

VOLUME 41 · FALL 2023

MOUNTAIN ROSE CENTRE NEWSLETTER

Community Events



The Community Fun Fair that took place August 12 in partnership with The Confluence Heritage Society and other community groups was a great success. The Car Wash fundraiser August 18th and 19th, in collaboration with ATB Financial and the WCPA Outriders was a splash!

Comedy Night Fundraiser

Get your tickets for our upcoming Comedy Night before it's too late! Back by popular demand "Howie Miller" and guests, Ryan Ash and Lawrence Wolf. Tickets available at the Mountain Rose Centre or online, at mrwsa.net

MOUNTAIN ROSE CENTRE PRESENTS

STAND-UP COMEDY NIGHT

SEPTEMBER 29, 2023
LOU SOPPIT CENTRE
DOORS OPEN @ 7PM - SHOW STARTS @ 8PM

TICKETS
\$55 non-members
\$45 members
\$400 table of 8

LINEUP →
Ryan Ash
Howie Miller
Lawrence Wolf

CASH BAR
WINGS & WEDGES BY 7 ELEVEN
MEDIA SPONSOR 94.5 RADIO

Back by popular demand!

TICKETS AVAILABLE @ MOUNTAIN ROSE CENTRE OR ONLINE

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A Message from our Executive Director

BY CINDY EASTON



The Mountain Rose Centre provides support and services to families and individuals impacted by gender-based violence. We provide emergency shelter, outreach services, one to one support, housing support, community engagement support and specialized programs to meet the ever-increasing demand of families and individuals experiencing gender-based violence.

We understand during times of struggle and trauma, women and children will not remember what we said, nor will they remember the food you made for them. BUT they do remember the feelings of safety, of nonjudgement, and of the warm hand holding theirs.

As an agency in Rocky Mountain House that has operated for over Thirty-three (33) years, we also remember the way people in our community make us feel when someone pops in to donate toiletries, clothes or other items that can be used by the families in the shelter or when starting over; or when a group of youth from a school come in to donate items they have collected because they read a story about another child who was experiencing violence in his home; or when a senior on a fixed income stops in with a cheque to donate to the Adopt a Family program at Christmas so more families experiencing violence can have a Christmas celebration. We graciously accept these gifts on behalf of the families and individuals we work with. The support that this community has provided over the years is like a warm hug surrounding each one of us including families, individuals, volunteers, and staff. We will never forget how you made us feel. On behalf of the women and children impacted by gender-based violence, we thank you from the very depths of our hearts.



I've learned
that people
will forget
what you said,
people will
forget what
you did, but
people will
never forget
how you made
them feel.

MAYA ANGELOU



Housing Supports

MYTHS ABOUT HOMELESSNESS

Myth 1: People choose to be homeless.

People don't choose to be homeless, and they don't prefer living in shelters or couch surfing to having a permanent home. Homelessness has many causes. Some are outside of a person's control, like the state of the economy or a lack of affordable housing. An individual's personal circumstances, like a chronic health condition, may also contribute to them being without a home. Youth aged 13 to 24 often can't return home when their family breaks down or when they grow too old for foster care. The causes of homelessness are complex. That's why we partner with governments and agencies to create a system of care that addresses each person's unique needs.



Myth 2: People experiencing homelessness just need to find a job.

People without homes spend most of their time and resources trying to improve their lives including looking for work. The barriers are high when you don't have a home. Experiencing homelessness makes you less competitive in the job market. It means you don't have a permanent address to give to an employer, a place to shower, money to afford clean clothes, or access to a computer to find a job. Even if people have part-time or full-time work, they may still be without a permanent home because of a lack of affordable housing. The challenge of job-hunting while experiencing homelessness is even greater for youth. Many have never had the opportunity to become self-sufficient – for example, learning to pay bills or grocery shop – and many have never had the chance to complete high school, which prevents them from gaining meaningful employment. They may also have a deep history of adverse childhood experiences, or traumatizing events occurring before the age of 18 that lead to toxic stress. This can have a profound effect on brain development, which can create challenges in finding employment later on in life.

Everyone
deserves a
home.





Myth 3: Only people who sleep rough are experiencing homelessness.

