

# Wendt Center *today*

May 2014

## Voices of Now

It's coming....!!



May 18, 2014

[Click here to register!](#)

2:00 - 4:00 pm  
Kogod Theater  
1101 Sixth Street, SW  
Washington, DC 20024

This year's ensemble is spellbinding. If you've never attended, you won't want to miss it this year. If you've come before, you will want to come again.

## Wendt Center, Unexpected

We recently received the following e-mail from a friend of the Center. While we frequently receive grateful feedback from our clients, it's nice to know that we can also be there for our friends and supporters when they unexpectedly need us.

*Hi Linda, Grace, and*

## Why we do what we do.

*Troy, a former Wendt Center client, stopped by a couple of weeks ago just to tell us how much he appreciated the help he got here. He talked with staff member Cynthia Pearson, who was moved to submit this article after their conversation.*



Troy suffered from PTSD and depression after returning home from the Army. He never had the opportunity to process the things he saw during his time of service. Incredibly, in 2007, not long after he returned, he witnessed the murder of his son. These painful events, said Troy, left him "stuck." He couldn't progress. He was barely functioning . . . simply existing. Although he had other children, he wasn't able to be the father they needed at that time. His family watched helplessly as he spiraled out of control. He felt as though he couldn't trust anyone. He felt no one cared. He felt lost.

*"I found someone who helped me  
climb out of this imaginary box  
I was enclosed in."*

A case manager at the Gospel Rescue Mission directed him to the Wendt Center and therapist Laelia Gilborn. "I found someone

Shannon,

*My brother-in-law "M" died unexpectedly and alone on Hobart Street on Thursday morning.*

*When my husband and I went to the medical examiner's office on Saturday with "M"'s partner, "T," to identify the body, lo and behold, it was people from the Wendt Center who supported us and gently guided us through the process.*

*We are just so grateful for the work you do! Of course I never expected to need your services, but when I did, there you were.*

*We are encouraging "T" to contact you for some counseling, and we may be going with her to give her additional support. I know she will receive excellent guidance from you.*

*With gratitude,  
Susan*

## Lights of Hope

The significant role of candlelight vigils in the healing process and the Wendt Center's Lights of Hope pro-gram were highlighted in the Spring

that cared, that really listened to me, told me the truth, and helped me climb out of this imaginary box I was enclosed in. It changed my life." Over time, with Laelia's help, says Troy, he was able to look back over his life, discuss the issues, and appreciate the honest dialogue and feedback. It helped him reconnect with his family and he is now able to care for, lead and guide his children. He says he can now hear and see things "more clearly."

After coming to the Wendt Center, Troy decided he wanted to help others in need. He enrolled in a Social Work program at UDC. "School and therapy have opened my mind up to life and better things. I'm not stuck anymore . . . I'm FREE!"

We are grateful to Troy for allowing us to share his inspiring story.

## Rotary Club of DC Supports the Center's Work With Military

The Wendt Center received a grant once again this year from the **Rotary Club of Washington, DC** to support our mental health work with veterans, active duty military, and military families. Last year, a grant from the Rotary Foundation helped us launch this program. We deeply appreciate their continued support.

## Congressional Award Recognizes Crisis Response Efforts at Navy Yard



We're so thrilled about the Congressional Award we and other crisis response team members received recognizing our work in the wake of the Navy Yard shootings last September. If you missed our recent e-mail about this honor, [click here!](#)

issue of Empower! - a publication of the Metropolitan Police Department's Victim Services Branch.

[Click here to read](#)

## Camp Around the Corner!

### Male Volunteers Needed!



Camp Forget-Me-Not/  
Camp Erin DC  
June 6-8, 2014

## Upcoming Events

### 2014 Support Groups

Camp Forget-Me-Not/  
Camp Erin DC  
June 6-8, 2014

### REGISTER NOW!

Annual Butterfly Release  
June 21, 2014

## New Partnerships Expand Our Reach

The Wendt Center has launched a very exciting new partnership that will help us reach deeper and wider into our community to serve youth, adults and families where they already are. Wendt Center clinicians will provide grief and trauma counseling services on site at **Covenant House DC**, the largest provider of services to homeless and disconnected young people in the District.

*"We at the Wendt Center are truly thrilled to formalize this partnership with one of the District's most critical service providers for the benefit of grieving and traumatized youth and families," says **Michelle Palmer**, Executive Director. "We need to be where we are most needed and can have the most impact. We can provide value added to existing programs serving our target population and help overcome barriers that make it hard - especially for children - to access the mental health services they need. This kind of partnership is a win-win for everyone."*



Looking Good While You're Waiting . . .



If you haven't visited lately, you may be surprised by our fresh new look! New paint, new carpet, new furniture, new pictures - We love it! Our clients love it! Many

heartfelt thanks to our Board Chair, **Kathryn Hanley**, for spearheading and supporting this long-awaited makeover!

**[Click here and "Like" us on Facebook!](#)**

\* \* \* \*

WENDT CENTER  
FOR LOSS AND HEALING

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