

VOLUME 44 • FALL 2024

MOUNTAIN ROSE CENTRE NEWSLETTER

Community Events

Thank you to all our community partners who hosted BBQs for us over the summer months. Lots of delicious food and community support.

A great time was had by all who attended our Murder Mystery Dinner Theatre fundraiser back in May. So much fun that we are hosting another on November 9th! Tickets are available on our website, Facebook, over the phone or in person. Sponsorship options are available too. For those on your holiday list who are hard to buy for or a fun night out.

This fall we will be hosting BINGO out at Dovercourt Hall in September.



Thank You
to our Sponsors



co-operators



This issue:

Community Events

PAGE 01

Message from our Executive
Director

PAGE 02

Housing Supports

PAGE 03

Community Engagement

PAGE 04

Family Supports

PAGE 05

Outreach Programs

PAGE 06

Community Outreach

PAGE 07

Indigenous Outreach &
Voices Project

PAGE 08

Become a Member &
Volunteering

PAGE 09

Board of Directors

PAGE 10

How to Donate,
Grants & Sponsors

PAGE 11



A Message from our Executive Director

BY CINDY EASTON

The Mountain Rose Centre provides support and services to families impacted by gender-based violence. We provide emergency shelter, outreach services, 2nd Stage Shelter, one to one support, housing support, systems navigation, family support, child-minding, and specialized programs to meet the ever-increasing demand for families experiencing gender-based violence.

We understand during times of struggle and trauma, women and children do not need to hear many words, nor will they remember the food you made for them. BUT they do remember the feelings of safety, of non-judgment, and of the warm hand holding theirs.

As a not-for-profit in Clearwater County that has operated for over Thirty Four 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 young students host a food drive in support of the families in the shelter; or when a senior on a fixed income stops in with a cheque to donate to our programs; or when a volunteer graciously helps out at a Fundraiser after working a full day at her job. We graciously accept these gifts on behalf of the families we work with, and 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 souls. We walk in the light that shines from the kindness of our community.



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



New Housing Benefit Program for Abuse Survivors Reaches Capacity Amid High Demand



In April 2024, Cvida launched the Housing Benefit for Survivors of Gender-Based Violence, a program dedicated to supporting Albertans who are escaping abusive situations. This initiative aims to provide crucial financial assistance for housing expenses, including rent, utilities, and mortgage payments, ensuring that survivors have a stable and secure place to live during their transition to safety.

The program quickly gained attention, receiving 900 referrals from various organizations during its initial implementation. This overwhelming response underscores the significant need for

such support within the community and highlights the importance of accessible resources for those affected by gender-based violence.

However, due to the high demand, the application portal for the program has now been closed, as the funds allocated for the 2024/2025 period have been fully utilized. While some applications will continue to be processed, others will be placed on a waitlist and given priority when funding becomes available again. This approach ensures that as soon as new funds are secured, those on the waitlist will receive the support they urgently need.



Community Engagement

Community clients in addition to shelter clients, work with our Community Engagement Coordinator to complete applications particular to the client’s needs. This can range from AISH applications to Income Supports and even dealings with the CRA. Almost all of these applications are now digital which comes with its own set of challenges including 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.



“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”
Archbishop Desmond Tutu

Our website, Facebook or page 9 of this newsletter have ways to volunteer! We have some upcoming volunteer opportunities with various third party fundraisers and our Resort to Murder Dinner Theatre on November 9th. We will be helping out with BINGO for the month of September at Dovercourt Hall and various weddings and Christmas parties where Safe Ride drivers and sometimes, bartenders, are needed.

Check out our website, Facebook for volunteer opportunities or drop in to speak with our Volunteer Coordinator.



FAMILY SUPPORT TEAM

What's Happening?

We are welcoming a new childcare worker!

Our current worker took the position as

Volunteer Coordinator!

Congratulations to everyone!



We'll continue to provide a safe and fun program for our children while their parent's continue their healing journey!



“A fallen leaf is nothing more than a summer's wave goodbye.”

Our Family Support Team had a busy summer with both Second Stage residents and Emergency Shelter families! Thanks to your generous donations we were able to provide weekly activities including crafts, snacks, and a few field trips! One parent stated she was happy her children could experience summer the way she always wanted them to!