Sleeping rough means living in public places like parks, or in places not intended for human habitation, like cars or tents. The problem with this myth is that a person doesn't have to be sleeping on the street to be experiencing homelessness. This is especially true of youth and women. Youth and women tend to avoid the streets and shelters out of fear of violence. They are more likely to couch surf or to live temporarily with others. LGBTQ2S+ youth in particular, avoid shelters at a higher rate than the general homeless population, because of discrimination and violence.



Myth 4: All people experiencing homelessness are dealing with substance misuse issues.

While the rate of drug and alcohol use is higher among those experiencing homelessness than the general population, research indicates that only 38% of people use alcohol, and even fewer (26%) use other types of drugs. Substance use is only one of several factors that can put a person at risk of losing their housing. However, drugs and alcohol are never the sole cause of homelessness. Not having a home may also contribute to a person's use of substances. The stress of trying to survive without permanent shelter can lead people to turn to alcohol and drugs as a coping mechanism.

Myth 5: All people experiencing homelessness are criminals.

People without permanent homes are more likely to experience physical violence and sexual assault than to be the ones committing a crime. While the homeless population does have more interactions with the criminal justice system, it is usually because the activities related to their daily survival have been criminalized. According to this research paper, people experiencing homelessness are more likely to be fined or to be arrested for minor offences like loitering, trespassing or shoplifting for food. The situation is worse for young people, aged 13 to 24, experiencing homelessness.

Homelessness
is not a choice,
but rather a
journey that
many find
themselves in."

ASA DON BROWN





Community Engagement

Community engagement has assisted many clients, both in shelter and the community with government applications particular to their needs. Many processes have now gone online which presents challenges to those who don't have access to a computer, or the ability to navigate websites. An increase in senior applications has been documented and I am proud to help these people to apply for the benefits they truly deserve.



Volunteer activity has increased and many events are booked for this fall. We have an upcoming Casino in Red Deer, October 18 and 19 as well as BINGO at Dovercourt hall on Tuesday evenings for the month of October. Also, don't forget the Comedy Night Fundraiser September 29th at the Lou Soppit Centre. Check out our website, Facebook or page 9 of this newsletter for ways to volunteer!



"There's nothing quite as fulfilling as seeing the smile on an elderly person's face when you help them out."





Family Supports

When a person decides to make a change and brings their family to our Emergency Shelter, there are several things done to ensure they are comfortable and feel safe. The women receive a welcome package with hygiene products and a book entitled, “When Love Hurts”. The children also receive a welcome package with a soft toy, hygiene products, a book, and anything else the team feels will be of comfort during their stay. The team meets the families, offers toys and activities for the children, and lets them know about our childminding program.



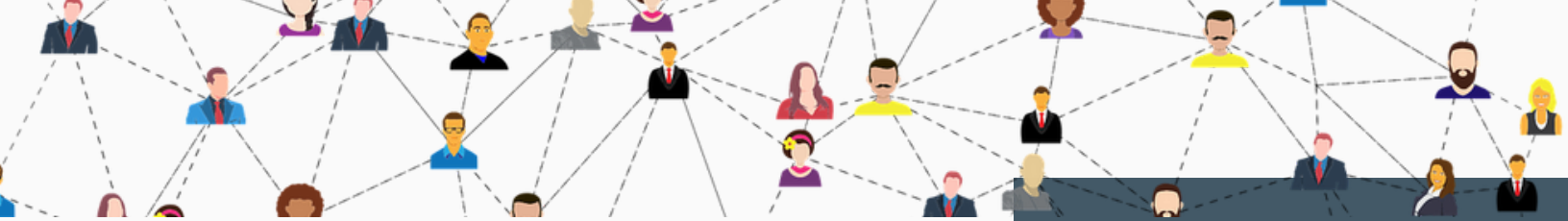
Throughout their stay, families have opportunities to participate in Family Enrichment activities and access the many resources our community offers. Change is the family’s choice, but we are here to support them however they need.

The Family Support Team will see changes this fall. A farewell to our Childcare team as they seek new adventures! Our program has evolved tremendously thanks to our childcare workers. Good luck with your changes! New childcare staff will be joining us in early September.

