

VOLUME 42 · SPRING 2024

MOUNTAIN ROSE CENTRE NEWSLETTER

Community Events

Adopt a Family this past holiday season was a great success. So many happy tears and smiles from all the recipients. Thank you to community members and local businesses for making this possible! Your generosity and kindness are both noted and appreciated. We could not do what we do without you. Thank you!



PACIFIC ENTERTAINMENT AGENCY

Vegas Vendetta

MURDER MYSTERY

DINNER THEATRE

10 MAY, 2024

DOORS OPEN @ 6 PM
COCKTAIL HOUR
DINNER @ 7 PM
DANCE TO FOLLOW

Wear your Cheesiest Vegas outfit!
Catering by Faye

Lou Soppit Community Centre
Rocky Mountain House, AB

Silent Auction

www.mrwsa.net

Tickets \$75 (members \$65)
Reserved Table of 8 for \$600
Reserved seating for 4 people \$300

50/50

VEGAS VENDETTA

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A Message from our Executive Director

BY CINDY EASTON

Ms. King's words echoed in my mind as I heard about a group of our community members that worked diligently to find a safe, warm place for those that were unhoused in our community during the -40C weather last month. This group of volunteers drove around town picking up people, taking hot food to those that chose not to access the 'Shelter', and made those that did access the shelter feel welcome and safe. This group of individuals impacted the lives of 15 people who were struggling during this cold snap. In truth, this group of people most likely saved lives by taking action.

Many non-profit organizations in our community could not complete their missions if not for those that step up to act. I see this at the Mountain Rose Centre with our team of volunteers: those that help in the kitchen preparing food for the women and children in shelter; those that work on our special event fundraisers; those that volunteer to lead our organization as Board members; the community church that completes the annual food drive for MRC; the team of volunteers that work at our Dovercourt Bingo in September annually; those that work the Safe Ride Events on weekends almost year round; and those that help at the third party events like the Evergreen Coop BBQ, The Rocky Dodge Show n' Shine, and the Shoppers Drug Mart Women's Health™ Giving Shelter fundraising campaign (to name a few). All of this is due to the 'compassionate action' of community members, and this does highlight the greatness of our community.

Become a volunteer at any one of the non-profit organizations in our community and make a difference by taking action.

Remember that "the greatness of a community is most accurately measured by the compassionate actions of its members".

For information to volunteer with the Mountain Rose Centre, please visit our website at www.mrwsa.net or stop by the office to pick up a volunteer package. We look forward to meeting you.

On behalf of the women and children accessing the Mountain Rose Centre services, thank you for your ongoing support.



"The greatness of a community is most accurately measured by the compassionate actions of its members."

