

## Client Feedback

“I believe we will get through this and be stronger for having been through this.”

“It is much easier to talk through painful topics.”

“I love her listening loving heart. Love you, Pam and God bless all at Shalom.”

“Starting to become a positive thinker. I’ve been happier with everyday life.”

“I am feeling more confident in my decision making and less fearful for the future.”

## Volunteer Opportunities



Shalom Counselling Centre is looking for **18 volunteers** who want to help us give back to the community during Westerner Days. In exchange, volunteers will receive two free passes and one parking pass for Saturday, July 23<sup>rd</sup> (the day of our shift) and our agency will receive a vast amount of recognition and awareness. Each group of six

volunteers will take a 3-hour shift (11:30am to 2:30pm, 2:30pm to 5:30pm or 5:30pm to 8:30pm) in the Saputo Kid’s Corral having a ton of fun assisting children ten and under with the amazing activities that are planned for them inside the air-conditioned Harvest Centre. Volunteers will also receive discounted vendor passes for the “Grub Hub” food area and two passes for VIP seating at the Pony Chuck wagon races that evening. Teens ages 13+ are welcome to assist as long as they are accompanied by a volunteer parent/guardian and can keep the children in line! Call the office at 403.342.0339 for more details or to sign up TODAY!!!



**Building to Impact Capital Campaign Committee Members** are required to assist our Community Relations Coordinator in raising funds for our facility. We are looking in particular for those persons with skills in leadership and team work, those who are visionary in nature and have strong connections to the community.

Experience in fund development and special event planning would be definite assets. Please connect with Bonnie Joyes, Community Relations Coordinator: bonnie@shalomcounselling.com or 403.342.0339 if you would like to discuss this exciting opportunity to help move Shalom forward in meeting needs of more individuals and families.

**A HEARTFELT THANK YOU** to our volunteers Carolyn, Bob, Aileen, Gerry, Norm, June, Rob, Kerstin, Pat, and Dan for helping with our **Peace Garden Spring Clean Up!** Our gardens offer a peaceful quiet place for our clients, community and staff to enjoy. We hope the flowers, plants, fruit trees and surroundings offers to all who come, a sense of *Shalom*. If you would like to volunteer please contact kathleen@shalomcounselling.com.



Shalom Counselling Centre of Alberta is a non-profit registered charity incorporated under the Alberta Societies Act, Charitable Organization #317905. Donations are welcome and are used for the purpose of subsidizing counselling for Central Alberta families. Shalom hopes to raise \$338,832 using a maximum of 3% 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 donors’ 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. For more information or to request a copy of Shalom’s most recent financial statement and current budget, please call Shalom’s Interim Executive Director, Fred Lane, at 403.342.0339.

~THANK YOU FOR CARING~

Funded in part by:



## Helping Our Neighbours Find Peace

Summer 2016



### Shalom's Vision

Helping our neighbours find peace in life and relationships.

### Shalom's Mission

Motivated by Christian love and working collaboratively, Shalom provides to whomever seeks the services we offer:

Quality counselling for emotional and relational concerns

Family life and wellness education for the community

Training and encouragement for caregivers

**Dear Friends of Shalom,**

One of the many responsibilities of the Executive Director is to communicate with people re: the importance of the ministry of Shalom and the need for financial and prayer support to ensure this work is able to continue to minister to the needs of those who come looking for hope in trying (and many times) critical circumstances.

The importance of the ministry of Shalom Counselling is clearly evident in the growth of this work over the 17 years of its existence. Our waiting times for new clients to be able to see a counsellor continues to grow (up to three months in Red Deer and currently over four months in Olds) and we have outgrown our present space. Shalom’s ministry is indeed needed.

The effectiveness of the ministry of Shalom is also evident in the comments and testimonies of so many clients who speak of the hope and encouragement they have received as a result of coming to Shalom. You can read examples of these comments *in this Newsletter*.

When it comes to speaking about the need for financial support for the work of Shalom, I am reminded of the Apostle Paul in his letter to the Church of Philippi. Paul was collecting money for a number of poorer churches and he was commending the Philippians for their generosity. Paul goes on to explain (see Philippians 4:17) that he is glad not so much for what they have given him but for the blessing he knows they will receive from God for their giving.

There are many financial needs all around us, many opportunities for all of us to give to worthy causes and to be blessed by God for doing so. My prayer for all who read this is that you will pray for God’s guidance as to where He would have you “invest” your resources for His glory and your blessing.

The promise of God, to both those who give and to those in need, is found in these further words of Paul:

*“And my God will meet all your needs according to his glorious riches in Christ Jesus.”*  
Phil 4:19

That is our confidence here at Shalom and I pray it is your experience also.

Shalom  
Fred Lane, Interim Executive Director

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

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## HAVE YOU NOTIFIED US OF YOUR NEW MAILING OR EMAIL ADDRESS?

Shalom recently learned that a couple of years ago Canada Post changed the mailing address of some of the rural areas. They continued to deliver mail to the old address, but are now being diligent in using the newly assigned addresses. Therefore, if you had an address change from Canada Post (or if you have moved) we would love to update your information in our database so that you do not miss out on what is happening at Shalom Counselling Centre! As well, you will be helping us be good stewards by reducing the amount of returned mail we receive. In addition to our electronic Prayer Partner Letter, we will soon be moving to an optional electronic newsletter and are currently collecting as many email addresses as possible. If you have not yet done so, please call the office 403.342.0339 or email [info@shalomcounselling.com](mailto:info@shalomcounselling.com) with your updates.

