



Mountain Rose Women's Shelter

Invites you to their

Annual General Meeting

Monday September 21st, 2020

Time: 6:00pm

**Mountain Rose Centre
4708 46th Street
Rocky Mountain House AB**

**Mountain Rose Women's Shelter
is celebrating 30 years of service!**

Mountain Rose Women's Shelter Association History

In November 1984 a letter was published in the Mountaineer calling for a community response to the concern for "the physical safety of women in this community". This initiated the first meeting and in the following 10 years, many more meetings led to the incorporation of The Mountain Rose Women's Shelter Association on **September 25, 1990**.

A Crisis Phone-Line was installed and 17 volunteer drivers trained during 1992 – all on a budget of about \$900. Now we were up and running! Registered as a Charity in 1993, we contracted a worker from Central Alberta Women's Emergency Shelter to come to Rocky one day a week.

Highlights of 1994 to 2020

- 1994:** Moved into the office in Presbyterian Church and furniture depot begins.
- 1996:** New logo designed and brochure printed.
- 1997:** Moved to downstairs office and hired one counsellor. Safe Ride Program began.
- 1998:** 2 paid employees with office open Monday to Thursdays.
- 1999:** Program Coordinator hired.
- 2000:** Support groups held and major cuts made by funding agencies.
- 2002:** Announcement that Old Post Office will become affordable housing and a shelter.
- 2003:** Website set up and MRWSA becomes a member of Alberta Council of Women's Shelters.
- 2004:** Operational agreement signed with RCMP. Community Collaborative Response Team was formed. Held the Red Rose and White Ribbon Campaigns.
- 2005:** December hosted the Grand Opening of the Shelter at the Old Post House.
- 2006:** 1st Annual Romance and Roses Gala Fundraiser.
- 2007:** The MRWSA's offices moved into the front of the Post House to offer administration and outreach services.



Message from the Executive Director

"When written in Chinese, the word 'crisis' is composed of two characters; one represents danger and the other represents opportunity."

John F. Kennedy

The Mountain Rose Centre has seen both danger and opportunity during this Covid19 Crisis. At first all we saw was the danger, the uncertainty, and the fear. We struggled to find our way with the PPE and the protocols while providing safe, secure supports to the women and children accessing services. We were led by the 'dangers' because we didn't understand – we couldn't look past the immediate needs.

There is a major 'but' coming in this story.

But with the support of Alberta Health Services, Ministry of Community and Social Services, Alberta Council of Women Shelters, and all of the Executive Directors at our Sister Shelters, we were able to see the 'opportunity' in this crisis. As some of us worked from home, we took this opportunity to complete on-line training such as "Grief & Loss", "Victim Safety Planning", "Trauma Informed Care", "Disaster Response", and "Covid19 & Gender Based Violence" to name a few. We also took this opportunity to cross-train some of the staff positions so that there would be back-up people in case of an emergency. We had talked about doing this cross-training for a long time so although not expected, this was a very timely opportunity.

Another opportunity which was more of a realization was that the Mountain Rose Centre has a very professional, supportive, and flexible staff team. They rolled with the punches (changes), had each other's backs, and went above the call of duty in supporting the women and children especially with the stress and uncertainty of the COVID19 crisis. I knew that this team was great but this realization (opportunity) reminded all of us that this team is exceptional. Thirty two staff members worked together to provide uninterrupted services in the face of this pandemic. I am honoured to work with each of these individuals.

The moral of this message is simple; it is our perspective that will lead us through any situation we face as individuals, as families, and as a community. As John F. Kennedy stated "when written in Chinese, the word 'crisis' is composed of two characters; one representing danger and the other represents opportunity". Let us look at this crisis as an opportunity for our community to work together to get through this Covid19 pandemic to come out the other side better and stronger as individuals, as families and as a community.

Respectfully submitted
Cindy Easton



MRWSA Volunteers



Hoping Fall finds you safe and well.

As we all are attempting to get our lives back into routine and our new normal – so has our organization.

Mid-August we have started to take donations but have a new process in place to accommodate the Covid-19 ruling. Every Thursday is our Donation receiving day. People wishing to bring items must phone and book an appointment time for drop off. We ask that donators bring their goods to the back of our new building where we have a shed for storing these items for 72 hours. From there they are then transported into our sorting room in our basement for storage and distribution. We are not accepting stuffed animal or used pillows due to health code regulations.

