

*from your friends at
Cornerstone Counseling
Center of Chicago*

Season's Greetings



Fiscal Year 2009-2010




Impact is

424 clients on-site

422 students in their neighborhoods

146 participants in seminars/trainings



“I have come that you might have life and that more abundantly.” John 10:10

Reflecting on this past year, I think of the words of Christ in John 10:10. We are tremendously grateful for the opportunity to have a part in Christ’s vision of abundant life through our work with clients and communities. This year, we directly impacted more lives than we ever have before.

We hope you take a moment to read the story of Lois Scott, a woman who found the path to abundant life through her experience at Cornerstone. Now on the staff of the La Salle Street Church, Lois serves the church and community with enthusiasm and commitment. Stories like hers remind us that abundant life spreads out and effects families, churches, and communities.

As you prepare to celebrate this holiday season, please prayerfully consider partnering with us to create an impact in a life, family and community. Let this be a season of making a difference!


Be blessed!



Dr. Susanne Francis-Thornton, PsyD, MBA
Executive Director

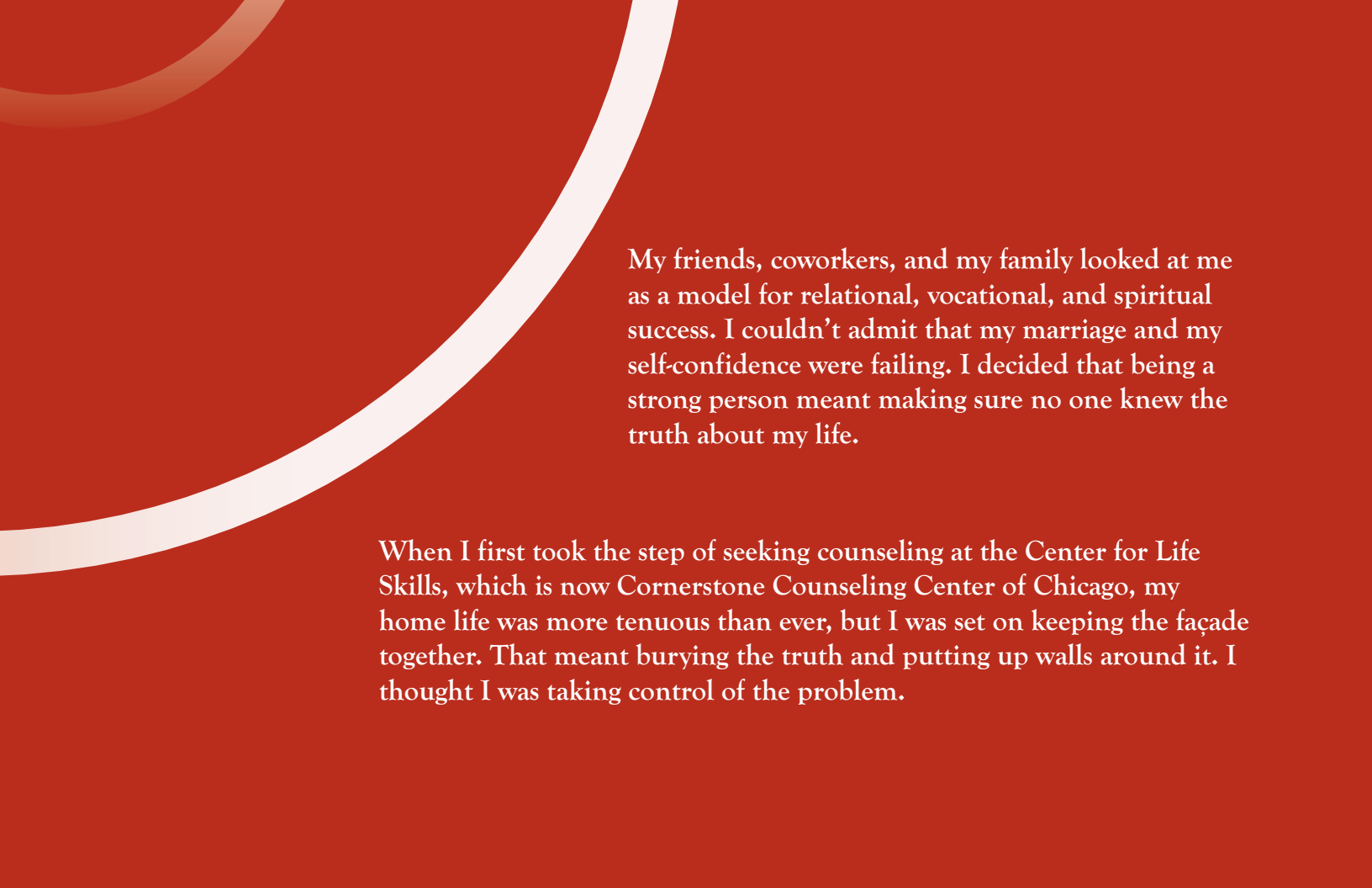
Impact is

transforming lives to make a difference
in families and communities.



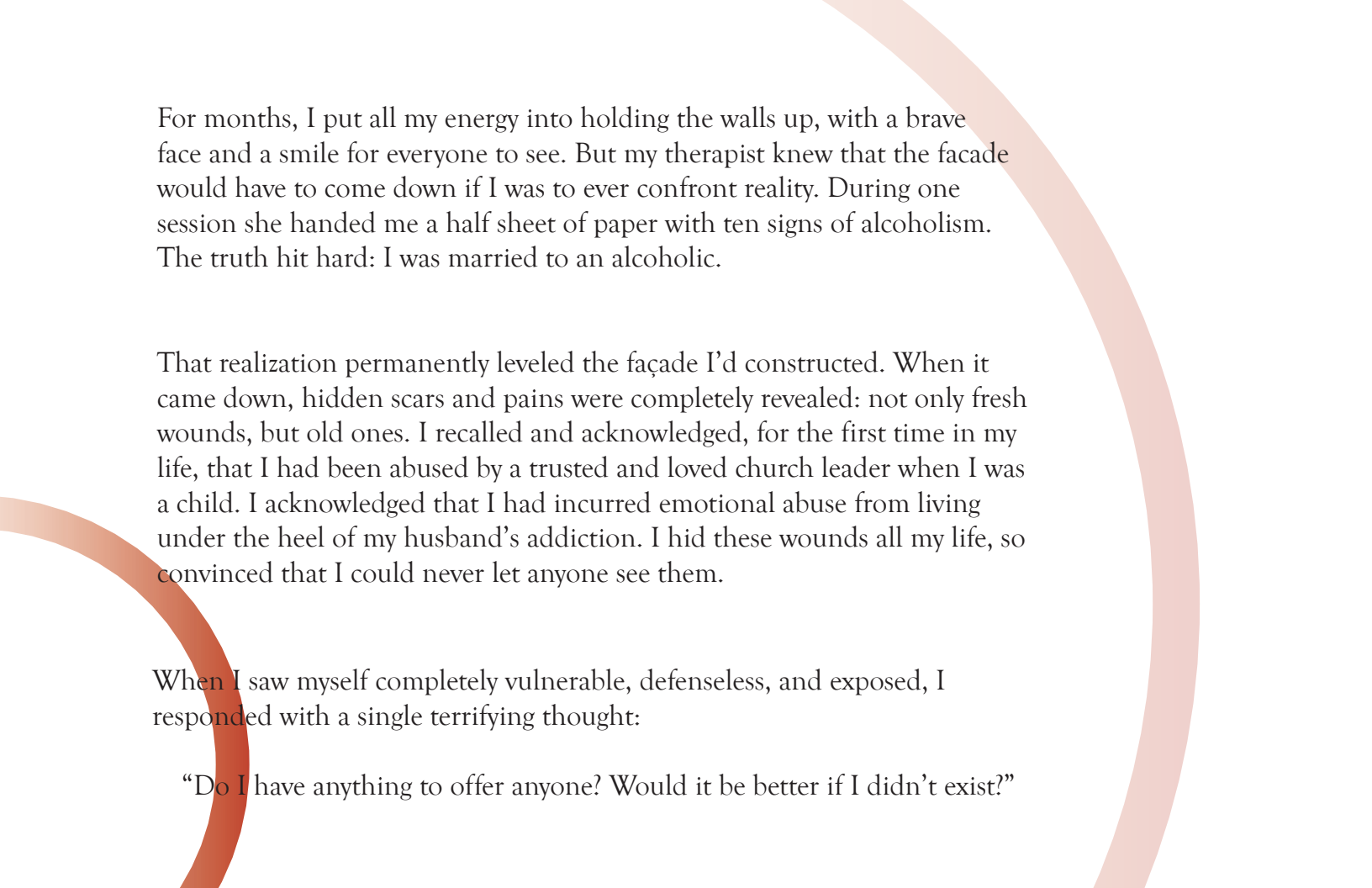
Abundant life. I thank God for those two words. Notice that Jesus didn't say good life or even normal life. He said abundant life, and that distinction is the reason I'm living and serving with purpose today.

