



The Northwest Catholic Counseling Center

Providing help, creating hope...

NCC Quick Facts

What is the Center's Mission?

The Northwest Catholic Counseling Center (NCC) supports and strengthens our community by providing professional mental health services to all, regardless of faith or finances.

Who are your clients?

NCC offers behavioral health care for more than 1,000 clients annually drawn from all areas of the Portland metro area, and beyond. More than half of clients are uninsured or underinsured, and counseling sessions are subsidized by fees, donations and grants. Clients range in age from 6 to 92. We have a special commitment to women and children who often shoulder the greatest weight of the dual burdens of poverty and mental health issues. No one is denied care because of an inability to pay.

“One girl came to me when she was five years old, and her mother had just killed herself. She’s now eight and I’m still working with her – it’s been a remarkable journey.” NCC Therapist

What services do you provide?

NCC offers individual, couples, child, and family therapy. NCC provides workshops on topics like handling anxiety, living with depression, managing perfectionism, keeping social media from taking over your life, and surviving grief. There is also a marriage preparation program.

Do you have to be Catholic to see a counselor?

No. Our services are available to all regardless of faith, if at all.

Are you part of the Catholic Church?

While serving in the Portland Archdiocese, NCC is a completely independent nonprofit organization with no financial ties to the Catholic Church or any other institution.

Where do you get your money?

NCC has a combination of revenue sources. Some revenues come from fees, either from the client or an insurance company. NCC writes grants to cover the care of those who can't afford the fees or have no insurance. Individuals and companies make tax-deductible donations to help cover the cost of care for our most financially fragile clients.

How many people work there?

NCC employs full and part-time therapists, administrative and management staff, as well as interns. The Center has ten full-time and five part-time employees, along with graduate interns.

When was The Center started?

NCC was founded 33 years ago under the leadership of Sr. Barbara Kennedy, Sr. Sarah Deeby, and Sr. Lisa Sheridan. Sr. Barbara and Sr. Sarah continue to work with clients at the Center.

“It was December 23rd and everybody was closing. I told Sr. Barbara what was up and she said be there in half an hour. It was that act of loving kindness that saved my life.” David, NCC Client

*A State Certified Counseling Agency
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