



New Year, New Challenges, New Hope

HAPPY NEW YEAR !

Ready for the next 40 years!

I love the new year. It is my favorite holiday time. I get to start anew! Seattle Counseling Service is welcoming this new year ready to build on our first 40 years of service.

2009 was a great celebration of our work and our community. Now we are ready to create anew. We face the challenges of a tough economy with hope and determination to meet the surge of clients we have seen in the last year.

As partners in service to the LGBTQ community, we will keep you informed and hope you will continue to support our efforts.

Ann McGettigan
Executive Director

Quick Links

[Our Website](#)

[Donate Now](#)

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Join us for Lunch!

SCS invites you, our friends and supporters to join us for lunch. In 2010 we will have regular opportunities for you to join us for lunch and learn more about what we are up to this year! Let us know if you would like to join us for one of our fun lunches.

email Libbie at:

Libbies@seattlecounseling.org

RESOLUTIONS FOR THE NEW YEAR

The New Year is a time to start anew. Seattle Counseling Service is here to help. Whether you want to get support for changing an unwanted behavior, like smoking, or work to have a better relationship with your partner, we can help. We have therapists with lots of experience in many different areas and programs to support change and growth for you. Check out our website to find out more about how we can help you fulfill your new year resolutions.



Messages from our Clients and Friends in 2009

"Happy Birthday – You've helped save my life."

"Who knew counseling under the rainbow could be so great! Our community really needs you, thanks for being there."

"Happy B-day SCS – You've given me six years to grow

World AIDS Day Luncheon raises over \$95,000 for four agencies.

On December 1, 2009 over 650 supporters gathered at the Washington Convention Center to celebrate the progress we have all made in fighting HIV/AIDS.

The money raised in support of Multifaith Works, Dunshee House, Gay City Health Project and Seattle Counseling Service will assist us in continuing to make progress assisting clients in need.

Click on the link below to see our great video that was shown at the luncheon.

<http://www.youtube.com/watch?v=-6NqfGxAPko&feature>

50 Ways to Wellness

Keep a positive attitude * Avoid dangerous drugs * Stop smoking now * Stay active * Value your veggies * Budget time & money * Control your stress * Eat a balanced diet * Maintain lower blood pressure * Do self-exams * Don't drink and drive * Have medical exams on schedule * Take medicines as directed * Keep an open mind * Protect your hearing-avoid loud noises * Warm up & stretch before exercising * Buckle your seatbelt * Choose water to drink * Challenge your mind * Protect your hearing * Forgive and let go * Eat fruits for dessert * Sit up Straight * Learn when to say "No" * Brush & floss regularly * Take responsibility for your actions * Cook & store food safely * Learn from your mistakes * Manage your anger wisely * Shun the sun * Work at relationships * Wear proper sports gear * Get enough sleep * Vary your exercise routine * Resolve conflicts peacefully * Respect your body * Learn internet safety * Count your blessings * Feel good-volunteer * Avoid secondhand smoke * Avoid eyestrain * Have adequate insurance * Fuel up with fiber * Ask questions of your doctor * Reduce your risks * Celebrate life * Weight-train for bone & muscle strength * Share your feelings * Love others & yourself

and blossom in amazing ways."

"You Rock! Happy 40th"

"Thank You 4 all of your help."

"Thanks for being warriors in my process. Couldn't be where I am without you!"

"Happy B'day – You have changed my life SCS."

"Thanks for showing me a new way of living."

"Thanks for all your help over the years."

"No need to be young and beautiful, Just Honest and True – Happy 40th."

"Congratulations – Thank you for Being a Pillar in the community."

Become a FAN!!

Connect with SCS for fun and information by becoming a FAN of SCS on FACEBOOK!

visit our website and click on the Facebook icon!

www.seattlecounseling.org

Please visit our website at www.seattlecounseling.org
Call us at 206-323-1768