**Thank you!**

### Starting Marriage Strong

Submitted by Mike Takkinen, Counsellor

We were excited this spring to kick off Shalom's expanded pre-marriage preparation program - 'Starting Marriage Strong'- by hosting a display at the Bridal Fair in February with information on the importance of investing in your marriage *before you tie the knot*. Invitations were extended to those either considering engagement, or already in the throes of wedding plans, to attend a free Information Evening where we were treated to presentations by a pastor, marriage commissioner, long-time married couple, and Shalom representatives.

From the contacts we made at the Bridal Fair and the Information evening we were able to run a new pre-marriage preparation group therapy program, intended to help couples considering engagement or planning marriage prepare for one of the biggest decisions of their lives. Couples completed a comprehensive and research-based online relationship assessment through Prepare Enrich Canada and then attended four group sessions over an 8 week period to discover their personal and relational styles and learn key skills to help begin a lifelong relationship of peace and fulfillment. The sessions were spaced every other week to allow couples the opportunity to book private counselling sessions for additional help if needed.

It is truly a blessing to be able to offer our help to couples as their relationships deepen in commitment and blossom in strong marriages. Our clients agree! Feedback from our first group participants was very positive and all recommend others make the investment to start their marriage strong through the group program. We hope to offer the group at least twice per year (spring and fall), as space and schedules permit so please feel free to let your family and neighbours know so they can call the office to put themselves on the interest list before *their* big day.. Thank you for your support in helping us help others ... **Start Marriage Strong!**

### Stress Busting Group Counselling

Submitted by Benton Schultz, Counsellor

Since the start of 2016 we have been able to offer two counselling groups to clients who had been facing significant levels of stress and anxiety. Over the course of 8 weeks the members of these groups together addressed the challenges of stress and anxiety. It has been incredible to support and watch as members recognize that they are not alone in their difficulties, that they do have what it takes to change the patterns of anxiety, and that they are able to learn new ways to overcome these challenges. One group member put it this way, "Group has been eye opening, life altering, and such a positive experience. It's been very rewarding to be around people who get what you're going through. It's the best money I've spent in a long time." Shalom aims to offer this group on a regular basis. If you or someone you know would benefit from this resource, feel free to contact Shalom to be on the waitlist for when this group runs again. We plan to offer this group again in the fall of 2016.

### Highlights from 2016 Spring Dessert Gala

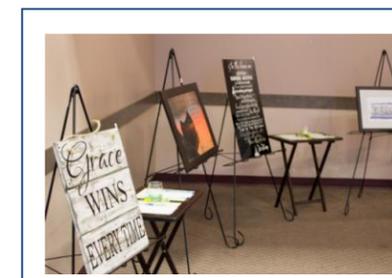
Submitted by Bonnie Joyes, Community Relations Coordinator

Although it was a bit chilly outside, that did not cool down the entertainers at our 4<sup>th</sup> Annual Spring Gala on Saturday, April 9<sup>th</sup>. The evening began with pre-program entertainment by Erin Schmale, a young musician from Olds who is starting on her musical career path. Following supportive greetings from representatives of the City of Red Deer, County of Red Deer and Mountainview County, Soulful Noize from Cosmos had the heat rising with instrumental and vocal entertainment. Later in the evening, Wildrose Harmonizers leveled off the temperature with an enjoyable rendition of their barbershop music.

We had a modest crowd in attendance, but that did not stop the bidding on the wide variety of items in our silent auction. Once again, everyone was treated to a fabulous dessert buffet donated by local restaurants. Thank you to all of our supporters: auction and food donors, volunteers, auctioneer Dale Plante, Soulful Noize, Erin Schmale, and Wildrose Harmonizers. We appreciate everyone who came out to join us for this annual fundraiser to raise funds to make our counselling services affordable to the hundreds of individuals we serve each year. If you missed out on this event, but would still like to make a contribution, we are continuing to accept donations to help us reach our financial goal for the year. *Thank you for caring for your neighbours.* We look forward to another exciting Gala next spring!



Photos by Shari Moore



**If we missed you at our recent Coffee Connections and you would like to provide input into our Strategic Plan, our Board would love to hear from you! Please visit [www.shalomcounselling.com](http://www.shalomcounselling.com) and download the Stakeholder's Survey. If we receive it by June 30<sup>th</sup>, your name will be entered into a draw to win a \$50 gift card to a local restaurant of your choice.**

## CONTACT US

We are located at:  
5515 27 Avenue  
Red Deer AB  
403.342.0339  
[shalomcounselling.com](http://shalomcounselling.com)  
[info@shalomcounselling.com](mailto:info@shalomcounselling.com)

## LOOK FOR US IN OLDS!

Shalom now provides counselling out of our satellite office in Olds at the Central Alberta Pregnancy Care Centre. Contact us if you or someone you know lives in the Mountain View County area and would like more information on counselling services.

Follow us on Facebook!



## SAVE THE DATE!

Annual Fall FriendRaiser with Debbie Zepick & Central AB Home School Choir

Saturday, Oct. 15<sup>th</sup>  
(More details in Fall Newsletter)