



FREE LAY COUNSELING AND AFFORDABLE PROFESSIONAL THERAPY FOR OUR COMMUNITY

## SUFFERING, A ROAD NO ONE SHOULD WALK ALONE

Suffering is part of the human condition despite the fact that so many try to act like it's not. Social media platforms allow people to create whatever image they want others to see. Many use digital media to erase the appearance of struggle and hardship, painting a distorted picture of reality. So, despite what you see on your screens, let me assure you that no one is untouched by hardship and struggle.

Some struggles are public, like the death of a loved one or an injury. Others are private, like depression, abuse or addiction. Whether public or private, the road of suffering is difficult to walk. The good news is, you don't have to walk it alone. The Bible records that when God created Adam, He said, *"It is not good for the man to be alone. I will make a helper suitable for him."* Then God created Eve and with her, companionship and ultimately community.

It is not good for us to bear the burdens and the sufferings of life alone, so why do we do it? Often it is because we are ashamed of our struggles. Sometimes it is because we don't want to add our burdens to anyone else's load. Other times it is because we don't

want anyone else to know we're struggling. Occasionally it is because we don't have anyone in our lives who can help us carry them.

These are all reasons why Anew Day is so vital to our community. We believe all people should have someone to be open and honest with, someone who will listen and care, someone who will help them process and see their circumstances from a different perspective. We believe all people should have a personal cheerleader who roots for them and encourages them.

Anew Day is an organization of Christian people who love others by walking with them on the difficult roads of life to lend a helping hand.

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**"Carry each other's burdens, and in this way you will fulfill the law of Christ." - Gal. 6:2**

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So, what does it mean to be a Christian? Among other things, it means that you intimately know and have experienced the love of God expressed through His son, Jesus Christ. This love changes a person from the inside out. This love is a light that shines into the blackest darkness and the darkness cannot overcome it.

This love is a gift, not to be hoarded, but to be shared. Jesus himself said, *"My command is this: Love each other as I have loved you."* (John 15:12)

Jesus set an example of loving others and asks His people to follow it. Therefore...

**"We love because He first loved us." - 1 John 4:19**



## Anew Day News

### CURRENTLY SERVING

24 Lay Counselors  
6 Professional Counselors

### 2021 STATISTICS

385 Clients Served  
2,236 Client service hours

### GROUPS & CLASSES

- Women's Support Group
- 55+ Support Group
- Mothers of Estranged Children
- Healing Through Art Class
- Counseling Skills Workshop



## FROM THE DIRECTOR

### TRICIA JOHNSON

#### Executive Director

It has been an incredible blessing to witness what God has done at Anew Day this past year. A year ago, in August, we were struggling with several things. The pandemic had created an unprecedented mental health crisis that dramatically increased the volume of calls for service. Our wait-lists were long, some being 3-4 months. We had a need for a new Clinical Supervisor, and we encountered a loss of revenue due to COVID and canceled fundraisers.

With these needs we turned to God, and He provided in marvelous ways. He provided a Lay Counseling Supervisor who is beyond amazing, and He called many community members to join our staff of lay counselors. We now have 24 trained volunteer counselors working with clients at Anew Day. Our wait lists

dramatically decreased as God provided for our need of more counselors.

Additionally, God provided four more therapists, bringing our total to six professionals seeing clients. This includes a therapist with a passion for supporting the mental well-being of First Responders. With our community's support, we were able to fund a new scholarship program that completely pays all therapy costs for local First Responders.

The expenses of running a counseling center are no small thing, but we laid our needs before God and He has answered. He provided through generous donors, like you, as well as through COVID relief money. During this difficult time, we were able to pay all our bills with some left over. Also, our inaugural summer BBQ fundraiser was the most profitable fundraiser

in our organization's history. Thank you to all of you who attended and gave so generously.

As I've said many times before, Anew Day is an organization that represents a community taking care of its own. *We are not government funded. We are community supported.* Our beautiful community gives to provide the funding as well as the servant counselors who work here. It is truly an amazing thing to be a part of. We are making a profound difference in people's lives. If you would like to join our team of supporters, either by donating or serving, please call our office or visit our website at [www.anew-day.com](http://www.anew-day.com)



Anew Day is a 501(c)3 non-profit organization. All donations given are tax deductible. Our Federal Tax ID: 74-3170188

## WAYS TO GIVE

### **SUPPORT MONTHLY:**

Monthly donors are our bread and butter. They supply the dependable income needed to pay consistent monthly bills for the operation of our counseling and counselor training center. These recurring payments can easily be set up through your bank, our website or by calling our office.

### **FUND SPECIFIC NEEDS:**

Anew Day always has a wish list for help with various needs/wants. If you would like to supply one or more of those needs for us, you will know exactly what your money is purchasing for our ministry.