Our BBQ fundraiser with Rainbow Ford and the UBAKA motorcycle group on August 22 was a huge success as it was our first fundraising event this summer. Many thanks to these organizations.

Our ANNUAL FOOD DRIVE is scheduled and we are pleased to announce that The Church of Latter Day Saints and Mountain Rose Centre have partnered in compliance with regulations to help fill our pantry this year with much needed food donations. The Church of Latter Day Saints will be dropping off bags with our 'needs' list the week of September 21st to homes in our community. On Saturday September 26th starting at 10am the same group will come around to pick up any donations and bring them to our shelter. We will have a volunteer group at the shelter to unload and move these items into our basement storage area. These items will be sorted and put away after the allotted wait time.

I would like to thank the community, group organizations, individuals and volunteers who support us – It truly does make a difference.

Board of Directors

President
Lisa Block

Vice President
Maureen Janke

Member	A. Mavis McGilvery
Member	Trevor Scott
Secretary	Vacant
Treasurer	Timothy Kavanagh



Mountain Rose Women's Shelter is celebrating 30 years of service!

2009: MRWSA undertakes a 'community needs assessment' for future community needs as related to domestic violence.

2010: First Family Fun Raffle conducted as a fundraiser for MRWSA.

2011: New Executive Director is hired to lead MRWSA.

2012: The first Annual "Walk a Mile in Her Shoes Event" held in Rocky and hosted by MRWSA.

2013: MRWSA installs new outdoor playground with colourful wall mural for the shelter. MRWSA Board completes Board Governance Training and implements a 5 year strategic plan.

2014: MRWSA initiates the "Clearwater County Housing Supports Services" to provide housing supports to homeless and near homeless people in our community. Board of Directors initiate the "New Foundations Campaign: Building Foundations to a Brighter Future" to raise funds to build a new shelter and transition apartments.

2015: MRWSA is governed by an eight member Board of Directors and employs: 1 Executive Director, Shelter Supervisor, 2 Outreach Workers, 1 Administrative Assistant, Volunteer Coordinator, Parent Child Assistant Program, Housing Support Coordinator, 4 Crisis Workers, and 4 Relief Crisis Workers. MRWSA purchased a company vehicle through special grant funding. Conducted Clearwater Housing/Homelessness Needs Assessment.

2016: MRWSA is successful in obtaining CMHC Seed Funding to start process for building a new shelter. Partnerships developed with corporations for specific projects to address needs in rural Alberta (ConocoPhillips, Repsol Oil & Gas). Operational Budget reached \$1,000,000 annually.

2017: MRWSA focuses on Fundraising for the new Building. MRWSA opens 2 emergency apartments for 90 day transition to mainstream housing for marginalized families in our community.

2018: MRWSA breaks ground on the new "Clearwater Abuse Prevention Centre". Expected date to open is September 1, 2019.

2019: MRWSA changes the name of the new building to "Mountain Rose Centre" and moves in on September 1, 2019 and opens the 10 bed emergency shelter.

2020: January 1, 2020: MRWSA fully opens the 21 bed emergency shelter and 5 Second Stage Apartments with the building renamed as the "**Mountain Rose Centre**".

2020: September 24, 2020: MRWSA is governed by ten member Board of Directors and employs 31 staff members: 1 Executive Director, 1 Residential Supervisor, 2 Outreach Workers, 1 Administrative Assistant, 1 Parent Child Assistant Program, 1 Family Supports Coordinator, 1 Child Care Provider, 1 Housing Support Coordinator, 1 Community Engagement Coordinator, 1 2nd Stage Shelter Coordinator, 1 Janitor, 1 Cook, 1 Bookkeeper, 1 Data Coordinator, 1 Resources Coordinator, 10 Crisis Workers, and 5 Relief Crisis Workers.

Mission Statement: The Mountain Rose Women's Shelter Association is a non-profit charitable organization that provides resources and support to individuals and families impacted by domestic violence in the Town of Rocky Mountain House and Clearwater County.

Outreach Services



It has been a busy few months for outreach as we are now able to meet with our community clients in our offices. We continue to provide a space for the women in our shelter, our 2nd Stage apartments and in our community, who need to talk about their experiences and receive information and education on abuse and its trauma. We provide referrals to community agencies who can provide counselling, and we have received many positive reports from our clients stating they are grateful for these partnerships. We are also currently doing partner safety checks and heading up an Elder Abuse and Prevention training session to be presented to the community this fall and into the new year.

