



### ***From the Desk of the Executive Director, Gwen Friedrich***

This fall issue of our newsletter shares so many things that are happening and are about to happen in our community and at The Caring Place. I hope you enjoy reading it, and that you join us as a volunteer, participant, sponsor or advocate throughout this coming year!

On September 2<sup>nd</sup> we were delighted to have a ***Street Fair celebrating Canada's 150<sup>th</sup> Birthday***. The Fair, which we called "Connect" saw over 3,000 people come to explore Art, Music, Narrative and Play Therapy – to learn about community resources and to understand – some for the first time – that they never need to face life's challenges alone. Thank-you to REMA, our church and our community partners for your part in making this a tremendous success! Thank-you to all our sponsors including major sponsors – Smithbuild Construction, Floors by Design, Scotia Bank, Vancouver Aquarium, Heritage Canada and The City of Regina.

The photo shows our summer Art Student - Vanessa - in the emerging Garden of Hope that Smithbuild helped us to create. You won't want to miss becoming a LifeLine Club Member and having your unique stepping stone added to this Garden!

The Caring Place is committed to helping every person find a way back to purpose, passion and joy! ***We believe that there is always a way!*** To help make that a reality we added some new programs. In addition to the ***FREE DROP-IN DEPRESSION AND ANXIETY Support Group*** every Monday from 7 – 9.

We have added:

- ***FREE ART AND CHAT Drop-In Support Group*** every Thursday from 5-8 pm. This class focusses on group art projects while talking about what matters most to the individuals in the class. Topics have ranged from "My friend committed suicide – how do I deal with it", to "If you say you believe something and don't act on it – do you really believe it?", to "How do I deal with anger?". Classes are co-facilitated by a Counsellor with a Fine Arts Degree and a Professional Coach.
- ***Artistic Expression*** – Embarking on this journey will be a catalyst for encouraging change and gaining insight. 8 – 2 hour Sessions are \$240.00 which includes all Art Supplies-and ***Please call for information on the next session.***
- ***Surviving Childhood Sexual Abuse Together*** – A support group for couples. 12 – 2 hour sessions. \$600 per couple. ***Please call for information on the next session***



***Every year we are honoured by the many foundations, individuals and businesses that choose to believe in message of Hope that The Caring Place provides through over 5,000 hours of counselling. They build into the lives of people by providing sponsorships so that everyone – regardless of their financial situation – can receive the counselling and support they need.***



On November 24<sup>th</sup> – **Chrisinda Tkatch – Mrs. Canada Globe 2016** – is honouring The Caring Place – by making us the recipients of her Annual Shopping Crawl. Ninety women will be participating in the 4<sup>th</sup> Annual Black Friday Shopping Crawl. Each woman will be treated to a swag bag, while being chauffeured in a limo to ten boutiques. Chrisinda Tkatch, Ms Canada Globe 2016, is donating the proceeds to ‘The Caring Place’. The event is SOLD OUT.

Thank-you to Chrisinda, Dean Renwick and boutiques throughout Regina!

Did you know that **by the age of 40 half of all people will have experienced a major bout of depression?** Yet **only 20% of people ever get the help they need.** This is very sad – because 80% of people will experience depression again if they DO NOT get the help the first time they need it. **Please help us ensure**

**that every person has a life-line the first time they need help!** Join our Project Life Line Club 200! Sign up to give any amount on a monthly basis! Not only will you save lives, and help ensure that no-one needs to face their challenges alone – BUT you will also have an opportunity to **create your very own mosaic stepping stone that will be placed in our Garden of Hope** as a permanent message of Hope from you!



**On February 9<sup>th</sup> plan to join us to learn more about our programs at our annual BRING YOUR BEST GALA - Tasting Notes – All about Jazz.** This year’s event will feature a punch reception, a sit-down roast beef dinner by Charlotte’s Catering, and headliners as well as other Regina Artists and a Fusion Praise and Worship Band. Tickets are limited and cost only \$40 per person or \$320 for a corporate table of 8. Call (306)347-2273 for tickets

### Ring Auction Winner

Giving Back! That is what Susan Millen is all about! After winning the 2 Carat Diamond Paris Jewelers Ring at the 2017 Mayors Luncheon, Susan decided to give back! She offered the ring for auction – with all funds coming back to The Caring Place – a charity that she helped



found – and that holds a very close place in her heart. After a month of active bidding Ruby Dietrich won the ring with a winning bid of \$2000. Our heartfelt thanks to our long-time supporter, Susan Millen. The real winner is The Caring Place! Thank you to all who bid on the ring.



