



# Newsletter

Mountain Rose Women's Shelter Association

Vol 38 / Winter 2022



The Mountain Rose Centre Presents:

# MARDI GRAS GALA 2023



**18+**  
ADULTS ONLY

Dinner / Dance / Live Music from Ac-Dixie Band  
Live and Silent Auction / Photo Booth

## FRI, FEBRUARY 24TH



Located at Lou Soppit Centre - Doors open at 5:00pm

### CASH BAR

Regular Tickets: \$80.00  
Member Tickets: \$70.00 (individual tickets)  
Table Purchase: \$600.00

Purchase your tickets at the  
Mountain Rose Centre  
located at 4708 46th street



# OUR NEW LOGO

The Mountain Rose Centre would like to officially introduce our new logo and the meaning behind it.



## LOGO DESCRIPTION



Since ancient days, trees have been used to represent life, growth, wisdom, strength, and prosperity. Trees can also represent the connectedness of all things.



The people who are the trunk of the tree represent the people we serve, our community, and the support we are given - the tree trunk supports all branches and leaves.



The leaves themselves represent our services and how we support our community.



The ground represents a solid foundation and stability to help the tree grow strong and full. This solid foundation symbolizes healing and hope.





# A Message From Our Executive Director



**"What is Christmas? It is tenderness for the past,  
courage for the present, hope for the future."**

– Agnes M. Pahro



It is December which means, for many of us, it is time to get ready for Christmas: putting up lights, decorating the tree, finding the right present, and planning the menu with all the holiday favorites. "It is tenderness for the past, courage for the present, hope for the future". Christmas is also a time for the women and children who access the services at the Mountain Rose Centre to move forward with tenderness, courage, and hope. Tenderness to reflect on the past, courage to stay focused on the present, and hope for a future filled with love for herself and her children.

Years ago, a child who came into the Emergency Shelter just before Christmas asked her mom, "How will Santa know where I am? Will Santa find me here?" as her eyes filled with tears. It is from this child's innocent words that we started the "Adopt a Family Program" to ensure that every family, regardless of what MRC service they were in, would have Christmas. That every child would know that "Santa sees them".

Since that time, the Mountain Rose Centre has included many different holiday programs: Pumpkin carving and Trick or Treating at Halloween, Easter Egg decorating and Egg Hunt, Turkey Dinners for every special holiday, and many birthday celebrations but Christmas will always remain the big celebration. The Adopt a Family Program starts in November when we look to the community to register as a sponsor for a family. This is coordinated by our staff team. Then in early December, our wonderful "Baskets of Hope" coordinator would arrive with purses filled with special gifts for single women who are in the Emergency Shelter. Unfortunately, we lost our dear friend and supporter of the "Baskets of Hope" last month. We will continue this program the best we can in honour of Charlene Preston.

It is the ongoing support from community members, organizations, and corporations, that the Mountain Rose Centre can continue these great programs. "What is Christmas? It is tenderness for the past, courage for the present, hope for the future" that will keep Mountain Rose Centre moving forward in all our endeavours.

**Wishing you a Merry Christmas and Happy New Year!**





# OUTREACH PROGRAMS

With the time change this time of year, our days seem shorter, and there is more darkness than daylight. For some people it can be a difficult time of year to cope with that alone, but for many, it's the very thought of the upcoming holiday season that can leave people feeling more isolated than ever. There seems to be so many challenges and increased expectations eg.) shopping, baking, get togethers and having to split your time with loved ones, or take time off work.

There are also those people who do not have the increased expectations or simple inconveniences as some do, or complaints that some often take for granted. They may not have a home to gather in to bake cookies or have a meal. They may not have the money to buy gifts, or worry about deadlines for shopping lists etc. They may not have their loved ones around them. Some may live far away, and some may no longer be here anymore.

