

A Message from the Executive Director



Looking past the immediate present of the blowing snow and winter elements, I am excited for what this coming year brings. I am blessed with the opportunity to plant seeds with new individuals, businesses, ministries, organizations; water and nurture relationships both past and present and then to see God grow something beautiful. We must seek the Lord to ensure that we are doing His will, and then be diligent in our efforts to do the work laid out before us.

I have learned quickly that God has placed me here to be a part of a wonderful team, and to ensure that I use my skills to further His ministry. My prayer for every reader is that you reflect on what it is that you can do to come alongside Shalom Counselling Centre to further the kingdom work being done here. Please consider speaking with either myself or our team to learn about what God is doing, and how you can impact this ministry. It can be through prayer, joining our society, or by financially assisting Shalom. Thank you for your support, and I pray God's richest blessings on you and your family.

Blessings,
Rev. David Bayduza
Executive Director

Introducing New Staff



Fayth Kuipers
Qualifying Clinical Counsellor

Fayth is a practicum student, earning her Master of Arts in Counselling Psychology from Yorkville University. Previously she earned her Bachelor of Arts in Education.

Fayth is excited to join you on your journey towards hope and wholeness.



Ken Doucet
Registered Social Worker

Ken has been a Professional Social Worker for the past 45 years. As a mental health therapist, for over 28 years he has helped individuals with mental health and substance use concerns. Ken has helped people facing a crisis and is a member of the Crisis Response Team.

Save the Date

Our Second Annual
Golf Tournament will be
held on
August 27, 2025 at
Alberta Springs Golf
Resort!



A Year in Review

Our team has worked tirelessly to make a positive impact. Here's a look at what we accomplished together in 2024:

- ◆ 3649.25 counselling hours dedicated to supporting mental health
- ◆ 550 new clients joining our community
- ◆ 848 clients seen in total throughout the year

We are deeply grateful for the trust and courage shown by each individual. Here's to another year of growth, healing, and hope.

Celebrating

This past year marked a significant milestone for Shalom Counselling Centre as we celebrated 25 years of supporting our community through compassionate, professional counselling as we guided individuals, couples, and families toward healing and well-being. We are incredibly grateful for the trust and partnerships we've built over the years and remain committed to providing a safe, caring space for healing and growth. Here's to many more years of making a positive impact together!"

Stories of Impact

As the cost of living increases and the stability of the economy decreases, it seems impossible not to be anxious about something. It can feel overwhelming at times, and tensions can easily build, causing anxieties to take over. Yet, we are told in Matthew 6:25-34 that we are not to worry about our lives, even about the smallest details, such as what we will eat or what clothes we will wear.

It seems to me that Jesus is challenging our daily worries and helping us question who is truly in control. I have often wondered how it is possible to not worry, half-believing that my concerns would somehow lead me to a solution for whatever problem I was facing.

What would it really mean to not worry and to cast those cares onto Him? I bring my focus back to the scripture that tells us to look at the birds of the air, who do not sow, reap, or store away in barns, and yet our Heavenly Father feeds them. Jesus reminds us of our value, asking, "Are we not much more valuable than they?"

I then think about our value in God's eyes. How much do our insecurities, stemming from not measuring up, influence the worries, stresses, and anxieties of each day? It seems to me that conquering these everyday worries comes down to knowing that God cares for each one of us, and that our value is far greater than we often know or believe. Could it be as simple as trusting that we don't have to be in control of everything, even when it feels like everything is out of control? Just as the birds simply trust that they will be fed and cared for, can we too walk in the faith that God will care for every detail of our lives?

Jennifer Frehlich
Registered Psychologist

A Call to Action:

As we continue our mission to create lasting change in our community, we invite you to be part of something bigger. At Shalom Counselling Centre we believe that every voice matters and that together, we can accomplish far more than any of us could alone.

Membership with Shalom Counselling Centre is for those who see the need for the services Shalom provides and are committed to supporting the ongoing work of the Centre.

Becoming a society member is more than just a donation—it's an opportunity to actively contribute to our community and entitles you to vote at the Annual General Meetings. Your partnership matters, and we can't wait to have you on board.

Becoming a member is simple – call the office and speak with our Operations Manager Kathleen.

A.G.M

Additional
information will
be shared as
soon as it
becomes
available.



*Thank you
for reading!*

Shalom Counselling Centre of Alberta is a non-profit registered charity incorporated under the Alberta Societies Act, Charitable Organization #317905. Donations used for the purpose of subsidizing counselling for Central Alberta families. Shalom hopes to raise \$635,000 using 8.08% of Shalom's overall budget for the cost of fundraising.

Shalom will do the best of our ability, ensuring that contributions are used in accordance with the donor's intentions, however, gifts received designated to the 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 organizations. For more information or to request a copy of Shalom's most recent financial statement and current budget, please call Kathleen Dubas, Operations Manager at 403-342-0339.

Thank you for your care and support to our organization.

Ways to give

Etransfer: info@shalomcounselling.com (for operations) or capitalcampaign@shalomcounselling.com (for capital)

Credit Card: online at www.shalomcounselling.com

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

Phone at 403-342-0339

Board of Directors

Bruce Stollings - Chair
Bill Spangler - Secretary
Heather Vogel - Treasurer
Fay Cherepuschak - Director

Executive Director

Rev. David Bayduza

Operations Manager

Kathleen Dubas

Thank you to our supporters and funders:

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