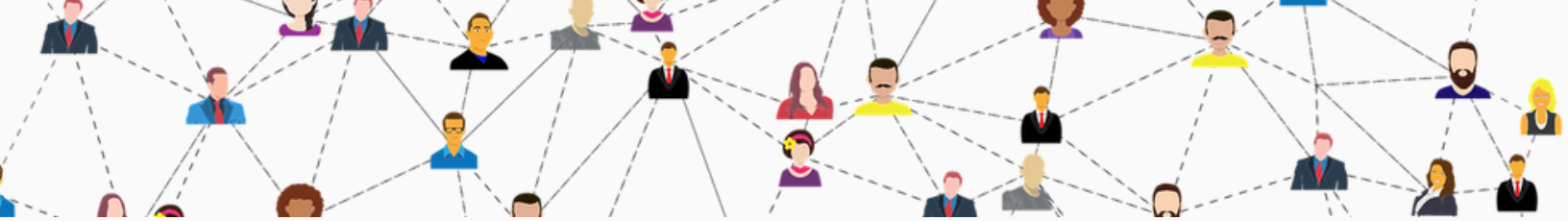
THANK YOU!



WHAT'S COMING UP?

As we head into the autumn months school is back in session and many of our children are returning to school with minimal supplies! Our program is working with the Indigenous Support Worker, as well as community programs to provide school supplies for our clients!

Halloween is also around the corner! We have a small supply of costumes we give to our families! If you have any that you would like share, please reach out!



Outreach Programs

Greetings from the Outreach Team. As everyone is enjoying the last warm moments of summer, we are getting ready to start a new season. Our Women's support group will start up again for the fall on Thursday September 19/24 from 2:00-3:30. From there it will run as usual every other Thursday. We continue to support women where they are at, in a group setting or individual appointments.

We assist shelter and community (Men and Women) clients to obtain identification, connect with Mental Health, Doctors, and various other resources in the community.

We also provide support to appointments if needed (e.g. Court Support, Medical)

Referral to Community Agencies- such as Legal Aid, Alberta Supports

IN STRESSFUL TIMES, IT'S OK TO NOT BE
PERFECT.
IT'S OK TO CUT YOURSELF SOME SLACK.
BECAUSE RIGHT NOW, YOU MIGHT NOT BE
YOUR BEST SELF.
BUT YOU ARE GROWING, AND THAT IS
GOOD ENOUGH.

-ASHLEY HETHERINGTON





Community Outreach: Domestic violence and abuse is more than physical abuse

Although physical abuse is often what comes to mind when one thinks of abuse, as it is often the most visible and obvious form of abuse, leaving abrasions and bruises, scratches, broken bones, or resulting in permanent disabilities and even death and also includes forcing you to use drugs or alcohol. There are many other, less visible and therefore often less obvious and recognized ways one person can exert power and control over another person. Relationships can still be unhealthy or abusive even without physical abuse. That does NOT mean that non physical forms of abuse are less harmful or long lasting to the person that is experiencing the abuse. Violence and abuse that is non physical may mean that no visible mark is left, it also often means the abuse isn't always obvious to the victim. An unhealthy or abusive relationship that has emotional, verbal, psychological, financial or digital abuse can cause mental and emotional damage.

Approximately 1 in 3 women and 1 in 4 men will experience violence from an intimate partner in their lifetime. Intimate partner violence is about power and control. The abuser believes their feelings and needs should be the priority in the relationship. Domestic violence and abuse can happen to all members of society - people of all ages, abilities, cultural and spiritual backgrounds, gender identities and sexual orientations. It can also affect pets. People affected by domestic violence or abuse may live together full-time or part-time, or they may live apart. Alberta has one of the highest incidences of reported domestic violence in Canada, yet it is believed that many incidences go unreported.

What incidences might fall under psychological, emotional, verbal, financial and digital abuse? (Please note this list is not all inclusive). **Psychological, emotional, and verbal** abuse includes threats - against you, people you care about, or pets. Insults such as calling you names, telling you you are worthless, disgusting, or stupid. Constant monitoring or "checking in and up" on you. Excessive texting. Humiliating you. Intimidation- getting angry in a way that is frightening to you. The abuser threatening to harm him/herself, including threats of suicide, when upset with you. Isolation, or stalking, and being threatened with a weapon, Threatening to harm you, your pets, your children, or other people who are important to you. Questioning your memory of events or denying that an event happened the way you said it did, even when the abuser knows that you are right. Constant criticism used in a way for an abuser to damage your self esteem. Cheating and blaming you. Manipulation and coercion. Constantly putting the blame for one's actions onto their partner instead of taking responsibility for them, and gas-lighting. **Financial** abuse includes stealing the victims identity, property, money or inheritance, or causing damage to the victims property. Spending money the abuser knows is needed for household items and bills. Misuse of money in joint bank accounts. Refusing to contribute to household costs. Insisting all bills, credit cards and loans are in the victims name and making the victim pay them. Purposely ruining the victims' credit score. Restricting someone's access to money. **Digital** abuse is when someone monitors, stalks, harasses, threatens, controls or impersonates another person using technology. This could involve stalking through social media, harassment by text message or humiliation by posting pictures or videos, including sharing sexually explicit pictures or video's without consent. Telling you who you can not be friends with on social media or using social media to track your activities.