Coretta Scott King





Housing Supports

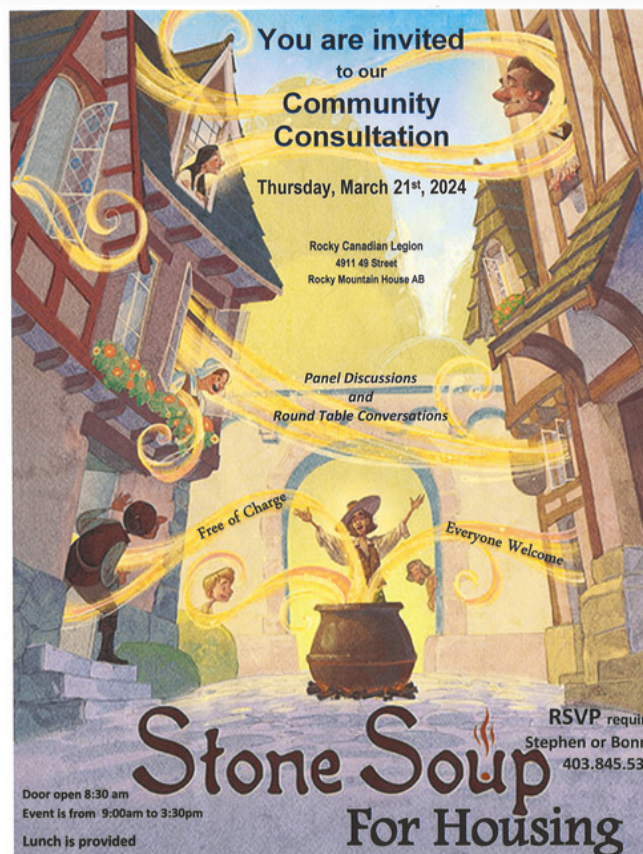
HOW COMMUNITIES PERSEVERE IN TIMES OF ADVERSITY

Homelessness is a complex issue that requires a collective effort from the community to find effective solutions. Addressing this problem necessitates collaboration between various participants, including the government, local organizations, and individuals. While the government is doing its best to resolve the issues of homelessness, the community is also doing such a remarkable effort to contribute and support those people experiencing homelessness in town by means of donating essential needs and volunteering.

In January 2024, when the temperature dropped to a bone-chilling -40 degrees, Tamarack Hotel graciously opened its doors to welcome homeless individuals, offering them temporary relief from the freezing streets. With the support of kind-hearted volunteers from the community, who selflessly served food and provided blankets and other necessities, these individuals found solace and comfort even just for a few nights. Meanwhile, the Mountain Rose Women's Shelter continued its noble mission of providing a safe haven for displaced and homeless women offering these women not only shelter but also essential needs, ensuring they were cared for during these challenging times. Additionally, MRWSA thru the help of various community partners is organizing a one-day event called "Stone Soup for Housing" to be held on March 21, 2024, with the aim to discuss and understand the barriers that encompass homelessness and the various solutions available. To register, contact Bonnie at 403-845-5339

Social media played a significant role in spreading the word about the community's efforts, raising public awareness and garnering support. It's incredible how a simple post or share from Facebook can make such a difference in people's lives. It's heartwarming to witness the compassion and unity displayed by our community when faced with adversity. Together, we can make a difference and create a more inclusive and supportive society for everyone.

Everyone
deserves a
home.





Community Engagement

More and more government support applications are going digital. With this transition, our Community Engagement Coordinator works with both clients in shelter and the community to complete applications particular to the client's needs. Challenges include the lack of technological knowledge, applicable devices and/or reliable internet access. The cost of living continues to rise and as such, this is an ever present challenge that we work hard to overcome.



Check out our website, Facebook or page 8 of this newsletter for ways to volunteer! We have some upcoming volunteer opportunities with the Murder Mystery Dinner Theatre happening in May! There will be silent auction, 50/50, an interactive theatre performance during dinner with a dance to follow.

Grab your tickets or volunteer today!

"Be the hand
that lifts
others up."



Family Supports



Mountain Rose Women's Shelter Association
PO Box 325 4708 46th Street
Rocky Mountain House AB ,T4T 1A3

"Leading Change™ is the call to action of the Alberta Council of Women's Shelters (ACWS), and offers tailored gender-based violence prevention training to workplaces, schools, government, sports groups, and communities."

Mountain Rose Centre has three Leading Change™ facilitators ready to share presentations to your group. Topics include Healthy Relationships, The Bystander Effect, Consent, and Understanding Domestic Violence.

Reach out today to have our team present to your group!

