



# Newsletter

Mountain Rose Womens Shelter

Vol 37 / Fall 2022

MOUNTAIN ROSE CENTRE PRESENTS:

Comedy



SEPTEMBER 30, 2022

DOORS OPEN AT 7PM

LOU SOPPIT CENTRE

Night

\$6.00 DRINKS

CASH BAR

SNACKS PROVIDED



Headliner: Jebb Fink



Ken Valgardson

TICKETS ARE:

\$50.00 FOR NON-MEMBERS

\$40.00 FOR MEMBERS

PURCHASE TICKETS AT MOUNTAIN ROSE CENTRE

LOCATED AT 4708 46TH STREET

FOR MORE INFORMATION CALL: 403-845-5339



Natasha Lyn Myles



ENTERTAINMENT SUPPLIED BY CALLBACK CORPORATE ENTERTAINMENT INC.







## Message from the Executive Director

*"When we identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change"*  
— Ijeoma Oluo, Author

Over the past months, I have been thinking about the women & children, families, and individuals that we serve at the Mountain Rose Centre and the journey through life we all take that leads us to where we are today. Ijeoma Oluo writes, "when we identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change." This highlights the need to look at our societal systems that allow people to fall through the cracks; putting policies in place that adds to the oppression of some while providing privilege for others; and withholding basic needs such as housing, food security, a living wage, and equitable health care (to name a few). This is a process for the one's that hold privilege to identify what we each can do to 'make real change'.

So often when we look at all the barriers that are in place that leads to privilege and/or oppression, those that can make change don't know where to start or they 'give at the office' to alleviate any feelings of guilt or being overwhelmed – we live in a society with systems that were built from the perspective of the privileged who believed that they knew best or that they had the answers for all. To 'make real change', we need first to be willing to talk openly to understand privilege and oppression.

[See definitions below](#)

I must admit that I am learning to acknowledge, critically view and accept my own privilege and be comfortable with the many learning moments that are helping me to understand my own privilege in my work with the people we serve, my colleagues, and to the world around me. I understand that privilege doesn't mean that an individual is free from life's challenges, but privilege does mean having an unearned benefit or advantage which one receives in society just by the nature of their identity. Ijemoa Oluo's quote is a reminder to us all that "when we can identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change."

Please join me in finding opportunities to "make real change" within our agency and in the community.

**PRIVILEGE:** Privilege operates on personal, interpersonal, cultural, and institutional levels and gives advantages, favors, and benefits to members of dominant groups at the expense of members of target groups. Privilege is granted to people who have membership in one or more of these social identity groups: White people; Able-bodied people; Heterosexuals; Males; Christians; Middle or owning class people; Middle-aged people; English-speaking people.

Privilege is characteristically invisible to people who have it. People in dominant groups often believe that they have earned the privileges that they enjoy or that everyone could have access to these privileges if only they worked to earn them. In fact, privileges are unearned, and they are granted to people in the dominant groups whether they want those privileges or not, and regardless of their stated intent.

**OPPRESSION:** The combination of prejudice and institutional power which creates a system that discriminates against some groups (often called "target groups") and benefits other groups (often called "dominant groups"). Examples of these systems are racism, sexism, heterosexism, ableism, classism, ageism, and anti-semitism. These systems enable dominant groups to exert control over target groups by limiting their rights, freedom, and access to basic resources such as health care, education, employment, and housing.

#### Four Levels of Oppression and Change:

**Personal:** Values, Beliefs, Feelings

**Interpersonal:** Actions, Behaviors, Language

**Institutional:** Rules, Policies, Procedures

**Cultural:** Beauty, Truth, Right




Definitions were abridged from:

© Leaven 2003 Doing Our Own Work: A Seminar for Anti-Racist White Women

© Visions, Inc. and the MSU Extension Multicultural Awareness Workshop





# Outreach Programs

*Nobody can go back and start a new beginning, but anyone  
can start today and make a new ending...*

*-Maria Robinson*

Our Outreach program continues to successfully support clients within the shelter, as well as the community. We provide supports such as connecting clients (both female and male) to appropriate resources to help meet their individual needs. We can provide resources for information on recognizing and advocating for victims of abuse, parenting and financial support, and obtaining identification. We approach each client by recognizing their individuality and provide non-judgmental empathetic services. We offer appointments from Monday-Friday 8:00am-4:30pm, and can also work around clients schedules to ensure they can have the support they need.

