
From the Desk of the Executive Director, Gwen Friedrich

The promise of spring! This is my favorite time of year – after a long winter we see the first fruits of summer – warm sunshine, puddles and perhaps even tiny bits of green emerging from snowbanks!

At The Caring Place we have been engaging in a series of studies about being in that winter period – we call it *the wilderness*, that period when we are longing for spring – longing for all God’s promises and blessings to be fulfilled. The Caring Place has been reaching out as the hands and feet of Jesus to a hurting world for 26 years. We understand both the joys of that mission and the struggles!

This year – our 26th year - we want to begin the new quadricentennial in a new way! We would like to find 200 monthly partners (we call them the Life Line Club) to share the monthly costs of keeping our doors open – allowing our other donations and fund raising to be used to support new high priority programs and services. This would mark the first time in our history where we would know the blessing of having next month expenses assured! Now that would be reaching the promised land and be a true moment of basking in the sunshine of spring!

Would you consider joining our Life Line Club today?

“Bring Your Best” – Outstanding Event

On February 10 -- 400 people enjoyed headliners Rory Allan and Jennifer Jade Kerr as part of TCP’s musical fund raiser – “Bring your Best”. Other outstanding performers including Jason and Jackie Heistad and 2 Fusion Bands representing the Best



in Praise and Worship Bands across Regina. Big Thanks to Living Hope for hosting us, and to all the performers, merchants and audience who made this a toe-tapping evening to remember. Special Thanks to Beyond Wealth -our presenting Sponsor and SaskTel – Rory Allan stage design sponsor. The event raised \$10,000.

**Ring Raffle- A Sparkling Opportunity to Support Counselling!**

TCP is raffling off a 2 Carat White Gold diamond ring valued at approximately \$5,000. Tickets are \$20 each or 3/\$50, www.thecaringplace.ca/diamond-ring-raffle or call 306.347.2273 DRAW DATE – Mayors Luncheon May 4th. The early bird draw for a *Hillberg & Berk* bracelet, was held at “Bring Your Best”, and the winner was Joan Stricker from Fries Tallman!

Good Friday Service

City-Wide Good Friday Service will be held in conjunction with REMA on Friday, April 14th at Celebration Church (note **new location** - 3130 Renfrew Cres) with services at 9 am & 11 am. A freewill offering will be donated to The Caring Place.

Follow us on Twitter ‘@TCP_Regina’

Like & Follow on Facebook

@TCPRegina

Serving our Community

FREE Depression & Anxiety Support Group. Mondays, 7 – 8:30 pm

Mark your Calendars

May 4 – “What’s your next Gold Medal Moment?” Athletes Breakfast with Adam Kreek

May 4 – Mayor’s Luncheon – with Adam Kreek “What’s your Ocean?”

May 4 – Diamond Ring Raffle Draw

Sept 2 – TCP Art Festival/ Street Fair – “Recasting Reconciliation and Exploring Diversity through Culture and the Arts”

“Surviving Childhood Sexual Abuse Together”



Support group for victims/survivors of sexual abuse and their supporting partners Experience a non-threatening and confidential environment to share personal emotions & struggles. Understand and sense what survivors and partners are going through

- Discover healthy ways as a couple to work together toward emotional healing and wholeness
- Limited Size (4 couples max)
- \$600.00/couple (includes workbook)

The Mayor’s 5th Annual Luncheon in Support of Mental Health Awareness Week



... With Special Guest Adam Kreek

On May 4th, His Worship Mayor Michelle Fougere invites you to attend the Mayors Luncheon in support of Mental Health Awareness Week. This year Adam Kreek is the guest speaker. Kreek -an Olympic Gold Medalist, sports analyst, adventurer and social entrepreneur, and corporate trainer will share with you one of his greatest life changing adventures!. Rowing across the Atlantic

Ocean!

During his previous 13-year rowing career, Kreek won over 60 medals, including 43 gold medal performances. In 2013, Adam made the first ever attempt to row unsupported across the Atlantic Ocean from Africa to America, the subject of the NBC Dateline Documentary, ‘Capsized’.

His real-life experience enables him to offer practical, powerful, and transformative teaching on personal leadership and effective teamwork that result in changed perspectives, behaviours and ultimately, revitalised organisational cultures.

<http://www.nbcnews.com/watch/dateline/preview-capsized-221694019979>



Project Life Line – Club 200



Join us friends on this exciting journey of uncharted waters with Project Life Line. We are looking for 200 people to join this exclusive club where a commitment of \$50 every month makes an immediate impact on the 35,000

people that are in need of counselling every year in the city of Regina and surrounding communities. Contact our office directly at 306.347.2273 or donate online www.thecaringplace.ca/donate

Empowerment Breakfast with Adam Kreek “What is Your Next Gold Medal Moment?”

May 4, 2017

Wascana Country Club

Registration begins at 7 am
Breakfast begins at 7:30 am.

Tickets: \$ 50 each or
\$ 500 table of 10

The Caring Place 2146 Robinson or by
phone: 306.347.2273

Mayor’s Luncheon with Adam Kreek “What’s Your Ocean?”

May 4, 2017

Delta Hotel

1919 Saskatchewan Drive
Door open: 11:30 am

Tickets: \$ 60 each or
\$ 450 for table of 8

www.thecarinplace.ca/mayors-luncheon-2017

The Caring Place or by phone:
306.347.2273

Become a Member!

