

SIMPLY BLESSED

Blessed by the People, the Progress, and the Purpose

Message from the Chair of the Board

Dear Friends of Shalom,

As we celebrate Shalom Counselling's 26th anniversary, I am reminded once again of the profound impact this ministry has had in Central Alberta. For over a quarter of a century, Shalom has walked alongside individuals, couples, and families—offering hope, healing, and the tools to move forward in strength.

Because of your generosity, the impact in 2025 was remarkable. Together, we served 727 clients and provided 3,795 hours of counselling. Of those, 1,582 hours were subsidized—representing \$147,767 in assistance—ensuring that no one was turned away when they needed help most.

The need in our community continues to grow, and with it our reliance on the prayers and financial partnership of those who believe in this work. Together, we provide safe spaces for healing, equip people with strategies for resilience, and strengthen families across Central Alberta.

This summer, we were blessed with a beautiful day for our second annual Shalom Charity Golf Tournament. Thanks to our volunteers, sponsors, and participants, the event raised awareness and vital support for counselling services.

As we look ahead, I invite you to continue journeying with us—through prayer, through giving, and by sharing Shalom's story with others. Together, we can ensure that hope and healing remain within reach for all.

With gratitude,
Bruce Stollings
Board Chair, Shalom Counselling Centre



From Our Hearts to Yours: A Thanksgiving Reflection

As autumn deepens and the days grow shorter, Thanksgiving invites us to pause—to reflect, remember, and reconnect with what truly matters.

At Shalom Counselling Centre, we recognize that this season carries many emotions. For some, it brings shared meals and family warmth. For others, it may stir feelings of grief, distance, or unmet hopes. The holidays can highlight both presence and absence.

If the festive spirit feels out of reach, you are not alone. This season can be especially tender for those facing mental health challenges, strained relationships, or loneliness. However, you're feeling—it matters. There is no "right" way to experience Thanksgiving.

Gratitude doesn't have to be big or bold. Sometimes it's found in a quiet moment, a kind word, or simply making it through the day. These small recognitions can hold great strength.

Connection also takes many forms—a phone call, a shared story, a support group, or unexpected kindness. And when family isn't close or doesn't feel safe, we can create new circles of care—communities where we're seen and valued.

This Thanksgiving, give yourself permission to show up as you are. Celebrate what matters to you, care for your heart, and offer yourself the same compassion you offer others.

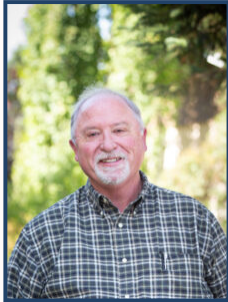
From all of us at Shalom Counselling Centre, thank you for letting us walk beside you. We're grateful for the courage, honesty, and hope we witness every day in the lives of those we serve.

Wishing you peace, warmth, and gentle connection this Thanksgiving season.

Your Shalom Counselling Centre Team



Shalom's Staff is Thankful for...



**Bob MacKenzie,
Counsellor**

I'm thankful for those that have had a heart to partner with Shalom with their generosity, so that we can meet with people when they're in need of support and assistance. I'm thankful that we have opportunity to life changes and growth. I'm thankful when I see people leave Shalom with new hope.



**Shari Moore,
Registered Psychologist**

I am thankful for the hope of healing and restoration. Sometimes we feel in our own lives that things won't change or that we are in a time of stagnation. However, getting to watch people overcome immense obstacles and flourish reminds me that we are in a constant state of growth.



**Pam Nyrose,
Counsellor**

Give thanks in everything; for this is the will of God for you (1 Thess 5:18). Sometimes this is a challenge for me; however, it does shift my perspective toward gratitude which has been a life changing practice. It doesn't change circumstances, but it does change how I see my circumstances.



**Fayth Kuipers,
Counsellor**

I am thankful
for the seasons
of life.



**Ken Doucet
Registered Social Worker**

I am thankful for health, for my faith, for my wife, children and grandchildren.



**Jennifer Frehlich,
Registered Psychologist**

I am thankful for the beautiful weather we are having and all the bodies of water that are around and run through Red Deer. I am also thankful for the beautiful walking paths we have and for family, friends and coworkers. Lastly, I am thankful for the stage of life I am in with two adult children and being able to enjoy watching them on the journeys they are on.



**Gwendolyn Stockklausner
Registered Provisional
Psychologist & Qualifying
Child Play Therapist**

I am thankful for health, happiness and family!



**Amber Kakanis
Counsellor &
Play Therapy Intern**

This year I am especially thankful for community. Whether that comes in the form of family, friends, or other types of support. Having people to walk alongside you makes such a difference. I'm grateful for those who celebrate the joyful moments with me, as well as those who show up during the more difficult times. Community reminds me that we're not meant to go through life alone, and I truly appreciate the care, encouragement, and love that others bring into my life.





