

Building Foundations



Cornerstone Counseling
Center of Chicago
**40th Anniversary
Vision Benefit Dinner**

April 7th, 2011

Our Vision

to reach our diverse community with the highest quality counseling services

Our Values

- a commitment to social justice
- multicultural competence
- the integration of faith and practice

Director's Dialogue

Eulalie Susanne Francis, PsyD, MBA



On April 7th, we will celebrate the beginning of our 40th year of making a difference in our community. As we anticipate this milestone, we have been reflecting on what has compelled

Cornerstone to remain so faithfully committed to the vision of our founders. As now, our founders were committed to the mission of not simply providing therapy, but serving the people in their community who would not normally have access to quality mental health care. With a record number of clients calling in this January, and 40% of our current clients utilizing our scholarship fund, affordable counseling services are as needed as ever.

Our commitment to quality mental health care for *all* who need service will always be sustained by great faith and bold vision. Faith and vision brought Cornerstone through location changes, difficult financial situations, and changes in leadership. We have a vision for a unified community, and so we emphasize multi-cultural competence and intentionally seek diversity on our staff.

We have a vision for a sustainable model of faith-based therapy, which is why we continue to strengthen and grow our training program. And we have a vision for high quality, capable, and effective care, which is why Dr. Eva Ponder has transitioned to the role of clinical director to ensure our care standards remain top quality.

On April 7th, we will take time to reflect on the impact we have created for 40 years. We have seen healing, not only in the lives of individuals we've served, but also the families, the churches, and the communities that a healthy and empowered person affects. The words of a student in one of our high school groups shows the difference our work has made in his relationships:

"I have learned so much about the way to act towards women. I have also applied the information to rebuild a relationship with my father. This group has been a great experience!"

I am always encouraged when I am reminded of how our impact is multilevel and extends even beyond the city of Chicago. Learning multicultural competence and strong clinical skills at Cornerstone has equipped Amanda Bull

to work with rescued child soldiers in Uganda. We were able to partner with Amanda and her husband, doing research to support their work on the ground. Yes, we impact the life of one child, one husband, one single woman, but the impact of positive change on that individual creates a family system and community impact that truly creates a catapult of positive change well beyond our reach.

On April 7th, Cornerstone staff and board members alumni, community partners, donors, and supporters will all come together and commit to make a lasting impact on the people and communities in the Chicago region. We will cast a vision of a transformed city and together, with great faith, set about continuing the healing work God has enabled for 40 years.

God Bless and we'll see you on April 7th.

Dr. Francis is in her seventh year as Executive Director at CCCOC. She offers bilingual (Spanish) services and has a passion for empowering others to be effective leaders, servants, and citizens.

Last December, Cornerstone Counseling Center of Chicago partnered with J.K.B.U Productions to host an inspiring play about overcoming difficult circumstances through positive choices. J.K.B.U (Jesus Keeps Blessing Us) Productions uses young actors, actresses, and artists from across Chicagoland in the productions.

Pastor Phil Jackson from The House Church in the Lawndale neighborhood of Chicago added a word of encouragement for the youth, admonishing them to make decisions with long-term vision. Local hip-hop artists Russ and Roe kicked off the evening with a high energy set that had people on their feet!



An Interview with Co-directors Cortez and Jerri Mack

Describe J.K.B.U and the types of productions you do.

J.K.B.U is a Christ-centered production company that spreads positive messages through theater, TV, film, music and recreational outlets.

What makes the arts an effective outlet for young people?

Having a creative outlet is so important for many of our kids—they can flourish in an environment like that. We have seen young people confront difficulties or traumas they have experienced through their characters.

What is the best way to support J.K.B.U and the work that you do?

Spread the word! We are always recruiting young actors, actresses, filmmakers, musicians, and artists to contribute their gift and talents to our productions. We love performing for churches, schools, and any organization that works with youth.

Is there a story you'd be willing share about the impact your productions have had?

Many of our cast members have been victims of rape, molestation, depression, and have considered suicide. I have seen young people rally around their brothers and sisters as many admit to and confront these traumas for the first time. I have witnessed God's healing through our organization.

You and your family are cordially invited to celebrate with us at our

40th Anniversary Benefit Dinner and Silent Auction

Thursday, April 7th 2011

5:00pm

Welcome Reception &
Silent Auction

6:30pm

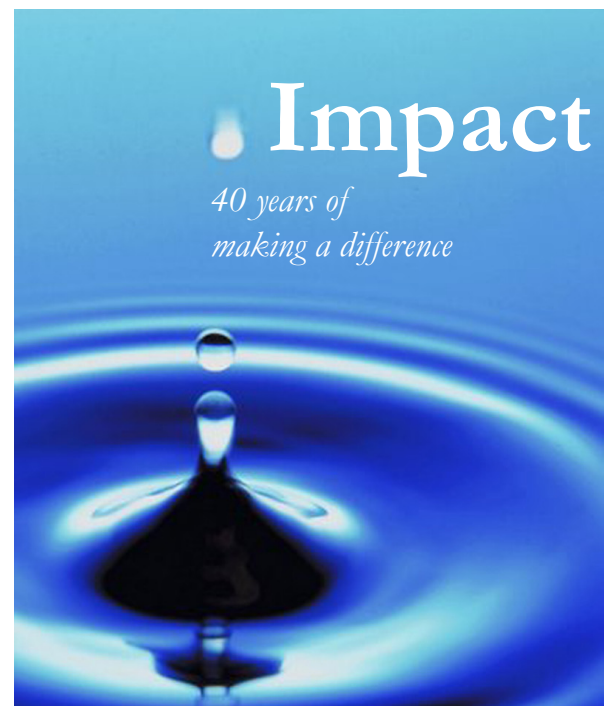
Dinner & Program

RSVP by March 31st at

www.chicagocounseling.org or call
312.573.8860

At a brand new location:

Sheraton Chicago Hotel and Towers
(Columbus/Fairbanks Dr. on the
Chicago River)



Create an impact!

