

MOUNTAIN ROSE CENTRE NEWSLETTER



COMMUNITY APPRECIATION NIGHT

On June 19th, 2023 Mountain Rose Centre held a Community Appreciation Dessert Night for guests, members, staff, and volunteers/supporters to attend.

The night was filled with sweet treats, laughter, tears, and amazing people to share it all with.

Thank you to all who came out and attended our event, it was an amazing turnout!



COMMUNITY ACKNOWLEDGMENTS

VOLUNTEER RECOGNITION RECIPIENTS



Leslie Detta was honoured for being the most active volunteer in 2022/23

Shannon McDonald receiving the 5+ Year Volunteer Recognition

Phyllis McNutt received the Historic Volunteer Award

COMMUNITY RECOGNITION RECIPIENTS



The Evergreen Co-op received the Corporate Supporter with Andrea Kehler Kristoff representing

The 2022-2023 Contributor was presented to Home Hardware with Debbie Baich accepting the award.

2022/23 Group Of The Year went to Church of the Latter Day Saints with Debbie Olson accepting the award on behalf of the church

Historic Supporter was presented to Cliff and Deanna Friesen



Faye Roseth

Meghan Tuite

Maureen Janke

Miranda Titford

Sharon Kopchia-Okoko

**Missing from the photo:
Diana Monfette**

BOARD OF DIRECTORS



A MESSAGE FROM OUR EXECUTIVE DIRECTOR



“You can't change the world alone - you will need some help - and to truly get from your starting point to your destination takes friends, colleagues, the good will of strangers and a strong coxswain to guide them”. William H. McRaven

On June 19, the Mountain Rose Women's Shelter Association held its first Community Appreciation Dessert Evening and its thirty-third Annual General Meeting. The 68 guests enjoyed the desserts, the launch of Mountain Rose Centre's information Video ([which you can access on our website: www.mrwsa.net](http://www.mrwsa.net)), heard the journey of a staff member who has spent 17 years supporting women and children at our shelter, met some MRC volunteers and community supporters, mingled with the Board of Directors, and listened to the struggles, the fear, and the pain of a survivor of intimate partner violence as she bravely stepped into hope, healing, and strength. Looking around that room, William H. McRaven's words *“You can't change the world alone - you will need some help”* resonated with me. The Mountain Rose Centre and the services provided within would not be here without the *“friends, colleagues, and the good will of strangers”*.

This is also true for the women and children who access MRC services. First it may be family and friends that provide support. Then it may be colleagues or a community service like a hairdresser, pharmacist, or store clerk. Then when all else seems hopeless, a call to the Crisis Line to speak to a stranger who listens, supports, and offers safety, they find *“a strong coxswain to guide them; to truly get from your starting point to your destination”* ... to live a life free from violence.

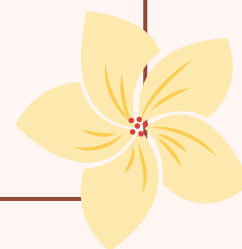
Every day the Mountain Rose Centre strives to live by our Mission which is to build on our abilities to meet individual, family, and the changing needs of those impacted by gender-based violence by providing trauma-informed services, increase community engagement, and championing the voices of all survivors by creating safe spaces for help, hope, and healing.

And we know that we can't change the world alone – we will need some help to truly get from our starting point to our destination, *it will take friends, colleagues, the good will of strangers and a strong coxswain to guide us*.

Thank you for being part of the Mountain Rose Centre.

Respectfully submitted,

Cindy Easton



HOUSING SUPPORTS

What Is Homelessness?

When people think of homelessness, they often think of those living on the street. But did you know they only make up a small proportion of people who don't have a home?

"Homelessness" refers to four types of living situations:



1 Unsheltered

This is the category that usually comes to mind when people think about homelessness. People who are unsheltered don't have a home and don't use emergency shelters, except during extreme weather. They may live in public spaces like parks or sidewalks, or places not meant for habitation like cars, tents, or empty buildings.

2 Emergency Sheltered

People who use emergency shelters are also experiencing homelessness. They may resort to shelters because they have lost their job, been evicted, are fleeing family violence, or have mental health challenges that prevent them from maintaining a home.

