



# PRO BONO COUNSELING

Your Mental Health Connection

## THE CONNECTION | MONTHLY NEWSLETTER | NOVEMBER 2022

### Thankful for Pro Bono Counseling and Its Supporters

*"I am so grateful for your service."*

*"I greatly appreciate everything you have done for me, more than you know."*

*"I am so thankful that Pro Bono Counseling exists."*

These are comments from Marylanders who recently contacted Pro Bono Counseling (PBC). Statements made by different individuals but overall, expressing the same sentiment. Callers appreciate that PBC provides an invaluable service, and that its staff members and volunteer therapists treat them with the respect and compassion they deserve. And once they begin counseling, they report back to us how much their lives have changed as a result.

PBC could not meet its goal to connect Marylanders with mental health care resources without the constituents who help in so many ways. To provide counseling access at no cost to the recipient requires the commitment of hundreds of volunteer licensed mental health professionals. We appreciate our volunteers dedicating their time, skills, effort, and knowledge to help transform the lives of people throughout the state of Maryland. To date in 2022,



PBC's volunteers have donated more than 7,500 hours to 2,022 people in therapy.

"Demand for mental health care continues to increase each year, and our volunteers selflessly donate their services to meet those needs," acknowledged PBC Clinical Director Sherri Bloom. "It truly is inspiring to see the impact they have on so many people in need."

PBC also could not achieve its mission to provide access to mental health care without its supporters. The organization relies on your generous contributions to allow us to continue our services to clients in need. The individual donors who choose to make a mental health connection to individuals who otherwise would not have access to those resources. PBC also recognizes the vital support of public and private foundations who commit to funding our initiatives and programs.

"We know that there are many important causes within the community, and we are appreciative and proud that so many individuals and organizations choose to support our mission," stated PBC Executive Director Amy Greensfelder.

### Volunteer Writes Early Childhood Book

Many of Pro Bono Counseling's volunteers are not only mental health professionals, they are authors as well. Susan Taylor, LCSW-C, CMA, RPT-S, with the Center for Resilience



and Connection, coauthored an early childhood hands-on guidebook, [Wee Cuddle & Grow](#). The book includes practical interventions for professionals working with young children and their caregivers in early childhood settings. Melding research-based clinical practice into a grass-roots community approach, the authors offer tools based on their experience working with families. Applying reflective practice and a respect-driven approach, [Wee Cuddle & Grow](#) blends attachment theory and mindful compassion into trauma-informed care. The book is available at [KennedyKrieger.org](#).

If you have written a book or resource you'd like shared in a future newsletter, please [email us](#).

### New CHAI Community Forum

South Asian Marylanders are invited to join Pro Bono Counseling's CHAI program as we kick off a new bimonthly series, "Conversations over Chai." Featured facilitator, Dr. Harita Raja, will moderate a virtual discussion on



Dr. Harita Raja

topics relevant to South Asian Marylander community members.

This forum will be held on the third Tuesday every other month beginning on February 21, 2023, at 6:30 PM. The inaugural discussion topic

will be: *Mental Health in our Community*.

Additional topics planned for upcoming sessions include:

- Finding Your Identity
- The Truth about Self Care
- Family Relationships
- Parenting Between Generations
- Intergenerational Trauma

Harita Raja, MD is a board certified reproductive psychiatrist who specializes in women's mental health. Dr. Raja founded Bethesda Women's Mental Health to provide women with a place to obtain compassionate and evidence based psychiatric care. Dr. Raja is dedicated to educating women and the community about women's mental health and the avenues for treatment using a holistic perspective.

For more information and to register, please click [HERE](#).

### Give on GIVING TUESDAY

GIVING TUESDAY is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy as well as to celebrate generosity worldwide.

You can double your impact on GIVING TUESDAY. All gifts to Pro Bono Counseling (PBC) made through December 3 will be matched by our Board of Directors. Funds raised will support PBC's mission to ensure that Marylanders with limited resources requesting mental health care are provided access to volunteer licensed mental health professionals and other necessary supportive services.

[Click HERE](#) to make your gift today.

### Continuing Education Workshops

Don't miss these upcoming continuing education workshops:

**December 2 - How to Identify and Support Human Trafficking Victims**

3 CE Credits

Presenters - Alexandra VanDress and Sgt. Debbie Flory

**December 5 - Intro to Pro Bono Counseling**

1CE Credit

Presenters - Amy Greensfelder, LMSW, and Sherri Bloom, LCSW-C

For more information or to register to attend, visit PBC's [Events and Workshop](#) page.

### PBC Resource Corner: The Trevor Project

The Trevor Project is a global non-profit organization dedicated to ending suicide among lesbian, gay, bisexual, transgender, queer and questioning young people. The Trevor Project provides a free year-round, [24/7 counseling crisis line](#), where any LGBTQ+ individual can call, text, or online message with a trained crisis counselor at any time.

Services extend past their crisis line, into [Trevor Space](#). Trevor Space is a virtual, affirming, online community for LGBTQ+ young people between the ages of 13-24. Trevor space provides LGBTQ+ individuals who live in areas without ac-

cess to affirming communities an online safe space where individuals can safely have discussions on identities, seek support, receive advice and make friends.

The organization also offers free training programs for allies, parents/caregivers, and those who wish to know more. Training programs provide a foundation in understanding LGBTQ+ identities and the challenges facing such young individuals.

For more information, visit [The Trevor Project website](#), or email [info@thetrevorproject.org](#) for other inquiries. Reach the crisis line at 1-866-488-7386, or text "START" to 678-678.

