



Greater Buffalo Counseling Centers, Inc.

Annual Report to Friends & Donors

*For all the struggles eased,
all the fears conquered,
and all the hearts lightened...*

President's Message

"Coming here has been an anchor for me. You have enabled me to move forward in a positive direction." – Former GBCC client

When I first read this quote from a GBCC client, I was struck by the power of that image of an anchor. A boat that is well-anchored can withstand the push and the pull of the tides. It may be tossed about by the waves and the winds, but the boat is safe, held fast to its moorings by that anchor.

Just like that anchor, GBCC helps its clients hold fast against the fears, stresses or grief that threatens to overrun their lives. The center is a safe haven where clients can work through the "storms" that life brings, and know that they are not alone. Our volunteer counselors's skill and compassion ensures that our clients have the support they need to "hold fast" while they explore and grow. How fitting a metaphor it is for GBCC!



This past year was an exciting one for our agency. We improved the on-going evaluation of our services, a critical step to ensuring its quality. We have restructured the board of directors, allowing it to become even more responsive to the center's needs. We enjoyed an unprecedented year in fundraising, providing much-needed and long-term stability. And we have added a new grief support group to enhance the breadth and the depth of our service offerings. Whew!

In closing, I'd like to say thank you to another set of anchors — you. We are grateful for the steadfast support we receive from all of our friends and donors. It is you who truly provide the anchor for GBCC, allowing us to continue this valuable work. On behalf of GBCC's board, staff and clients, Thank you!

*– Janet Mazzaroppi,
Board President*



Who We Are

GBCC is a non-profit agency that offers quality, low-cost counseling services to the community. In addition, it provides real-life experience to college students and compassionate individuals from all walks of life who want to help others through life's difficulties.

What We Do

The counselors and staff at GBCC use a client-centered approach to counseling. The agency provides a safe place for people who are paralyzed by feelings of despair, anxiety, anger and hopelessness. It also offers an assessment and referral service for those who are struggling to find help in the complex human-service system.

GBCC also provides a place for volunteers to learn about the counseling process. Our counselors have varied lives and background but share a common goal: to use their gifts and their skills to help others.

GBCC Awards Dinner Sets Record...Again!

Another year, another huge success! GBCC's Fourth Annual Awards Dinner raised a record \$3,200 for the agency, drawing more than 90 staff, board members and friends together for a wonderful evening of food, prizes, and inspiration.

The event's honorees were **Sylvia Haendiges**, a part of GBCC for 23 years as counselor, board member and center director, and **Jeffrey J. Grace, M.D.**, Clinical Director of the Buffalo Psychiatric Center and the Clinical Assistant Professor of Psychiatry at U.B.

In addition, **Douglas Frank**, Chief Executive of Central Referral Service, graciously served as guest speaker.

Pretty Pennies

You can support GBCC without opening a checkbook or even leaving your desk!

The next time you need to "Google" something, try the **Goodsearch.com** site instead. For every search you perform, **Goodsearch.com** will donate one penny to GBCC.

The first time you arrive at the site, type in: Greater Buffalo Counseling Center (Buffalo, N.Y.) in the "Who do you Goodsearch for?" box and then search away!

Since signing up with the site late last year, more than 6,600 searches have been performed to benefit GBCC. The money may not be huge (yet), but it's easy to do — from work or home — and every bit does help!

GBCC: The "Secret Sanctuary" in Your Own Backyard

For years, I have been active in the mental health field through the peer-advocacy movement and as an outpatient psychiatric nurse since 1990. But, not since joining GBCC's Board of Directors last year, had I known that I have lived within five miles of the center for the majority of my 50-plus years. Not since last year had I known about the agency's profound impact on my community over its more than 40 years of existence. Simply put, how could I never have heard of this organization?

It is an important resource that serves people who might otherwise fall through the cracks. It is a place for those who: may not have insurance, are not able to pay inflated co-pays, are afraid of the stigma of being labeled by a psychiatrist or health professional, etc. Over the last 25 years, I have seen a great deal of these types of people, and, with the state of health care in this country, I can only assume I'll see more and more.

As an advocate, I have fought for just these types of services — peer teaching peer, just talking about their struggles with someone who understands, is compassionate and can serve as a guide through life's ups and downs. As a professional, I am well aware of the importance and quality of this style of service, and, as a GBCC volunteer, I am happy and privileged to see it not only work, but work quite well!

I am very grateful for having my eyes opened, and I will continue to open others' eyes through my work with this organization, this helpful, secret sanctuary for those in need that lies just in our backyard. Our community is better because GBCC is here.

— Prepared by Board Member *Judith Hammer*



GBCC Counselor Honored by United Way

In the spring, GBCC counselor Paul Gerstner was nominated for a Community Hero Award by the United Way of Buffalo & Erie County and honored at a special breakfast event.



Gerstner, who has served GBCC as a counselor, staff member and board member, was saluted for his many years of volunteer service, compassion, and his dedication to the many lives he has touched.

"I'm proud to be nominated for this award," said Gerstner. "And just as proud to be involved with GBCC."

