

# Shield-Bearer Update

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## Fighting For Hearts

In the summer of 2006, Matthew White decided to do something about the growing number of families he had known who had fallen apart over the years. He had witnessed marriages end due to affairs, internet pornography issues, and unhealthy communication. The devastating effect of divorce on the exes and their children was hard to bear.

With the help of several others who joined him in the cause to save marriages and families, Matthew became the founder of a nonprofit designed to make a difference. The community minded volunteers decided to name the nonprofit Shield-Bearer Counseling Centers.

For centuries when

hand-to-hand battles were fought, the fighting soldiers had someone who went into the battle with them to assist them with supplies and resources. The Shield-bearer's primary purpose was to help the soldier battle to victory.

Shield-Bearer Counseling Centers is fighting for hearts helping people, couples, families and adolescents battle to victory. Shield-Bearer exists to help people struggling with personal, marital and family problems.

Since services commenced, Shield-Bearer has provided professional counseling services for over 250 hurting hearts without regard to ability to pay. Through counseling staff expansion and additional programs in

2008, Shield-Bearer is expected to begin the healing process with more than double the number of people previously served.

Matthew and the initial group of volunteers have been joined by many others in the fight for hurting hearts.



Shield-bearer

## 2008 Wish List

3 Dell Notebooks (laptops)  
Vista operating

Decorations/Art

4 Medium sizes area rugs

Compact 4.0 cft

Refrigerator

Window treatments

Fabric/ Material

Phone System with voice

Mail

New and gently used items will  
be greatly appreciated!

Shield-Bearer is a 501c3 non-  
profit organization

## We Save Marriages

Clinical Director, Angela Soper, began placing her bags into her car after a quick stop at the supermarket, when a voice from the past called out her name. As she turned she realized it was a previous client. Jill and her husband had been struggling with communication, financial and trust issues when they were

referred by a leader at their church. Through several weeks of counseling, Angela was comfortable during their last session that all the issues had been resolved and was surprised as Jill approached her with an older man.

Jill stated "Dad, this is the person who saved my marriage"

Jill went on to explain how they were able to get the help they so desperately needed at Shield-Bearer without putting their financial condition in greater jeopardy.

## Living Peacefully in an Angry World

A seasoned counselor, Cherie Long was beginning to see a trend in a number of people she served weekly as a Shield-Bearer staff member. Anger. With the opportunity to effectively bring healing to a number of angry hearts, she developed and implemented an anger management group in the new year.

The group soon began filling up as people in the commu-

nity became aware of the new service. One call for the group came from Wanda who stated that she had been a regular referral source for our group but that she had recently lost her third job in just 12 months due to her explosive anger issues.

Wanda needed to know if she could still come to the group because she had no money to pay for the workbook and

session fees. Cherie was happy to provide it all for free thanks to the generous donors whose support comes faithfully every month.

Wanda and other hurting hearts like hers are receiving high quality professional and ethical services without regard to ability to pay due to the wonderful supportive community. Thanks for helping people like Wanda!

## Preventing Date-Rape

Like many high schools throughout the country, counselors at Cypress Creek High School experienced a number of requests from struggling teen girls around dating issues including date-rape. Date-rape occurs when forced sexual activity occurs between two people who know each other, and often involves the use of drugs or alcohol. Cy Creek counselors wanted to improve awareness.

As an approved referral

source for Cypress Fairbanks Independent School District, Cy Creek requested a program for their Juniors and Seniors.

Shield-Bearer was able to provide student groups with information on how to avoid date-rape situations, signs to watch for in friends or acquaintances, and what to do if date-rape happened to someone they know.

Cy Creek High School Counselor, Wendy MacDonald,

said, "Just wanted to say thank you for coming out to speak...I think they got a lot out of it and we look forward to having you back in the future."

Shield-Bearer offers similar programs as well including Suicide Prevention, Anger Management, and Dating Relationships. If you are interested in having one of these programs for a group that you know, please contact our office.

