

**"I am leaving you with a gift – peace of mind and heart."**

John 14:27a

## Vision

Helping people find hope, healing, and peace in life

## Mission

As a faith based organization motivated by God's compassion for people,  
Shalom Counselling:

- Offers respect, acceptance and compassion to those seeking hope and a healthier tomorrow in their lives and relationships.
- Provides professional, financially accessible counselling to individuals and families facing emotional or relationship challenges.
- Offers education that will equip individuals to sustain their emotional health and contribute to the well-being of their community.



As you begin to think about your year-end giving, please consider the following:

The cost for Shalom to offer a one-hour counselling session has been calculated at \$180.00

41% of Shalom's clients fit into the income brackets that have them paying less than \$100.00 per session

The lowest subsidized fee offered to Shalom's clients is \$30.00 leaving Shalom to cover \$150.00 through donations, fundraising, and grant funding

The ability to pay for counselling for many of Shalom's clients has been seriously impacted by the rising costs for housing, utilities, and food without matching increases in income

How can you help?

A one-time donation of \$150.00 would make up the difference between what a client pays and the cost to Shalom of providing one hour of counselling for one subsidized session

A monthly donation of \$30.00, \$45.00, \$60.00, or \$90.00 would fund the healing journey for one subsidized client

Legacy Giving – consider a contribution to Shalom allocated at a future date

We are so thankful for those of you who choose to give to the Kingdom work of Shalom, helping people find hope, healing and peace in life.

**For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?" The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25:35-40**

**Eucharisteo** is a Greek word meaning thanksgiving, to be thankful.

Paul writes to the Philippians, “I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.” Philippians 4:12-13

“There it is – the secret to living joy in every situation, the full life of *eucharisteo*. Twice Paul whispers it: ‘I have learned . . .’ Learned. I would have to learn *eucharisteo* – learn to live it fully. Learn it like I know my skin, my own face, the words on the end of my tongue. Like how I know my own name. Learn how to be thankful – whether empty or full . . . If living *eucharisteo* is the key to unlocking the mystery of life, this I want . . . To learn to be grateful and happy, whether hands full or hands empty. That is a secret worth spending a life on learning.” Ann Voskamp, *One Thousand Gifts*, p. 47

## Shalom’s Staff is Thankful for....



**Bob MacKenzie, Counsellor**

I am so THANKFUL for our Lord God, Creator, Provider, Saviour and Guide who is so rich in grace.



**Shari Moore, Counsellor**

I am thankful that this year has been full of so many personal adventures as well as getting to see all the wonderful nature and animals almost daily when I come to work. God’s amazing provision is seen throughout my life in so many ways.



**Pam Nyrose, Counsellor**

I am thankful for the beautiful colors and smells of fall.



**Marion Allred, Counsellor**

I am grateful for my faith in my Heavenly Father and in my Saviour, Jesus Christ. This faith is the reason I am still standing, why I can do what I do and why I can feel peace and joy even in the darkest of times. He is the rock which I have built my life upon and he has never failed me. At my core is this ever-present knowledge that He is with me.



**Jon Van Koughnett, Counsellor**

I am thankful these days for having a Lord who doesn’t look away. Many clients come in ashamed or hurt by others in their lives who will not *truly* look at them and attend their hurt. Jesus never fails to behold us as we are and comfort us in that place.



**Jennifer Frehlich, Counsellor**

We are thankful that Jennifer will be back after an extended leave of absence.

Jennifer also enjoys time with family and friends and being in nature.

# Shalom's Staff is Thankful for....



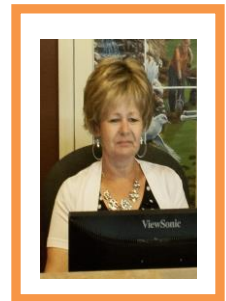
**Ruby Stones, Executive Director**

I am thankful for the family and friends that God has blessed me with in this season of life.



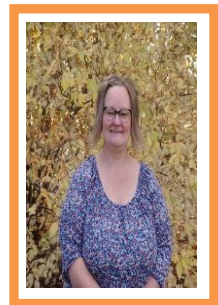
**Kathleen Dubas, Office Manager**

I am thankful for the change in seasons. The leaves falling from the trees reminds me that it is good to let things go that no longer serves us. I am also thankful for my family, my friends and my gifted coworkers.



**Sandy Landin, Admin Assistant**

My kids and their families are everything to me, being a single mom for so many years, they are the reason I am grateful and happy. They are the gardeners who make my soul blossom along side of Jesus. They are truly my greatest "get to" in life. For them I am truly thankful.



Funded by individuals, businesses and churches of Central Alberta and





## We would like to welcome

### Jon Van Koughnett Counsellor



Jon has been serving as a pastor in Red Deer for the past 10 years and recently completed his master's degree in counselling. His heart is to see the worlds of mental health and the Church connect more seamlessly as he seeks to be a part of the redemptive work of Christ in Red Deer. He is looking forward to continuing his development as a professional therapist alongside the team of amazing counsellors at Shalom.

Since completing his practicum and joining Shalom's staff in May of this year, Jon has been seeing clients via Zoom and at his office at Deer Park Church. This enables him to use his time wisely, managing his church duties and Shalom commitments efficiently.

We are thankful to have Jon on Shalom's staff!



Shalom Counselling Centre of Alberta is a non profit registered charity incorporated under the Alberta Societies Act, Charitable Organization #317905. Donations are used for the purpose of subsidizing counselling for Central Alberta families. Shalom hopes to raise \$363,000 using 11% of Shalom's overall budget for the cost of fundraising.

Shalom will, to the best of our ability, ensure that contributions are used in accordance with donor's intentions. However, gifts received designated to particular projects or programs are received only with the understanding that if the project or program is oversubscribed or does not take place, the funds will be applied to other purposes at the discretion of the Board of Directors.

In respect for your privacy, your contact information is not passed along to any other organization. For more information or to request a copy of Shalom's most recent financial statement and current budget please call Ruby Stones, Executive Director at 403.342.0339.

*Thank You for Caring*