



Newsletter

Mountain Rose Women's Shelter Association

OUR SPONSORS FROM THE 2023 MARDI GRAS GALA



Home hardware

Thank You

The Mountain Rose Centre would like to thank all sponsors, donors, volunteers, and attendees for supporting our Gala and helping our organization in our fight to end gender-based violence.



ALBERTA

Hon. Jason Nixon, ECA

MLA Rimbey-Rocky Mountain House-Sundre

ROCKY CREDIT UNION



CENTURY 21.

Westcountry Realty Ltd.

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A Message From Our Executive Director



“Don't judge each day by the harvest you reap but by the seeds that you plant.”

-Robert Louis Stevenson

It is the time of year when we wait for the warming of the earth; watching for the first sign of spring: crocuses, daffodils, and tulips. We plant them in the fall with hope and faith that those seeds will put forth a display of beautiful flowers.

This is what Mountain Rose Centre does every day. We plant seeds of hope that each person fleeing gender-based violence will move beyond violence and live a life of safety and peace. Just like when planting a garden, not all the seeds will take but many will blossom with the right nurturing. We plant each seed with care, knowing that we may need to plant another seed, and another, and another... until one day that person's inner spirit can nurture that seed to blossom within her so she can move away from violence.

We plant the seeds every day and rarely get to see the “harvest” of those seeds because when a woman leaves the shelter with her own ‘garden in full blossom’, we don't see her again. Just like those first spring flowers peaking up through the earth, she has the strength and the belief in herself to move forward. Sometimes tentatively, sometimes deliberately, sometimes just because she knows she must.

This spring, we hope that each of you plant a seed in your own garden so that your inner spirit may blossom.

Outreach Programs

It's that time of year again when the days are getting longer, but for some people, their days can seem endless. We often take for granted some things that are, and continue to be a daily challenge to so many. As we go about our days, we can get lost in our somewhat monotonous routines. We can easily forget about what a "daily routine" can look like for some of our fellow community members. For some, their routine can be far different or indescribable to anything we could imagine. This is a reality for many who may experience hardship due to homelessness, substance use, and even mental health issues.

It's easy to drive by, turn a blind eye, or pretend we don't notice their suffering. For some, their days are spent walking endlessly from morning to night, with no where to go or have daily things to look forward to. Survival is their destination. They may be wondering- Where will I walk to? Where will I sleep? What will I eat? Who can I trust? How did my life end up this way- and how long will it be like this? You never know when a kind word, or a simple acknowledgment can be the saving grace for one person.

Remember that everyone belongs to someone. Our brothers, our sisters, our child, our mother, our father, our friend. We are all fellow brothers and sisters to someone out there—there is a connection somehow.

Let's be thankful for what we do have, and let's be thoughtful and considerate of anyone and everyone who struggles with the day to day.

Their struggles today could be our struggles tomorrow...

**"Be kind,
everyone you
meet is fighting
a hard battle."
- John Watson**

Here's to a new season of hope.

Gail & Glenda



Housing Supports



Since the onset of the Housing Support Services program, there have been a total of 631 clients as of the end of 2022 who have entered the program to receive assistance in finding safe, affordable housing. These client's range in demographics such as seniors, youth, unhoused populations, as well as nuclear and single parent families, and ethnic minority groups. The factors that these client demographics share is that they fall under the low-income and/or marginalized categories. Of the clients who have entered the program since its onset, 309 have been successfully housed. There are currently clients actively looking for affordable and attainable housing. This is work being done in our local communities.

There is also work being done regarding housing issues in other communities, across the province, and nationally. The following are contacts for a few of those organizations who work tirelessly bringing awareness of the unhoused and the issues they face. Check out their websites to find out more information.

Canadian Alliance to End Homelessness:

<https://caeh.ca/>

National Right to Housing Network:

<https://housingrights.ca>

Rural Development Network:

<https://www.ruraldevelopment.ca>

Community Outreach



As an Outreach Worker, when connecting with people in the community or once they have accessed services at Mountain Rose Centre, I have found that individuals living with family violence and abuse are frequently hesitant to reach out to local service agencies that offer support, information, and resources to victims of family violence, either because they are anxious or scared about what accessing supports could mean for themselves or their family, or they do not know what to expect by reaching out to service providers that offer those supports.

This led Mountain Rose Centre to partner with the Mountain View Emergency Shelter Society out of Olds, and the Societies Coordinator of Outreach Services, Emily Webb, to plan for the making of a Family Violence Information Video Series. The goal of the Family Violence Information Video Series is to break down the barriers and misconceptions individuals may have in reaching out for support for family violence by creating a video series that introduces the public to the various services in the communities, and what an individual can reasonably expect when he or she accessed those services.

Finally, after SO much time planning and preparing, and SO many emails sent, in March Kyle and Sara, from The Studio at Olds College came to Mountain Rose Centre to film our Emergency and Second Stage Shelter and an overview of the services provided by the various programs at Mountain Rose Centre. The footage will now be edited by Kyle and Sara and put together into a short video. The finished product will in the (hopefully near) future be made available for viewing on the Mountain Rose Centre and Mountain View Emergency Shelter websites, along with further short videos of other service agencies providing family violence supports.



Community Outreach Continued...



VIRTUAL TAKE A STAND PRESENTATIONS

Mountain Rose Centre is hosting two Take A Stand presentations, presented by Calgary Women's Emergency Shelter.

