



CCPC

CHRISTIAN CENTER PARK CITY



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SKI & SNOWBOARD
RENTAL

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MENTAL WELLNESS COUNSELING SERVICES \ \ PG. 2

HUNGER AND FOOD INSECURITY \ \ PG. 3

LATINO ARTS FESTIVAL \ \ PG. 4



ROB'S MESSAGE \ \ MEETING NEEDS, ONE LIFE AT A TIME



- Providing furniture and household goods for a single Mom, ready to launch out on her own and start a new life, after living at the Peace House.
- Covering the expense of a costly medical device, along with giving much needed food and diapers to a family from Venezuela.
- Offering employment, a fresh start and mental health help to a young man looking for hope.
- Organizing a community-wide gathering that celebrated the Arts and Culture of Latin America.
- Expanding services to those in Heber Valley who are struggling with food insecurity and the ability to pay rent.

These are just a few snapshots of how CCPC is seeking to meet people at their point of need, providing a critical safety net for those in Summit and Wasatch counties, one life at a time.

Thank you for partnering with us and investing in us as we together seek to continue: **Meeting Needs and Building Community, Together.**

Sincerely,

Rob
Rob Harter
Executive Director
Christian Center of Park City - rob@ccofpc.org

*"The Christian Center of Park City helped me when no one else would. I honestly don't know what we would have done without CCPC. Most certainly homeless... We will forever be grateful."
- client of CCPC's emergency assistance program*



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Who we are

CCPC is a Christian, humanitarian, community resource center that helps improve the lives of people and communities through meeting immediate and basic needs, serving as a leading networker of community resources, offering counseling and care support and by giving hope to those we serve. In short, CCPC provides a critical safety net for those in Summit and Wasatch Counties.





CCPC MENTAL HEALTH COUNSELING CENTER

Saving Families and Changing Lives

CCPC offers mental health counseling services to the public in a peaceful, supportive environment. We're a team of passionate, professional counselors dedicated to helping you heal and enhance your life.

MEET OUR TEAM: Schedule an appointment - 435.649.2260



LEAH HARTER, LCMHC
Director & Therapist
EMDR



JULIA WINTERTON, LCMHC
Therapist
EMDR



TAMARA BINGHAM, LCMHC
Therapist
EMDR



LAUREN HANSEN, LCMHC
Therapist
EMDR



PHYLLIS REHN, LCMHC, RN
Therapist



CLAIRE CAMP, PsyD
Therapist
Fluent in Spanish



SCOTT F. HILL, PhD
Therapist



LINSEY BROADBENT, DNP, FNP-BC
Nurse Practitioner
Prescriber



KENDAL LUKRICH, MSW
Bilingual Social Worker



ALMA K. ARMENDARIZ
Counseling Billing & Scheduling Coordinator

- Open Monday - Friday, 8am - 4pm, Evenings and Saturdays
- Most Insurance Accepted
- Spanish Speakers Welcome!

www.ccofpc.org/counseling-services
Email: counseling@ccoofpc.org

Christian Center of Park City
1283 Deer Valley Dr., Park City, UT 84098



CCPC Counseling Center Offers A Variety of Therapy Options:

- Individual, Couple & Family
- EMDR (Eye Movement Desensitization and Reprocessing)
- Children & Teens Welcome
- Addiction & Recovery
- Depression, Anxiety & Stress Disorders
- Medication Management
- Pharmacogenomic Testing



SUPPORT OUR CENTER!

Visit us online: <https://www.ccofpc.org/>
(click on "Donate")
Send a Check in the Mail:
PO Box 693480, Park City, UT 84068

The Christian Center of Park City ("CCPC") is a broad-based, nondenominational humanitarian resource center located in the heart of Park City, with a satellite campus in Heber.

Our mission is to serve every individual at their point of need and to provide hope and compassion to all we serve.

MENTAL WELLNESS COUNSELING SERVICES

Mental Wellness continues to be a critical need in Summit and Wasatch Counties, and throughout the entire region. CCPC's Counseling Services continue to grow to match the demand for mental wellness needs.

One of the most exciting developments for CCPC this year has been our hiring of an Advanced Practice Nurse Practitioner (APRN), Dr. Linsey Broadbent. As an APRN, Dr. Broadbent provides medication evaluation and management needs of clients who may not otherwise be able to access specialized treatment. This new position will serve not only CCPC, but in a collaborative effort, they will serve the People's Health Clinic, Peace House and Jewish Family Services as well. We are so thankful to the J. Willard and Alice S. Marriott Foundation who has funded this position along with the Scheduling and Billing Coordinator position for not only this year, but for the next two years.

