



THE CARING PLACE NEWS



WWW.THECARINGPLACE.CA 2146 Robinson St. Regina, Sk 306 347 2273

NEWS FROM THE DESK OF GWEN FRIEDRICH, EXECUTIVE DIRECTOR

JULY 2016

July 15th marked my first anniversary at THE CARING PLACE. Highlights of this exciting year include providing over 4,500 hours of professional counselling including 52 FREE drop in sessions every Monday night for our Depression and Anxiety Support Group.



In September we partnered with REMA (Regina Evangelical Ministerial Association) to participate in "Praise In The Park", and for The Good Friday Service.

October saw us hold a Fowl Supper with our friends at Living Hope Alliance Church - what fun to explore what counselling means from the perspective of the client, volunteer, and counselor! In May we held our 4th annual Mayor's Luncheon as part of Mental Health Awareness week! Our guest speaker was Margaret Trudeau who shared her story of hope to a crowd of over 900 business and professional leaders.

BIG THANKS GO TO OUR SPONSORS!



 The Scotia Bank honoured us with a donation of office furniture to refurbish our office and to help us create a new art therapy room for our Art Therapy Project set to begin this October.



In October we are also partnering with The RCMP Heritage Centre for an exciting fund raiser "A Night At The Museum". This gala murder mystery dinner allows you

and three friends to solve the mystery of what a 2016 murder has to do with an unsolved murder that took place during the Klondike Gold Rush. Join detectives, actors and the forensic team to help solve the mystery! You and three friends could win a trip to Las Vegas!

The Caring Place is growing! Our aim is to provide 1,500 additional counselling hours this year to persons from all walks of life. Read Belinda's story in this issue! You will see why the work we do is so vital!

Would you consider becoming a Caring Place monthly donor? Your donation will be used to provide scholarships for persons unable to afford professional counselling. You will be recognized with a commemorative tile in our new - Garden of Hope patio - created by our Art Therapy students.

We have so many Thank you's. Big Thanks go to the customers and staff of Fries Tallman Lumber for their donation of \$2000.00 in support of counselling at The Caring Place.



Big Thanks also go out to le Macaron for the wonderful fashion show, coffee and dessert and fundraiser on June 12th. This even raised \$700 and gave us a chance to meet many of our community supporters.



OUR FEATURED BOARD MEMBER ROD DONISON

Rod Donison is a man who wears many hats! Whether working as a chaplain with the Roughriders, coaching leads with Leader Impact, or helping people become all they can be through the "Power To Change". Rod's goal is to help each person find the relevance of faith in their professional and personal lives. In his full-time ministry role with "Power To Change", Rod serves as the Area Manager for Leader Impact, a ministry that helps marketplace leaders explore the relevance of faith in God in their professional and personal lives. In that same capacity, Rod also serves as chaplain to the Regina Police Service where he is also part of the Critical Stress Management Team. Rod and his wife, Rebecca, were born and raised in Regina, Saskatchewan. They were married in 1993 after meeting a few years earlier. Although a number of opportunities nearly uprooted them, the Queen City has always been their home.



Mayor's Luncheon 2016

By Rachael Spears

We had the pleasure of welcoming Margaret Trudeau to our 2016 Mayor's Luncheon. It was an honour to have her share her story of courage and triumph as she battled mental illness. The Caring Place considers it a great privilege to have hosted such a wonderful event. Thank you to all our sponsors and attendees for making this event possible. *This article is reprinted from Refined Regina & Area Vol 1 Issue 11 2016.*



MARGARET TRUDEAU

Beacon of Hope at Mayor's Luncheon for Wellbeing

By Sherry Lee Photos Kirako Iatridis

The Delta Hotel ballroom was packed May 5 for the annual Mayor's Luncheon for Mental Wellbeing — a major fundraiser and community education event for The Caring Place, a professional non-profit counselling centre. One thousand people came out to hear prominent Canadian woman and author, Margaret Trudeau speak about her personal experience with bipolar disorder — her rise, fall, and triumphant rise again out of the depths of what she calls "her predicament."

