

newsletter



Board of Directors

President
Lisa Block

Vice President
Maureen Janke

Past President
Jeannette Sandstra

Member Janice McDonell
Member A. Mavis McGilvery
Member Susan Scott

Secretary Sandy Andersen
Treasurer Timothy Kavanagh



"Women Standing Together"

On November 13th, 2018 over eighty five women participated in this event. Mountain Rose Women's Shelter wishes to thank all those who participated, attended, supported and volunteered to make this awareness event such a success!

Thank You!





Message from the Executive Director

*“Christmas is a season not only of
rejoicing but of reflection”
Winston Churchill*

It is the time of year that we reflect on our world, on our community, on our family, and on ourselves. This was a difficult year in our society with a downturned economy, war throughout the world, violence in our country and abroad, and polarizing opinions being broadcast in media. I wonder about our humanity as a nation, as a people and as individuals.

I wonder if sometimes I hide myself in the rejoicing of Christmas just so I don't have to face the reflection of the past year and ask myself the tough questions. Am I the person I want to be? Do I give of myself unconditionally? Am I where I want to be? Are my motives true of heart? These are difficult questions that can only be answered within me and only if I am willing to do the work... to do that reflection.

Then I see the women that work at MRWSA who give of themselves unconditionally, unbiased, and with an open heart and mind. They give of themselves to women and children who are experiencing the worst moment of their lives. This group of women then goes home to their daily lives, to their families. Each of these women inspires me to do the work... to do the reflection not only during the Christmas season but every day so that I too can be the best I can be today.

**Wishing each and every one a very
Merry Christmas and A Happy New Year**



MRWSA Volunteers



Dedicated Hearts

Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.
To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.
So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.

MRWSA Volunteers assisted with the following this year:

- * Donation Sorting
- * Safe Ride Program
- * Bartending Fundraiser
- * Garden
- * Board Governance
- * Red Rose Campaign
- * Food Drive

Thank you

To volunteer, please contact Cindy Easton or Shelley Little
at 403.845.5339

Community Engagement Program

In the spirit of the season, the Community Engagement Program would like to thank our community for supporting Mountain Rose Women's Shelter throughout the year.

For the volunteers who have donated their time and effort in making our fundraisers and events successful – we couldn't do it without you!

Merry Christmas and a Happy New Year.





Outreach

In the spirit of the season, Mountain Rose Women's Shelter is hosting the Adopt a Family Program, providing families in need with a wonderful Christmas experience. The individuals and organizations that are sponsoring families in the Adopt a Family Program bring joy of the holiday season to 12 families this year!



PCAP – Parent Child Assistance Program & Enrichment Program

"Our greatest glory is not in never failing, but in rising up every time we fail." – Ralph Waldo Emerson

Parent Child Assistance Program is in their fourth year of operation under funding from Central Alberta FASD Network. PCAP currently has eight registered clients in their program. PCAP is successful in supporting clients in their sobriety, life skills, and parenting through home visitation, community outreach and advocacy. Staff attends appointments, meetings, court dates, and one-on-one counselling to assist the clients to get back on track with their life goals.

PCAP has an Enrichment Program to benefit clients with peer support, positive life choices, community engagement, and enriched family centered activities. PCAP collaborates with the Family Support Coordinator to facilitate the program to ensure there are no service barriers and every family can participate. The Enrichment Program provides activities and opportunities within the community, and collaborates with other organizations and services in the community. PCAP facilitates a Women's Peer Support Group in Caroline every second Wednesday of the month at the community Public Library.

"I have lived and I have loved! I need to be respected and seen for who I am, not what I was!"

