

newsletter



New Building for Mountain Rose Women's Shelter

Irfan Sabir, Minister of Community and Social Services, made the announcement on March 26, 2018, that the provincial and federal governments are investing approximately \$2 million to help build the "Clearwater Abuse Prevention Center" which includes a 21 bed emergency shelter and 5 second stage apartments. The new "Clearwater Abuse Prevention Center" will provide beds for women and children fleeing domestic violence in the Rocky Mountain House region. Mountain Rose Women's Shelter Association has dreamed about building a center that provides a continuum of services for families impacted by domestic violence. This dream became a reality by working closely with the all levels of government, Community Agencies, Funders, Donors, and the community at large. This is a not only a success for Mountain Rose Women's Shelter Association... it is a success for our community and for the women and children fleeing violence.

ROMANCE N' ROSES 2018 "Black & White Gala"

THANK YOU



Mountain Rose Women's Shelter Association sincerely appreciates the support of everyone who contributed to the success of Romance n' Roses 2018 – Sponsors, Donors and Attendees. Please

Protection & Empowerment

Evergreen Co-op

You're at home here.



Hope & Healing

Lone Pine Forest Products



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The Mountain Rose Women's Shelter thanks the many volunteers who made this event such a success – we couldn't do this without you! Thank You



Message from the Executive Director

“If you can dream it, you can do it” – Walt Disney

After 28 years of dreaming, it is time for our dream to come true. MRWSA Board of Directors and Staff have dreamed about building a new site that included a 21 bed emergency shelter, 5 Second Stage Apartments, and enough offices so we didn't have to turn closets into office space anymore. Walt Disney stated “if you can dream it, you can do it”. There are no words that can express the emotions each of us felt in the past while holding solidly onto this dream: fear, hope, frustration, optimism and finally elation.

Yes, these emotions were personal as we went through the roller coaster of grant writing, donation seeking, and sponsorship recruiting. BUT more importantly, these emotions were for the many women and children who we struggled to support due to space in our current location. In 2017, we provided 124 women with 48 children a safe place to stay. BUT mostly due to capacity or the configuration of the current small shelter, we turned away another 265 women and children. The emotions we are feeling have always been and will always be for them. They too have a dream... the dream to live a life without violence. Walt Disney stated “if you can dream it, you can do it” and with the support they will receive at this new site, they can not only dream it, they can do it.

We are still in need of financial support to finish off this project. Please give generously to the “Clearwater Abuse Prevention Center”.

Help us assist women and children fleeing violence to accomplish their dream of living a life free from domestic violence.



Thanks for the Difference You've Made

Because of you...

- Someone will have enough to eat tonight.
- Someone will have decent clothes to wear.
- Someone will have shelter.
- Someone will receive medical care.
- Someone will learn the skills they need to survive and succeed.
- Someone knows there's at least one person in this world who cares.

By Kelly Roper

Mountain Rose Women's Shelter Association is recruiting volunteers for the MRWSA Safe Ride & Bartending Service Fundraising Program. Contact 403-845-5339 for more information.

Board of Directors

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Jeannette Sandstra**

**Vice President
Lisa Block**

Member	Sandy Anderson
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Member	Janice McDonell
Member	Susan Scott

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SURVIVOR VOICES: IN THEIR OWN WORDS

(borrowed from **Shelter Voices** produced by the Women Shelters Canada)

"We are in a magical house." –a child's words

"I learned how to feel, set boundaries, have self-esteem, and be independent. It became our safe haven where everyone was treated with respect. I always think of the shelter as the stepping stone to my future... without it, there might have been no future at all."

"I can recall feeling extremely worried, scared, alone, hopeless and lost when I first got here. I only had my daughters and one girlfriend. No family support. Thanks to the hard work of each and every one of your wonderful staff members, I was able to build up strength. I CAN PROUDLY SAY I'M NO LONGER A VICTIM OF ABUSE! I would like to thank all of the staff for touching my life in an amazing way. It is amazing knowing if I'm just one woman they've helped. Look what they have done for so many others."

"I am leaving the shelter with confidence and the ability to stand up and take my life back."

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

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

....upcoming events

Royal LePage **Garage Sale** on Friday May 11th from 5pm-8pm and Saturday May 12th from 9am-3pm. Please call for further information.

Mountain Rose Women's Shelter Association presents **Mother's Day Brunch** on Saturday May 12th at the Christiansen Sports Center. Tickets are available at the door. For further information please call 403.845.5339, fax 403.845.2124 or email ceaston@mrwsa.net.

Help Us Build the New
“Abuse Prevention Centre”



Buy a brick for \$500.00

and have your name or a loved one's name in memory on a plaque.

Contact Cindy Easton at 403.845.5339 to discuss the Capital Campaign and ways to contribute.

A Little about Us

MOUNTAIN ROSE WOMEN'S SHELTER ASSOCIATION

Mountain Rose Women's Shelter Association (MRWSA) was incorporated in 1990 and since that time provides services to women and children who are in immediate need of safety and security due to domestic/family violence. Our Mission is to provide resources and support to individuals and families impacted by domestic violence in Rocky Mountain House and Clearwater County. Our Vision is to ensure the availability of 24 hour crisis intervention, domestic violence support, resources and accommodation, while promoting a non-violent society through prevention, education and awareness.

Philosophy

- * We believe in a non-violent society in which women have both the freedom and the responsibility to direct all the important aspects of their lives: emotional, intellectual, spiritual, economic and sexual.
- * We believe that meaningful action toward a non-violent society necessitates changing community awareness of, and challenging the acceptability of victimization of women and children.
- * We believe women are able to evaluate their fears, attitudes, alternatives and options in a manner that will enhance the empowerment of all women.

Mandate

To provide services, which are designed and delivered in a manner which will promote the self-esteem, independence, and the individual decision making of women and their children and other women experiencing gender-based violence.

MRWSA is so much more than a roof over the heads of women and children; it is a lifeline for people in crisis.





What is a Crisis Worker?

1. A problem-solver
She's a Jill-of-all trades who can unclog a toilet and effect household repairs. She deals with malfunctioning major appliances, blown fuses, fire alarms and power failures.
2. A multi-tasker
She can answer a crisis telephone call, take a child's temperature, write concise and meaningful case notes, comfort a woman who's having the worst day of her life, and help a child do his or her homework.
3. A team player
Perhaps she works alone at times, called upon to make quick and important decisions in the face of crisis, but she provides seamless services as part of a cohesive staff team.
4. An empathic listener
She is a dispenser of TLC and Kleenex, when the reality is too much for a woman to bear and she doesn't believe anyone will understand. She's there to listen, respectfully and without judgment.
5. A mediator of conflict
She helps women resolve their differences when they find the realities of communal living stressful.
6. A guardian
She oversees the security of the women and children who look to her for safety and reassurance that no one will hurt them tonight.
7. An optimist
She looks at the world through a lens of compassion, to see "problems" as hurdles to get over and to see the boundless potential in children. When a woman vents her anger, she sees the wounded child she once was.
8. A role model
She is a strong and capable woman, who perhaps overcame great obstacles in her own life.
9. A dreamer
She dreams of a world where the shelter closes for want of business and she retires to run a flower shop, write a novel or sell property.
10. A sister in the struggle
She is an invisible, and certainly underpaid, soldier in the fight against violence in all its forms. She stands arm-in-arm with her sisters around the globe.

This is a Crisis Worker in all of her glory.

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



Next to New Store



This project is funded by the Government of Canada's Homelessness Partnering Strategy

Town of Rocky Mountain House

GOVERNMENT OF ALBERTA Ministry of Community and Social Services

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.