SUCCESS

PEOPLE HELPING PEOPLE! More than 250 generous supporters gathered at the Marriott Hotel in February on behalf of New Directions Counseling Center. Our Master of Ceremonies, Spencer Christian, guided us through the evening with great



Spencer Christian
KGO Channel 7

wit and a bit of weather information. Pat Ritchie lead us in prayer and Dr. Marshal spoke brilliantly about establishing the Omega

Boys Club, his own ministry, and his dedicated support of NDCC. The evening closed with the beautiful voice of Molly Mastick singing "In This Very Room". Our many volunteers, board

Continued on Page 5

Continued From Page 1... From Our Director

February 18th was our Annual Fundraising Dinner. We were fortunate to have the support of Dr. Joseph Marshall, director of the Omega Boys Club, Spencer Christian, weatherman for KGO-7 ABC and formerly of Good Morning America, and Pat



Dr. Michael Rubino Executive Director Pat Richie Prev 49er's Chaplain

Ritchie, former Chaplain of the San Francisco Forty-Niners football team. A good time was had by all, and we managed to raise

some much needed money for the Center in the process.

In addition to these events, we are expanding our services by developing a program with Byron's Boys Ranch, a juvenile detention facility, to provide counseling services to the boys when they are released from the facility, to help them adjust to living in our community again and with making healthy choices so they can continue on and live successful lives.

We are developing a relationship with NAMI Contra Costa (National Association for the Mentally Ill) and Contra Costa Interfaith Housing, Inc. to provide counseling for their clients and families of their clients.

We are recruiting to expand our counseling staff. Over

the next few months we will have several highly qualified trainees and interns joining us. They will enable us to serve even more than the 2000 clients per year that we currently see. This is imperative due to additional State budget cuts, eliminating a number of mental health services. As a result, our services are needed now more than ever to ensure people receive the appropriate treatment they need.

Finally, over the next few months, we will be out in our community providing education at events and continuing our fundraising efforts.

And, as you can see, NDCC continues to provide vital services to our community.

Continued on Page 5

FROM OUR CHAIRMAN

Dear Friends of New Directions:

Thank you all, who attended our Annual Dinner in February. I apologize for not personally attending; at the last minute, I lost my battle with the flu. Scott Kiepen graciously and wonderfully represented the Center on my behalf. Scott is slated as President of next year's Board of Directors; I couldn't leave the job to a more capable replacement. Scott is a reflection of who we are and what we do at NDCC.

Over the past few months, many people have helped in various capacities at the Center. The publishing of our holiday letter was successful in large part, due to our tireless volunteers spending hours stuffing envelopes and getting to know each other better: Blair and Daniel Mackin from Tabernacle School and dad, Paul Mackin (there's a giving family),

Ms. Charlie Edman, Bill Barron, Chris "CJ" Celio, and Phyllis Cavallo.

During Christmas, the Mackin family was at it again, Blair, Danny, and Paul helped as Santa Claus and Santa's helpers. Thank you Mackin family.

At our Annual Dinner, new volunteers, Karen Hunt and Lisa Cook, performed like veterans at our registration table. Toni Garcia helped put the dinner together, put out name tags, and made sure the tables were set up correctly. Jerry Chamberlain, Denise Engstrom, Dr. Michael Rubino, and Karen Neumann also put in extra hours making phone calls, attending far too many meetings, and staying late (too) many nights to ensure the dinner was a success.

Two of God's angels, Phyllis Cavallo and her sister,

counselor Diana Burke, performed a miracle for us. Phyllis graciously paid for new carpeting throughout our Center.

In February, many long-time supporters painted the interior of our Center. Bill Barron, Isabel and Roland Sears, Diana Burke, Phyllis Cavallo, and her son and daughter-in-law Christopher and Jenna, Stephanie Agasi, Vi and Fred Egli, and I were among the painting crew. The new paint and carpet gives the Center a fresh, updated look.