On October 1st we will restart our Domestic Violence Support Group. This group is open to both shelter guests and community members, with all the COVID precautions put in place. Our group will run Thursday evenings from 6:30 -8:00 pm.

Family Support Services



The Family Support Program has recently partnered with Community Organizations to bring Educational Parenting and Children's Programs to the families currently residing in our Transitional Housing Apartments. We are looking forward to working with these Organizations learning new skills & techniques that we can apply to the daily interactions we have with the families we support.

The Enrichment Program continues to partner with Mountain Rose Centre's Housing Program in the Food Security/Stability Program. We rented and planted two garden boxes in the spring and continued weeding, caring for and even harvesting the garden throughout the summer. We hosted a BBQ lunch at the Community Garden for those staying in our Emergency Shelter and for those who also receive services through the Centre's Programs. There were lots of fun family games, activities and even a campfire.

The Child Minding Program at the Mountain Rose Centre was full of activity having both preschool and school aged children in our Programs over the summer. We had fun with crafts, games, activities, being active on our playground as well as few outings away from the Centre.

Check out MRWSA Facebook page for more news, information and programs.

Check out MRWSA Website <http://mrwsa.net>

....upcoming events

Members of the Church of Jesus Christ of Latter Day Saints will once again be doing a food drive for MRWSA! Donation bags can be expected to be placed on your door with a list of needed items on September 23rd & September 24th with the Members returning to your neighborhood on Saturday September 26th to pick up any donations you may have. Please have your bag of donations visible from the street on the day of pick up.

“Mountain Rose Centre”



Buy a brick for \$500

In support of the New Mountain Rose Centre

**Have your name or dedicate the brick in the name of a loved one.
Bricks are \$500 each and a charitable tax receipt is available.**

Contact Cindy Easton at 403.845.5339 to discuss ways to contribute.

PCAP – Parent Child Assistance Program



Principles of Harm Reduction

Harm reduction is a proactive approach to reducing the damage done by alcohol, drugs, and other addictive behaviors, as well as addressing broader health and social issues.

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

Harm Reduction is an evidence-based, client-centered approach that seeks to reduce the health and social harms associated with addiction and substance use, without necessarily requiring people who use substances from abstaining or stopping. Included in the harm reduction approach to substance use is a series of programs, services, and practices.

Harm reduction incorporates a spectrum of strategies from safer use, to managed use to abstinence to meet drug users "where they're at," addressing conditions of use along with the use itself.

- Provides non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing harm
- Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them
- Affirms people who use drugs themselves as the primary agents of reducing the harms of their drug use and seeks to empower to share information and support each other in strategies which meet their actual conditions of use
- Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm
- Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use

Clearwater County Housing Support Services



Home

Find the people and places that make you feel at home. Find the ones who take care of your soul and make you feel like you can be completely yourself around them. Find the ones who light you up from the inside out and encourage you to be yourself... Find the places where you feel at peace the places that you could spend forever wandering and exploring. Find the places that make you want to see even more of the world and the ones that make you happy to be alive... And whenever you find one of these people or places, hold onto them so tight. Tell those people you love them often. Visit those places as much as you can. Never let go of those people or places because when you find peace and love and joy in the world, it is worth more than gold... It is where you are meant to be.

-Nikki Banas

As a Community Member, I Support Mountain Rose Women's Shelter Association



by giving a gift of \$ _____



by giving a monthly gift of \$ _____

Name:

Address:

City: Province: Postal Code:

Home Phone: Cell Phone:

Email Address:



would like volunteer information



would like to sponsor an event



would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

Interac is now available

Mountain Rose Women's Shelter Association
PO Box 325
Rocky Mountain House AB T4T 1A3

Project & Grant Supporters



GOVERNMENT OF ALBERTA Ministry of Community and Social Services and Status of Women Alberta

Town of Rocky Mountain House



Hospitaller Order of Saint John of Jerusalem



Funded by the Government of Canada's Homelessness Partnering Strategy
Funded by the Government of Canada's Department of Women & Gender Equality
Funded by the Government of Canada's New Horizons for Seniors Program

Thank you to all event sponsors, community donors & volunteers

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWSA as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact ldallacosta@mrwsa.net to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact ceaston@mrwsa.net directly if you have ideas for future newsletters, any comments, questions or concerns.