FOR CONTACT



www.mrwsa.net



Phone: 403.845.5339 Fax: 403.845.2124

Crisis Line: 1.877.845.4141

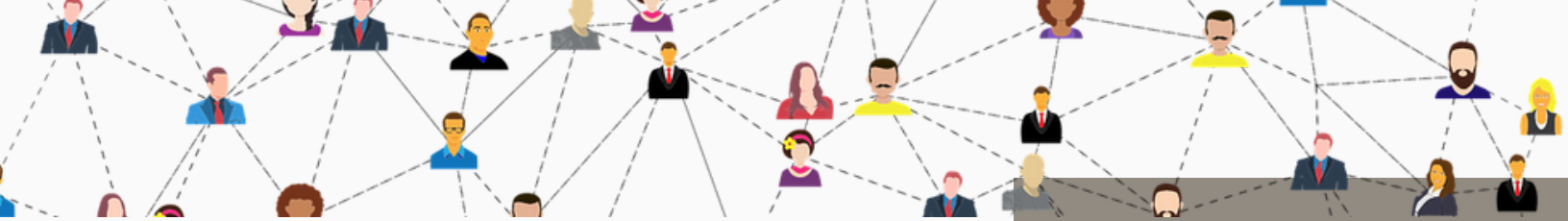


clavallee@mrwsa.net or pleer@mrwsa.net



ACWS
Alberta Council of
Women's Shelters

**CHANGE
AHEAD**



Outreach Programs

When we come across another person on our path, we never know how far they are on their journey. Some may be farther along their path, while others may have just begun forging a new path.

Our Outreach team meets clients where they are at and have a chance to walk with them a short while on their path. You never know when you can be that one person who can spark up a meaningful conversation—or have the right words at the right moment.

We continue to meet one on one with clients staying in shelter, as well as a variety of community clients (we support clients of all ages and genders) in accessing services in and around the community. This can range from obtaining identification, referrals to medical, and Mental Health & Addictions. We can also assist with court support, and other needs specific to each client.

We offer a Women's Support Group every other Thursday from 2:00-3:30 pm March 7 & 21/2024, then every other Thursday continuing from there on. Support group offers a safe, non-judgmental space where everyone is welcome, and have their voice heard. We learn about healthy relationships, boundaries, stress, self-care and many more topics.

We hope this new season will bring some hope and kindness to you.

“It is often in
the darkest
skies that we
see the
brightest
stars.”

-Richard Evans

BE FAITHFUL IN SMALL THINGS,
BECAUSE IT IS IN THEM THAT YOUR
STRENGTH LIES

-MOTHER TERESA



Community Outreach

Community Outreach Services focuses on making available the supports and services offered through Mountain Rose Centre to communities surrounding Rocky Mountain House to reduce access and transportation barriers to individuals seeking support for family violence and abuse.

Recently I had the pleasure of setting up an information table at the Beat the Blues Winter Wellness Festival that took place at the Asokewin Friendship Centre in Rocky Mountain House. It was a fun day of sharing information and connecting with both community members and other agencies and organizations providing services for personal, family, and community wellness.



A similar community wellness event is coming up on March 23, 2024, from 1pm-4pm, in Caroline. The Caroline Community Wellness Tailgate Party will take place at the Caroline Community Hub and will include tables providing information on encouraging mental, emotional, physical, and spiritual wellness, and offering the community information on activities and resources to combat the 'Winter Blues'. The afternoon will include a free BBQ lunch, outdoor and indoor activities, door prizes, wellness tips, and information on local services and supports. Once the official poster is made you can find it including all the information at www.mrwsa.net.

In the past few months Community Outreach has focused on establishing partnerships in communities surrounding Rocky Mountain House to establish peer support Women's Wellness groups, with the focus on engaging women in a safe and supported space to speak of and share conversation and grow in knowledge on building healthy relationships, recognizing signs of unhealthy relationships and abuse, building healthy boundaries, and empowering each other to live a life free from violence and abuse.

If you would like more information on attending the Women's Wellness group in Caroline or Drayton Valley please contact Community Outreach at 403-845-5339

Community Outreach services are currently available in Caroline. If you have questions regarding family violence services your community, or would like to meet with the Community Outreach worker in your community, please contact Community Outreach at 403-845-5339.

**Mountain Rose Centre
Drop in Outreach**

If you or someone you know is experiencing family violence supports and services are available.

Drop in for free and confidential information, including information on supports provided at Mountain Rose Centre and through Outreach Services.