Similarly, many forms of sexual abuse or coercion, which are also considered physical abuse, may not leave a physical mark, such as: forcing, manipulating or guiltting a partner into having sex. Demanding sex when their partner has been hurt by their abuser. Insisting on participation in sexual activities with others . Purposely trying to pass on a sexually transmitted disease.

If you are experiencing any form of abuse, or are concerned that a friend, family member, co worker or neighbour may be experiencing abuse, know that it's not you or the victims' fault. The abusive person made the choice to abuse, and supports are available through Mountain Rose Centre. If you would like more information, support, or resources for domestic violence or abuse please check out the short video on our website at www.mrwsa.net or contact the crisis line at 1-877-845-4141.



Indigenous Outreach & Voices Project

VOICES FOR GENDER EQUALITY PROJECT

“I am loved, I belong! I can succeed with mastery and competence! I have power and make decisions independently! I have a purpose for my life and am generous with it!”

These are the voices of courage, capacity and resilience. They are the positive messages we heard repeatedly in the voices of our eight participants who wrote and shared their stories of empowerment and lived experience. They generously shared with each other and the local community, expanding empathy, knowledge and awareness. Strong voices of survivors break through stigma and confront the inequities around gender-based and intimate partner violence.

Please check out our Voices for Gender Equality videos now on our website!
A big thank you to Women’s Shelter Canada, our community partners and The Studio, Olds College for making this project possible.



INDIGENOUS WELLNESS SUPPORT PROJECT

“Circle process ... is a way to hold space for those that feel voiceless and a way for those to be heard in a good way, without judgment or blame. Circle process is fast becoming the accepted way of creating ETHICAL SPACE: the space where meaningful dialogue can happen. When we sit in circle, we are all equal, no voice is greater and no voice is less than, we are all there to listen and learn.”

We are so pleased to have the Indigenous Wellness Support project moving fully forward since May with our Steering Committee gifting cultural knowledge, guidance and community connection, and our amazing Indigenous Support Worker and Elder, Lori and Brenda. The team provides many cultural, relevant and individual supports around land-based relationships, traditional teachings, appropriate ceremony and protocols, while deepening respectful connections with community partners and local cultural events.

We are offering grounded supports for healing and wellness to our clients and their families in the emergency crisis shelter and 2nd Stage with an invitation to join daily smudging, check-in and meditation, traditional craft-making, foundational elder teachings, ribbon skirt program, resource library, parenting and other relevant courses, one-on -one support, and women’s sharing circles.

Our success lies in building positive relationships based on local First Nations understanding of meaningful engagement, open dialogue, trust, respect, kindness, and interpersonal safety as we grow and learn together. We are working to ensure every voice is heard so that the Mountain Rose Centre is a welcoming and sacred space essential to the empowerment of those fleeing domestic and intimate partner violence.





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 Lindsay Hunt to register as a volunteer (lhunt@mrwsa.net)

Volunteers Needed

SAFE RIDE/ BARTENDING PROGRAM

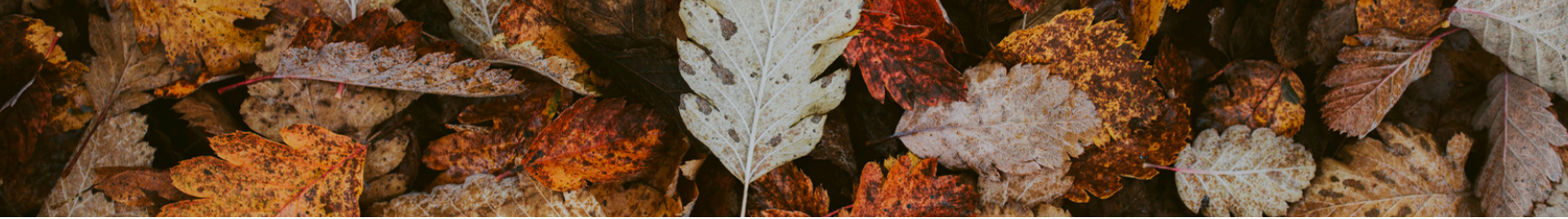
This program provides services to community events such as weddings and company parties (Christmas, Staff Appreciation, etc.) for a fee.

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



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Director: Sandi Gagnon-Dobko
Treasurer: Meghan Tuite
Past President: Sharon Kopchia-Okó



Support
initiatives that
resonate with
you



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.



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CANADIAN
WOMEN'S
FOUNDATION



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CANLIN ENERGY
CORPORATION

Next to New Store



United Way
Central Alberta



Ministry of Children and Family Services
Security Infrastructure Program
Community Support Fund - Indigenous Relations