



newsletter

Comedy Night 2020 Thank You

Mountain Rose Women's Shelter would like to thank all the guests and volunteers for the success of our second Comedy Night Event that took place on February 28th, 2020 at the Lou Soppit Centre.

MRWSA raised over \$3,500 for the support of women and children fleeing domestic violence.



Headliner Andrew Grose



Opening Act Lori Ferguson Ford



MC Adam Blank



Message from the Executive Director

“Hard times don’t create heroes. It is during the hard times when the ‘hero’ within us is revealed.” — Bob Riley

My message for this newsletter has not been a priority for me over the last few months. There is a pandemic crossing our world at an alarming rate with little understanding, much uncertainty, and great fear. My heart and mind could not find a message that would be uplifting or encouraging as I witnessed the ugly side of humanity emptying shelves, hoarding supplies, touting conspiracy theories, and throwing around blame and hoping it would stick somewhere. I struggled to see how we as neighbours, as a community, and as a nation could get through this. Maybe I procrastinated because I needed time to see the real truth behind this crisis... and that is ***“Hard times don’t create heroes. It is during the hard times when the ‘hero’ within us is revealed.”***

These are the doctors, nurses, lab technicians, paramedics, pharmacists, medical researchers, and hospital staff that are on the front lines putting their own lives and the lives of their family members at risk. They work without protective equipment, take double and triple shifts because that is what they do. They help those that are most in need of medical interventions.

The heroes are also the grocery workers, cab drivers, delivery people, truckers, volunteers, and many others that provide services that keep our food, supplies, and deliveries coming so we can stay at home and be safe.

The heroes are also the people that go to work every day to support seniors, people with disabilities, and other members of our community that need help so they too can stay at home and be safe.

Then there are the heroes that I work with every day... they work at Mountain Rose Women’s Shelter in support of women and children fleeing violence. There are 28 of them (27 women and 1 man) that work shift work, 365 days a year to provide support to vulnerable families; always providing a comforting word, a warm heart, and a safe haven. These heroes have the same fears that you do – will I get sick, will I take it home to my family – but they show up every day, take on extra shifts, and ask “how can I help”. They cook, sanitize, do laundry, listen, answer the crisis line, change diapers, plan in-door activities and make the women and children, who are experiencing one of the most traumatic times of their lives, feel safe.

I witness this every day at the shelter but to be honest, I think I get so busy that I don’t really see them. Maybe the real reason that I procrastinated writing this message was that I needed to be reminded that we have heroes around us every day. You might not recognize them if you passed them on the street, they don’t wear capes, but if you could just open your eyes and heart enough, you might be able to **reveal the hero that is within us all.**



MRWSA Volunteers

A very large thank you to all of the volunteers

We are grateful for all you do to support our organization to make us the success that we are.

The Community Engagement program has assisted many clients with their specific needs. Some from simple matters as basic needs items to financial applications and support throughout those processes. The goal is to navigate clients to serve their needs and enable them to move forward with their lives from domestic violence

Unfortunately we are unable to accept any donations at this time due to the Health situation we are experiencing – but once it's over it will be back to business as normal.

Social distance and stay safe during this time.



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Mountain Rose Women's Shelter Association

Mountain Rose Centre

PO Box 325, 4708 46th Street

Rocky Mountain House, AB, T4T 1A3

Phone: 403.845.5339 Fax: 403.845.2124

Crisis Line: 1.877.845.4141

During Covid 19 pandemic, The Mountain Rose Centre is open and working for the community:

- The safety of women, children, and seniors facing abuse, as well as the safety of shelter workers, are our top priorities.
- Women's shelters remain the safest place for a woman fleeing violence. Our Shelter and Community Services are adapting our services to meet the physical distancing, disinfecting, and isolation requirements by public health officials so we can continue to meet the safety needs of the women, children, and seniors in our communities.
- Shelters are more than a bed. Our members are trained to help women assess their danger levels and create safety plans. We encourage anyone experiencing violence or abuse to contact the Outreach Workers and they will work to support your safety. Call 403-845-5339 to be connected to The Mountain Rose Centre.
- We know that in times of natural disasters, increased anxiety and external stressors increase and worsen domestic violence situations.
- We are also in contact with partners across the province to share and learn from innovative responses in our sector to this extraordinary situation.
- If you or someone you know is in immediate danger, call 911. If you suspect that someone's life may be in danger, please call 911. To speak to someone at the shelter, call our toll-free 24/7 line, 1-877-845-4141.
- We know Albertans want to help each other. Please make online financial donations to the Mountain Rose Centre at www.mrwsa.net
- The other thing Albertans can do is check in on each other and let those who may be feeling unsafe know of the supports available by phone or in person from their local women's shelter. You can find contact information for our member shelters at acws.ca/shelters.