- Bring friends and family to celebrate with us at our 40th Anniversary Dinner.
- Donate an item to our silent auction, such as sports tickets, restaurant gift certificates, etc.
- Give so others can experience healing.

The Impact of Faithfulness

Judi Zink, MA, LCPC



I've been thinking about the impact of 40 years of ministry and service that Cornerstone Counseling Center of Chicago (CCCOC) has enjoyed, growing

from the seed of an idea that emanated from visionary people at LaSalle St. Church. The words of I Cor. 4:2 came to mind, which say, "It is required of stewards that they be found faithful." I believe we can anticipate celebrating these 40 years because Cornerstone staff members, board members, and donors have been faithful stewards.

Then I remembered Jesus' parable of the talents (Matt. 25: 14-30). The narrative of the story tracks three servants who are given money from their master. Two of the servants invest, or trade, what they have been given; they each make a 100% profit and are rewarded. The third servant buries

the money in the ground and is rebuked by his master. There seems to be a simple equation at work in this story: investment = return, at least some kind of return. The point Jesus makes is to encourage his listeners to risk what they have, in the hope and faith that it will become more. The talent buried in the ground went nowhere, became nothing more than what it was. But the talents that were invested, which the servants decided to risk in some kind of trade, multiplied and had impact.

The beginning of the counseling center that became CCCOC is the story of people who were aware of their cultural milieu and had the courage to offer their talents to see what the investment would yield. One of the changes in the Christian landscape of the 1960s was a newfound recognition of the importance of mental health. No longer was it enough to say that repenting sin would solve all of life's problems. More Christians became comfortable talking about the value of psychology to address emotional struggles. In that context, the vision for

the counseling center was born. Several people became stewards of that vision, gathered money for start-up costs, hired staff and, in September 1971, opened the doors. Clients came and were cared for in a loving environment. They found support and healing in an environment where psychological and spiritual truth were thoughtfully integrated.

And so it has been since then, for 40 years. So many different staff, administrators, board members and donors have served the counseling center, each investing their talents, each risking what they had, to see if it might become more. God has given growth, and there has been immeasurable impact.

Judi Zink served as a therapist at Cornerstone from 1999 through 2010. She is Cornerstone's unofficial historian and a continuing contributor in many ways.

Impact is

over 800 individuals, students, and families receiving the tools to transform their lives, their families, and their communities each year.

A story of impact

Elaine* is the matriarch of her family, and as such, feels responsible for preserving unity, peace, and good character among each generation. When she came to Cornerstone, she explained that resentment between her children had drawn battle lines in the family and the life choices of her grandchildren shocked and disappointed her. Over time, Elaine began to feel isolated and powerless. She perceived that her voice no longer mattered, and what's worse, that the words of God had lost all of their potency in her family's hearts.

As Elaine opened up, she expressed more and more her desire to simply communicate how she felt. Cornerstone has given Elaine the tools to accurately communicate her feelings. As a result, she has begun to receive more direct and open communication from her family. Though the neglect and poor choices among family members have not vanished, Elaine has begun to notice a subtle willingness in one of her children to reach out in grace rather than hostility. Her pain remains, and the process of reclaiming the bonds of love between her family will require constant laboring. Because of the encouragement and safe haven Elaine found at Cornerstone, she is learning to be the example of selfless love that slowly begins to shape the thoughts, actions, and relationships of her family.

*Client name has been changed to preserve confidentiality



Cornerstone would like to be your friend. Find us on Facebook for event information, mental health tips, and ways you can get involved for a great cause. If you support mental health and social justice, share our page with your friends too! And don't forget to follow our YouTube channel for stories of real impact Cornerstone makes in our community.



Tom Baker, MA



After a relaxing and fun break, getting children back into the school routine can be stressful for both parents and children. With Christmas break behind us and spring and summer breaks on the horizon, try these simple tasks to help you and your child during these times of transitions.

Tom Baker is a student therapist at Cornerstone. He has experience serving children and their families, with a unique focus on military families. He often uses creative tools such as expressive arts therapy and play therapy to help clients overcome trauma, ADHD, and other behavioral or emotional difficulties.

1. Work with your child to develop a firm schedule for work and play and make sure to post it on the refrigerator door or somewhere it can be referenced quickly.
2. Don't be afraid to reach out to your child's school and teachers. Communication between parents and teachers is one of the most important factors in a child's education.
3. Encourage your son or daughter to use a homework planner to organize their work and check it each night to make sure that they are staying on track.
4. Sit down with your child and come up with various rewards together that they can work towards by completing homework assignments or getting good grades on tests.
5. Encourage and reward your child for keeping up with their work, and stress the importance of still having fun!



What you need to know about Psychological Assessments for your child

- A psychological assessment paints a comprehensive picture of a child, including personality, strengths, areas for growth, and any social/emotional/learning disorders
- A psychological assessment will identify the reason your child acts out at school, has difficulty with homework, or even has trouble making friends
- A psychological assessment provides essential tools for ensuring your child succeeds at school

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