Kathleen Dubas,
Operations Manager

Grateful & Blessed for
the beautiful people in
my life.



*"Give thanks in all
circumstances; for
this is God's will for
you in Christ Jesus."
1 Thessalonians 5:18*



Sandy Landin,
Administrative Assistant

I am thankful for my kids and
my four grandsons — they
are my reason, my breath of
life, and my legacy. Above all,
I'm grateful for my Lord and
Savior, Jesus.



Cathy Lichtenwald,
Evening Receptionist

I am so thankful for
the love and bonds of
family and for the
beauty of fall.



Jolayne Webb,
Accounts Administrator

This fall I am deeply grateful for the love of
friends and family that strengthens my spirit. I
reflect in gratitude of the abundant rain and
favorable growing conditions that have
brought abundant harvest to our local farmers
(my garden included). Above all, I thank God
for His faithful provision through every
changing season of life—guiding, sustaining,
and blessing me in ways seen and unseen.



Julia Schmidtke,
Receptionist

I am increasingly aware and
thankful for the ways in
which God is revealing
Himself to me each day in
this season of my life.

"Simple Ingredients, Abundant Flavor"

A reminder that even the little things—like roasted
carrots—can be something to be thankful for!

Cinnamon Maple Roasted Carrots

Ingredients:

2 pounds carrots, peeled and cut into sticks or coins
2 tablespoons olive oil
2 tablespoons pure maple syrup
1 teaspoon ground cinnamon
½ teaspoon salt (or to taste)
Optional: ¼ teaspoon black pepper, pinch of nutmeg for added warmth
Optional garnish: chopped parsley or toasted pecans
Roast at 400°F for 20–25 min





Counsellors Corner

Be Still

As we celebrate Thanksgiving, we are reminded to be grateful and honor what matters! In Psalm 46:10 we are called to “*be still,*” to trust God, and praise Him!

What if we applied this verse of Scripture to our lives, as a guideline for healthy living.

Stillness can elude us, as our minds can be too busy - with too many thoughts or worries. The calm mind focuses on appreciating and living each moment!

Our brains are naturally wired for human connections. However, our use of technology (*smartphones*) and social media can interfere with this, by creating too many distractions, and keeping our minds too busy. There is a loneliness epidemic in Canada, in part, because we have fewer face-to-face connections, and how we prioritize our time.

The new anxiety, in our digital age, is the “*fear of missing out*” - missing the next phone call, or text message. Our use of social media can become consuming.

Being still could include sitting and chatting, reflecting, listening, resting, meditating on God’s Word, being in awe of our world around us, and, connecting with the people who matter the most.

What could you do to have more “*stillness*” in your life?

Ken Doucet
Registered Social Worker

Thank you to our supporters and funders

Individuals, Businesses, Churches of Central Alberta, FCSS Red Deer & District, United Way, Government of Alberta

Fun Fact: *Canadian Thanksgiving began in 1879 and was originally tied to the end of the harvest season.*

A Call to Action

Shalom Counselling Centre provides access to qualified professional counsellors at subsidized rates, determined according to household income. This sliding-scale model ensures that individuals and families can receive the support they need, regardless of financial circumstances. The availability of these subsidies is made possible through the generosity of donors, the success of fundraising initiatives, and the support of grant funding.

Please Prayerfully Consider Supporting Shalom Counselling Centre

We invite you to thoughtfully consider supporting Shalom Counselling Centre during this challenging season. If you are currently an occasional donor, we encourage you to consider becoming a monthly partner in our work.

Your ongoing support will help ensure that Shalom Counselling Centre can continue meeting the growing demand for counselling services. Together, we can extend hope and healing to individuals and families in need.

We are deeply grateful for your continued generosity and commitment.

Ways to Give:

Etransfer: info@shalomcounselling.com

Credit Card: online at www.shalomcounselling.com

Cheque: 20 Trinity Close, Red Deer, AB T4P 0R1 or by

Phone at 403-342-0339



Ed Stelmach
Community Foundation

Shalom Counselling Centre is a registered non-profit charity, incorporated under the Alberta Societies Act (Charitable Organization #317905). Through the generosity of donors, we are able to subsidize counselling services for families across Central Alberta. For the coming year, Shalom’s fundraising goal is \$635,000, with fundraising expenses representing only 8.08% of the overall budget.

We are committed to being faithful stewards of every contribution entrusted to us. While donations designated for a specific project or program are gratefully received, they are accepted with the understanding that, should that initiative be fully funded or not proceed, the funds will be redirected to support other ministry priorities at the discretion of our Board of Directors. This ensures that every gift continues to advance Shalom’s mission of extending Christ’s hope and healing through counselling.

We also value your privacy. Your contact information is kept strictly confidential and is never shared with other organizations. For further information, or to request a copy of Shalom’s most recent financial statement and current budget, please contact our Operations Manager Kathleen Dubas at 403-342-0339