### **GIVE ONE TIME:**

Any and all donations are greatly appreciated and are needed to fill in the gap between what our monthly donors give, and the operating costs of Anew Day. No amount is too small and all donations are greatly appreciated!

### **DONATE GOODS/SERVICES:**

If you own/manage a business that supplies goods or services that might be helpful to Anew Day, in-kind donations can be terrific, and their value is tax deductible. Even a store discount would be greatly appreciated.

## Join The Team

- **SERVE** as a Lay Counselor
- **VOLUNTEER** at the front desk
- **HELP** with office projects
- **ASSIST** with special events
- **SUPPORT** financially

### **ESTATE PLANNING:**

Many people remember charitable organizations in their wills and trusts. We would be very grateful if you would consider adding Anew Day to your estate planning.

## "THE GIFT OF WITH"

### JULIE BOUSFIELD

#### Lay Counselor

As Christmas approaches, my thoughts turn to the beautiful gift of Jesus, who is God **WITH** us. Thanks to this gift, I am no longer alone. In this hurting world, not being alone makes all the difference, especially as we face struggles. When there is another to walk **WITH** us through our struggles, we find strength and comfort we would not have found alone.

This is the privilege that I have being a Lay Counselor at Anew Day. I get to sit with clients as they

courageously share their stories of sorrow and struggle. I listen with a caring heart and am able to share the gift of **WITH** that I have been given. As clients feel seen, heard and accepted, they find strength and comfort that grows into hope.

It is a great honor to be allowed to walk alongside Anew Day clients as they do this work, but it isn't something that I could do alone. I am part of a team of lay counselors overseen by our supervisor, Susan.

Collectively, we give the gift of **WITH** to each other. As we pray for one another and share tools, insights

and experiences with each other, we receive the strength, comfort and help we need to meet our client's needs. It is a circle of giving and receiving that all began on Christmas Day with the ultimate gift of God **WITH** us.



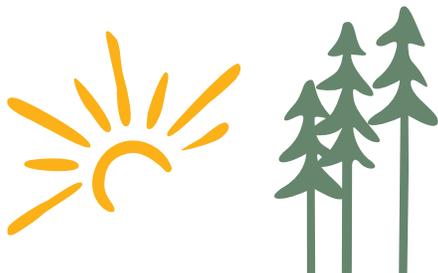
## NEWS AND UPDATES

### RE-BRANDING

This summer Anew Day hired a graphic design student intern named Lindsey Thomas. Lindsey came on board to help us with our summer fundraiser and our re-branding project. We were blessed to have Lindsey's talent heading up this project. She did a great job!



We kept the sun as an obvious part of our brand but added elements of mountains and trees to reflect the beautiful location of our business and the community we serve. We also updated the fonts and color pallet to complete the look.



### COUNSELING SKILLS WORKSHOP

Do you have a caring heart and like to help people who are struggling? Anew Day has developed an 11 week training curriculum to educate people by teaching the basic skills of counseling.

This workshop is great for parents, adult kids, friends, employees, employers and anyone who cares for others. We teach about communication, active listening, healthy boundaries, grief, addiction, depression, defense mechanisms and domestic violence along with other relevant topics. All Lay Counselors who serve at Anew Day must go through this workshop.



## Unattended Grief

When I began as a Lay Counselor at Anew Day, I wondered what issues clients would bring with them into the counseling room. I found that we see issues from anxiety to addiction and everything in between, but one of the most common issues is unattended grief.

There are so many losses we encounter in life and the pace of life causes us to quickly set aside our feelings and move on. The challenge is that those feelings don't go away. At Anew Day we offer clients time, space and someone to be with them as they grieve their losses.

*A Lay Counselor*



## SAYING GOODBYE TO KEITH THOMPSON

### KEITH THOMPSON, LMFT Clinical Director



It has been a delightful 13 years serving the Lord at Anew Day and making a difference in our community. This ministry

has had a dramatic impact on my life. It was after taking Anew Day's Counseling Skills Workshop in 2009 that I decided to go back to school to become a professional therapist. I served here as a lay counselor before becoming a trainee, then an intern. I then worked in private practice as a Licensed Marriage and Family Therapist for a couple years before re-joining the staff at Anew Day as a Clinical Director.

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**"There is no growth without change, and there is no change without growth." - Rick Warren**

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These past years as Clinical Director have shown me the dedication those who serve here give our mission - volunteers, therapists, staff, and board of directors.

Now for the change: I will be transitioning out of the Clinical Director role to focus on my private practice in Grass Valley. I will truly miss those I work alongside, those that have taught me so much.