Drop in Outreach
at
Caroline Neighbourhood Place
(5040 49 Avenue)

March 5, April 9, and May 14, 2024
1:00 pm - 4:00 pm

All our services are free and confidential.
To make an appointment to meet with Mountain Rose Centre Outreach in your community outside of these times please call 403-845-5339

Family Violence Help Line 310-1818
Mountain Rose Centre Crisis Line 1-877-845-4141

www.mrwsa.net

Between Women
A Women's Support Group



Join in a safe, empowering and judgment free environment where you can re-discover your own voice as you give and receive support. This group is designed for women interested in exploring personal growth in a variety of ways.

Objectives: Relationships
Healthy Boundaries
Knowledge Sharing
Creating Life Balance
& More

Where: Beehive Support Services
5056 50 Ave Drayton Valley (in-person)

When: Weekly (for 10 weeks)
Starting Thursdays March 14 6:30-8pm
Drop-ins welcome (no registration)

FREE

Inquires please contact Trisha 780-621-2363 or Silvia 403-845-5339

Logos for PCCS (Pembina Crisis Connection Society) and Mountain Rose Centre are at the bottom.

Mountain Rose Centre invites you to join:
Women's Wellness Coffee and Chat
open to women age 18+

Lets chat about understanding and building better boundaries, healthy relationships, and understanding and breaking the cycle of repeated unhealthy relationships in an inclusive, informative and non judgemental setting.

TUESDAY'S:
FEBRUARY 20, 27, + MARCH 5, 12, 2024
6:30 pm - 8pm
Caroline Library
5023 50 Avenue in Caroline

Snacks and refreshments will be provided

To register, for more information, or if you would like to speak about boundaries, healthy relationships or abuse outside of this group please call Mountain Rose Centre at 403-845-5339 to speak to Silvia



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 availble).

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



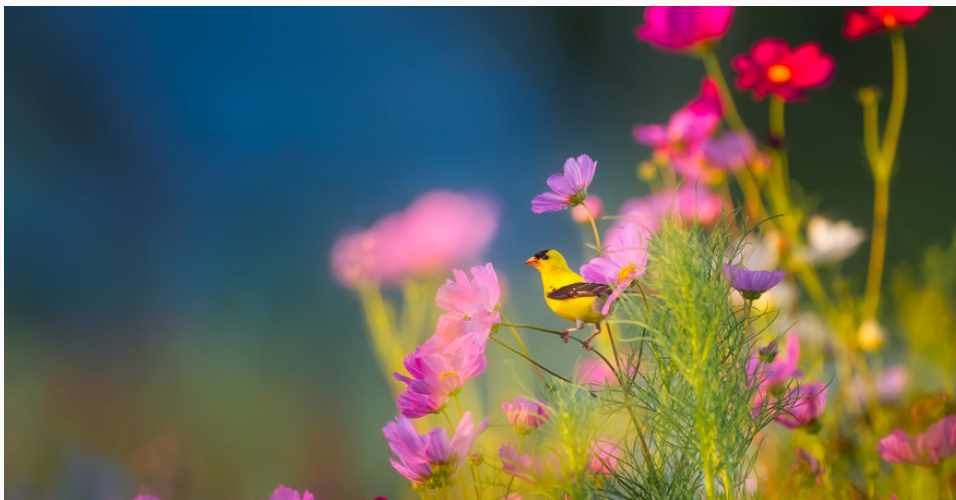
President: Sharon Kopchia-Okó
Vice President: Maureen Janke
Secretary: Diana Monfette
Director: Faye Roseth
Director: Miranda Titford
Treasurer: Meghan Tuite



Support
initiatives that
resonate with
you



Faye Roseth, Meghan Tuite, Maureen Janke, Miranda Titford, Sharon Kopchia-Okó; Missing from the photo: Diana 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 contact rzezula@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.



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



Employment and
Social Development Canada



Women and Gender
Equality Canada



**CANLIN ENERGY
CORPORATION**



Funded by the
Government of Canada's
Community Services Recovery Fund



Next to New Store



sheltersafe