Many more people have volunteered their services to our Center. Please forgive me if I've forgotten anyone. You are all great! Thank you seems so inadequate. Jesus made it clearer when He said, "Whatever you have done for the least of mine, you have done for me."

~Pat White



Byron's Boys Ranch

Thanks New Directions Counseling Center:

Dear Michael and Belinda,

Thanks it was great!

Thank you so much for inviting us OAYRF boys; [to the Annual Dinner] we all enjoyed it so much. I wish I had money to spare to donate, but I don't. I thought it was real nice of you to think of all of us troubled kids in the world and help us create a program for us! I hope I can meet you again sometime. When I get out I will be volunteering to help the program. I plan on seeing you again and helping out!

Love...

February 19, 2003

Dear Belinda Lopes and Michael Rubino,

I want to thank you for what you guys are doing for us. It feels good to know people care and are trying to make our lives better, so we're not in the streets killing each other. We have a better place to go instead of standing on street corners or at someone's house and doing drugs and playing with guns. I look forward to going to the program when I get out.

Your Friend...

DONOR APPRECIATION

The important work of New Directions Counseling Center would not be possible without the year-round contributions of our supporters. We would like to take this opportunity to recognize those who gave generously during 1st Quarter 2003.

5,000+

CHVS Family Fund

2,500+

Christ the King Catholic Church
St. Timothy's Episcopal Church

1,000+

Lenore & Aaron Bezzerides
Judith & James Labbe
Alan Lietzke
Dr. Michael Rubino, III
Michael Van Duren
Neil & Carol Wilson

500+

Janice & Joseph Adragna
Community Presbyterian Church
Leslie Firth
Knights of Columbus

250+

ABC-7/KGO-TV
Stephanie Agasi
Lisa & Richard Assoni
ATCO Towing & Recovery
Pat & Bill Barron
Spencer Christian
Anne Daniele
Lisa & Chip Eitzel
Barbara Frey
Carolyn & Ned Herrington
Lafayette-Orinda Presbyterian

Jane & Albert Lucas
Kirk Martinez
Jackie & Bob Richard
Virginia & Bill Rood
Stephanie Sandbergen
Eleanor & Edward Shanahan
Pastor Steve & Genevieve Syverud
Louise & Art Turrin
Robert M. Wheaton

100+

Mary Azevedo
Karen & Michael Ball
Wanda Barnes
Robert Belshe
Dr. Duan Bjerke
A. Gregory Bjerre
Joel Borskin, DDS
Mark Bradlee
R. & J. Di Palermo
Toni Drucker
Marsha & David Flakoll
Joan & Bill Hobbs
Bernard Hoehner, Jr.
Lisa Hom
Landis Chiropractic Office
Teresa Hunter
Rose Laymon
Kathryn Meyer, MS, MFT
Judith & Carl Moore
Helen Morrison
Mary & Del Olsen

Kenneth Purchase
Sally Rapp
Sandra & Gregory Reburn
Nancy Santos
Karen & Raymond Straka
Gervaise Sturm
Sandra Towns
Pat & Neale Tveitmoe
Carol Twomey
Claudia & Robert Waldron
Michael J. Waltos
Jack Weir
Margaret & Sydney Whalen
Denise Winn
Sandra & Steven Woods
Perri Zepeda

All other donors!

Joan & Robert Birke
Thelma & Tom Burns
Susie & Spiro Cakos
Mary Lee Cakos
Barbara Castaldo
Maria & Tony Colorado
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Judith & James Sykes
Joan & Arthur Symonds
Barbara & Peter Van Dyne
Sharla & John Vohs
Mary Kathleen Vohs
Carol & Blaine Watkins
Judith Yacovetti

CEU INCOME \$1470 YTD

Thanks to the following people for choosing NDCC for their Advanced Education needs:

