



newsletter



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Youth Building for Youth – Playground Build

After a year of planning and fundraising, May 10 & 11 were days of hard work and celebration, this was the time for the playground build. All of this was made possible through an anonymous donation plus fundraising efforts of the Caroline Nazarene Youth Group and the Rocky Lutheran Church Youth. The playground was designed by “The Playground Guys” from Olds, Alberta. The design focuses on interactive expression which encourages learning through play.

A wonderful team of volunteers and The West Central Rugby Team put together the pieces, placed tile flooring, operated tools, and ‘put their backs’ into erecting the playground. On Saturday, two MRWSA staff and 1 board member hosted a BBQ for all the volunteers. **Special thanks** - to Jack and Marilyn Hunt for coordinating the volunteers on Friday and to Curt Kroschel for providing and operating all of the power tools.

There is still some work to be done – building and painting the fence as well as having the wall mural completed. We will work diligently to get this completed in the next month. In the meantime, the children of the shelter can enjoy the new play area.

Thank you to everyone who played a part: MRWSA Board members, Mayor Nash and Rocky Town Council, Lee Chambers and the team at Parks and Recreation, the fundraising groups, MRWSA staff, and our wonderful team of volunteers. You have all contributed to the well-being of the children of the shelter. Please give yourselves a round of applause!



Mission Statement: *The Mountain Rose Women's Shelter Association is a non-profit charitable organization that provides resources and support to individuals and families impacted by domestic violence in the Town of Rocky Mountain House and Clearwater County.*

newsletter - Spring 2013



Message from the Executive Director

"Moving forward with Great Hope"

Welcome to the first edition of the Mountain Rose Women's Shelter Association Newsletter. This Newsletter is brought to you by the heart and soul of the staff and volunteers at MRWSA. We hope that you find it to be informative.

We have grown from a community consultation (1984) to a registered society (1990) to a full service emergency shelter including outreach services (2005). We continue to grow as an organization, as staff members, as volunteers, and as board members. We strive to be the best we can be today and in the future.

The MRWSA Newsletter is part of that growth as we strive to keep you informed of our activities, our accomplishments, and our challenges. The plan is to provide this newsletter quarterly (February, May, September and December) to highlight successes, recruit volunteers, provide educational information on domestic violence and generally keep you up-to-date about our endeavours.

Another part of that growth is the addition of the outside playground at the shelter. We highlighted this special project on Page 1 so I won't go into too many details except to say that this was a dream of MRWSA staff for the children of the shelter. That dream came true with support of an anonymous donation, fundraising initiatives from Youth Groups in Caroline and Rocky and a group of citizens who came out to complete the community build. It is this community spirit that keeps us moving forward with great hope.

I look forward to your comments and suggestions not only regarding the Newsletter but also regarding our agency.

Thank you for your continued support!

Cindy Easton

ceaston@mrwsa.net

Volunteerism

*How many smiles would not have been smiled
How many hearts not warmed
How many hopes would have died in the dark
How many dreams be unborn
How many words would it take to say
How many thanks are due
How many lives are brighter by far
Just because you are you!*



Volunteers are the back-bone of our community. You are unsung heroes who are willing to share your valuable time, talents, and energy to help make Mountain Rose Women's Shelter Association run smoother and help lighten our load.

Our Volunteer Team contributes to many special events such as Romance and Roses Gala, Walk a Mile in Her Shoes and Safe Ride/Bartending bookings. These events accomplish two goals: fundraising and public awareness.

Each of you brings your special skills to our events. We laugh, we have fun, we work hard, but most of all we work together for the benefit of our cause – Family Violence. Please remember you are much appreciated. We could not achieve our Mission, Vision and Goals without your on-going support. You make Mountain Rose Women's Shelter Association a better place for our community and the people in our community.

Thank you!





Outreach provides support to individuals, who have experienced abuse, violence or control in their relationships. We offer support, information, & education to anyone (women, men & children) who seek to live a life free of violence for themselves & their families.

Outreach provides the following support:

- ❖ **Information/education on the dynamics of family violence & abuse (i.e. cycle of violence, power & control, effects of abuse, etc.)**
- ❖ **Crisis intervention & support**
- ❖ **Safety assessment & planning**
- ❖ **Support in identifying individual needs and concerns**
- ❖ **Provide information on protection orders & custody issues**
- ❖ **Information & referrals to community supports based on individual needs (i.e. legal, financial, social services, counselling, etc.)**
- ❖ **Follow-up support for women who are in the process of leaving the shelter**
- ❖ **Assistance with basic provisions, including donated household items & goods**
- ❖ **Support & promote an individual's ability to make their own choices.**
- ❖ **Community support & education**

We also provided the following programming:

Weekly Drop-In Support:

Making Connections

***Strengthening Our Spirit* (On reserve programming)**

Our weekly open drop-in groups provide women in our community a confidential, non-judgemental space that gives them the opportunity to share their stories, build a community of support and gain *education, awareness, insight, healing and growth* on a variety of topics.

***Path's of Change: Phase 1 & 2* ~ closed program offered throughout the year**

Path's of Change is a unique 2 phase program that offers the participants an opportunity to share, discover and create a process where they can start on the journey of healing, creating paths of self-discovery, awareness, resiliency, resourcefulness and wholeness. We will be looking at topics such as: What is abuse, roots of abuse/family patterns, the effects of abuse (on self & children), emotional health, understanding trauma, moving beyond shame, anger, grief & loss, exploring triggers/vulnerabilities & defense mechanisms, building a practice of resiliency, self-compassion, healthy boundaries, and effective communication.

....upcoming event


Walk a Mile in Her Shoes®

www.walkamileinher shoes.org

Calling all of Rocky Mountain House & Area

**THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE**

Take Up the High Heel Challenge

Mountain Rose Women's Shelter Association presents 2nd annual "Walk a Mile In Her Shoes®" Fundraiser

Prepare to make a difference... **challenge** another company, a group, your family, or just a friend. Walk as a group, walk as a family, or walk alone – this event will be fun filled for everyone. Join us on Saturday, September 21st, 2013 at noon for laughter, fun and serious walking. For registration, information or if you would like to sponsor this event please call 403-845-5339, fax 403.8452124 or email ceaston@mrwsa.net. We look forward to seeing the support of our community!

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:

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

Supporters



Canadian Women’s Foundation

FCSS CLEARWATER

GOVERNMENT OF ALBERTA
Community Spirit Program
Human Services Ministry

Next to New Store

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 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.