

“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.



In her book *The happiness project*, Gretchen Rubin says, “The days are long, but the years are short” (p. 287).¹ A few short months ago, people were anticipating a long and difficult summer with limited travel and vacation possibilities. And now it is the beginning of October!

Here in Canada, October is the month of Thanksgiving. As a child growing up attending a Mennonite church in rural Saskatchewan, Thanksgiving Sunday was an event that carried through the entire day with a morning worship service, a noon meal, and an afternoon service (complete with a message in German!) as well as a youth group hayride in the evening. Many of the families in the congregation were farmers. Although some years the harvest would not yet be complete, the day would be dedicated to celebration and thanksgiving to the Lord for His faithfulness.

Even though the year 2020 has had its challenges, we have much to be thankful for. Here are some of the things I am thankful for at Shalom:

- Our staff members who use their knowledge, gifts, and abilities to serve the people of Red Deer and surrounding communities
- Our Board of Directors who spend time in discussion and prayer, making decisions with the best interests of Shalom in mind
- Our volunteers who joyfully give of their time to assist with events, maintaining the grounds, and wherever needed
- Our supporters who give of their financial resources to ensure Shalom can continue to provide affordable counselling services to the community
- Our prayer partners who bring the needs of Shalom, our clients, and our staff before God’s throne of grace

With thanksgiving,

Ruby Stones
Executive Director

Lord, you are my God: I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago. Isaiah 25:1

¹Rubin, G. C. (2011). *The happiness project, or, Why I spent a year trying to sing in the morning, clean my closets, fight right, read Aristotle, and generally have more fun.* Toronto: HarperCollins.

A large part of Shalom’s ongoing ability to support individuals, couples and families in Central Alberta is due to the support of our community. Thank you to our volunteers, prayer partners, churches, businesses, and individuals. We couldn’t do it without you!

Counsellor's Corner

Coming Back from CoVid

The Coronavirus pandemic has been a force for change like few others we've seen. Who would have thought a microscopic organism could exert power enough to disrupt entire industries, countries, and institutions? Yet here we are. And we know that change, particularly change perceived as uncontrollable, tends to bring with it stress and its unwelcome partner anxiety.

But Covid-19 and pandemic related change is just one more stressor in our already busy lives. And the effects of stress can accumulate, taxing the delicate balance of our coping systems. The effects of cumulative stress can surprise us by seeming to appear out of nowhere. Small disruptions in our peace lead to out-sized reactions to our physical, emotional, spiritual, and social well being. To manage anxiety and the effects of cumulative stress, consider taking your listening to a new level.



Listen to your life. Typical physical signs that our coping systems are out of balance can include headaches, general weariness or agitation, acne, digestive problems, and others. Our bodies will send us the message that we are carrying too large a burden, so it's important to 'listen'. Emotional signs of cumulative stress can include sudden mood swings, increased worry, or a bigger than normal need to have things under control. 'Listening' to our changing feelings, then noticing whether they are tracking as they normally do, can help us intervene early. As our interior world bears witness to the burden of cumulative stress, so too will our relational world. We might notice strain in our relationships as evidenced by increased conflict, or reduced contact. During the pandemic, we may not be able to get as close as we like to our loved ones, so managing our expectations and being creative about how we connect can help us sustain a sense of belonging, even when locked down.

Listen to wisdom. When our bodies, hearts, and relationships send us the message that we are out of balance it is an invitation to seek wisdom. Ancient wisdom reminds us to meditate on the character and intentions of our good and loving God, even in (maybe especially in) times of stress.

Isaiah 26:3-4 remind us, "You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal." NIV

Knowing there is a purpose, and that we are not alone in our struggles, can help us find peace in the midst of the storm. Modern or popular wisdom may point us toward experts and fortunately, there is often great advice available from the comforts of our home. The website www.anxiety.org is an excellent resource for learning about how you might respond to the effects of cumulative stress. Local wisdom is another option. Sometimes, reaching out to a trusted partner such as a trusted friend, pastor, or professional can build momentum towards lasting change.

Finally, take action. As you listen to your life and to wisdom it may feel overwhelming that there are so many options to choose from. This is normal, and yet one more indicator of cumulative stress. That's why 'making room' in your life for self care is an important early step in managing cumulative stress. Whether it is a decision to increase your exercise frequency to burn off a little of that excess adrenaline that stress adds to our system, or, reducing your expectations of what 'normal' should look like during a pandemic, either will first involve finding space in your day to day schedule to create balance. Choosing which good option to try is often not as important as getting started so, be kind to yourself, and take that first step.

Mike Takkinen, MA, CPC, CSAT
Counsellor

Staff Stories

Hi all I'm Cathy, the "almost full time" receptionist - if you have called the office we have probably talked!