As I transition out, I am comforted to know that Anew Day has capable leadership at the helm. Tricia Johnson and Susan Leonard do an awesome job of leading, praying, and loving others as God's "Anew Day" hands. I am looking forward to God growing this ministry in ways only He knows. Thank you all for believing in me all these years.

*Keith*



## NOW HIRING!

Anew Day is looking to hire a Clinical Director. We are seeking a Licensed Marriage and Family Therapist, with over two years experience, who will function as a supervisor of Trainees and Associates.

As a religious corporation, we are looking for someone who is passionate about our mission, following Jesus, and leadership.

This is a high impact position and critical to the culture of our organization. The position is two days per week (16 hours). More hours may be negotiable. Compensation includes an office for personal or private practice use.

Please contact the Anew Day office for more information.

## SAYING GOODBYE TO JULIE

### JULIE MYERS

Former Admin. Assistant



After two years of serving faithfully as Anew Day's Administrative Assistant, Julie felt called in a different direction. She began working in the office when her two youngest sons transitioned from home school to Forest Lake Christian School.

Working at Anew Day only two days per week gave Julie the opportunity to be a substitute teacher at Forest Lake. She loved being in the classroom and spending time with the students. With the hope of spending more time subbing, Julie decided to step away from Anew Day. We appreciate the time Julie spent serving at Anew Day and wish her all the best as she moves into doing something she loves.

## SAYING HELLO TO JENNY

### JENNY WOODALL

Office Manager



Jenny was raised in the Bay Area as well as northern England, where her family lived for seven years. While attending college, she met and married her husband. In 2013, they moved with their four children to Grass Valley.

This is Jenny's first jump back into the workforce since her eldest was born. Previously she worked in various office positions; including as an Office Manager in Southern California. Jenny is excited to join the ministry of Anew Day and work in such a close-knit office. She enjoys doing her part to create a warm, welcoming atmosphere for clients, counselors, and therapists, while assisting Tricia and making sure the office is running smoothly.



## Focused Counseling Services Offered by Anew Day

*ADDICTIONS*

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*EATING DISORDERS*

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*PHYSICAL ABUSE*

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*EMOTIONAL ABUSE*

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*SEXUAL ABUSE*

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*COMMUNICATION*

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*RELATIONSHIPS*

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*DATING*

*PORNOGRAPHY*

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*ANXIETY*

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*SUBSTANCE ABUSE*

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*CUTTING*

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*DIVORCE*

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*SUICIDE*

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*COPING SKILLS*

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*GRIEF*

*GENDER IDENTITY*

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*DEPRESSION*

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*SUICIDAL THOUGHTS*

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*PREGNANCY*

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*ABORTION*

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*DEVELOPING IDENTITY*

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*DECISION MAKING SKILLS*

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*TRAUMA / PTSD*

*In addition to the free counseling and affordable therapy services we provide, Anew Day also provides low and no-cost therapeutic programs, including various trainings, workshops, and support groups.*

For More Information Call  
**530.470.9111**

### ANNA GARRISON, ASW Registered Associate CSW

I find myself deeply grateful for the privilege of knowing and serving some of our local first responders. This population is comprised of a special breed of people who show up 24/7 to help, serve, and protect our community. While some call them “heroes,” I don’t know many who would claim that title. If you call them a hero, they might shrug and say something like, “I’m just doing my job.” While that’s accurate, some jobs come with a higher price tag...and the price to serve the community is often paid by the first responder and their family in the form of their well-being.

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**Our first responders show up on people’s worst days, and when people are at their worst.**

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They respond to all the tragedies that can befall humans or be caused by humans. They respond when people are upset and overwhelmed...and they often become the closest target for frustration, anger, and biting words. Let’s be honest, no one calls for a first responder on a good day.

Society expects a lot from first responders. In fact, we usually expect nothing less than perfection from those who show up daily and do their best to serve others. While many express gratitude, first responders are constantly in the

spotlight, and the loudest voices are often the most critical. Their actions and motives are questioned, and every part of their split-second decisions are poured over with the commodity of time and a fine-tooth comb. They are often judged in the court of public opinion, which can be quite unforgiving.

Off the job, people want to hear their stories and ask about their worst calls...but those are the calls they carry with them. Those are the calls that end in sleepless nights and accumulate over the years. When asked, they might smile and make a joke, but what you don’t see are the sights, sounds, smells, tastes, and stress responses that are burned deep into their brains. “You’ve changed,” might be the comment from friends or family through the years...and the reality is, they have. They have dealt with the worst of humanity, and the worst humanity can go through, and that adds up.