With candor, humor and in a warm storytelling fashion, Trudeau walked the audience through her decades-long journey with bipolar disorder, from a normal childhood of healthy food, plenty of sleep and physical activity, to the slow onset of the illness in university, where healthy habits lost priority. The birth of her children worsened the situation, leading to psychiatrist visits and medications amidst her ongoing denial and vacillating between mania and depression. "I had no idea I was in clinical depression. Of course, I blamed everyone for it. I was miserable," she adds. "Life triggers us — we worry, we don't sleep, our bodies start hurting — depression hurts so much."

Years later, drowning in grief from the loss of her

adult son, Michel, Margaret closed off the world. With the support of family and friends, she started the long road to recovery, which meant first healing her brain and then looking at how she was going to live the rest of her life. "I took it all on. Why not? I had to 'change my mind.'"

Her doctor eventually encouraged her to tell her story and do advocacy work. "Changing My Mind" is really a manual requested of me by my doctor to help patients and their families understand what they're going to be going through." Ten years and a few books later, Margaret continues to be energized travelling the country advocating for mental health.

Owen Friedrich, executive director of The Caring Place, says this was a win-win-win event. "The community wins because the financial support makes it possible to provide counselling and support on a sliding income scale, increasing the quality of life for more than 4,500 people yearly. Persons with mental health challenges win as the community becomes more aware of these challenges and ways to support individuals who are struggling. And finally, The Caring Place wins through community recognition of our 25 year history of providing support as a beacon of hope in the community."



"I've been given a voice and the stories are true. It happened to me and it can happen to anybody. When you're suffering from a mental illness, it's very hard to admit and accept the long process. It took me years to get better. It's not going to happen overnight. There's no magic pill. It's finding the confidence and faith inside to forgive yourself for the mistakes you've made and forgive others for not understanding... and move on and enjoy every day. Reach out and don't deny your problems. It takes courage to accept it, and then get help."

—Margaret Trudeau

top Margaret Trudeau below Owen Friedrich, executive director, The Caring Place

A Client's Story

By Jessica Bonish

Belinda Leibel, Associate Pastor at Northview Community Church, came for counselling at The Caring Place about 10 years ago. As a pastor, Belinda took on a helping role to hide her own pain stemming from a difficult childhood; parental divorce, an alcoholic father, and sexual abuse at the hands of her paternal grandfather.

In 2000, Belinda's husband was diagnosed with cancer, her 2 children were hospitalized for 6 weeks, and Belinda was diagnosed with diabetes. Still, she buried her own difficulties by helping others and fulfilling her pastoral duties.



"With each step, I wanted to turn around and go back down. I wasn't ready, I didn't belong in counselling".

After struggling alone for many years Belinda came to The Caring Place for **pastoral support**, filled with fear and apprehension and not knowing what to expect. Her counsellor's office was on the second floor, and Belinda saw each step as an opportunity to turn around and go back down.

Finally gaining the courage to enter the counsellor's office, Belinda found her counsellor to be caring, kind and loving. The first session was a tearful one. Though emotionally challenging, her tears reflected her comfort with the care she was receiving. Belinda appreciated that her counsellor was Christian, and

understood her values, understood that God was part of each decision she made

At one of her last sessions, Belinda was asked to call her father and to write a letter to her deceased grandfather! - Belinda found this very difficult. As she took each step down the stairs, she told herself she would never be back, *but God had a different plan.*

As she sat in her car outside the office, her father, who she hadn't spoken to in a long while, called to see how she was. With the strength Belinda gained from counselling she was able to express her pain resulting from the sexual abuse - which happened while her father was intoxicated. Expecting to be told she was a liar, as had happened in the past, Belinda got an unexpected response, "I'm so sorry Binky. I know it's all true. I pray you can forgive me and my dad". This opened the door to a healing journey.

Belinda has used her experience to help others, in her role as a pastor, she has the opportunity to walk alongside many people as they journey through difficult times. She frequently refers people to The Caring Place. The support Belinda received from The Caring Place staff has helped her to be a better helper herself.

"Each day is a healing day a strong person gets counselling, not a weak person. We are all weak, God has created people who can help" us through our darkest times".

