



**This Holiday Season there is no time more fitting to say**

*Thank You*

**and to wish all of our  
Supporters, Volunteers and Donors  
A Happy Holiday Season**

**We thank each of you for your continued support of the  
Mountain Rose Centre and we hope 2021 is a year filled with prosperity,  
love, peace and happiness for ALL!**





### Message from the Executive Director

"And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about." —Haruki Murakami

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2020 will be forever imbedded in our memories as the year that we all walked through a storm. A storm that not only changed the world, it changed each and every one of us. Some will look back with anger; some will look back with sadness; some will look back in awe; and some will look back with pride. We have all walked through this storm and although it is the same storm, it is very different for each person.

This storm has impacted Mountain Rose Center services because as an 'essential service' every program has remained open. We worked closely with public health officials and the Government of Alberta to ensure our services followed the protocols as set out for the pandemic. This means that we needed to limit capacity from 21 beds to 15 beds in the Emergency Shelter, implemented mask mandates, physical distancing and changed our processes to ensure safety protocols are in place. Even with these limitations, from April 1 to September 30, the Mountain Rose Center continued to provide services.

- 124 women and 37 children were kept safe in the Emergency Shelter,
- 6 families with 14 children accessed the Second Stage Transitional Program,
- 160 people utilized the Community Services Programs,
- And the Crisis Line received 351 crisis calls.

This storm is not over yet. Statistics show that shelters are the safest place for women and children experiencing violence even during this pandemic. Therefore, the Mountain Rose Center will remain open to serve our community and families impacted by violence. If you are experiencing violence or know someone who is in danger, please call the Crisis Line at 1-877-845-4141 to speak to a Crisis Worker at any time.

As Haruki Murakami wrote, "When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about".

Stay safe everyone and we will see you on the other side of this storm.



## MRWSA Volunteers



This has truly been a year of challenges for individuals, families, community, country and our world.

Our volunteers have been very supportive in the fundraisers we did manage to host this year and we are grateful for their time to help us make these events a success.

At this time we are awaiting to see what the New Year will bring.

Once we are back to being comfortably social in a healthy setting, I am certain our lives will be fulfilled with interacting with friends, family, and community.

A big thank you for all who help us, continue to help us and want to help us, because without your support we would not be the organization we are today.

Stay Healthy and Stay Safe.

*"The smallest act of kindness is worth more than the grandest intention."*

**Oscar Wilde**

### Board of Directors

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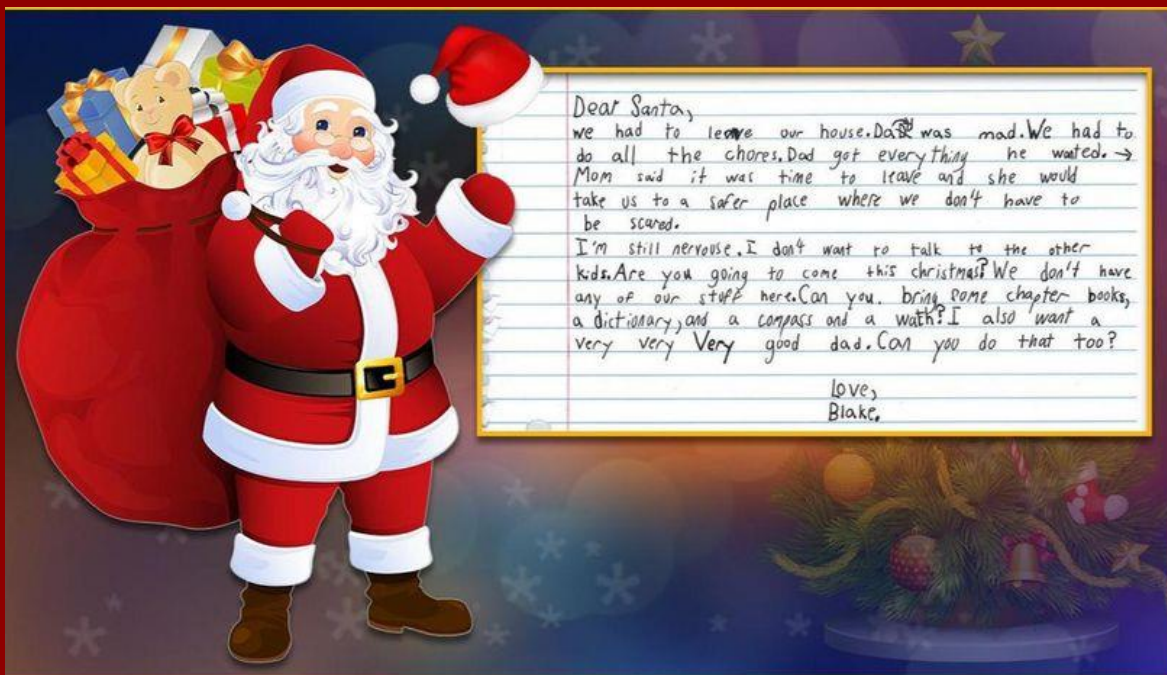
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COVID-19 continues to cause a significant reduction in fundraised dollars due to the increased competition for charitable donations as non-profits try to address increased costs from implementing safety during COVID-19. Restrictions also prohibit in-person fundraising activities, open doors to allow for walk-in donations and community events that help generate revenue. If possible, monetary donations are greatly appreciated. A Charitable Tax Receipt is issued for donations of \$10 plus.



