



PPCC

Peninsula Pastoral
Counseling Center

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PPCC Newsletter: Volume 54, Issue 2

Dear friends,

June is a season of celebration. Across the Virginia Peninsula, families are gathering to honor graduations, celebrate weddings, and mark meaningful milestones both large and small. These moments invite us to pause, give thanks, and recognize the relationships and experiences that shape our lives.

At Peninsula Pastoral Counseling Center, we see how celebrating life's moments can bring connection, hope, and renewed meaning. Even amid busy seasons and life's challenges, taking time to celebrate reminds us of the joy found along the journey.

May your summer begin with moments of gratitude, celebration, and meaningful connection!

Becky Glass, Executive Director



Moments and Milestones

This spring brought moments of generosity, growth, and new beginnings at PPCC. We invite you to catch up on a few highlights from around the center.

[Learn More Moments & Milestones](#)



Mental Health Moment: Supporting the Journey to Healing

Mental health challenges are more common than many people realize. Anxiety, depression, and other concerns affect millions of individuals and families every year. Yet stigma can make it difficult for people to seek the support they need.

In this Mental Health Moment, we explore how family members and friends can encourage healing by offering understanding, reducing stigma, and recognizing the courage it takes to reach out for help. Supporting one person on their journey to wellness may also inspire others to seek the care they need.

Watch this month's video for practical encouragement on supporting those you love.

[Watch the Reflection](#)



Small Things that Help

What do you do when someone you care about is struggling? Learn a few simple ways to offer emotional first aid and support others through difficult seasons.

[Discover Practical Ways to Help](#)



Mark Your Calendars

Save the Date

PPCC ANNUAL BANQUET
10.01.2026



Save the Date: UPCOMING EVENTS

- Clergy Connections
- Lunch & Learn Seminars
- Care & Connect Tours
- Fall Sneak Peek

[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}}

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