There was a time when I lived what you could call a good life. I was married, had a good job, a nice house, and two wonderful children. That's what everybody could see, but it wasn't the real story. I was dealing with my husband's frequent binge drinking and angry outbursts at me and my kids. Truthfully, I was unhappy and felt completely alone.



My friends, coworkers, and my family looked at me as a model for relational, vocational, and spiritual success. I couldn't admit that my marriage and my self-confidence were failing. I decided that being a strong person meant making sure no one knew the truth about my life.

When I first took the step of seeking counseling at the Center for Life Skills, which is now Cornerstone Counseling Center of Chicago, my home life was more tenuous than ever, but I was set on keeping the façade together. That meant burying the truth and putting up walls around it. I thought I was taking control of the problem.



For months, I put all my energy into holding the walls up, with a brave face and a smile for everyone to see. But my therapist knew that the facade would have to come down if I was to ever confront reality. During one session she handed me a half sheet of paper with ten signs of alcoholism. The truth hit hard: I was married to an alcoholic.

That realization permanently leveled the façade I'd constructed. When it came down, hidden scars and pains were completely revealed: not only fresh wounds, but old ones. I recalled and acknowledged, for the first time in my life, that I had been abused by a trusted and loved church leader when I was a child. I acknowledged that I had incurred emotional abuse from living under the heel of my husband's addiction. I hid these wounds all my life, so convinced that I could never let anyone see them.

When I saw myself completely vulnerable, defenseless, and exposed, I responded with a single terrifying thought:

“Do I have anything to offer anyone? Would it be better if I didn't exist?”

At the lowest state in my life, when I was so desperate and broken as to contemplate suicide, my therapist offered grace and the chance to build a new, healthy, free, and abundant life. I decided that simply being alive wasn't enough. I wanted to live. My therapist walked beside me during that transformation, helping to heal those wounds rather than simply cover them up. I regained my strength and confidence and discovered the freedom of living authentically. My transformation has enabled me to serve the body of Christ as a church leader and to model love, freedom, and grace to my own children.



Every day now, I participate in a continuing resurrection- taken from the bondage of abuse to abundant life. And because my therapist was vital to that resurrection, I support Cornerstone Counseling Center of Chicago in hopes that others like me will have the chance to live abundantly.

Impacting Need

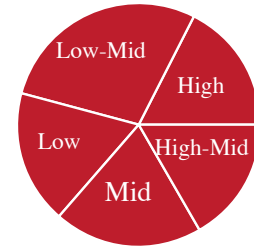
Low-income families are 2-5 times more likely to suffer from mental illness and only 1/3 of those who suffer will ever seek care.

45% of clients were in the low to mid-low income level.

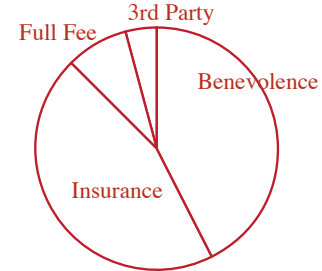
184 people at high risk received care they could not find elsewhere

43% of our clients used benevolence funds

\$124, 883 of subsidized therapy provided for those who need it



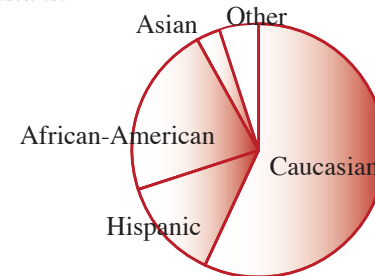
SES



Impacting Stigma

Asians, African-Americans, and Hispanics are less than half as likely to have access to mental health care as Caucasians.