We have also expanded our staff to include Kendal Lukrich, our Bilingual Case Manager/Social Worker. The Katz Amsterdam Foundation was instrumental in helping to fund this role for CCPC. Through Kendal's work, we are now able to offer wrap-around services that tie our humanitarian and mental health services together like never before.

Additionally, our counseling services continue to provide critical mental health help ranging from individual, family and marriage counseling, to specialties in dealing with anxiety, depression, suicide prevention and EMDR therapy for trauma. We have a wide variety of specialties and we offer them in both English and Spanish. We always endeavor to remain respectful, non-judgmental, positive and empathetic for each of our clients.

Through the fall of this year, our Counseling Center had already provided over 2,800 counseling sessions which is a 20% increase over last year, and 12% of these sessions were provided to those who received financial scholarship help and could not afford the full fee.



"I have lived with mental illness for the majority of my life and have wrestled with daily feelings of guilt and shame – of just not being good enough. For the first time in my life, I feel truly loved and accepted for who I am." -client of CCPC's mental wellness counseling services



FOOD PANTRIES

CCPC has two food pantries, one in Park City and one in Heber. We currently rescue food six days per week from ten area grocery retailers including: Park City's Whole Foods, Walmart, Smith's, and Fresh Market (2 of them) and Heber Valley's Smith's, Lee's, Ridley's, Natural Grocers and Walmart. We also pick up from local restaurants and coffee houses which include Einstein Bros. Bagels, Starbucks, Kneaders Bakery & Café, Grub Steak House, Deer Valley Grocery Café, Park City Bagel, and Park City Coffee Roasters. Last year, our Park City Food Pantry averaged over 1,200 households a month (individuals and families). In our Heber Pantry, we averaged 310 households a month.

In early 2019, Utahns Against Hunger selected CCPC to be a Supplemental Nutrition Assistance Program (SNAP) partner for Summit and Wasatch Counties. In Utah, less than 80% of people eligible for food assistance are currently receiving benefits. SNAP provides nutrition benefits to supplement the food budget of at-risk families so they can purchase healthy food and move towards self-sufficiency. As a SNAP partner, CCPC will perform community outreach through its food pantries, farmers market, and emergency assistance programs to assure that eligible individuals and families are assisted with understanding and how to sign up for SNAP.



FIGHTING HUNGER



Another key program that is an extension of our efforts to fight hunger is our healthy "Snacks in Backpacks" program that serves low-income local students who are experiencing food insecurity. Currently, we serve all the primary schools in the Park City School District, providing 350 students with snack meals for the weekend, on a weekly basis. Lastly, we are constantly seeking to achieve "Zero Food Waste" in our Food Pantries. So in addition to rescuing food from local grocery stores and restaurants that would otherwise be thrown out, our staff works closely with animal farmers to give excess food to them. We seek to compost the rest of the food, as much as possible, thanks to the generous support and partnership of Bill White Farms who provide a composting service to us.

New this year has been developing a creative way to highlight healthy eating and cooking, through a partnership with EATS Park City. EATS is a local nonprofit who is dedicated to ensuring that every student has opportunities to develop lifelong healthy habits and access to fresh, nutritious, appealing food. Twice monthly, EATS offers cooking demonstrations ("Food Pantry to Table") in our demonstration kitchen, providing opportunities for patrons of our Food Pantry to learn how to cook, as well as taste, delicious, healthy food.

We have so many incredible community partners who support our Food Pantry efforts. We want to thank Park City Municipal, Promontory Foundation, Vail Epic Promise, Richard E. and Nancy P. Marriott Foundation, Lease Corporation of America, Larry H. and Gail Miller Family Foundation, Park City Community Foundation, Park City Board of Realtors, Park City Community Church, Mountain West Bank, the Wasatch Community Foundation and Alliance, and Zions Bank along with many, many individuals within our wonderful community.



