

From the Desk of the Executive Director, Gwen Friedrich



Summer is here! I can feel it in the air and hear it in the sounds of children playing outside! Just like a child I long for the school bell to ring – for the end of books and the beginning of summer frolic. For us at The Caring Place this summer will bring some of that same excitement.

This year we provided 5,000 hours of individual coaching and counselling, held 50 FREE MONDAY night Depression and Anxiety Support Groups, and began a brand new “Art as Therapy” Program based on the award -winning work of Michelle Obama and the Guggenheim Institute!



We’ve hosted three successful events beginning in February with “Bring your Best” – a evening of music and desserts at Living Hope featuring the “best” Regina musicians. 400 people joined us to hear Rory Allen, Jennifer Jade Kerr, Jason and Jackie Heistad and Glenn Sawatzky , and 2 Fusion Bands for a toe-tapping, dessert extravaganza. Thank-you to our sponsors – Beyond Wealth and Scotia Bank.

Good Friday is always a highlight of our year! Together with our founding partner REMA (Regina Evangelical Ministerial Association) we have the honor to invite the entire City-Wide Church to a service to celebrate Easter. Our host this year was Celebration Church! In our Good Friday service we were again reminded that while Good Friday was a day of terrible pain and sacrifice – it leads to Easter Sunday – a day of joy and victory! This is the message of hope The Caring Place presents to clients all year – while you may be in the Friday of your life – have hope – because of Jesus’ finishing work on the cross – Sunday and its Victory will come! We are here to help you as you walk through these challenges and struggles any day of the year.



The Mayors Luncheon in May featured 2 x Olympian – Adam Kreek – whose animated presentation saw Mayor Michael Fougere lying on the floor for 10 minutes imitating what it was like to sleep in the hold of the tiny boat. More importantly Adam spoke about how to overcome depression, set new goals and move towards empowerment in the face of overwhelming odds. He knew of what he spoke as he and his crew spent 72 days fighting storms and equipment challenges only to be swamped at sea by two rouge waves 900 km from their goals of being the first team to row unaided across the Atlantic. Thank-you to all our sponsors for this successful event, Great West Life, Westridge and Scotiabank, Beyond Wealth, Bar-T Construction, Local 179, Postcard Portables, CTV, Bravo Tango, Mustang Survival, Wascana Country Club and Paris Jewelers! This year we also shared our speaker with 50 inner city youth (sponsored by Harvard and It’s More than a Game) who began their own 30-day empowerment journey with the launch at this Athletes Empowerment Breakfast.



With all these successes behind us what lies ahead that produces the kind of excitement I talked about – the kind that makes me feel like kicking up my heels and shouting! Well it is our STREET FAIR – CELEBRATING CANADA’S 150TH BIRTHDAY. Yes, on September 2nd The Caring Place is hosting a Street Fair on our block – 2100 block Robinson - entitled “CONNECT – Recasting Reconciliation and Exploring Diversity through Culture and the Arts!”. Partners from across the non-profit, church and business community are working with us to make this event a day to remember.

Highlights will include a main stage with Regina musicians from different cultures and genre’s, an international fashion show, Art AS Therapy demonstrations and workshops, opportunities to participate in drum making, ceramics, painting or creating a permanent tile mosaic in our new Garden of Hope with artist Vanessa

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Kilowski. As if that isn't enough – join our Cree Grandma and our Indigenous Youth Ambassadors as they connect with youth ambassadors from Northern B.C. via a huge live screen connection and engage with them in a Living Legend Project. OR come tour the 40-foot truck of Marine animals courtesy of Vancouver Aquarium, the fire truck demo by the Regina Firefighters or the Interactive 3-D flyover of Saskatchewan by Mad Dog or one of over 38 other interactive displays and food courts. Want more? Well is FREE ADMISSION what you are looking for? (Call if you would like to join our team of volunteers to make this the best ever celebration)

Featured Staff Member – Rachael Spears, MA



Rachael resides in Regina, Saskatchewan with her family. She has been married for 17 years and has two children. Rachael was not from Saskatchewan, but moved from Ottawa in 2012. She has enjoyed calling Regina home for the last five years.

Some of the activities she enjoys are reading, movies, coffee (lots of it) and spending time with her family. She finds that spending time with her family reenergizes her and looks forward to the quality time together.

Rachael recently graduated from Briercrest College and Seminary with her Masters in Counselling. She has had her own journey to mental wellness and this led her into the counselling field. She strongly believes in mental health as being part of the whole health of an individual.