43% of our on-site clients identified as an ethnic minority.



Ethnicity

Bringing in

Reaching out

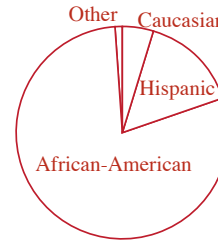
Impacting Dreams

Less than 40% of students in lower income neighborhoods will graduate from high school. Only 3% will ever graduate from college.

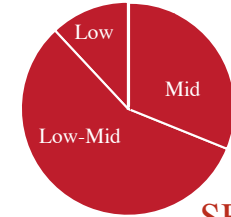
17 of Chicago's lower income neighborhoods were served

69% of students we served come from low to mid-low income families

11% increase in academic success for students who participated in our academic counseling curriculum



Ethnicity



SES

Impacting Relationships

About 40% of all marriages end in divorce

12 seminars provided for singles, married couples, and engaged couples covering successful relationship principles

Expenses

Program **\$ 629,700**

On-site counseling \$ 324,277

Students/Families \$ 121,974

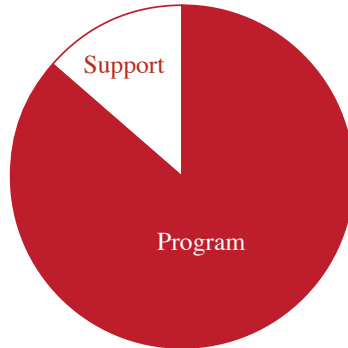
Internship program \$ 183,449

Support **\$ 98,643**

Administration \$ 55,839

Fundraising \$ 42,804

Total **\$ 728,343**



Over 85% of our resources go directly into providing services for individuals, students, and families across Chicagoland.

Support and Revenue

Service Fees and Other **\$ 611,131**

Individuals and businesses \$ 78,025

Churches \$ 9,943

Inkind contributions \$ 3,754

Total **\$ 702,853**



Every dollar we receive as a donation goes to our scholarship fund to subsidize therapy for clients who qualify based on need.

You make an impact when you

- Give, so others can experience healing
- Partner with us to conduct a seminar or training in your church or workplace
- Make an appointment to speak with a counselor if you or someone close to you needs help
- Join us for one of our events this Holiday season

\$60 a month covers one session per month for a sliding-fee scale client

\$140 a month provides weekly therapy for an under-insured client

\$240 a month provides weekly therapy for a sliding-fee scale client

\$340 provides weekly therapy for a child through community partnerships

\$500 provides a psychological evaluation for a student

\$1560 provides 26 sessions for a sliding-fee scale client

Cut off this page and place it in the enclosed envelope.

I want to impact through giving

Tax-deductible donation amount \$_____ (CCCOC is a 501(c)3 organization)

One-time gift Monthly gift

My company will match my gift (list company) _____

I will give through

a check, payable to CCCOC

an online donation at www.chicagocounseling.org

a credit card gift

Visa Master Card Discover American Express

Card # _____ Exp ___/___ CVV _____

Signature _____

Please use the following space to correct your information if it is different from the mailing label attached to the other side or if your billing address is different from your mailing address.

Incorrect Label Different Billing Address

Name _____

Address _____

Email _____ Phone (____) _____

Don't forget about our December events!

Community Arts Outreach Event

December 3, 7:00pm

December 4, 2:00pm

Come enjoy original spoken word, music, and drama from some of Chicago's own students. Bring family and friends to enjoy the performances and learn how to make a difference through the choices you make everyday.

Cafe Cornerstone

December 10, 7:00pm

It's almost time for our annual Christmas celebration! Sing a carol at the open mic or just enjoy the festive atmosphere and holiday treats.

P.I.C.K A Partner Relationship Seminar

December 17, 6:30pm-9:00pm

December 18, 8:30am-4:30pm

Single in the city? Come participate in a fun weekend retreat for single men and women who want to meet new people and learn practical relationship skills.

For more information about any of these events visit
www.chicagocounseling.org



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