Our Featured Counsellor Graham Tyson



Graham Tyson MA/APA is professional Counsellor at The Caring Place. Graham helps people through grief and loss, depression, anxiety, couple and family relationships, childhood sexual abuse, and addictions. He facilitates couples support groups relating to childhood sexual abuse, experienced by one or both

Freed From The Grip Of Shame

Submitted By Graham Tyson

Mini Devotional:

You and I are created in the image of the triune God! "Then God said, 'Let us make man in our image (Father, Son, and Holy Spirit), in our likeness, and let them rule over . . . all the earth . . .'" (Genesis 1:26 NIV). Humanity's choice to turn its back on God introduced shame into the world (see Genesis 2:18-3:10). Christ's love was shown to us when he died to cover our sin and shame (Romans 5:8; 1 Peter 3:18). The first biblical picture of a sacrificial covering is found in Genesis 3:21, when God covered Adam and Eve with the skin of an animal (Genesis 3:21).

A MESSAGE FROM THE COMMUNITY

CONNECTOR JESSICA BONISH

I joined The Caring Place team as an intern serving as the Community. With The Mayor's Luncheon around the corner, I hit the ground running! Leading up to the Luncheon, I had the opportunity to work with our partner churches and organizations to increase publicity for the Mayor's Luncheon, and to sell tickets. I was also blessed with many amazing volunteers who made The Mayor's Luncheon possible **Thank you!**



New Programs:

ART THERAPY: ART AS MEDICINE!

Beginning Oct 28th we will be offering an Art Therapy Program Wednesdays

Youth ages: 8-14 Time 4-6 PM.

Adults: 6:30-9:00 PM

Are you feeling lonely? Would you like to connect to others and learn more about yourself & explore yourself through art?

The Art Therapy Program engages participants through pottery, painting and drama! Classes are taught by an Art Therapist and an artist.

Sessions are 4 consecutive weeks: Costs are \$30 per week and include supplies.

A limited number of scholarships are available based on need. Class size is limited so book early.

NEEDED:

Volunteers For: Praise In The Park SEPT 10 & A Night At The Museum-RCmp Heritage Centre Oct 21 & 22.

ITEMS NEEDED:

3 - DESKTOP COMPUTER

19 - EASELS FOR ART THERAPY

ART SUPPLIES: clay, glazes, canvas, ceramic tools, paintbrushes, paint, old rags, wood, most any supplies to do with painting, pottery or drama. Thank you so much for your support!

ADULT VICTIMS/SURVIVORS OF CHILDHOOD SEXUAL ABUSE

Graham Tyson will be facilitating a support group for couples journeying through the impact of being adult victims/survivors of childhood sexual abuse. If either partner or both have experienced childhood trauma from sexual abuse, consider attending this group.

Time: Thursdays 6:30 -8:30 PM

Location: The Caring Place

September 15th - December 1st 2016

Cost: per couple \$600

Please call or visit The Caring Place to register early. there is only room for three couples. Future seminars will be meeting in January-March, April-June, and September-November in 2017.

Our Featured Volunteer Sam Ratcliffe



Sam started volunteering with The Caring Place shortly before the 2016 Mayor's Luncheon for Mental Wellbeing. Although Sam started volunteering so that she could listen to Margaret

Trudeau speak at The Mayor's Luncheon, she continues to be a regular volunteer. Sam said that she enjoys volunteering at The Caring Place because she has been blessed by our services, and wants to give back.

Outside of volunteering, Sam enjoys riding her motorcycle and spending time with her puppy. But no matter what, she likes to give back and help other – it is an integral part of her mental wellbeing.

If you are debating whether or not to volunteer, Sam's advice is "to just do it! Don't wait for another time or a better time, just do it right

Up Coming Events

Aug 13th 10:00 am - 4 PM Hamburger Hotdog Sale! Where 5875 Rochdale Blvd
Enjoy a delicious lunch while helping The Caring Place.

Saturday September 10th 2016 "Praise in the Park" Come and see the Ministry!
Stop by our booth for a warm cinnamon bun with coffee and a chat.



Tuesday Sept 20th 2016 1-3:30 PM Open House At The Caring Place!
Come see our new renovations & our New Art Therapy Room.

Oct 21/22 "A Night At the Museum" at the RCMP Heritage Centre. Join The Caring Place & The RCMP for a Gala murder mystery dinner. The winners fly to Las Vegas. Tickets Available Sept 1/16 \$200.00 p/p.

Oct 29th "Finding Home in a New Land" shared fundraiser with the Ugandan Canadian Association of Saskatchewan at the Shumiatcher Theatre \$60- p/p.