

## We Need Your Help

Center for Community Counseling is a growing non-profit program founded in 1978. We depend primarily on local, private donors to help our clients. We receive additional funding from client fees and public sources.

We welcome gifts and endowments. All contributions are tax deductible. If you'd like more information, please call us at (503) 344-0620.

*"After working with counselors from Center for Community Counseling, Womenspace participants begin to emerge from their grief and take control of their lives."*

*–Evelyn Anderton,  
Executive Director  
Womenspace*



*Center for Community Counseling provides services without regard to race, religion, ethnicity, age, gender, sexual orientation, or disability. Bilingual counselors are available. Our facility is wheelchair accessible.*

*"The new tools I have been exposed to in this anger management class will change my life for the better."*

*I would recommend this class to anyone."*

*–S. J.,  
Client*



**A Unique Service  
Providing Affordable  
Counseling For  
Low-Income Adults**

**Since 1978**

**Formerly Aslan Counseling Center**

1465 Coburg Road  
Eugene, OR 97401  
503-344-0620



## What We Do

We provide counseling to low-income adults by linking them with professional counselors who volunteer their time and expertise.

### We also offer:

- ◆ anger management classes for parents
- ◆ assessment interviews
- ◆ information and referral
- ◆ training for mental health professionals

Our sliding fee scale, one of the lowest in Lane County, enables us to provide counseling to people on fixed or limited incomes.

*"With your help,  
I turned my life around."*

—A.R.,  
Client



## Who We Are

Each year, 80 to 90 trained therapists volunteer at the Center for Community Counseling. These social workers, counselors, licensed psychologists, and psychiatrists contribute about 3,000 clinical hours annually. This represents about \$180,000 worth of services for citizens in our community.

## Counseling Is Not A Luxury

Mental health is just as important as physical health. Problems, however large or small, can lead to stress and difficulty in the workplace and at home. Counseling develops skills for coping with these pressures.

## Our Clients Are:

### Survivors:

98% of our clients report being abused as children. The long-term effects of abuse bring them into counseling. Many are currently trying to free themselves from violent partners.

### Low-income:

Our clients' average income is about \$500 per month. They do not have health insurance and are not eligible for counseling services under Medicaid.

### Mothers & Fathers:

Two-thirds of our clients are parents, and over 80% are women.

### In Need:

Our clients struggle every day with severe depression, anger, isolation, low self-esteem, anxiety, and the stress of parenting.

## Counseling Works

Counseling is preventative. Counseling helps people to:

- ◆ become better parents
- ◆ leave violent relationships
- ◆ manage anger
- ◆ find and maintain employment
- ◆ improve their self-esteem

Counseling is cost-effective because it prevents or reduces the incidence of child abuse, domestic violence, suicide, and loss of productivity. Through counseling and classes, our clients become more constructive members of the community.

Center for Community Counseling is particularly cost-effective because committed professional therapists in the community volunteer their skills and expertise to help clients become productive individuals.

*"If it weren't for your program  
I would never have been  
able to get counseling.  
I don't know anywhere else  
I could get weekly counseling  
within my budget."*

—D.L.,  
Client