In October of 2007 I started working for Shalom part time as the evening and weekend receptionist. Over the past 13 years, as Shalom has grown, my hours and responsibilities have significantly increased. I am honoured to be a part of this wonderful ministry, to witness everyday how God has his hand on the lives of the clients and staff of Shalom. It is a privilege to see how he meets the needs of those we serve and to have the trust of our neighbours in central Alberta.



Fun fact, in 1981 I staked a gold claim just outside of Mayo in the Yukon Territory! I don't know if I struck it rich as I signed my 'rights' over for \$50 when the helicopter landed back at the airport but I have a story to tell and got my first and only helicopter ride. We only lived in the Yukon for 6 months so I can't claim to be a sour dough as we left in mid March, much too soon to see the thaw.

As I find work takes up a lot of my energy I am not very involved in outside activities. I love to travel, and have been fortunate to have the opportunity to travel with my husband, parents, mother in law and our daughters and son in law at various times to many wonderful locations. A highlight of this summer was spending 2 long weekends with our daughters, son in law and grandson, one camping at Mt Revelstoke and the other in an air b n b in Fairmont. Spending time with our girls, son-in-law and grandson can't happen enough! I hope to do some Greek Island hopping with our youngest daughter next summer.

Welcome to our Newsletter by Email Fall 2020

Thank you to those who sent in an e-mail address.

We are presently updating our newsletter contact information and we have also started sending via email, unless you have requested a hard mail copy. To request an e-edition, please send a request from your e-mail address to kathleen@shalomcounselling.com.

Enter 'Subscribe Newsletter' on the subject line and we will get you an e-edition. If you would rather a hard mail copy, enter 'Snail Mail' on the subject line or you can phone, Kathleen at 403.342.0339. You can also find our Newsletter on our website www.shalomcounselling.com



Funded by individuals, businesses and churches of Central Alberta
and



5515 27 Avenue
Red Deer AB
403.342.0339

shalomcounselling.com

info@shalomcounselling.com



Follow us on
Facebook
Twitter &
Instagram!

Donate your bottles:

Sinnott's Independent Grocers (Clearview Market)

Napa Autopro (40 Ave & Ross St)

Cosmos Bottle Depot

Have allowed Shalom to set up a bottle collection bin. Proceeds subsidize client counselling fees. Look for the blue bin at the gas bar area to return your 'bottles for a cause'.

You can also take your bottles directly to COSMOS Depot #1 located at 7428 49 Avenue Red Deer, just mention they are for Shalom Counselling Centre

Coming this Fall Shalom is Offering Play Therapy Services

Shalom Counselling Centre is excited to share that beginning this fall, we will be offering play therapy services for children three to twelve years of age. Play is important to a child's development as it offers them the opportunity to make sense of their world and helps them prepare for adult life. In Play Therapy, the Child Therapist is trained to observe the patterns that emerge through play. The goals of play therapy are to assist the child to regain the former level of functioning, build self-esteem, and strengthen coping resources. The Play Room is viewed as the child's domain where they are encouraged to explore and express themselves through a variety of mediums.



We invite you to participate with us in setting up our Play Room. Toys for the Play Room are carefully selected to offer an opportunity to engage the child's imagination and express feelings and experiences. Choose from the list below a toy that you would have enjoyed playing with as a child. The purchase price of that toy is provided as well. If you wish, please make a donation in the amount of that purchase price by cheque, e-transfer, or credit card, being certain to specify that it is for the Play Therapy Project. If you require further information, please call us at 403-342-0339 or email ruby@shalomcounselling.com

Hape Dollhouse Kitchen	\$24.99
Hape Dollhouse Children's Room Furniture	\$24.99
Hape Dollhouse Dining Room Furniture	\$24.99
Hape Dollhouse Family Bathroom Furniture	\$24.99
Hape Dollhouse Master Bedroom Furniture	\$24.99
Playmobil Family Fun Camping Trip	\$39.99
Playmobil City Life Furnished Hospital Wing	\$119.99
Playmobil Pediatrician's Office	\$19.99
Playmobile Children's Hospital Room	\$21.99
Playmobil Rescue Ambulance	\$13.19
Playmobile Police Car	\$29.99
Playmobile Fire Ladder Unit	\$47.99
Baby Doll	\$34.99
Hot Wheels Car Set	\$19.99
Mr. Potato Head	\$14.99
Sand Tray	\$219.00
Play Sand	\$25.00

Please watch our website as this list will change as items are purchased and added. Thank you for joining us in this exciting new venture!



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 \$339,000 using 4% 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 over-subscribed 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