March 27, 2023– 6:30 pm to 7:30 pm

March 29, 2023 – 2:00 pm to 3:00 pm

These presentations are community capacity building presentations on recognizing, responding, and connecting victims of family violence and abuse to resources that can support the victim.



TAKE A STAND

**TAKE A STAND -
A COMMUNITY CAPACITY
BUILDING INITIATIVE**

Learn how YOU CAN SUPPORT a
victim of family violence and abuse.

The Take A Stand Initiative educates and
empowers community members to effectively
support victims.

JOIN US.

The Calgary Women's Emergency Shelter is focused on ending family violence and abuse in the lives of women, children, youth and men. "Taking a Stand Against Family Violence" in the community since 1974, the agency has helped nearly 200,000 Calgarians build safe lives and healthy relationships. Although the Emergency Shelter is the cornerstone of the organization, it is "More than a Shelter", providing a number of innovative safety, healing and prevention programs.



**24-Hour Family Violence Helpline:
(403) 234-SAFE (7233)**
www.CalgaryWomensShelter.com
Charitable Registration Number: 12988 3443 RR0001



TAKE A STAND

**TAKE A STAND -
A COMMUNITY CAPACITY
BUILDING INITIATIVE**

Presentations are offered to organizations and
groups which help community members learn
how to identify family violence and abuse in
all its forms, ways to respond compassionately
and positively to victims, and how to connect
them to resources.

Learn about:

- Different types of abuse
- How to recognize, respond and refer
- Barriers that victims face
- Myths and misconceptions
- Statistics and research around family violence and abuse

**For more information:
Phone: (403) 290-1552 Ext. 426
Email: takeastand@cwes.ca**



**24-Hour Family Violence Helpline:
(403) 234-SAFE (7233)**
www.CalgaryWomensShelter.com
Charitable Registration Number: 12988 3443 RR0001

Statistics show that 70% of victims of abuse reach out to family, friends, coworkers, neighbors, and others before reaching out to more formal supports such as the RCMP or a women's shelter.

Please register through the following link:

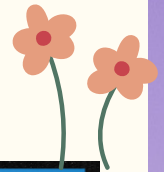
<https://www.eventbrite.ca/e/take-a-stand-against-family-violence-and-abuse-rmh-tickets-570910397367>

Please note that the zoom link to join this virtual presentation is sent out 24 hours before the start time of the presentation.

If you have any questions regarding this presentation or the services offered by Mountain Rose Centre please contact Silvia, Community Outreach Worker for Mountain Rose Centre, at 403-845-5339 or at sclark@mrwsa.net



Family Supports



The Family Support team continues to serve Emergency Shelter and Second Stage families Monday to Friday. The children from both programs attend childcare when needed. It's our goal for them to have a space to focus on being a kid. While the children attend childcare the parents/guardians have time, space, and support from the Family Support workers to complete paperwork, attend meetings, and build the connections they need to thrive.

We would like to thank our donors, volunteers, and community as a whole for monetary donations, as well as, toys, craft supplies, and their time to help us ensure the women and children that utilize our services have a place to be safe, feel connected, and have fun. This spring we will be doing several family enrichment activities including planting seeds for our gardens, swimming, crafting, and as always lots of PLAY!



Community Engagement

The Community Engagement Coordinator position is a program started November 2015 with the Mountain Rose Women's Shelter and has successfully helped several clients navigate government and social based organizations as determined by their specific needs, helping them remain successful and productive in our community.

Additional support has been provided from Mountain Rose Women's Shelter in house community services providing wrap around support for assisting clients with their goals. The Community Engagement Program would like to thank our community for the support throughout this past year with donations of basic need and 'those little extra' items for our shelter and programs to help those less fortunate make it through tough times.



Parent Child Assistance Program



It is with mixed emotions that the Mountain Rose Centre announces that the Parent Child Assistance Program will no longer be offered at our location as of March 31, 2023.

The Provincial FASD Network Board of Directors has chosen to bring several of its PCAP contracts in house for the 2023-2026 grant cycle due to financial and other reasons, and the MRWSA is one of those contracts. Julie Nanson, Executive Director of Central Alberta FASD Network wrote, "this is not a reflection on the work of MRWS as we have been very satisfied with the relationship with your organization". Cindy Easton, Executive Director of MRWSA stated, "As with all good things, sometimes change is necessary. Although we are disappointed in this change, we are grateful that the PCAP Program will remain in our community."

Tia Detta will remain as the PCAP Mentor to provide consistency to the clients being served. The PCAP role would be situated on Sunchild Reserve predominantly although current Rocky based PCAP clients would still be maintained.

For more information or to contact Tia Detta, please call the Main Line: (403) 342-7499 or email jnanson@fasdca.ca

For more information, please contact:

Cindy Easton, Executive Director
Mountain Rose Centre
ceaston@mrwsa.net
403-845-5339

Julie Nanson, Executive Director
Central Alberta FASD Network
jnanson@fasdca.ca
403-342-7499



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 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).

BOARD OF DIRECTORS

PRESIDENT: Sharon Kopchia-Okon

VICE PRESIDENT: Maureen Janke

SECRETARY: Diana Monfette

DIRECTOR: Chris Chabot

DIRECTOR: Miranda Titford

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



Town of Rocky Mountain House



Next to New Store

GOVERNMENT OF ALBERTA Ministry of Community and Social Services

Funded by the Government of Canada's Homelessness Partnering Strategy Town of Rocky Mountain House

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 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.

WANT TO 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 people 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!

**Please fill out this form and send 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 with cash or debit/credit