Please be kind to yourselves and take time to pause and give some thought that there are so many people out there who struggle every day in life, and for some- the holidays can make their isolation and loneliness more magnified. It costs nothing to be kind, and maybe reflect on what is important during this (or any) time of the year.

**We're all in this world together. Let's remember our fellow human beings today and every day.**


Gail & Glenda Outreach




## Some tips for Building Social Supports (provided by TherapistAid.com)

 Reach out to family, friends, or other supports in your life.

 Increase community involvement to build a new support system eg) volunteering, hobbies, or religious groups.

 Attend support groups to connect with others who are dealing with similar problems or life experiences. It can be rewarding to share your own story and provide support to others.

 Use professional support such as doctors, therapists, social workers and other professionals who can help you solve problems that are more complicated, or too difficult to tackle alone.

***"Your passion can inspire others to live theirs...."***

– Kimberly Snider



# COMMUNITY OUTREACH

November marked National Family Violence Prevention Month and I spent some time out and about in the community as well as surrounding communities distributing resources and information regarding Family Violence and Family Violence Prevention.

Perhaps you have seen the purple ribbons that represent support for Family Violence Awareness and Prevention?

If you have not please stop in at the MRC office and pick one up along with some resources and information on Family Violence Prevention.

Mountain Rose Centre  
and Clearwater Regional FCSS

## Family Violence Prevention Month

Alberta has the third highest rate of self-reported spousal violence among Canadian provinces, yet family violence is preventable.

November is Family Violence Prevention Month (FVPM) in Alberta. It is a time to increase awareness of the warning signs of family violence and the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

Found on [www.alberta.ca](http://www.alberta.ca)

#wheretoturn  
#GoPurpleAb2022

MRWSA Crisis Line:  
1-877-845-4141  
Mountain Rose Centre Office:  
403-845-5339

Clearwater Regional FCSS  
Information Referral:  
403-847-5270



FAMILY VIOLENCE PREVENTION MONTH 2021

## Learn where to turn for support

Family violence can happen to anyone and you are not alone. When home is no longer safe, help is available 24/7 by calling the **Family Violence Info Line** at 310-1818 or chat online at [alberta.ca/SafetyChat](http://alberta.ca/SafetyChat) where trained professionals will help you learn #WhereToTurn.

Speak out when you see violence happening and help those at risk learn #WhereToTurn.



@AlbertaCSS  
#GoPurpleAB #WhereToTurn

Alberta





# HOUSING SUPPORTS

## 20 THINGS HOMELESS PEOPLE NEED THE MOST

In Canada, **35,000** people are dealing with homelessness on any given night.

Some causes of Homelessness can include:

- \* Inadequate housing
- \* Poverty
- \* Divorce and family disputes
- \* Unemployment
- \* Addiction to drugs and alcohol
- \* Physical, emotional, verbal, and/or sexual abuse



Homeless people have to focus on ensuring they have the means to get through the day. People experiencing homelessness have unique needs, both mental and physical. It's difficult to go through life with no place to call home. Here is a list of things homeless people need the most to survive on the street:

### ① Clean Socks and Underwear

Socks and underwear can fall under clean clothing but are significant enough to warrant their own place in this list. Clean socks and underwear are essential to maintaining healthy bodies and can help in all climates. Homeless people are always on the move. They rarely take off their shoes, and that is because they always have to keep changing from one location to another. They need socks to help keep their feet warm.

### ② Personal Care Products

Hygiene is one of the major problems a homeless person will have difficulty maintaining. Poor hygiene can cause a lot of diseases, infections, and health problems. Don't forget to donate personal hygiene items such as tampons, soap, body wash, tooth brushes and paste, lotion, feminine pads, shaving supplies, deodorant, combs and brushes, nail clippers and files, hand sanitizer, and sanitary wipes, shampoo, mouthwash, and floss.