Kathy Andree-Rissel
Teri Bach
Colette Bischer-Choate
Susan Callon
Rosemary Chace, MFT
Maggie Clough
Jameisa Day
Doris Dea, MFT
Patricia Deery
Bonnie Forer
Janice Breenberg
Carol Heim
Cheryl Jacques
Marti Kutnik
Denise Lewis
Cheryl Marsh

Cheryl Minton
Donna Morrish
Carl Randle
Elizabeth Ross
Janice Ruchlis
Deena Souza
Patricia Strong
D.L. Tannenbaum
Kathleen Willard

IN-KIND

SERVICES/DONATIONS:

Change for the Better
De La Salle High School
Joe Celio
Loving Spoonful
Pleasant Hill Florist
Ristorante Tuscano
Spencer Christian

PLEDGES \$13,510 YTD

Thanks to the following people for pledging monthly donations to NNDC:

Stephanie Agasi
Lisa & Richard Assoni
Mildred Bradley
Mark Bradlee
Thelma & Tom Burns
Cynthia Corlett
Evangelical Free Church
Hillside Covenant Church
Lisa Hom
Teresa Hunter
Judith & James Labbe
Rose Laymon
Denise & Thomas Lewis
Anne E. Matthew
Owen Family Trust
Amii Pearce

Jackie & Bob Richard
Virginia & Bill Rood
Carol Schoon
Karen Straka
Helen & George Watkin
Sandra & Steven Woods

DONATIONS IN-MEMORY:

of Marci Thompson

Susie & Spiro Cakos
Mary Lee Cakos
Mary & Del Olsen
Virginia & Bill Rood
Dr. Michael Rubino, III

of Barbara Bissell

Terry Linscott
Karen Neumann
Dr. Michael Rubino, III

Continued From Page 1...
Annual Dinner 2003



Dr. Joseph Marshal,
 Omega Boys Club

m e m b e r s , staff members, members, counselors, interns, supervisors, and consultants helped w h e r e v e r possible to make the evening a huge success.

And, a good time was had by all.

~Jerry Chamberlain

GROUP WORKSHOPS

During the first quarter of 2002, we completed this year's first group workshops. Both the Father/Son and Mother/Daughter Group Workshop were highly successful. The groups were so popular, that we are planning another Father/Son group and a group for children whose parents have divorced or are in the process of divorcing. These groups are planned for this Summer & Fall. We are also assessing our community to determine which other groups will be beneficial.

Continued From Page 2...
From Our Director

I understand that these are difficult times given the status of the economy and the war; however, if you can donate your time or make a financial donation, it is greatly needed. During these difficult times, continued support of generous donors enables NDCC to continue its work. Stressful times, such as these, cause more people, from all walks of life, to need mental health services to help them cope with the increasing pressures of daily life.

Again, thanks to all of you who support us! If you have any questions or comments, please feel free to call me. My door is always open.

~Dr. Michael Rubino

Continued From Page 1...

Celebrate Life

You can't beat the price of the show; admission is free! Donations will be accepted at the performances and 100% of proceeds go directly to NDCC. Word is spreading; we have a number of local mayors attending to support New Directions!

OUR WISH LIST—MORE "PEOPLE HELPING PEOPLE"

The Center is in need. Can you or your friends, family, and colleagues help New Directions and, at the same time, benefit from a 100% tax-deductible donation? Become one of the "people helping people" and support our much needed services!

- T1 Line Installation and Service for One Year
- DELL OptiPlex GX260T Computer w/ 15" flat panel display
- Color Scanner
- B&W laser jet printer
- Computer Maintenance and Service.
- Printing Services
- Office Supplies for entire 2003 year
- Janitorial/Cleaning Services
- Gardening Services



- New Cement Walkway to Front Door
- Building Maintenance Services
- Painting Building—Interior & Exterior
- Six Task Chairs (ergonomic).
- New Furniture (couch, guest chairs, tables...)