LATINO ARTS FESTIVAL

The mission of the Latino Arts Festival (LAF) is to create a welcoming and safe experience for our whole community to come together to celebrate the beauty of Arts and Culture, specifically from Latin American countries. Everyone is invited to be part of a cultural event where Latino artists, young entrepreneurs and the community as a whole, share and experience each other’s artistic talents and cultural expressions. Unfortunately, for many Latino artists, it is very difficult to access Art events in order to exhibit their talents. We believe that by celebrating Arts and Culture from countries that represent Latin

America, this communicates to our Latino community that there is not only value in their respective cultures, but it also validates and elevates what they bring to our community as a whole. We have also seen LAF provide a crucial platform for young artists and small businesses to promote and build their businesses.

This year’s event was once again successful in which a diverse crowd gathered to enjoy dancing, eating, hearing music, watching a film-screening and of course viewing lots of beautiful art. We had the largest attendance to date in our short, 4 years of providing the Latino Arts Festival.

A huge thanks goes out to Park City Summit County Arts Council, Kimball Art Center, Park City Municipal, Park City Library, Park City Community Foundation, Mountain Town Music/Stages, as well as to all the artists and vendors, volunteers, and attendees who made the weekend so special and helped us achieve our goal of celebrating Latino culture and further fostering social equity in Park City.

BACK 2 SCHOOL BASICS

Helping to make sure that every child in Park City has the adequate school clothes and supplies they need to start the school year on the right foot, is what Back 2 School Basics is all about. This year, not only did we reach our goal, we exceeded it and were able to open additional spots for the children on our wait list! We are extremely grateful to all of the individuals, families, and corporate entities whose contributions made this event possible. We had over 150 volunteers help us to serve 650 children and their families, by shopping with them and helping distribute backpacks with school supplies.

A special thanks goes out to: United Way of Salt Lake, Mountain Life Church, Newpark Resort & Hotel, Westgate Park City Resort & Spa, Zions Bank, Delta Pilots Charitable Fund and Outlets Park City.



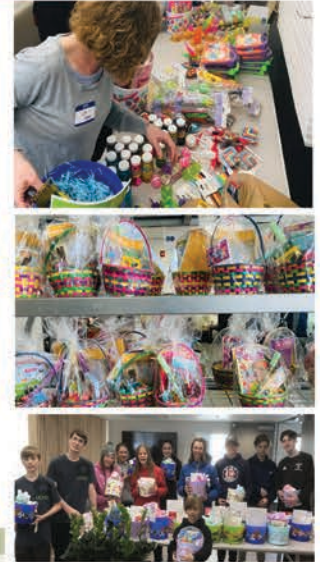
“Our ESL parents are very excited to sign up for Back 2 School Basics. (This is perfect timing because we have a student feeling very insecure about her clothing. She’s in 5th grade and we shared that her parents could sign up for Back 2 School Basics. This really does help raise children’s self esteem.)”

—email from ESL teacher at Jeremy Ranch Elementary

EASTER BASKET OUTREACH



Thanks to all of you who helped us with our Easter Basket outreach! We saw a lot of smiles in our food pantry as our customers selected their Easter baskets, each one brimming with toys, dental items, Easter books, and other fun items generously donated and assembled with loving care by our donors and volunteers. One group of women assembled 100 baskets alone! In addition to our kind and generous individual donors, a big thanks also goes out to: Montage Deer Valley, Wasatch Community Service Alliance, National Charity League Summit County, LionsHeart, PC MOPS, Park City Mountain Resort, and Crosspoint Presbyterian Church.



GREEN BUSINESS OF THE YEAR AWARD

We were so honored to win the “Green Business of the Year” award this year! Businesses were nominated for their commitment to the Green Business program and the actions they have taken towards their sustainability goals. We thank Recycle Utah for this great honor and for helping us both set sustainable goals and for making Park City a better, greener place.



PHOTO CREDIT: TOM LEBSACK, MOT PHOTOGRAPHY

LT. GOVERNOR MAKES A STOP AT CCPC

We were excited to welcome Lt. Governor Spencer Cox and his team who made a stop at our Park City Food Pantry in order to lend a hand and help sort food. The following day his team stopped by our Heber Valley campus for more food pantry work.



HOST AND HUB FOR NUMEROUS COMMUNITY GATHERINGS AND OTHER NONPROFITS

CCPC serves as the central hub for emergency assistance and humanitarian services in both Summit and Wasatch Counties, working together with others towards meeting shared community goals. We are also the home for two other nonprofits who needed office space; SOS Outreach and Mountain Mediation Center. Further, we were so excited to help launch the Summit County Clubhouse this year, providing them space to get this new critical program off the ground, until they get their own building.

