



## Couples' Retreat

SCCA and First Presbyterian welcomed more than three dozen couples for a retreat inviting them to rediscover what it means to grow together, as a team. Sessions were led by Tony and Katie Sundermeier, Carol Pitts, and Ben Fletcher and Matt Josey.



## Music & Mental Health

Jim Sonefeld, drummer and songwriter for Hootie & The Blowfish, was the keynote for our annual Mental Health Connections event. He shared his personal journey of addiction, recovery, and freedom, alongside live music. (Presented in partnership with [Will for Hope](#).)

## Making News:



## SCCA Featured by Presbyterian News Service

This May, Presbyterian Church (USA) highlighted SCCA as a “church-nested” counseling center offering a “replicable model for inclusive mental health care.” [The article](#), which includes an interview with director Katie Sundermeier, frames SCCA as a national leader and local collaborator.



SCAN FOR FULL ARTICLE

## Agnes Scott Panel

Katie Sundermeier recently joined a panel at [Agnes Scott](#), including Dr. Eunice Chay & Dr. Gene Robinson. The event was made possible by an Interfaith America Faith & Health grant.

## Religion & Spirituality as a Social Determinant in



## Mental Health & Health Professions

*Save  
The  
Date*

## Shine: Lighting the Way

A lunch & program to celebrate:



**September 9, 2026**

11:30 a.m. - 1:30 p.m.

First Presbyterian Church  
of Atlanta

Dear Friends and Donors,

Last week I went on a great hike with my husband, Tony, in Black Mountain, NC. I was thinking of so many aspects of Mental and Spiritual Wellness that encompass a hike.

First, we all have our own paths to navigate in life, and yet, we do not need to walk them alone. We have so many ways to connect with others in life including through therapy, spiritual direction, and group work offered here at SCCA. We are better together.

Second, we find our paths to hope and healing, strength and vision in all different kinds of ways. I love hiking and I have been hiking with Tony for the past 26 years. On a recent hike I said to him, "Isn't this the best? Don't you LOVE hiking?!" He replied, "I love being with *you*; that's why I'm hiking." One of the invitations in the living of our lives is to discern and tap into what makes us most come alive and how we can then steward that for our own health and wellness and for the good of others.

Finally, the beauty and adventure of a hike are somewhat known, but also unknown. We don't know exactly what or who we will find around the bend. The choice to be open and welcome the gift of the hike, even the gift of *life*, in the midst of uncertainty and setbacks, is all part of the journey.

I am so grateful to be a part of the work and mission of SCCA!

**January - May 2026 SCCA SNAPSHOT:**

**3,639** client sessions provided.

**459** clients served.

**73%** subsidized counseling, making mental health care more accessible.

**26** team members.

One of our priorities as a Center is to lower the barriers that keep therapists from being able to practice. We have begun a new program called the Rooker Therapist Fund. Our inaugural Rooker Therapist, Ruth Cordova, helps us kick off this new initiative.

Sincerely,

*Katie Sundermeier*

Samaritan Counseling Center of Atlanta, Executive Director

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## AIT<sup>®</sup> Basics Seminar

*\*Advanced Integrative Therapy*

**Location :** First Presbyterian Church of Atlanta

**Date:** November 6, 7 & 8, 2026

**Cost:** Early Bird before Oct 1: \$495

**Contact:** [rcordova@samaritanatlanta.org](mailto:rcordova@samaritanatlanta.org)

Led by Ruth Córdova  
EMDR, MFT and AIT Therapist

