

The Trinity Counseling Service Fall Newsletter is here! Read on to learn about new programs, events and updates on all that is planned for the coming months.

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healing minds,
strengthening hearts,
enhancing lives...one at a time.



Letter from the Executive Director

This time last year, I had served as the Executive Director of TCS for barely three months. With the majority of my background and training as a clinician, the shift to running a mental health organization that treats over 1,000 clients a year and being responsible for its day-to-day functioning and sustainability has been inspiring, nerve-racking, exciting, and humbling. This year I have had the pleasure of working side-by-side with extraordinary colleagues, a very dedicated Board of Directors, and getting to know many of you - the supporters of TCS. Our community is clearly committed to building and strengthening this special organization, and I am increasingly energized and excited about TCS's future.

In this newsletter we share some of our work over the past year as well as provide some highlights for initiatives and projects to come. You'll also read about the impact we are having in our community, which is my favorite thing to talk about, actually. As the Executive Director, my goal is to make sure we have a strong, sustainable organization devoted to providing the best programs, services, and client care possible. We have wonderful and talented clinicians working with us, and our clients are superbly cared for. My office is opposite the waiting room and I hear people coming and going all day. **To have a client stop into my office to tell me, unsolicited, that his therapist has "changed his life" reminds me how powerful and important our work is.**

Trinity Counseling Service is a unique organization and one that I am proud to serve. With a strong team and a vision for our future, we are poised for growth in 2016. Our signature programs are strong and our community partnerships are growing. None of this would be possible without your support, and I thank you for your continued belief in TCS and the work we do to support individuals and families in our community.

Sincerely,
Whitney B. Ross, Ph.D.



\$130k raised for TCS at the Boots n' Buckles Ball

On Saturday, September 19th friends of Trinity Counseling Service donned their glitziest cowboy boots and buckles to kick up their heels for mental health and wellness counseling. The evening, chaired by Tyler Vernon, Scott Kelsey, and Pepper deTuro, was a smashing success. 280 guests gathered at Princeton Airport's main hangar, which was transformed for the night into a wild west corral, to help celebrate those who "face life's challenges and get back up on their horse". Through a combination of sponsorships, live & silent auction, direct donations and ticket sales, Trinity Counseling raised more than \$130,000 in support of its mental health programs in the Princeton community. Trinity Counseling Service thanks our wonderful supporters for helping make this year's event our most successful to date.

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Childhood Intervention Initiative expands to West Windsor

For more than 18 years, TCS' hallmark program, The J. Seward Johnson, Sr. Childhood Intervention Initiative, has provided counseling to low-income children and families through partnerships with Princeton Nursery School and Princeton Public Schools. At no charge to the families involved, hundreds of underserved children, teenagers, and members of their families have received individualized counseling services from TCS therapists and psychiatric providers, addressing issues such as depression, anxiety, trauma, bullying, ADD/ADHD, and more.

Building on the success and sustainability of this program, TCS is proud to announce that as of the 2015-2016 school year, the CII will be made available to children from the West Windsor-Plainsboro School District in addition to Princeton Nursery School and the Princeton Public Schools. Children who meet the criteria for the program and are referred through their school guidance counselors will receive the counseling they need in an warm and compassionate environment.

The expansion of the CII program comes after a careful analysis of TCS' capacity and on the heels of a highly successful effort to raise funding for the CII through the Peter's Kids Campaign in 2014. TCS would like to thank all who donated to the Campaign and the funders who have made this expansion possible, including, but not limited to, The J. Seward Johnson Sr. 1963 Charitable Trust, The Bunbury Company, Church & Dwight Co., The PNC Foundation, The Edward E. and Mary L. Matthews Family Foundation, The Martha L.A. Norris Foundation, the Twin Chimneys Foundation, Janssen Pharmaceuticals, and Otsuka America Pharmaceuticals.

TCS looks forward to broadening our reach in the community and partnering with WWPSD this year. TCS will share the results of the newly expanded CII program with our community at the close of this pilot year. For more information about the CII, please visit www.trinitycounseling.org/cii

Pilot year for TCS C.O.P.E. a great success

September marks the one year anniversary of the TCS Community Outreach, Prevention, and Enrichment (C.O.P.E.) Program, aimed at providing important mental health and wellness programming to our community and supporting the destigmatization of mental health topics. This pilot year provided our community with TCS' first Winter Speaker Series, Mindfulness Meditation workshops, and new partnerships with community agencies such as UrbanPromise Trenton. Also under the C.O.P.E. Program, Katharine Roman, a TCS graduate intern, facilitated a community outreach workshop on October 6th to residents of a low-income housing community for senior citizens living in Lawrenceville. Residents were led through a series of writing and creative expression activities that explored themes of love and loss. The workshop culminated in a group sharing of poems and theatrical monologues.

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Managing Anxiety

A Six-Week Workshop

- Learn effective coping skills and mindfulness techniques to assist in managing the symptoms of anxiety
- Gain support from others experiencing similar feelings in a safe and supportive environment
- Explore and process feelings and triggers for anxiety

Dates:
Nov. 4, 11, 17, 24; Dec. 2, 9
5:00 p.m. - 6:30 p.m.
\$25 per session

Located at:
Trinity Counseling Service
22 Stockton Street, Princeton



Interested? Please call TCS at 609-924-0060 to speak with facilitator Kelly Rosenberg, LPC.