For Fundraising (drawings, auctions, prizes):

- Airline & Cruise Tickets
- Winery Tours
- Limousine Services
- Hotel and/or Spa Packages
- Sports Tickets/Memorabilia
- "Walk-on" parts for TV shows
- Autographed Scripts
- Restaurant & Shop Gift Certificates

**SPOTLIGHT ON
 Anne Daniele, BOD**

Anne Daniele joined New Directions Counseling Center's Board of Directors in October 2002. She is a native New Yorker from the borough of Brooklyn, who attended New York University. She married and moved to California 46 years ago.

Anne completed the RAFA Lay Counselor Training Course about 20 years ago, but was unable to help clients due to the illness of an aging parent. However, she is an avid supporter and has remained connected to the Center. Anne is passionate about supporting those in need.

She presently participates in "Just Faith", an intensive study of the roots of poverty, locally, nationally, and globally that works with organized groups to find solutions to help end poverty.



Anne Daniele
 Member, BOD

ABOUT OUR CENTER...

Founded in 1974, New Directions Counseling Center (NDCC) provides affordable counseling to over two thousand low-income individuals and families each year who cannot afford private therapy and do not have mental health benefits. Twenty-nine volunteer paraprofessionals and five licensed therapists donate their time to clients receiving the help they need and to which they would not otherwise have access.

The Center offers a sliding scale fee based on clients' income. As a Board of Behavioral Health Sciences accredited training facility, NDCC offers Advanced Training (CEU's) to MFT's and LCSW's.

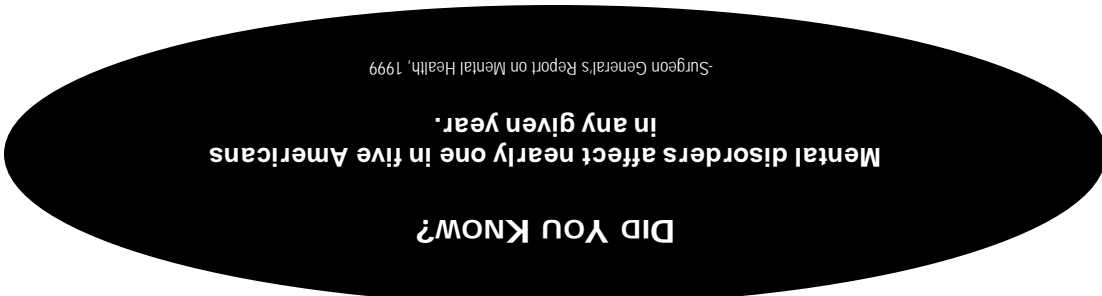
NDCC is entirely funded by private donations. Without its donors, the Center would not be here today. Thank you for your generous support.

If you have any questions or wish to find out how to become involved with NDCC, please contact us at 925.798.7500, NDCC@earthlink.net., or visit our website www.ndcounselingcenter.org.

We have immediate openings now; if you or anyone you know is seeking mental health services, please call 925-798-7500.

COMING SOON AT NDCC

- 4 April** **April 8** Round Table Pizza Night 5:p-9:p at 2960 Treat Blvd. in Concord. 20% of your purchase goes directly to New Directions.
-
- 5 May** **May 3** Continuing Education Course: Play Therapy Training by Sylvia Fisher, MFT. 6 CEU's; 9:a-4:p; \$60 (\$50 Students).
May 24 Bay Area Kids Fest in Concord. Admission \$4, Hrs 11:a-6:p, Memorial Weekend (Sat-Mon rain or shine)! Target Audience: Kids ages 2 to 10.
-
- 6 Jun** **June 6** Father/Son Group Workshop. A six week course, Friday's from 6:30p-8:30p @ NDCC. \$125/family.
-
- 7 July** **July 25** Celebrate Life Benefit Concert. Friday-Saturday, July 25th & 26th. Our 3rd annual musical variety show and fundraiser. Great for the entire family. Free Admission!



- ADDRESS UPDATE:**
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 - I am receiving duplicates.
 - Please remove my name from your mailing list.

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