3 Provisionally Accommodated

People who are provisionally accommodated live in temporary housing. This includes:

- Couch surfing with friends
- Living in a rental with no security of tenure
- Living in hospitals, jails or reception centres for immigrants and refugees

Whatever form it takes, people who are provisionally accommodated do not have permanent housing.

HOUSING SUPPORTS CONT.

4 At Risk of Homelessness

People who have a home, but are one life event away from losing it, are also experiencing homelessness.

People may be at risk of experiencing homelessness for several reasons. A lack of affordable housing places people at risk of experiencing homelessness. They may live pay cheque to pay cheque, lose their jobs, or face eviction.

Others may suffer from illnesses that make it difficult to maintain permanent housing. They may be victims of domestic violence or find themselves without a home when a household splits up during a separation or divorce.



COMMUNITY ENGAGEMENT

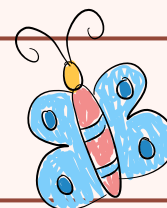


Community engagement has assisted many clients, both in shelter and the community with government applications particular to their needs. Many processes have now gone online, which presents challenges to those that don't have access to a computer, or the ability to navigate websites. An increase in senior applications has been documented and I am proud to help these people be able to apply for benefits they truly deserve.

Volunteer activity has increased and many events are booked throughout the summer. Our appreciation evening was held on Monday June 19, 2023 and was a success, with many presentations and awards to those whom have served our organization throughout the years.

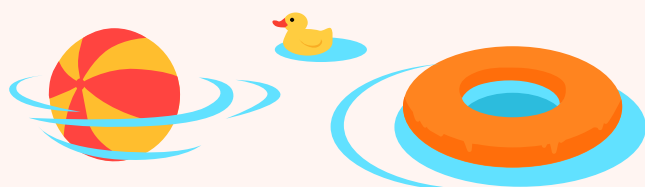


FAMILY SUPPORTS



As you may know, the mission of Mountain Rose Centre is, "a world without gender-based violence". To do our part, The Family Support team ensures every interaction we have with family's is carried out with this mission in mind. Through Trauma Informed Care, child-led programming, and genuine passion for the wellbeing of our clients we hope that we leave the program and the people better than when we started. Our team puts a lot of thought into planning and preparing programs for our clients, and our upcoming summer program will reflect our mission with some fun and adventure mixed in.

Thanks to the support of our community, we have several programs and activities for our clients this summer. We have a few "fieldtrips" planned for our second stage clients. We will also spend as much time in our community's parks and recreation centres. We will have a BBQ or two, playing games and enjoying lunch together. In house we will be able to do arts & crafts, play games, and replenish our toys in the emergency shelter. Thank you so much to our community for supporting our mission!





OUTREACH PROGRAMS

Our Outreach Program here at the Mountain Rose Centre continues to serve both in shelter and community individuals and families. We provide information, referrals, advocacy on behalf of clients, and can meet one on one to assist with each person who comes our way. We are here to listen and support each person to the best of our ability.

We also provide information on:

- The Cycle of Abuse
- Healthy and Unhealthy Relationships
- Safety Planning
- Self Esteem/Boundaries

"Hope" is the thing with feathers -
That perches in the soul -And sings
the tune without the words -And
never stops - at all -

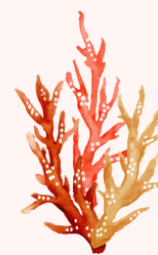
And sweetest - in the Gale - is heard
-And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chilliest land -And
on the strangest Sea -Yet - never -
in Extremity,It asked a crumb - of
me.

-Emily Dickinson

We provide a support group in which both women in shelter and in the community come together and spend some time together, have topics of choice regarding each others lived experiences in a safe and confidential environment, and there is no obligation to share, everyone is treated with respect.

Support group meets every second Thursday at the Mountain Rose Centre from 2:00pm-3:30pm. We will have our last group on June 29th during summer break and will resume again this coming September.