This summer we were able to bring the Second Stage families to Kraay Family Farms, several spray parks, and the beach. Some activities were “firsts” for some people and the smiles were contagious! Our Second Stage Program is ever-changing, and Autumn brings us back to more consistent schedules as well as more days of group programming. Childminding will explore the community while the adults spend time working on positive changes!

“A life
prioritizing
family is a life
lived with
purpose and
joy.”





Outreach Programs

As the seasons change, it can be a time for new beginnings. We are hoping to still have a few sunny days ahead, before the leaves start their journey, signaling the end of another season.

Our Outreach program continues to support clients both staying in the shelter, as well as supports for female and male clients within the community. We help our clients in recognizing and achieving their goals such as:

- Resources on domestic violence, and the cycle of abuse
- Assistance in applying for Income support
- Connect with community resources such as mental health,
- Medical appointment, court support and many more resources

Our ladies group will start up again on Thursday, September 7/23 from 2:00-3:30 pm, and then will run every other Thursday from there. Our group provides a safe, nonjudgmental space for sharing, and opportunities for discussion on various topics. These topics range from domestic violence (some shared stories if comfortable) self-care activities and discussions, and even some fun-filled conversations around the table. We also have some great snacks-----We look forward to seeing you soon!

“Just like the seasons, people have the ability to change.”



Community Outreach

Mountain Rose Centre collaborated to plan and then participated in the Community Fun Fair at the Rocky Mountain House National Historic Site on August 12. This provided the organization a chance to set up a booth and provide information about the services we provide to interested visitors. It was a fun day of activities, crafts, entertainment, and a free BBQ lunch for all participants and visitors. The event gave us an opportunity to engage with visitors to speak about the many services available at Mountain Rose Centre. While we have several services at Mountain Rose Centre that are solely for women and women with children (our Emergency Shelter and Second Stage Housing Program), we also have many services available for men. Our Housing Support Services, Community Engagement Services, Outreach Services, Community Outreach Services and our Donations Program also assist men in need or in crisis, or affected by domestic violence or abuse, family violence, intimate partner violence, or men seeking information or support surrounding violence and abuse.

Mountain Rose Centre also offers support and information to both men and women who are concerned about using violence and/or control in their relationships and want to learn to make choices for healthier relationships. All of our services are free, confidential, and non judgmental.

Community Outreach Services are provided in Caroline one afternoon a month. This is an opportunity to share information, support, and resources to individuals and families affected by violence and abuse while removing the transportation barriers. Upcoming Community Outreach dates are the second Tuesday of each month, September 12, October 10, November 14, December 12, 1pm-4pm at the Caroline Neighborhood Place.



Mountain Rose Centre

Break the Silence!

- 1 in 3 women experience family violence
- HALF of all children are exposed to violence each year
 - ~100 000 in AB
- At least 1 in 8 women suffers from abuse by her partner

Crisis Line 24/7
1-877-845-4141

A graphic showing a group of stylized human silhouettes in various colors (red, orange, yellow, green, blue, purple) of different sizes, representing a diverse community.

Mountain Rose Centre

www.mrwsa.net

Mountain Rose Centre
A woman with long dark hair, wearing a yellow shirt, pointing towards the text.

Programs (not only for women!)

Emergency Shelter ♀

- Staffed, monitored, fully secure facility available to women with/without children 24 hours per day, 7 days per week

Outreach Services ♂♀

- Support clients to identify their needs and/or concerns and then accessing supports

Community Outreach Services ♂♀

- Brings information and services to communities within Clearwater County to decrease barriers due to transportation

Community Engagement Services ♂♀

- Assists clients to access and navigate government agencies (AB Works, etc.)

2nd Stage Housing ♀

- Safe, affordable housing for families, within an 18 month residential program that includes one on one supports, access to resources, education, and more

Family Supports ♂♀

- Help families connect with community resources, schools, and mental health to encourage stability and a network of support

Housing Support Services ♂♀

- Aids clients in their search for affordable and safe housing

Donations ♂♀

- These help support women and families while in shelter and when they're transitioning to their own place. Mountain Rose Centre accepts donations of clothing, non-perishables, toiletries, formula, diapers, wipes, household items and furniture.