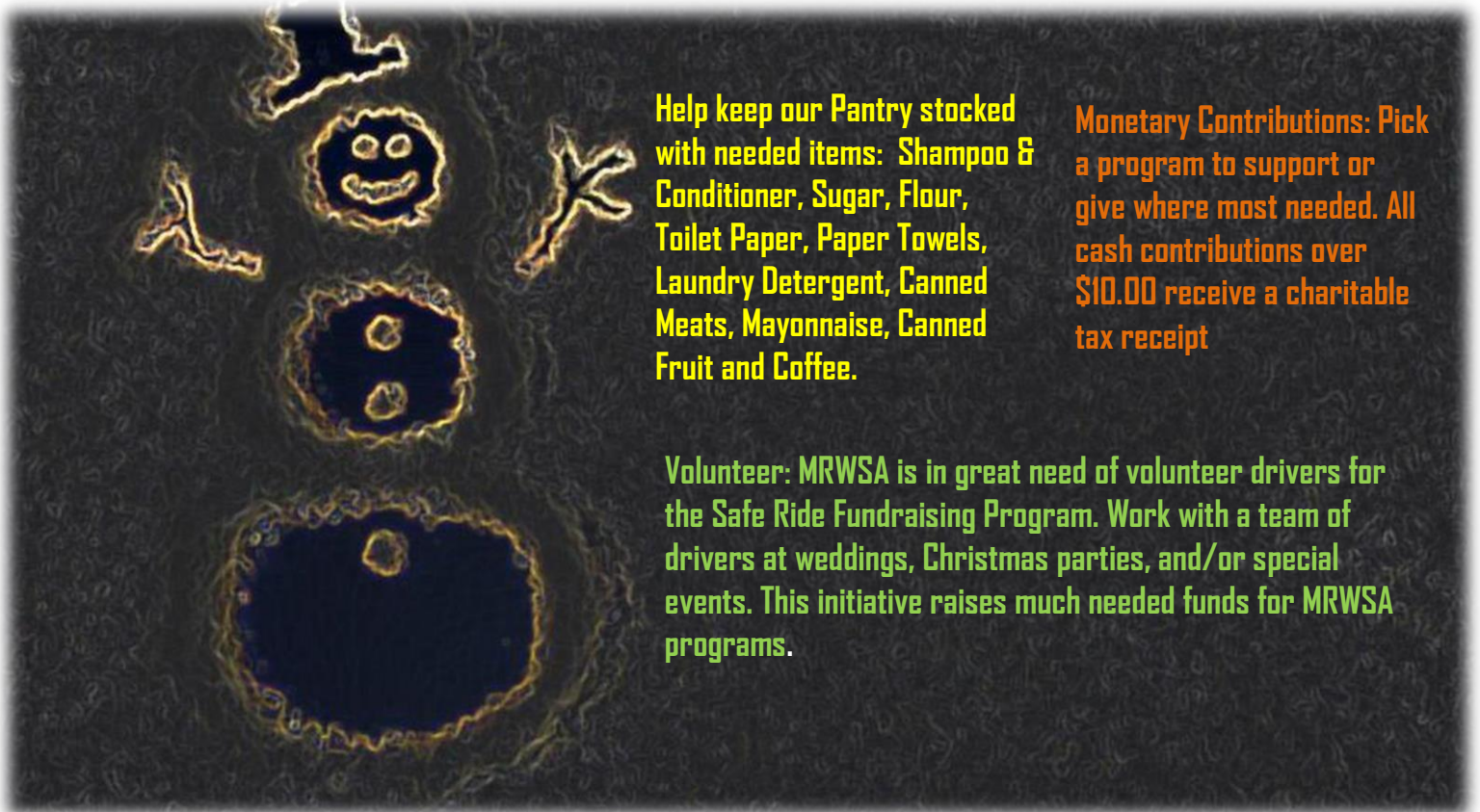
Check out MRWSA Facebook page for more news, information and programs.

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

....upcoming event

Comedy Night, Friday, March 1st 2019 at the Lou Soppit Centre with Comedian Howie Miller and Guest! Look for our poster in the community!

*Ways to Contribute
Over the Holiday Season
And into the New Year*



Help keep our Pantry stocked with needed items: Shampoo & Conditioner, Sugar, Flour, Toilet Paper, Paper Towels, Laundry Detergent, Canned Meats, Mayonnaise, Canned Fruit and Coffee.

Monetary Contributions: Pick a program to support or give where most needed. All cash contributions over \$10.00 receive a charitable tax receipt

Volunteer: MRWSA is in great need of volunteer drivers for the Safe Ride Fundraising Program. Work with a team of drivers at weddings, Christmas parties, and/or special events. This initiative raises much needed funds for MRWSA programs.

Mountain Rose Women's Shelter Association needs to still raise 2 million dollars to complete the new shelter.

BUY a Brick Program for the New Shelter: 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 for more information.



Outreach Services

No matter how hard the Journey may be.....

Remember to be kind to yourself!

You are doing a fabulous job!
You are doing the best you can!
You are amazing and beautiful every day!

DON'T TELL YOURSELF ANYTHING LESS.

Mountain Rose Women's Shelter provides a confidential, safe, non-judgemental space where women can gather to share their journey, build a community of support as well as gain education, awareness, insight, healing and growth on a variety of topics such as:

- * Abuse * Cycle of Abuse * Healthy vs Unhealthy Relationships
- * Safety Planning * Self- Esteem/ Awareness *Boundaries



Clearwater County Housing Support Services

Homelessness is not 'going away' despite the combined efforts of organizations working in the field supporting those in crisis. It happens to people of all ages, men and women alike, and it could happen to any one of us.

During the holiday season, extend a helping and generous hand to those struggling with homelessness and /or providing the needs to their families.

"The ache for home lives in all of us, the safe place where we can go as we are and not be questioned"

- Maya Angelou

Thank you and Happy Holidays from the Housing Support Program

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



Concentra®



Canada

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

Next to New Volunteers

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.