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**They pay the price so we can live relatively safe lives, knowing they will continue to respond whenever we need them.**

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In having the privilege of working with first responders in a therapeutic capacity, I have seen the toll cumulative stress can take. When perfection is expected, criticism is constant. When exposure to human suffering is a daily occurrence, it comes at a cost to their well-being. The message to them for years has been, “Do better, work harder, be tougher” ...and if they make a mistake or struggle with something on the job, they are viewed as defective. But they are not defective, they just deal with far more than most of us can imagine.

- 24 First Responders Served
- 122 Sessions Paid For
- \$10,980 of Fund Used

Many first responders struggle in silence because they are expected to be impervious and seeking support can be seen as weakness. While it’s estimated most people experience around 40 traumatic incidents in a lifetime, our first responders experience somewhere between 900-1200 traumatic incidents in a 25-30 year career. That takes a lot of strength to endure.

There may come a time when those who serve and support others might need support themselves, and Anew Day is committed to providing. Because of your generosity, we provide no-cost services and trauma therapy to local first responders which are effective in decreasing the level of disturbance still experienced related to past incidents. One method (usually only requiring several sessions) reduces the risk of developing post-traumatic stress symptoms by 85-90% if used within a couple months of an incident. These services can be a significant help to those exposed to far more traumatic incidents than the general public. Our first responders give a lot of themselves and often sacrifice their well-being to do so. It is our hope to continue supporting them as they continue showing up for us.

If you would like to help pay for our first responder support services, please make a donation to Anew Day’s First Responder Support Fund.

*You can read Anna’s full letter at: [www.anew-day.com/showing-up](http://www.anew-day.com/showing-up)*



# BBQ FUNDRAISER - JULY 2022



On July 8th Anew Day hosted its first annual Summer BBQ Fundraiser. With the hospitality of

Twin Cities Church and the help of our Anew Day staff and counselors as well as many volunteers from Campus Life and local churches, we pulled off Anew Day's most successful fundraiser to date. We were blown away by the generosity our community poured out that night. It was an incredible blessing just to be together after two years of pandemic limitations.



Mike Bratton did a fantastic job as emcee, Susan Leonard spoke beautifully about the power of counseling to change lives, and GVPD Deputy Chief Steve Johnson helped us understand mental health challenges for first responders and about our new First Responders Support Fund.

We are deeply thankful to the many people and businesses that donated to our live and silent auctions, to the volunteers that ran the auction, to the volunteers that helped us set up and clean-up, to Twin Cities for graciously hosting us and to all others who chipped in. It took an army to pull this event off and the "Cavalry" certainly showed up.



Thank you, to all who gave of time or money, for believing in and investing in the importance of Anew Day's counseling ministry. This community is a better place because of your generosity.



## THE CONVERSATION COUCH

On October 25<sup>th</sup> Anew Day participated in a *Bright Futures for Youth* event called *Lights on After School*. At this event Anew Day hosted a station called The Conversation Couch. For this we set up a mock counseling room with a couch, area rug, coffee table, plated cookies and even live goldfish.

We used a game show style spin-wheel with different topics on it. The kids would spin the wheel and then sit on the couch with a counselor to talk about the selected topic.



I was impressed by how willing the young people were to open up about their thoughts. This event was a great way to let some of the younger generation know that Anew Day is here for them if they ever want to talk. We handed out brochures and business cards. It is our hope that if any young person is struggling mentally or emotionally, they will know there is a trustworthy place to go called Anew Day where counselors care, listen and try to help.



## MEB2 TURKEY TROT

This year the MEB2 Turkey Trot returned in force. Thousands of community members once again showed up on Thanksgiving morning to run, walk and just be together. Mike Bratton gave a heartfelt message highlighting suicide awareness and prevention - a main purpose of this community event.

Anew Day is grateful to the MEB2 Foundation for bringing awareness to this critical topic and for donating a large portion of their proceeds to support our affordable counseling center.



## CONNECT WITH US



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530.470.9111



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www.anew-day.com



FACEBOOK  
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INSTAGRAM  
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MAIL  
117 New Mohawk Rd. Ste. A  
Nevada City, CA 95959



**THANKS** to many of our loyal supporters, the community, and our clients, Anew Day earned the Best Mental Health Provider In Nevada County for 2021 - the **tenth** year receiving this award since 2011!

### BOARD MEMBERS

Mike Bratton  
Chris Claydon  
Suzanne Chapel  
Lorrie Fredrickson  
Susie Richards  
Steve Johnson  
Garrett Kronland

### ANEW DAY STAFF

Tricia Johnson  
Executive Director  
Keith Thompson  
Clinical Director  
Susan Leonard  
Lay Counseling Supervisor  
Jenny Woodall  
Office Manager

## Thank You!

Thank you to the Bratton Family & MEB2 Foundation for their continued financial support of our ministry.

Thank you to Twin Cities Church for graciously hosting several events for us this past year.

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