Our women's support group will be starting up again on September 12/22 from 1:30pm-3:00pm, and every Monday from there on, with the exception of holidays. Our group is open to shelter ladies, as well as community ladies. We discuss various topics such as cycles of abuse, self-care, healthy relationships, boundaries as well as open discussion.

We want to welcome people into a safe, non-judgmental environment, where they can feel that they are not alone, and that everyone matters.



Sincerely,

Gail and Glenda





# Housing Supports

*"That old September feeling, left over from school days, of summer passing, vacation nearly done, obligations gathering, books and football in the air... Another fall, another turned page: There was something of jubilee in that annual autumnal beginning, as if last years mistakes had been wiped clean by summer."*

-WALLACE STEGNER

## Community Outreach

Statistics and facts on gender based violence.

**The Mountain Rose Centre Vision Statement is: A world without gender based violence. That's the future we are aiming and passionately working towards. But what does the present look like when it comes to gender based violence?**

**Gender based violence can take physical and emotional forms, such as: name-calling, hitting, pushing, blocking, stalking/criminal harassment, rape, sexual assault, control, and manipulation. Many forms of this abuse are against the law. Some forms of abuse we should all know are wrong in terms of the treatment of another person, but they are not against the law.**

**Gender based violence can happen between people in romantic relationships. It can happen in families, at work, between friends and acquaintances and between strangers. It often occurs in private places between people who know each other.**

**Anybody can be abused, no matter their background, identity, or circumstance.**

**But women, girls, and gender-diverse people are at high risk of gender-based violence.**



# Community Outreach Continued

Statistics state that more than one in four women have experienced some form of gender based violence in their lifetime. And I realize that men also experience gender based violence, however research shows that women and girls disproportionately experience the more severe forms of gender based violence, such as being physically assaulted, strangled, threatened with a weapon, or sexually assaulted. There are physical and mental health concerns that can affect a woman that is experiencing gender based violence, as well as the victim developing methods of coping that may include alcohol consumption or other methods of self medicating through prescription or non prescription medication or through legal or illegal drugs.

Gender based violence in a home also affects the children living in that home, even if they are not subject to the violence themselves –children exposed to and aware of domestic violence can be affected by physical, psychological, behavioral, and mental health conditions, and are at an increased risk for developing substance use and subsequently substance use problems, as well as having a higher rate of attempting suicide than children who grow up in homes where there is no gender based violence.

Approximately every six days, a woman in Canada is killed by her intimate partner. And that number appears to be increasing: In 2019 there were 118 girls and women killed by violence in Canada. In 2020 that number increased to 160 girls and women, and in 2021 the number of girls and women killed by violence was 173. Out of the 160 girls and woman killed by violence in 2020, 20% were Indigenous, Metis, or Inuit. Indigenous women are 12 times more likely to be murdered or go missing than any other woman in Canada.

Women are five times more likely than men to experience sexual assault and sexual violence.

Gender based violence occurs in all communities, all cultures, all faith groups, at every age, and in every income group. Women with disabilities are three times more likely to be the victim of gender based violence than women not living with disabilities.

It is important to be aware that gender based violence tends to be underreported, and actual numbers may be much higher.



# Family Supports Program

Summer is winding down and school is back in session! The Family Support team will be transitioning back into our fall program but first we would like to thank all the community organizations that have supported our clients throughout the summer and in getting ready for back to school. From making everyone feel welcome at community events to ensuring our children transition into school with as much ease as possible, THANK YOU!



One of the biggest goals our program has is to connect our families with the community. Some activities we enjoyed this summer include a family fun fair, splash park visits, a trip to the fire hall, running a lemonade stand, and tie dying. We look forward to preparing for Halloween, fall fishing, playing in the fallen leaves, and exploring some more parks in our community. Through fun we connect and grow!



# Parent Child Assistance Program

## ATTACHMENT THEORY

Attachment is a deep and enduring emotional bond that connects one person to another.

### Where Do Attachments Come From

There are different ways on how attachment styles are created:

- Genetically and/or pre-programmed at birth
- Through parent/child interaction- how our parent cared for us during childhood.
- With life experiences

It's a mixture that contributes to our attachment styles: genes, life experience, and parental caring.

Parental caring (or lack of it) has a strong influence in our psychological development. In the early days of attachment theory research, it was believed that the mother's caretaking style was the main determinant of the adult attachment style. Today we know that there is indeed a statistically significant link between caretaking style and attachment style.