### ③ Food and supplies

Of course, food and water are top of the things homeless people need the most. Since most people that are homeless eat very little throughout the day, anything helps – though you should prioritize healthy, well-balanced foods like granola bars. Non-perishable food items such as dried food can help homeless people add some variety to their meals. These food items are also easier to carry and last longer, so they have access to different meals on different days.

### ④ Clean Clothing

Many homeless people haven't had a clean change of clothes in days, weeks, or even months. They can use everything from socks to underwear, shirts, pants, shorts, jackets, hats, gloves, ponchos, and hoodies. They can also use laundry detergent so they can go to the laundromat.



# Housing Supports Continued....

## **5** Sleeping Bags

While not all homeless people have to spend their time outdoors, some have no choice. A sleeping bag can be an irreplaceable item for homeless people who have to live outside for extended periods. A sleeping bag can help people stay warm and sleep comfortably in less-than-ideal environments and situations.

## **6** Pet Food

It shouldn't come as a surprise that homeless people have pets, too. For homeless people, having a pet can be a lifesaver because they may not have friends and family.

## **7** Laundry Detergent

Clean clothes and blankets are warmer and healthier. And they provide dignity.

## **8** Reusable containers and supplies

Reusable containers can help a homeless person to store food and eat later. A can opener and other utensils can be very important to homeless individuals to eat their food properly.

## **9** Baby supplies and Childcare items

Roughly 20% of all homeless persons are children and babies. And the homeless youth need help just as much as the adults. That's why donating anything from diapers to baby food, baby wipes, kids clothing, school supplies, toys, medicine, strollers, and other baby supplies to homeless shelters is a must.

## **10** Backpacks and Bags

Backpacks can be a convenient way to store all sorts of smaller items and carry them throughout the day. Backpacks in good shape are a constant need. They can help provide a form of organization and peace of mind knowing where specific items are.

## **11** Blankets, pillows, and bedding items

A blanket goes a long way in providing warmth and comfort, especially when outside in a cold environment. They get used often, but that also means they get worn out quickly and when they become ruined, they lose their purpose.

## **12** Cold weather wear

They need jackets, sweaters, head warmers, toques, gloves, boots, and thick socks. Weather and climatic changes have no respect for anyone, including homeless people. Winter accessories can provide much-needed warmth and comfort.

## **13** Haircuts

One thing that can completely change a homeless person's mood is a good, quality haircut. It'll instantly increase their happiness, confidence, and self-esteem, which is something every homeless individual needs.



# Housing Supports Continued....

## **14** First Aid Kit

We all need access to first aid options in everyday life. This need is no different for someone experiencing homelessness. Accidents happen, and anything can happen throughout the day, so a first aid kit can become an essential item to have access to.

## **15** Shoes and Boots

Dry, season appropriate foot wear is extremely important. It can be the difference between life or death, especially during colder winter months.

## **16** Foot Care

Throughout the day, many homeless people either stand or walk. Their feet ache, and they go through sock after sock like a machine. As a result, the feet of many homeless people are exposed and in discomfort. Whether it's chilly or raining, wearing thin or wet socks is a horrible experience. Having a variety of socks options is quite helpful.

## **17** Sunscreen and water

Homeless individuals can get burned and get dehydrated. Sunscreen is an essential item when it comes to health. Homeless individuals can still spend hours outside throughout the day.

## **18** Identification

We can take our piece of identification for granted and not realize how essential they are to daily living. People experiencing homelessness may lack a reliable piece of identification, and that can create additional problems such as an inability to apply for jobs or social programs.

## **19** Opportunity

Some homeless people have been dealt a bad hand and need nothing more than a little opportunity (job interview or housing) to regain control of their life. That little bit of momentum goes a long way to positive, sustainable results.

## **20** Compassion and Dignity

Many homeless people say they feel less than because of the way they are treated. When chatting with someone who is homeless, small gestures can go a long way. Homeless people need compassion and dignity from those that are in a better position than them. Something as small as a smile, a 'Hi, how are you?' when you pass by them on the street, a quick conversation with them to let them know they're being heard.