## 7-YEAR-OLD BOY LIVING IN SHELTER WRITES HEARTBREAKING LETTER TO SANTA



Effects of domestic violence on children: Many children exposed to violence in the home are also victims of physical abuse. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems. Children who witness violence between parents may also be at greater risk of being violent in their future relationships. If you are a parent who is experiencing abuse, it can be difficult to know how to protect your child.

For many, spending quality time with family and friends is a key part of the Christmas season.

But for some this is not something to look forward to as it means spending more time with those who make their lives miserable.

Domestic abuse can be experienced by anyone. It can occur between family members or those who have been intimate partners. It can happen to any generation and between generations, and can take many forms. In December, incidents of domestic abuse increase, though victims often wait until after the holidays to seek help.

Over Christmas, the consumption of alcohol can increase the severity and frequency of instances of domestic abuse. It is not the cause of domestic abuse, but can exacerbate the likelihood of a perpetrator committing an offence, as they may become more aggressive or violent.



## Outreach Services



***May Peace be your gift at Christmas and your blessing all year through.***

Bestoflife.com

Outreach Services continue to meet with community and shelter clients with ongoing supports and referrals to other community Agencies as needed. Recently Outreach and Housing staff did a presentation with the Justice Building staff regarding the Services and Programs we offer. We are pleased to say our Thursday Evening 6:30-8:00pm Support Group is meeting weekly with both community and shelter clients and is doing great. Newcomers are always welcome to attend. We ask to please use covid19 precautions when attending. We will be taking a Christmas break with the Support Group starting December 17<sup>th</sup>, 2020 and will resume in the New Year effective January 14<sup>th</sup>, 2021.

**We would like to take the opportunity to wish everyone a safe and Happy New Year.**

## Family Support Services



Throughout the Fall Season, the Family Support Program enjoyed partnering with the Family Resource Network and the Red Deer Native Friendship Society bringing to our community parenting courses/information & family programs. Our program also partnered with other Mountain Rose Centre programs for several activities through the Enrichment Program. Families who are part of the Family Support Program attended an afternoon of glow bowling at the Bowling Alley, an evening of Halloween fun where families carved pumpkins and made Halloween crafts as well as participated in the Collective / Home Kitchen Program.

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

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

### ....upcoming events

**Currently there are no upcoming events due to Covid19. Please stay safe!**

## *“Mountain Rose Centre”*



*Buy a brick for \$500*

**In support of the 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



### MERRY CHRISTMAS FROM PCAP

#### My Christmas Wishes for My Clients

- Family and Friends
- Warm homes and healthy food
- Recovery and Wellbriety
- Happiness and Love
- Peace and Freedom
- Hope and Faith
- Confidence and Self-Esteem
- Strength and Courage
- Respect and Dignity
- Trust and Integrity

Everyone matters and deserves good health, happiness and respect

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### Clearwater County Housing Support Services



The housing program was able to bring in a new enrichment activity called "Home Kitchen". This program is to learn how to collaborate and cook together in a collective kitchen. Due to the new normal of Covid19 we brought the kitchen to each of the families providing them with a recipe, groceries and the supplies needed. The household participates as a family working together in creating their dish. This helps with learning new techniques and most importantly brings the family together in such a time of need. This program should be ongoing until about February 2021.

*Without love, the rich and poor live in the same house*  
-Unknown

The Housing Support Coordinator and Housing Support Assistant wish you all a safe, healthy, and happy holiday. May all the love surround you from near and far.

## 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



WOMEN'S SHELTERS CANADA  
Shelters and Transition Houses  
United to End Violence Against Women



Status of Women

Hospitaller Order of Saint John of Jerusalem

Next to New Store

Town of Rocky Mountain House

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



COMMUNITY FOUNDATIONS OF CANADA

FONDATIONS COMMUNAUTAIRES DU CANADA



Canada

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](mailto: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](mailto:ceaston@mrwsa.net) directly if you have ideas for future newsletters, any comments, questions or concerns.