Adapted from Alberta Council of Women's Shelter messaging document (April 6, 2020)

Outreach Services



We are happy to announce that we started our Women's Support Group on March 12th and had a great turnout for our first meeting. The focus of our group is to help women understand domestic violence and to support them to stay safe. We as an outreach team realize that this is an important service to offer both to our in-house clients and our community members. Unfortunately, we have had to postpone any further meetings due to COVID 19. We will resume our meetings as soon as we are able to.

We are also excited about the many possibilities to offer learning opportunities to our community in the fall. We are currently in the process of preparing a 'Leading Change' curriculum focusing on training our youth to recognize and stand up against abuse. We are also preparing to offer training on elder abuse and prevention.

During this time of COVID 19 we would like to continue our support of our clients and are therefore touching base with individuals over the phone. We hope, alongside everyone else, that everyone stays healthy and that we can soon return to offering our full services.

Family Support Services



The Family Support Program supports moms and her children that are in Emergency Shelter and continues to support the family once they leave shelter to move into a safe and stable home of their own. The Family Support Program provides information on family resources and supports within the community and assists families in making supportive connections within the community.

The Program also works with families in Mountain Rose Center's Transitional Housing Program, providing child care for pre-school aged children while their mom's engage in programming.

Enrichment Program activities, which are family centered and focus on families connecting with each other, forming healthy relationships with other families, and forming connections to programs within the community, are planned regularly as well! We have recently engaged in fun indoor activities such as swimming, crafting, and bowling, partnering with other Mountain Rose Center Programs to enable all families that could benefit from the Enrichment Program to be able to attend the program. Unfortunately the Enrichment Program is not hosting activities at this time of social distancing but we are providing care packages to families in social isolation, consisting of family game and activity ideas, craft materials and ideas, some toys, and positive messages of encouragement. And we are still available by phone and email to support families!

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

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

....upcoming events

Members of the Church of Jesus Christ of Latter Day Saints will once again doing a food drive for MRWSA in June 2020. A bag will be placed on your door with a list of needed items. On June 13th, 2020 beginning at 10:00am they will return to your neighborhood to pick up any donation. Please have your bag/donation visible from the street.

"Mountain Rose Centre"



Buy a brick for \$500

In support of the New Mountain Rose Centre

**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 to discuss ways to contribute.

PCAP – Parent Child Assistance Program



“Courage doesn’t happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life. ~ Shannon L. Alder

Life is hard... and it doesn't get any easier. We, as society, are locked up in our homes. We are missing everything that we took for granted. We watch as our precious time is being wasted. We need to make changes in how we think, how we act, and how we show up to life.

The PCAP Program is in a little bit of a stand still. There are no face to face meetings, no appointments, and no physical support for my clients. I am connecting with them over the phone and through text messages. But...they are thriving. They have the precious time with their kids without interruption, everyone is in the same boat as they are, and they are not missing out on stuff due to social anxiety, or wishing they could have the courage to go somewhere different. They are feeling more normal than they have ever. The playing fields have evened for them. They feel less of outcasts and more as part of the community. These are to people that we could learn from in this moment in time. They can make a meal out of anything, they can make money stretch like it's their job, and they can fill time with nothing "special" to do. Please remember these people when society goes back to the high paced, selfish, blind, and busy ways. They were the ones surviving on nothing before this virus.

Please be safe and healthy!

Clearwater County Housing Support Services



Housing Support Services began in October 2014. Clients continue to join the program. Some are successful, some more challenging. The Housing Support Services program provides support for everyone in our community and surrounding area.

Some exciting changes have come our way at the Mountain Rose Center. Our services have expanded within our organization, and roles have changed. Our Second Stage Transitional Housing, which provides safe housing for women and children leaving domestic violence, is now open. Our present Housing Support Coordinator will now be taking on the role of the Second Stage Supervisor. The torch has now been passed on to a new Housing Support Coordinator, who will continue to provide the services required to meet client's needs.

“A house is made with walls and beams; A home is built with love and dreams.”

-Ralph Waldo Emerson

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

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GOVERNMENT OF ALBERTA Ministry of Community and Social Services and Status of Women Alberta

Town of Rocky Mountain House



Funded by the Government of Canada's Homelessness Partnering Strategy
Funded by the Government of Canada's Department of Women & Gender Equality

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.