Financial Information

2007 REVENUES

Individual & Corp. Donations	\$18,780.86
University Presbyterian Church (Value of Counseling Facilities)	\$ 13,750.00
Client Contributions	\$ 3,405.00
Annual Awards Dinner	\$ 3,211.29
United Way & SEFA Contributions	\$ 1,605.36
TOTAL	\$ 40,752.51

2007 EXPENSES

University Presbyterian Church (Value of Counseling Facilities)	\$ 13,750.00
Professional Staff Stipends.....	\$ 6,300.00
Administrative Staff Stipends	\$ 4,325.00
Miscellaneous (phone, printing, etc.).....	\$ 1,278.03
TOTAL	\$ 25,653.03

Thanks to Our Supporters!

Greater Buffalo Counseling Centers, Inc., has served our community for more than 40 years. This accomplishment is simply not possible without the support of our volunteers and donors. We are grateful to all, for you make it possible for GBCC to continue its important mission!

Kathy & John Aman
Mary Louise Berg
Rachel Burns
Don Burris
David Cain
Dr. Daniel Camara
Genevieve Collins
Elizabeth Czech
Diane DeStefano
Gladys Digi
Thomas Dodson
Katherine Dollar
Larry Dunwoodie
D'Youville College Psych. Club
Keith Elkins
Darlene Falsone
Dorene Farren
Jim & Marilyn Fleckenstein
Law Offices of Thomas Fleckenstein
Thomas Frantz
Mary Ellen Gabor
Paul Gerstner
Dr. James Grunebaum
Deborah Haendiges
Michael Haendiges
Natalie Haendiges
Sylvia Haendiges
Theresa Haendiges
Kathy & Robert Hallborg
Judith Hammer
Eric Henshaw
Amy Hoechst
Marion Holovics
Ron & Cynthia Huebsch

Hurwitz & Fine, P.C.
Drs. Prem & Shalini Kansal
Jane Killewald
Mary Ellen Kranock
Bill Loecher - West Herr Auto. Group
Thomas & Julie Lucia
Kathy Lynch
John & Nancy MacCallum
Val Macer
Beverly MacKenzie
Lynne Mannella
Julie Marinaccio
Anny Massey
Armand & Janet Mazzaropi
Linda & Dan McCartan
McLain Foundation
Linda Mendolera
Jeff Martin - Northtown Lexus
NorthWest Community Mental Health Center
Hon. Elloeen Oughterson
Susan Owens
Michael Owsowitz
Erin Perry
Cordell Porter
Dr. Penelope Prentice
Dr. Nelson Ribble & Emma Melancon
Ryan Richardson
Road 2 Recovery 5k Race
Alice Rogers
Doug & Helen Salmon
Fran Schmidt
Kitty Scott
Beverly Sessanna
Colleen Sheehan

Barbara Smith
Drs. Daniel & Eileen Trigoboff
Mark & Julie Tuskes
Dr. Todd & Lora Walter
Wayne & Barbara Walter
Phil Wiggle
Catherine Weiss
Dr. Charles Weiss
Phil Wiggle
Dr. Mary Williams
Dr. Daniel & Sophie Willis
Ruth Wixson
Tammy Wnuk
Carrie Wright
Barton Hill Spa & Salon
Annette Brown
Buffalo Philharmonic Orchestra
Ferrara's Barber Shop
Initially Yours
Joe Anthony's Hair Salon
Kavinoky Theatre - D'Youville Coll.
Lebro's Italian Restaurant
Massage Therapeutic Arts
National Fuel Gas Corp.
OLV Institutions
R. Salon
Salon Gianna
Sorrentino's Restaurant
Suburu Automotive
T.L. Cannon Mgmt. (Applebee's)
Tim Horton's - Maple Rd, Amherst
UB Alumni Association
Zenner & Ritter Heating & Cooling

A Grand Piano, a Club & a Race...

The headline may sound like the beginning of a joke, but, for GBCC, these things were symbols of events that helped the organization become more financially stable.

In the spring, GBCC was the recipient of a donation of a grand piano that came to the agency via an estate. After some anxiety, the proper contacts were made, and the piano was sold to a local music teacher who was thrilled to have it.

About the same time, GBCC hooked up with Psychology Club students from D'Youville College. The group had secured signed Sabres memorabilia that was raffled, resulting in a donation from the enthusiastic students.

Months later, GBCC was one of a number of mental health agencies to help promote and volunteer at the annual Road 2 Recovery 5k Race. As an event participant, GBCC was invited to apply for a grant, and it was one of the groups fortunate enough to receive one!

If you'd like to support GBCC via a donation of cash (or an asset), a fundraiser (dress-down day, raffle, etc.), or by any other means, please contact us at 833-5993.

2007 By the Numbers

COUNSELING

Clients Served	146
Year-end Active Clients	22
Client Hours.....	512
Client Contributions	\$ 3,405.00
Average GBCC Hourly Counseling Fee	\$ 6.65

COUNSELOR TRAINING

Counselor Trainings	21
Counselor Supervisory Sessions	192

For the second-straight year, the center topped the previous year's totals in client hours (there were 456 hours in 2006).