Main Line 403-845-5339

A woman with long dark hair, wearing a green shirt, holding her hand to her face.

www.mrwsa.net
Mountain Rose Women's Shelter



Become a Member

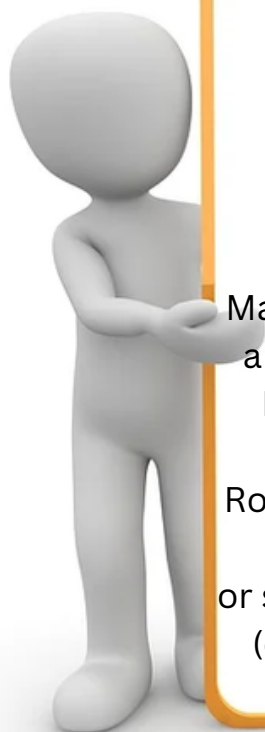


Becoming a member of the Mountain Rose Women's Shelter helps us to support the community!

Not only does the membership come with perks, it also allows you to become more involved with our organization as well as gives you the opportunity to help spread our mission and help us to continue to support those who are in need.

Joining an organization by way of membership is the best thing that people believe they can do to show support of the organizations mission!

**Memberships
and Volunteer
Opportunities
available online
at mrwsa.net**



Name:
Address:
Email:
Phone #:

Mail this information, with
a \$10 cheque payable to
Mountain Rose Centre
Box 325
Rocky Mountain House, AB
T4T 1A3
or stop in at 4708-46 Street
(cheque, cash, credit or
debit available).

Please help us continue this program in our community. If you have a few hours to spare or would like more information, please contact Cindy Easton to register as a volunteer (ceaston@mrwsa.net)



Volunteers Needed

SAFE RIDE/ BARTENDING PROGRAM

This program provides services to community events such as weddings and company parties (Christmas, Staff Appreciation, etc.) for a fee.

This may be for one service or both. This program raises up to \$10,000 annually to assist the Mountain Rose Centre in providing a variety of services.

MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

Safe Ride - volunteers use their own vehicle to provide safe transport from the event to where guest(s) are staying within 15km of RMH. The time commitment is usually 3 hours from 10 PM to 1 AM but this may fluctuate. Mileage can be reimbursed to the driver. Any cash tips received from guests are to be considered donations to MRWSA.

Bartending - volunteers support events by completing bar service to patrons. One volunteer per event must have ProServe. The time commitment is 6-8 hours usually from 6PM to 1 AM, however, this may fluctuate. Any cash tips received from guests are to be considered donations to MRWSA.

Board of Directors



President: Sharon Kopchia-Oko
Vice President: Maureen Janke
Secretary: Diana Monfette
Director: Faye Roseth
Director: Miranda Titford
Treasurer: Meghan Tuite



Support
initiatives that
resonate with
you



Faye Roseth, Meghan Tuite, Maureen Janke, Miranda Titford, Sharon Kopchia-Oko; Missing from the photo: Dianna Monfette





How to Donate



As a community member, you may choose to support the Mountain Rose Centre in a variety of ways. You may:

- Give a one time gift of \$_____ OR a monthly gift of \$_____

Donations may be made online at mrwsa.net, in person or via mail. Please mail cheques, payable to Mountain Rose Women's Shelter Association with the information below, to:

Mountain Rose Centre, Box 325, Rocky Mountain House, AB T4T 1A3

Please contact us with your name, address, phone number, and email address. Let us know if you would be interested in:

- volunteer information
- sponsoring an event
- hosting a 3rd party event

Interac available on-site

thank you
TO ALL OF OUR SPONSORS

Projects and Grant Sponsors

Thank you to all event sponsors, community donors & volunteers.

Mountain Rose Women's Shelter Association is incorporated under the CRA Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Centre's 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 apologies and contract rshumay@mrwsa.net to be removed from our email list. Each edition includes valuable information about our agency, 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, comments, questions or concerns.







Next to New Store

**Status of Women
Ministry of Children and Family Services**



Employment and Social Development Canada

Women and Gender Equality Canada