Rachael enjoys working with individuals on their journey and walking alongside them as they discover more of who they are. She enjoys working with youth as they are equally impacted by issues of mental health.

Serving our Community

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

Mark your Calendars

Aug 1 – Queen City Ex Parade – Watch for our float!

Sept. 2 – TCP Art Festival/ Street Fair –

“CONNECT: Recasting Reconciliation and Exploring Diversity through Culture and the Arts”

Sept. 16 – Praise in the Park (10 am – 10 pm)

Volunteers are needed for our Street Fair.

Winners!

We are pleased to announce the winners of the Ring Raffle, which occurred during Mayor's Luncheon, on May 4th in Regina:

2 carat white gold diamond ring:

Susan Millen

Wascana Country Club Social

Membership: Vivian Helliwell

Pandora Sterling Silver and Crystal

bracelets: Mary Jean Tolentino, Leon Friesen & Lee Olson

Door Prize: Outdoor Prize Pack: Deb

Krekiewich

New Faces



Kim Wolbaum, RSW, MSW (Cand.)

joins us as a new counselor that specializes in grief, loss,

anxiety,

mental health, relationships, family,

parenting, youth and career

counseling.



Vanessa Kijkowski is a new member at The Caring Place as our summer student!

She is assisting as an art assistant and also helps in the artistic expression classes offered. She will be working on the street fair.

Art as Therapy
 The 'Unloneliness Project' ended in early May.
 "Art as Therapy" is now Artistic Expression Group

We are currently running an Artistic Expression Group until June 21st.



Interview with Susan Millen, Ring Raffle Winner



On May 4th at this year's Mayor's Luncheon in support of Mental Health, Susan Millen won the 2 Carat Diamond Ring Raffle.

Imagine our excitement when we learned that Susan has a long history of supporting The Caring Place that extends to its inception in 1991. Founding member, Dr. T.V. Thomas commended that "had it not been for the work of Sue – The Caring Place would not be in existence today".



In the early 1990's Susan and a small group of dedicated individuals saw a huge need for a Faith Based Counselling Center that would speak to a person's body, mind, spirit and emotion. Working closely with REMA (Regina Evangelical Ministerial Association) they envisioned a center that would be in the heart of the city – meeting the needs of all hurting people regardless of their financial situation.

In 1991 this vision became a reality, and the excited team worked closely with churches and businesses to fund the ever-increasing client base. They ran a number of exciting fund raisers including one in 1995 they called, "Windows 95", where youth would volunteer their time to wash windows and collect funds to go towards The Caring Place. Another successful fundraiser they began was an award dinner for the "Caregiver of the Year".

For 26 years, Susan has continued to provide The Caring Place with a monthly donation – making her a member of our LIFELINE PROJECT – a project that ensures that no one is turned away by providing off-setting funds for individual counselling and helping to support the FREE MONDAY NIGHT ANXIETY AND DEPRESSION SUPPORT GROUP. (See the enclosed link to become a Lifeline Member today)

Susan's dedication to the excellent work of The Caring Place is once again being demonstrated as she is selling the 2Carot Diamond Ring she won and donating all these funds to support The Caring Place – making all our clients the REAL WINNER! On July 31, 2017 the ring will go to the highest bidder. Please see the link to place your bid. Bid often....www.facebook.com/TCPRegina/.

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

"Surviving Childhood Sexual Abuse Together"

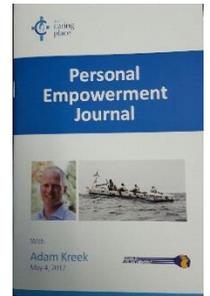


Support group for victims/survivors of sexual abuse and their supporting partners Experience a non-threatening and confidential environment to share personal emotions & struggles. Understand and sense what survivors and partners are going through Discover healthy ways as a couple to work together toward emotional healing and wholeness. Limited Size (4 couples max) \$600.00/couple (includes workbook)

Next session starts in September 2017

Mayor's Luncheon and Empowerment Breakfast

On May 4th, at 7 am, the Wascana Country Club hosted TCP's Athletes' Empowerment Breakfast. Deserving youth from five inner-city schools attended the breakfast and were challenged by guest speaker, Adam Kreek. Adam challenged all in attendance, to make and strive for their personal goals. He acknowledged that sometimes we fail in achievements, but the important thing, is that after a period of reflection, "Let it Go", as he lip-synced with the "Frozen" video. All in attendance received a copy of the 'Personal Empowerment Journal'.