## Making a Difference: Andy

Ten year old Andy was having “tummy” aches frequently at school. Too many school days had been cut short with a run to the doctor following visits at the nursing station and calls to parents. Knowing that the medical issues were resolved, the school referred Andy to Shield-Bearer for an assessment. Living month to month, Andy’s parents were concerned about expenses.

Because of the generosity of donors, payment was not an issue. After developing a plan with the family and school, Andy and his therapist worked on his fear and anxiety that was keeping him from succeeding. Andy learned several ways to relax and courage to work through his pain and face his fears over several sessions. Andy had to learn to re-think how he was dealing with stress in the classroom.

Andy is doing great now. His “tummy” aches have disappeared and he is succeeding in school again. His parents, school teachers and the school nurse are all appreciative of his success.

Donors made a difference in Andy’s life and the lives of all those who love and teach him. Approximately 30% of cases pay \$10 or less per session. Thanks for making a difference with people like Andy!

## Volunteer Spot Light: Annette Noble

Annette Noble had a successful career in business and marketing that she placed on hold to devote her energy toward her young children. After more than a decade of managing the home and raising her children, Annette began to feel the pull back into the job market.

One day while surfing the net, she had the idea to dabble back in the business world by

volunteering at a nonprofit. In her research of several nonprofit organizations, she came to appreciate the mission and value of Shield-Bearer Counseling Centers. During her initial interview with the caring professionals at the agency, she learned how many different ways that lives are changed and how she could be a part of making a difference with so many.

Annette not only volunteers 3 hours per week helping greet clients in the reception office, she also has been instrumental in helping the word about services spread across the area.

Shield-Bearer Counseling Centers salutes Annette Noble in her Fight For Hearts as a Shield-Bearer volunteer!

## Churches Join the Fight!

Being in full time ministry involves knowing who is struggling and how they might be helped. Many clergy provide pastoral counseling to help couples and individuals through difficult times. Several have found a resource in Shield-Bearer for members of their church whose issues will take considerably more time and resources.

Some churches have joined the fight with Shield-Bearer by offering subsidized counseling services. Referred by church leaders, members who are unable to afford counseling receive services paid in part by their sponsoring church.

“We have been extremely blessed by the services. The results have been outstanding.

Shield-Bearer services have lifted a heavy budge from the shoulders of the West Houston leaders” - James Ford, Executive Minister of West Houston Church of Christ.

To learn more about the church member counseling services, please contact the Shield-Bearer office.

## Thanks to All Who’ve Joined the Fight For Hearts!

Robert R. & Kay M.

Onstead Foundation

Corporate Outfitters

Steve and Karen Morris

Johnny O Design

Trey and Tonya Cook

Bill and Gail Day

Matt and Amy White

Jeff and Christa George

John Gonzalez

Jill Johnson

Jeff and Cherie Long

Loren and Julie Long

Teresa McCall

Doug and Amber McGown

Ron Morrison

Thomas & Beverly Newhouse

Paul Newsoroff

Paul Palmer

Kelley Peace

Richard & Connelle Peace

Gary Smith

Matt and Angela Soper

Tom Stevens

Rick Wertz

Louis White

Roy and Devra Wooten

Charles Bellomy

William and Beverly Bellomy

Larry & Virginia Boswell

West Houston Church of Christ

Humana

Cypress Bible Church

Bammel Church of Christ

Grace Crossing Community

Church of Christ

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*Thank you for supporting*

**SHIELD-  
BEARER**

Counseling Centers

**Mail to**

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12345 Jones Road Suite 285  
Houston, Texas 77070  
281-894-SBCC

**Join the Fight For Hearts—Become a Shield-Bearer Today!**

- I would like to become a SHEILD BEARER by making a monthly contribution , to be charged on the 15th of each month of:
  - \$70    \$280    \$560    Other\_\_\_\_\_
- I would like to make a one time gift of \$\_\_\_\_\_ to Shield-Bearer Counseling Centers.
- I pledge to send a monthly check to Shield-Bearer by the 15th of each month.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

- VISA    MasterCard    American Express

Credit Card #: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Billing Zip: \_\_\_\_\_