AGM – We would love to have you become a Caring Place Member. Our next AGM is on April 18th at 11:30 A.M. at the Lakeshore Restaurant. Membership fees are \$30.00 annually and lunch at the AGM is Free. Members help to share the strategic direction of The Caring Place. Please join us – your voice can help to make a difference! (Please RSVP at 306-347-2273 so we know how many to prepare for)

Featured Board Member



Brad Strom – Vice Chair TCP Board of Directors

Building High Performance Teams

Brad Strom is currently the Vice-President, Information Technology and Security, and Chief Information Officer of SaskPower (principal electric utility of Saskatchewan, Canada).

Prior to SaskPower, Mr. Strom had the opportunity to lead development and operations teams in India, Mexico, Brazil, Argentina, England and the United States of America. He also has worked in industries such as energy, banking, healthcare, insurance, telecom, and government. Mr. Strom is a graduate of Carleton University in Ottawa where he obtained a Bachelor of Science in Computer Systems Engineering.

Mr. Strom is an active member in his community. Currently Brad is the Vice-chairman for the Caring Place and will be assuming the Chair position at the AGM on April 25th. In addition Brad serves on the provincial board for Junior Achievement of Saskatchewan, and is a board member of Harvest City Church. He is married to Elizabeth and together they have four beautiful children: Gabriella, Lucas, Naomi, and David.

Having had the privilege of building high performance teams across a diverse set of industries and cultures, Mr. Strom recently returned from Uganda, serving with Leadership Impact where he shared some of the lessons he's learned as well as show how his faith has played an integral role in his success.

Featured Staff Member - Kevin Eby

Kevin lives in Caronport SK and is married and has two adult sons. Carol his wife works fulltime as an administrative assistant at the Caronport Elementary School. Kevin keeps busy with a variety of work. Besides the 2 days a week he spends at The Caring Place he does counselling on an as needed basis at Briercrest College and some private practice out of his home. He is also a part time missionary with Healing Hearts Ministry in Regina. For his own therapy and mental health he does one milking shift a week at a dairy farm at Caronport. In his counselling work he continues to take training in Emotionally Focused Therapy for couples and encourages couples to go for a session or two for a tune up instead of waiting until there is too much damage. He also does Eye Movement Integration therapy to help clients deal with past traumatic events. He values walking alongside people in their challenges in life.

New Faces



Patty Humphreys joined TCP in January as the new Community Coordinator. If you would like to become involved in volunteering or fundraising contact Patty directly via email at patty@thecaringplace.ca



Kathy Lowry joined us in April for a 6 month internship with Neil Squire Society.



Bonnie Perreault joined us in January as a Work Placement Intern with the Neil Squire Society.

Congratulations

As Convocation nears for some of our counseling interns are busy finishing off the last of their papers and preparing for any final exams.

We want to acknowledge and celebrate their efforts in obtaining their Masters' degree.

*Joyce Lee
Sherry Olson
Rachael Spears
Kendall O'Connell*

MINI DEVOTIONAL: Submitted by Rod Donnison

Blessings in the Wilderness

A common encouraging verse that is often quoted for seasons in life when we feel as though we are in the "wilderness" is found in Psalm 23. During difficult times we often remember verse 4, where the Psalmist powerfully declares, "Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."

Psalm 84 is another portion of scripture that has provided comfort and hope when I've wondered where the Lord was (or even if He had left me). After a study of this Psalm, I found it interesting that the "Valley of Baca" (v.6) is also translated the "Valley of Weeping". It is important to understand that we all go through various trials and seasons of life -- whether they be "mountain-top" or "wilderness experiences".

To summarize my understanding of this text, the Lord promises that when we find ourselves in a dry season, if we continue to hope and trust in Him, He will turn our difficult journey into times of refreshing and encouragement. Remember that we are not there to stay -- we are meant to "pass through" the valley. As we press on and hold on, the Lord will provide blessings in the wilderness just as though pools of water are being provided for our dry times. God's plan is to always reward our faithfulness causing us to go from strength to strength.

James 4:8 says, "Draw near to God and He will draw near to you."

Bless you,
Rod

The Caring Place has been selected to sponsor a Street Fair on Saturday, September 2nd to Celebrate Canada's 150th Birthday "Recasting Reconciliation and Exploring Diversity through Culture & Arts"



Plan now to join us as we celebrate Canada's 150th birthday with a 'Street Fair' highlighting our "Art as Therapy" program, where you will have an opportunity to explore your creative side through observation or participation. Events include main

stage performances and smaller demonstration projects including making traditional drums, creating your own ceramic mask, and exploring yourself through shadow painting or Ikebana floral design. Children's crafts such as making your own jelly fish will also be offered. A highlight will be the Vancouver Aquarium with their 40 foot mobile display of marine animals and through their large interactive screen festival goers will be transported to Indigenous Youth Environment Ambassadors in Northern BC.

Volunteers are Needed

– Lots of Opportunities -
Speak to Patty

Can you donate....?

Art supplies:

- (oil pastels
- Paints
- Brushes
- Canvases
- clay

Paper (8 ½ x 11 copy- white)
Office supplies (window & non window envelopes)

As we serve many on a daily basis, we need to maintain supplies to keep our kitchen, bathroom and offices running.

You can help by donating gift cards:

- Staples
- Canadian Tire
- Superstore
- Air Miles

so that we can purchase items needed. Thank you.