

GROWING WITH PURPOSE

Rooted in Faith, Guided by Care, Moving Forward Together

Message from the Chair of the Board

Spring is a season of growth and renewal. At Shalom Counselling Centre, it is a time to reflect on how we continue to grow with purpose—rooted in faith, guided by care, and moving forward together as a community.

As we enter our **27th year** of serving Central Alberta, Shalom remains committed to providing professional, compassionate counselling for individuals, couples, and families. Thanks to the generosity of our donors and supporters, those seeking support can obtain the care they need with fewer financial barriers, while we uphold dignity and quality in every interaction.

This year, we are excited to launch monthly online charity auctions from April through August, leading up to our **3rd Annual Charity Golf Tournament**. *Stay tuned—more details about the online auctions will be coming soon.* These initiatives help strengthen access to mental health care while creating meaningful opportunities for connection within our community.

Our 2026 fundraising theme, **Positive Shared Life Experiences**, reflects the sense of connection, belonging, and care at the heart of Shalom's mission.

Thank you for your continued prayers, encouragement, and support.

With gratitude,

Bruce Stollings Board Chair / Shalom Counselling

“May the God of hope fill you with all joy and peace as you trust in him.”
— Romans 15:13



SAVE THE DATE
You're invited to Shalom's
3rd Annual Golf Tournament
Get ready to tee off this summer and experience a day of friendly competition, beautiful weather, and unforgettable memories.
WEDNESDAY AUGUST 26, 2026
Alberta Springs Golf Resort

Shalom Counselling Centre logo and contact information: 403-342-0339, www.shalomcounselling.com

Board Member Running for Hope: Join Us in Making Hope Possible

This August, Heather Vogel celebrates a milestone birthday in an extraordinary way—by running a 10K at 70!

But Heather's run is about more than personal achievement—she's running to support Shalom Counselling Centre and help us continue our mission of bringing hope, healing, and peace to individuals, couples, and families in our community.

Her 10K will also contribute to paying down our mortgage, helping to secure Shalom's future as a welcoming space for those who need care and support most. Heather's goal is to raise \$43,500, and every contribution brings us closer to making that vision a reality.



To learn how you can support Heather in reaching her fundraising goal, please contact Shalom Counselling Centre.

Counsellors Corner

What a privilege it is to be invited to walk alongside some of the deepest and most hidden pieces of a person's life. As I meet and sit with clients, I continuously realize how great a privilege it is to be included in their journey, and see signs of God working through them. From prompting a client to see there are other ways to live their life, to another client finally understanding how and why they react to situations the way they do, to being curious about themselves—their reactions, emotions, thoughts, and actions. As I have walked alongside these clients, they have also walked alongside me. The amount of growth I have had the opportunity to experience has been both daunting and exciting, as I am sure it can be for clients themselves. We work apart, and we work together. What is the end result? A deeper knowledge of oneself and a chance to get a closer glimpse of who God created us all to be.

It is this glimpse that we hold on to when life throws curveballs, or when we notice we have fallen sideways before redirecting into the journey God is carrying each of us through, or when we find it easy to remain steady and rooted.

Psalms 139 7-10 say: "Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast."

Never were we meant to be alone, and never are we alone in this journey of life.

Fayth Kuipers
Clinical Counsellor

With the arrival of spring and the season of Easter, we pause to reflect on 2025—a year that strengthened our dedication to compassionate, professional care. We are deeply thankful for the trust of our community and look forward with renewed hope as we continue to offer a welcoming space for healing, renewal, and growth.

As you know, 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.

We are deeply grateful for your faithful support, prayers, and encouragement. Your generosity makes it possible for Shalom Counselling Centre to continue providing compassionate, professional care, offering hope and healing to individuals and families across our community.

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 \$585,370, with fundraising expenses representing only 8.75% 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



Ways to Give:

E-transfer, Credit Card, or Cheque
Cheque: 20 Trinity Close, Red Deer,
AB T4P 0R1 or by
Phone at 403-342-0339

Introducing Our Newest Team Member



Hamilet Dampulay
Practicum Student

Hamilet is a registered social worker dedicated to supporting individuals and families with compassion, respect, and dignity. Holding a Bachelor of Social Work (BSW) and nearing completion of a Master of Social Work (MSW), she believes in empowering people to transform challenges into strengths.

Outside of work, she enjoys recharging by hiking with loved ones.



Annual General Meeting

April 23, 2026

7:00pm

Balmoral Bible Chapel

2700 55th Street
Red Deer

Thank you to our supporters and funders:
Individuals, Businesses, Churches of
Central Alberta, FCSS Red Deer & District
Community Services & The United Way
of Central Alberta



United Way
Central Alberta



Ed Stelmach
Community Foundation