



Clients tell their stories to our counselors every day. Many are challenging, some are sad, but often they are uplifting. We want to share with you the successes of our clients. It helps all of us remember why we do what we do!

Ann McGettigan, Executive Director

Seattle Counseling Service, a Destination for Health

Ken (not real name) knew that in the eastern state he grew up in, coming out as a transgender person would be impossible. He researched cities and services and moved to Seattle specifically to come to Seattle Counseling Service where he knew he would be welcomed and supported.

Kendra has now transitioned to living her life as she truly is. She is working in therapy to make positive changes in her life. She follows through on all her commitments and has made new friends here. Her hormone therapy will start soon and she has even developed a care plan to reach her goal of sharing who she really is with her parents.

Seattle Counseling Service adding Peer Support Specialist Interns



NO SMOKING

As part of the network of tobacco cessation allies of King County Public Health Department, Seattle Counseling Service will be offering Smoking Cessation groups in June. The groups will teach intervention skills and provided cessation support. We will be part of over 60 King County Public Health and Community Health Clinics involved in helping people stop their use of tobacco products and increase their health and well-being.

We are also on our way to becoming a totally non-smoking agency, both inside and now outside the entire building!

This summer SCS will have two unpaid internships for Peer Support Specialists.

Peer counselors are self-identified consumers of mental health services. They are trained to share their strength and support others to stay in mental health recovery.

Peer Support Specialists can reach out and engage people unwilling to use behavioral services. This is important because only 15% of people with serious mental illness receive treatment.

Peer Support Specialists at Seattle Counseling will have completed a Washington State peer Counselor Training program and passed an exam. They will have knowledge of and be an advocate for the LGBTQ communities.

They will then:

- Develop and facilitate a group for SCS clients focused on specific mental health symptoms and symptom management.
- Provide individual case management on the phone and in person.
- Provide WRAP (Wellness Recovery Action Plans) trainings for staff and clients.

THANK YOU!!!!!
Novice Sister Rolanda and The Sisters Of Perpetual Indulgence

The May Day Lingerie Soiree raised over \$400.00 for the programs of Seattle Counseling Service!

Find out how you can become tobacco free and increase your health! Call us at 206-323-1768 to find out when the groups will begin.

Become a FAN of SCS on FACEBOOK!



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

Click on the Icon above and start connecting!

www.seattlecounseling.org

Quick Links

[Our Website](#)

[Donate Now](#)

[Contact Us](#)

[Email Us](#)



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