### Attachment Styles in Children

Attachment is a pattern of emotions and behavior that sets off when our loved ones move away from us. It is already evident in children. When their mother goes away and a child starts crying, that's his way of "bridging the gap" and re-establishing contact. Attachment styles can already be recognized in babies. For example, this is how the different attachment types react when the mother leaves the room:

**Anxious:** becomes extremely distressed when mommy leaves the room. When the mother returns, he is ambivalent: angry and happy at the same time. It takes him longer to calm down, and when he finally pacifies, he angrily pushes the mother away, often followed by more tears.

**Secure:** is visibly distressed when the mother leaves the room. But when she comes back, he is happy and calms down.

**Avoidant:** when the mother leaves and comes back, he acts as if nothing happened. But it's only a facade: researchers show that the baby's heart rate is as high as those who show extreme distress. And their cortisol levels—an indicator of stress—are also high.





# THE FOUR ATTACHMENT STYLES

Your attachment style is measured on two different variables:

Craving (or avoidance) for intimacy and closeness

Anxiety (or lack thereof) towards your relationships



## 1. Secure Attachment Style

The secure attachment type is the most sound and grounded. Secure attachment types enjoy close relationships and are not afraid of opening up. Their relationships tend to last long and they are the ones with the highest relationship satisfaction.

There are many factors that increase the likelihood of a child being secure, including:

- Mothers sensitive to child's needs
- Easy temperament as baby (makes it easier for parents to be responsive)
- Good maternal conditions—marital satisfaction, low stress, no depression, and social support
- Fewer hours with a non-parental caretaker
- Genetic predisposition
- Life experiences (avoiding trauma)



## 2. Anxious Attachment Style

The anxious attachment type can get close -and actually craves getting close. Sometimes too much and/or too early. But at the same time that they want to get close they're constantly worried about their relationship status and are afraid their loved one might not feel the same. They are very sensitive to other people's moods and tend to be temperamental. With their doubts, worries and mood swings they make relationships very unstable. They may need lots of reassurance and base their self-worth on someone else's opinion of them.

## 3. Avoidant Attachment Style

Avoidant attachment types are uncomfortable with intimacy and being too close, and they keep people at arm's length. They don't open up fully in their relationships and need their own space not to feel suffocated. From a neurological point of view, research points to avoidants having the same need for closeness and intimacy as anybody else, but they suppress those needs. One of the ways they do so, is by focusing on the negatives of others. In the end, avoidants tend to be less happy in their relationships and to make their loved ones less happy as well. Avoidants tend to be defensive and avoid getting close to prevent pain and rejection.

## 4. Fearful Attachment Style

The fourth attachment type is also sometimes referred to as "disorganized" or fearful. It is the worst attributes of the avoidant and the anxious styles. They have a low opinion of themselves and find it hard to get close to others. Their fear is greater than any opportunity for love or support.



# VOLUNTEERS NEEDED

## Safe Ride/ Bartending Program

The MRWSA Safe Ride / Bartending Program provides these services to community events such as weddings and company parties (Christmas, staff appreciation, etc.) for a fee. This may be a safe ride or a bartending event or both for an event. This program raises up to \$10,000 per year which assists the Mountain Rose Centre to provide a variety of services. MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

## Safe Ride Program

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within a 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10 pm to 1 am but this fluctuates. Mileage can be reimbursed to the driver. Any cash tips received from the guests are donations to MRWSA.

## Bartending Program

Volunteers support events by completing the bar service. One volunteer per event must have ProServe. The time commitment is 6 to 8 hours usually from 6 pm to 1 am but this fluctuates. Any cash tips received from the guests are donations to MRWSA.

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 with this program ([ceaston@mrwsa.net](mailto:ceaston@mrwsa.net)).

## Board of Directors

**President** Sharon Kopchia-Okon

**Vice President** Maureen Janke

**Secretary** Diana Monfette

**Director** Chris Chabot  
**Director** Miranda Titford

**Treasurer** Meghan Tuite

Have you  
signed up to  
become a  
member of  
MRC yet?

**Head over to our website!**

**[www.mrwsa.net](http://www.mrwsa.net)**



## 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 3rd party event

Please mail your completed form and make cheque(s) payable to: Interac is available

Mountain Rose Women`s Shelter Association  
 PO Box 325  
 Rocky Mountain House AB T4T 1A3

## PROJECT AND GRANT SUPPORTERS



Status of Women



Hospitaller Order of Saint John of Jerusalem

GOVERNMENT OF ALBERTA Ministry of Community and Social Services

Next to New Store

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

Town of Rocky Mountain House

**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.