# COMMUNITY ENGAGEMENT

Over the course of my years of employment as role of Community Engagement Coordinator I work directly with the Community Services team to assist moving client's forward in their goals. Sometimes it is to establish identification and documentation, or financial means such as income support, AISH or disability or Senior's pensions. This is very individualized depending on each client's needs.

The community side of my job is running the volunteer pool and assisting with the fundraising activities needed to support our organization. Connecting people to ongoing volunteer opportunities and tracking of hours.

This position is very challenging and sometimes tedious and time consuming, but the success stories, knowing people are moving forward with their lives makes it all worthwhile.

## FAMILY SUPPORTS



"Never doubt that a small group of thoughtful  
committed individuals can change the world.  
In fact, it's the only thing that ever has."

-Margaret Mead

The Family Support Team consists of three people that share a common goal of being present in children's and parents' lives, in a positive and supportive way.

Carolyn, the Family Support Coordinator has worked with Mountain Rose Centre for 2 years. In her role she supports and advocates for families. She provides information, resources, and connections to the community. She helps plan family enrichment activities and community outings. Most importantly, she supports the two Child Support staff!

The Child Support Staff consists of Helena, who has been our summer student for several years and this year has stayed on as full time. The team is rounded off by Liam, who has been with us just under a year. Together they plan and prepare fun and educational activities for the children. They provide guidance and snuggles, as well as snacks and laughs! They provide the children with a safe and consistent place to play and learn!



## 8 Steps to Healing Your Attachment Issues in Relationships

Have you found that your relationship history is filled with one wound-triggering issue after the other? Do your attachment issues keep you from getting close to people? If so, you're not alone. Here's how you can understand and actually heal your attachment issues in your relationships.

Attachment issues, also called attachment wounds, are challenges that a person has with forming secure attachments in relationships, sometimes referred to as your attachment style. Your attachment style is your mind's template for how safe you are in a relationship. Whatever attachment style you have—secure, anxious-preoccupied, dismissive-avoidant, or disorganized avoidant—was formed early in your life. Your attachment style is not a conscious choice- it's based on the degree of loving connection, security, and safety you experienced with your parents or caregivers.

Your attachment wounds are exposed in relationships where vulnerability, trust, and safety are most vital. That's why someone you really care about can deeply trigger your wounds; someone you know casually simply doesn't get close enough to know or activate your wounds.

### 4 Attachment Styles

To understand your attachment issues, it's important to first understand what your attachment style is.

#### Secure Attachment

People with a secure attachment style tend to have it a bit easier in relationships. Individuals with a secure attachment style tends to have a fairly high level of self-esteem because they were given appropriate attention, love, and care as a child. Those with a secure attachment style tend to feel confident in themselves and in a healthy relationship- they aren't afraid of intimacy and have the capacity to be both independent and interdependent. Securely attached individuals tend to be emotionally available, grounded, and nonreactive.

#### Anxious Attachment

Those with anxious attachment styles often have a difficult time in relationships due to their extreme need for connection. Individuals with an anxious attachment style often have low self-esteem. Due to a deep fear of being alone and losing a relationship, the anxiously attached person may be very clingy and highly dependent. Those with anxious attachment can be reactive, emotionally hypersensitive, and prone to accepting less than they deserve in relationships. Although often submissive, the anxiously attached person can become aggressive if triggered. And can have fears of potential rejection or abandonment.



# • Parent Child Assistance Program Continued....

## Fearful-Avoidant Attachment

Individuals with a fearful-avoidant attachment style often have difficulty in relationships; they may initially appear invested and capable of being connected, but they are not able to maintain healthy connection. Due to low self-esteem, they tend to think they are not worthy of love and often have low regard for their loved ones. Given their inner unbalance, the fearful-avoidant type tends to create roller-coaster-type relationships filled with unpredictability and dramatic conflict. Their internal world is fear-based and chaotic; this often leads to abusive behaviors directed at others and the self. This type is driven by a constant conflict between a desire to attach and a deep fear of attachment.

