



PPCC

Peninsula Pastoral
Counseling Center

ESTABLISHED 1973

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PPCC Newsletter: Volume 54, Issue 1

Dear Friends,

Spring Break is around the corner! For many students and teachers, time off provides an opportunity to take a break from routines and daily rituals. Some will head to the beach or mountains, while others will enjoy just being home.

I am often reminded of the importance of taking time to rest. Stepping away from work gives time to reflect, gain perspective, and experience renewal in mind, body, and spirit. The Hebrew word for sabbath is shabbat which literally means “to stop.”

Weaving some time for rest can look different for each person. At PPCC, we seek to provide opportunities for rest and renewal. For clients, a counseling session can offer a pause in a busy schedule to reflect and think through challenges. Members of the community may attend a support group or a seminar on self-care. For ministers, an hour at Clergy Connections with other clergy in the community can be source of encouragement and inspiration. For staff, it may be a retreat in Richmond, a conference in Denver, or simply a conversation in the kitchen over coffee.

In his book, *The Shattered Lantern*, Ronald Rolheiser writes, “True restfulness...is a form of awareness, a way of being in life. It is living ordinary life with a sense of ease, gratitude, appreciation, peace, and prayer. We are restful when ordinary life is enough.”

Step outside and enjoy the beauty of spring, turn off your phone, clear your schedule, and consider what rest might look like for you!

Becky Glass, Executive Director



The Impact You Made Possible in 2025

Nearly 7,500 counseling sessions. Hundreds of families supported. Dozens of community partnerships strengthened. Behind every number is a person who found hope — because of you.

[See the Full Impact](#)



Mental Health Moment: The Path Toward Forgiveness

Hurt, misunderstanding, and broken trust are part of being human. This brief reflection explores what forgiveness is — and what it isn't — and how counseling can help people move toward compassion and healing.

[Watch the Reflection](#)



Small Steps, Growing Confidence

What began as frustration with school and big emotions became something much deeper. Through counseling, Sarah gained practical skills — and a renewed sense of confidence that is changing life at home, at school, and beyond.

[Read This Client Story](#)



Welcoming Dr. David Dafashy to Our Board

Dr. David Dafashy, Medical Director at William & Mary, has joined the Board of Directors of Peninsula Pastoral Counseling Center.

[Meet Dr. David Dafashy](#)



Save the Date: UPCOMING EVENTS

- Clergy Connections
- Lunch & Learn Seminars
- Grief Support Group
- March & April Workshops
- Give Local 757- *Support PPCC!*

[See the full calendar!](#)

Thank you for being a vital part of our community. Your generosity helps PPCC serve individuals, strengthen families, and transform our community.

[Give Now](#)

Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}



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