

Helping people find hope, healing and peace in life

Summer 2022



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

John 14:27a

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I would like to begin by saying thank you to each of you for your support of Shalom Counselling Centre, whether that be through referrals for counselling services, prayers for our clients and staff, or your commitment to giving financially to the work of Shalom. We could not do what we do without you.

Many non-profit agencies, Shalom included, have suffered the effects of the pandemic. While emergency government funding saw us through 2020 and 2021, donations and funding available through grants have been down considerably.

Historically donations to Shalom are down during the summer months. Despite having cut operational costs to a minimum, Shalom will require \$6000 before the end of July and another \$30,000 before the end of August to meet monthly expenses.

If you are able to give in any way to the operational costs of Shalom at this time, your support is greatly appreciated. Thank you for the important role you play in helping people find hope, healing, and peace in life.

Ruby Stones  
Executive Director

Shalom Counselling Centre's qualified professional counsellors provide counselling sessions with subsidized rates based on household income to ensure all are able to access the services they require regardless of financial ability. The average amount subsidized per one hour counselling session is \$118.00 which is made up through donations, fund-raising endeavors, and grant funding. In 2021, of the 4268 hours of counselling provided by Shalom's counsellors, 3128 were subsidized.

Please prayerfully consider whether God is prompting you to assist Shalom at this challenging time. If you are an occasional donor, please consider becoming a monthly donor. If you are a monthly donor, please consider increasing your monthly donation. Your increase or additional donation will enable Shalom Counselling Centre to continue to meet the ever-increasing requests for counselling.

We invite you to partner with us in the Lord's work, bringing hope and healing to those who come through Shalom's doors.

**Actuals to June 30, 2022**

Revenue	\$347,295.
Expense	\$410,989.
Shortfall	\$(-63,694.)

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 in donations and grants (excluding fees for service) 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



**Cosmos Bottle Depot has chosen Shalom Counselling Centre as their charity of the month for July 2022**

If you would like to donate your bottles, proceeds will go to Shalom Counselling Centre. You will find blue bins at Clearview Market Square (by the gas station), the corner of 40th & Ross Street (by Napa), or Cosmos Bottle Depot at 7428—49 Avenue.

Thank you for your support!

**What is a Third-Party Fundraiser?**



Initiating a third-party fundraiser is just another way you can help Shalom help our community. Size doesn't matter, your activity or event can be as little or as big as you like. With Shalom Counselling Centre's endorsement you can host a BBQ, a car or dog wash, an ice cream social, bake sale, garage sale, or a pancake breakfast. Your imagination is your only fundraising limitation. Recruit some family and friends, or colleagues at work, and get your fundraising party started.

With reports of mental health challenges now affecting one of three Canadians, combined with Shalom receiving a one-third increase in inquiries for counselling services, the need has never been greater. Your contribution will directly support subsidized counselling sessions, ensuring counselling services are financially accessible to all.

For endorsement and guidance just reach out to Grant Damsgaard at Shalom Counselling Centre, [grant@shalomcounselling.com](mailto:grant@shalomcounselling.com) or call 403.342.0339

**Transformation**

This year I met with a young man who attended Shalom years earlier as a boy. His first visits were after a serious accident involving a loved one. He had found that experience helpful, and so when he was struggling later in life he returned to Shalom. His family were committed Christians, and they have struggled for a long time with the lasting effects of the injury to their family member. In meeting with this young man, much time was spent normalizing his many difficult feelings and his resulting coping mechanisms. As this young man opened up about his troubles he began to find healing. Amazingly, right after a session here at Shalom he drove by a strange situation: there was a man standing in the middle of the road tying up traffic, and nobody was stopping to help him. Our client got out of his car, helped the man to the side of the road, and spent time talking to him. It turned out that the man on the road had a very similar injury to the one that affected this client's family member. My client reported to me later feeling a complicated sense of healing. Only God can do this sort of healing. Shalom's job was to give this young man a safe place to open up and receive the healing God had waiting for him all along.



*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30*