## Dismissive-Avoidant Attachment

Individuals with a dismissive-avoidant style often appear independent and may have high self-esteem. They often think they are superior to others. Although those with a dismissive-avoidant style often seem capable of connection, they are often emotionally distant and hyper-independent in relationships.

## Why do attachment issues matter?

A person's worst attachment issues tend to get triggered during times of stress. Your attachment style can be triggered by another individual's actions or words. You can be triggered by another person's wounds and trauma. But you can change your attachment style. If you don't have a secure attachment style, you can do self-focused work to have healthier relationships.

## How to heal your attachment issues.

### Get to know your attachment style

Being aware of your attachment style is one of the biggest keys to healing your attachment wounds.

### Journal

Self-reflective journaling can be one of the most powerful self-growth tools. It's important to be compassionate and nonjudgmental to yourself. Set aside time to journal about 10 positive characteristics of your attachment style. Then focus on 10 downsides of your attachment style.

### Notice Triggers

Get to notice when your attachment wounds get triggered. Keep a journal where you make nonjudgmental notes about attachment issues. The more you notice your triggers, the more you'll be able to focus on healing the sensitive inner wounds.



# • Parent Child Assistance Program Continued....



## **Find your wounds**

As you realize your triggers, you see several clear patterns arise. These patterns will lead you into identifying your core attachment wounds—such as fearing intimacy, feeling unloved, or worrying about rejection.

## **Know your needs**

Work through your attachment wounds through journaling. You may be able to trace each wound back to a specific incident or pattern in childhood. Explore each wound through journaling about how the wound affected you in childhood. Then journal about how these patterns show up in your current relationships.

## **Practice stating your needs**

As you discover your wounds, you can become empowered by acknowledging and stating your needs. Rather than getting reactive or shutting down, you can state your needs to people in clear, healthy ways. By using "I" messages and communicating clearly, friends and family will become more aware of your wounds and your needs.

## **Hold your boundaries**

When you request changes in relationships and work towards meeting your needs, you need to stick with it. You teach people how they need to treat you. If individuals do not give you what you requested- it's important to restate your needs and hold your boundaries. Through self-love you need to seek the healthy relationships that you deserve.

## **Discuss concious 'wound repairs'**

Talk more deeply about the issues behind your wounds. Explore childhood patterns and family issues so that you understand and appreciate your attachment wounds. Attachment wound repair can be very healing and bonding in relationships. Seek compassion and understanding in your relationships.

## **Takeaways**



Remember that your attachment style is important because it forms the basis for how you feel and interact in your most intimate relationships. You can change your attachment style with focused self-development efforts. Attachment issues run very deep, so remember to reach out to a trained psychotherapist if you need further support. You deserve to be safe, secure, and loved.



# 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

**DIRECTOR:** Chris Chabot

**VICE PRESIDENT:** Maureen Janke

**DIRECTOR:** Miranda Titford

**SECRETARY:** Diana Monfetter

**TREASURER:** Meghan Tuite



# 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: \_\_\_\_\_

Email Address: \_\_\_\_\_

- ☐ Would like Volunteer Information
- ☐ Would like to sponsor an event
- ☐ Would like to do a third party event

**Please mail your completed forms and make cheque(s) payable to:**

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

**Interac is available**

## PROJECT AND GRANT SUPPORTERS



Hospitaller Order of Saint John of Jerusalem

T o w n o f Rocky Mountain House

GOVERNMENT OF ALBERTA Ministry of Community and Social Services

Funded by the Government of Canada's Homelessness Partnering Strategy T o w n o f Rocky Mountain House

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

Funded by the Government of Canada's New Horizons for Seniors Program

**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.**

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