COMMUNITY OUTREACH

There were lots of opportunities for Community Collaboration and Engagement throughout the spring, with Communities Helping Communities – a group of various service providers and community members coming together to plan and carry out fun outreach events that aim to bring communities together in a way for us to show support and care for those communities as a whole as well as the community members individually, and to show the communities who their various supports are.

Two events were hosted in May and June: A free BBQ in Rocky Mountain House planned by Rocky and District Victim Services in May to acknowledge National Victim and Survivors of Crime Week, and a 'Walk for the People' at Sunchild and O'Chiese First Nations in June including a walk, led by Indigenous drummers, to show support for victims and survivors of crime, including Missing And Murdered Indigenous Women and Girls and 2SLGBTQIA+ individuals, a BBQ and karaoke sing off with great prizes! These events were a collaboration of so many people, organizations, and sponsors, from the food to the prizes to Neway Oilfield Services and Secure Energy Services BBQing for us.

In May the Asokewin Friendship Centre and Bighorn First Nations planned two powerful and impactful awareness raising events, both acknowledging and hosting a day of awareness and education for Missing and Murdered Indigenous Women and Girls and Gender Diverse People through a walk and a BBQ afterwards. Stories were told of deep loss, sorrow and ongoing grief as a result of individuals, families and communities affected by the alarming and growing number of Missing and Murdered Indigenous Women and Girls as well as Gender Diverse People.

Mountain Rose Centre is continuing to provide Community Outreach Services in Caroline one afternoon a month, providing information, support, and resources to individuals or families affected by gender based violence. Upcoming Community Outreach dates are June 20, July 18, and August 18, 1 pm -4pm at Caroline Neighborhood Place.



COMMUNITY OUTREACH CONT.

In August, Mountain Rose Centre is once again partnering with the Confluence Heritage Society and many other organizations for the second annual Community Fun Fair at the National Historic Site in Rocky Mountain House.

Hope you can join us for a fun filled day in an incredibly beautiful and interesting setting!

Save the Date

**Confluence Heritage Society is hosting their
Second Annual
Community Fun Fair
at the National
Historic Site in Rocky
Mountain House**

August 12, 2023

10 am - 2 pm



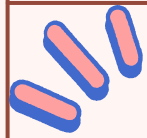
All entertainment, crafts, and activities, as well as a BBQ lunch, is provided free of charge by the many community organizations that are collaborating with the Confluence Heritage Society to create this fun filled day. Entry into the National Historic Park is FREE with registration.



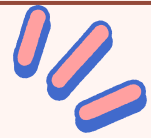
FREE ENTRY TICKETS AVAILABLE WITH REGISTRATION

Please stay tuned for registration details to obtain your free pass(es) for the Family Fun Day.





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!

Fill out this form and mail to Mountain Rose Centre:

PO Box 325
Rocky Mountain House, AB
T4T 1A3

Name: _____

Address: _____

Email: _____

Phone Number: _____

**Membership costs are \$10.00 annually,
from April 1st until March 31st.**

**Please mail in this form with a cheque
payable to Mountain Rose Women's
Shelter, or stop in with the form to pay
cash or debit/credit.**





VOLUNTEERS NEEDED

SAFE DRIVE/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 DRIVE PROGRAM

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10pm to 1am 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 6pm to 1am 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)

BOARD OF DIRECTORS

PRESIDENT: Sharon Kopchia-Okon

DIRECTOR: Faye Roseth

VICE PRESIDENT: Maureen Janke

DIRECTOR: Miranda Titford

SECRETARY: Diana Monfette

TREASURER: Meghan Tuite



As a Community Member, I support the Mountain Rose Women's Shelter.....



By giving a gift of \$ _____ By giving a monthly gift of \$ _____

NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: _____

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
P.O Box 325
Rocky Mountain House, Alberta
T4T 1A3

INTERAC IS AVAILABLE

PROJECT AND GRANT SUPPORTERS



**Next to New Store
Town of Rocky Mountain House**



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Status of Women



GOVERNMENT OF ALBERTA Ministry of Community and Social Services
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 rshumay@mrwsa.net to be removed from our emailing 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.