The 5th Annual Mayor's Luncheon was held at 11:30 am on May 4th at the Delta Hotel. CTV's Phil Darlington was the MC for the luncheon, which featured a delicious lunch and our guest speaker, Adam Kreek. His lunch topic was "What is Your Ocean?" as he challenged the attendees to embrace their energy states, and to focus on turning the negative energy into positive energy. Adam challenged all the attendees to take 5 minutes each day to complete the 30 day journal.

The luncheon provided the last opportunity to purchase raffle tickets for the 2 carat white gold diamond ring, as Adam Kreek selected the lucky winners.

Start your 30 day Personal Empowerment Journey today. Extra journals are available at The Caring Place for \$5 each, while they last.



Garden of Hope



The Caring Place is planning an ART

project. We are building a patio beside our offices in the Cathedral Village, where birds, butterflies, and people can commune with nature, eat their lunches or just talk! The Patio will include a themed path of hope – created from specially formed bricks. Your personalized brick – with your name or message will help form the patio. The themed walls of hope, joy, purpose and passion, will include art work from our clients and our monthly sponsors.



The costs of building the patio will be off-set by art grants – so your donations will all go directly to supporting clients who are unable to cover the costs of counseling!

“CONNECT: Recasting Reconciliation and Exploring Diversity through Culture & Arts”

The Caring Place on September, 2nd, 2017 is hosting the Connect Fair — "Recasting Reconciliation & Exploring Diversity through Culture and Art." The whole concept in creating this free event is to celebrate diversity, empowerment, belonging, and hope! The ability to share arts and culture opens the door between others in the community and can create positive discussions for the future. The multi-cultural and Aboriginal hosts will showcase our community as a whole. Plus, there will be so many opportunities to learn and create. There will be dances, music, art workshops,

delicious food, honourable speakers, a 40 foot aquarium display all the way from Vancouver, and a chance for Regina North Central Indigenous Teens to talk with the Indigenous Youth Environment Ambassadors through a live interactive screen. All together we can learn about our past experiences to inspire, then to envision our futures as a community. Finally, this is also one of the few city exhibitions in Celebration of Canada's 150th Birthday. So, what a better way to celebrate Canada's welcoming and diverse culture with The Caring Place!



“Bad Days Better” by Andrew Waithe

MAY 30 2017



With summer coming around the corner it is easy to forget the prairie winter that just left us weeks earlier. There is just something about the extended hours of sunlight in the day, and warmth of the sun, that makes life seem that much better. For students the school year has either just finished, or will finish soon, and summer holds the promise of relaxation and maybe a summer job. But there are some whose circumstances are less than idyllic. Life we find is often less than perfect. What do we do when we get that call in the middle of the night or that call from the doctor's office in the middle of the afternoon?

The Gospel story testifies to Jesus walking on the water. Not only do we get to see Jesus demonstrating the power of God in 'impossible' circumstances; but we see Jesus encouraging Peter to overcome his circumstances by putting his focus on Jesus. Focusing on God makes the difference between sinking in the storms of life or being able to stand in God's power above horrible circumstances; the music duo "Shane & Shane" in their song "Bad Days Better" talks about this very thing. Along with other writers I echo the truth of "don't make your "worst day" your "last day". It can get better; it does, I've seen it. The same help that is available to people like Joni Eareckson Tada, Nick Vujicic and Bethany Hamilton; to overcome harsh circumstances, is available to you and me. Don't lose hope and never give up because God hasn't given up on you.

Featured Board Member – Andrew Waithe



Pastor Andrew Waithe was born and raised in Regina. He now lives with his wife, Tammy here in the city.

Pastor Andrew is currently the Associate Pastor serving at Grace Mennonite Church in Regina

Over the years, Andrew has had ministry connections to Hillsdale Alliance (now Living Hope Alliance) and the Salvation Army Family Services.

Andrew was a student and staff person at Canadian Bible College and Seminary. He was also on staff at Western Christian College and High School.

Andrew is starting his second term as a Board member of The Caring Place Christian Counselling Centre in Regina and is the current Chair of the Regina Evangelical Ministerial Association (REMA)



Lots of Volunteer Opportunities

Contact us
connect@thecaringplace.ca

Can you donate....?

Art supplies:

- oil pastels
- Paints
- Brushes
- Canvases
- clay

As we serve many clients 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
- Your favorite retailer

so that we can purchase items needed.

Follow us!



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@TCPRegina

Thank you for your support.