We have also served as the host for some key community seminars and gatherings including:

- Guiding Good Choices: This is a 5-week course designed to help parents empower their family for the challenges of adolescence, where valuable tools will be presented to aid in strengthening family bonds as well as preventing depression and substance abuse in children.
- NAMI Progression: This is a 6-week class for teens aged 13-18 with mental health conditions. It is a safe, supportive environment where teens can meet other teens with mental health conditions and learn tips for leading a full, enriching life.
- Summit County Mental Wellness Alliance Community Gathering: This was a community-wide convening to review and endorse the initial priorities of this Alliance and to perform a resources/gap analysis facilitated by the Fundraising/Development Committee members of the Alliance.



GOSHUTE OUTREACH

We are so thankful to American Express and Ally Bank for their longstanding and generous support of this initiative. Because of their support, we have been able to continue expanding our programs and services to the Confederated Tribes of the Goshute Reservation, a community that actually spreads into both Utah and Nevada, just south of Wendover.

For the last 8 years, we have developed a special partnership and friendship with the Goshute Tribe. This year, based on the request from the Goshute's Tribal Council, we continued providing the majority of the services we have been providing for the last several years and we have been able to expand and add new services as well.

From the creation of a community garden that would produce nutritious, fresh, sustainable food, to providing educational classes on gardening in the high desert, composting, and healthy eating, as well as organizing health clinics covering vision screenings, prescription glasses, medical evaluations, and diabetes consultations, it has been a wonderful partnership.

In addition to providing a monthly food pantry, we have started cooking demonstrations, offered financial literacy trainings, taken the Goshute kids skiing in Park City, as well as assisting them and other low-income residents living in Wendover with how to sign up for healthcare benefits, food assistance, and child support, among other needs.



HIKE FOR HUNGER

Our 8th annual Hike For Hunger provided the perfect day to be hiking and biking on the trails of Deer Valley. From face-painting and kids games, to a climbing wall and live music, Hike For Hunger was the place to be that Saturday afternoon!

Sadly, hunger is often hidden in our community and yet it is a reality for far too many people. Did you know that in Utah, 1 in 8 individuals are at risk of missing a meal today? Additionally, 1 in 7 Utah kids do not know where their next meal is coming from. CCPC is committed to making sure no one goes hungry in Summit and Wasatch Counties. One of the ways we fight hunger is by raising awareness about hunger and food insecurity through our annual Hike For Hunger.

We want to thank all of our sponsors, volunteers, and community partners who made this event a huge success! Thank you: Deer Valley Resort, Nicholas and Company Inc., KÜHL, CooperWynn Real Estate, Bill White Farms, Utahns Against Hunger, EATS Park City, Capital Church and Crosspoint Church.

OUR STORES

We have three stores; a Thrift store and a Boutique store in Park City and a Thrift store in Heber Valley, which serve as social enterprises that help fund dozens of CCPC programs and services to the Park City and Heber Valley area communities. All three stores are open from 10 am to 5 pm Monday through Saturday. Additionally, our Receiving department is open from 10 am to 4 pm in Park City, Monday through Saturday to receive your donations of clothes, household goods and furniture.

THE GATHERING SPACE

The third floor in our newly renovated building serves as a beautiful, new place for our community to gather while also serving as a social enterprise. In this way, it provides a double bottom line by establishing a premier venue ideal for meetings and special events while generating revenue to fund CCPC's important programs and community initiatives.



PHOTO CREDIT: UTAH STYLE AND DESIGN

664,789 meals

were given away through our two Food Pantries.



\$1,332,237 worth of food

was collected and distributed through our two Food Pantries.



over **4,410 low-income children** have received new school clothes, shoes and supplies since inception of our Back 2 School Basics program



over **1,650 children served** last year through our Operation Hope Christmas Toy Store



HOW TO DONATE:

Three Easy Ways to Give:

- You can send a check in the mail to our mailing address: Christian Center of Park City (CCPC) PO Box #683480 Park City, UT 84068
- You can go online in order to give through credit card by going on our website and clicking on "Donate" or type in this URL online: <https://app.etapestry.com/onlineforms/ChristianCenter-ofParkCity/donatenow.html>
- You can donate a stock gift directly to CCPC. Call our Director of Finance at, #435-649-2260, and she can walk you through this brief process.