### Scotiabank Golf Tournament - July 10<sup>th</sup> at Wascana Country Club!

What a great day! The Scotia Bank invited businesses throughout Regina to take part in their Charity Classic. The Caring Place Team was thrilled to be one of the recipients of a \$10,000 cheque presented by Karen Birss (District VP Scotia Bank). Accepting on behalf of The Caring Place is Executive Director, Gwen Friedrich. Thanks

so very much [Scotiabank for all you do for The Caring Place!!!!](#)



## What's New...?

### Office Hours: Closed on Sunday's & Statutory Holidays

Monday 10:00am – 9:00pm	Thursday 10:00am – 9:pm
Tuesday 10:00am – 8:00pm	Friday 10:00am – 3:00pm
Wednesday 10:00 – 9:00 pm	Saturday 10:00am – 3:00pm



### Mark Your Calendar

- 4<sup>th</sup> Annual Black Friday Shopping Crawl November 24<sup>th</sup> **\*\*SOLD OUT\*\***
- Bring Your Best Gala 2018 Friday, February 9<sup>th</sup> 2018 Call 306-347-2273 for tickets
- Mayor Luncheon in Support of Mental Health 2018 May of 2018



## Celebrating Canada's 150<sup>th</sup> Birthday. - The FREE Connect Street Fair, September 2, 2017/ was a great day with many successes.

It was an AMAZING & FUN day!! Heritage Canada, City of Regina and Scotia Bank provided some funding – while 40 community businesses and partners joined in with gifts in Kind to make this day possible.



We were joined by over 3000 community members to celebrate! The main stage boasted headliners Jack Semple, Amy Nelson, Viva Violin, The Tex Pistols and Jason Heistad and Jackie Bell.



The Interactive Stage saw folks howling to the antics of the Real Anti-Suppressants (Canadian Mental Health), listening attentively to Inuit and Metis Story Tellers, and engaging in Mask painting and a Wild Things Dance!



More than 20 booths showcased Art, Music, Narrative and Play therapy, and shared the support services of community groups and churches throughout Regina.



The Vancouver Aquarium had a hands-on display of Marine Mammals, while Talking Dog Studio's (Supported by SaskTel) allowed festival goers to have a virtual fly over of Saskatchewan.



Avana Homes brought out a huge barbeque – and Sinfully Sweet Bakery and Butcher Boy Meats contributed buns and meat that was served up by energetic volunteers!

Summer Student Vanessa Kay, and board member Sherry Lee helped community members create tile murals (with tiles from Floors by Design) to be added to the wonderful gates built by Smithbuild and designed by Joe Friedrich.



It was a day to celebrate Canada's 150th birthday, and increase awareness of Community Mental Health Services by spreading the message – ***No one is alone – we are here to provide a place of support, safety and trust and help you find your way back to PURPOSE, Passion, and Joy!***



Elder Annette Cyr honored us with Aboriginal Teachings in a huge Teepee, and at the closing ceremony as the Paskimen family she lead festival goers in a circle dance while hundreds of red and white balloons floated toward the sky – symbolizing hope!

### Connect Fair Sponsors

Thanks to our Major Sponsors:

Thanks to Canadian Heritage and the City of Regina for supporting the Canada 150 event Celebrations

REGINA | City of Regina

Scotiabank | Vancouver Aquarium | SMITHBUILT

Secondary Sponsors: Thank you:

HAZTECH | 810 200 6927 | SLAS | Long & McQuisde | Smith Regina | FIL | LONDON SPACE | SaskEnergy | Cabela's | SUREAD | Paragon Projects | Capital | Pro AV | SaskTel | Talking Dog | Brest's Landscaping and Supply Centre | JLB | FLOORS BY DESIGN LTD. | AVANA HOMES

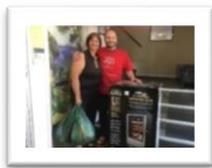
Business Partners: Thank you:

Neighbors and Patrons: Thank you:

Canadian Mental Health Association | knightrider | SAFEWAY | Butcher Boy Meats | Caribou Coffee

### Connect Fair Raffle Winners

Smoker: (Donated by Access Communications)  
Winner: James Coruzzi



50/50 Winner: #1572798 Doyle Duncan

The Original painted handbag by Artist Jason was auctioned off by Chrisinda Tkatch – Mrs. Canada Globe 2017 was won by Jane Park





Sherry has worked in the magazine publishing industry in Regina for the past five-and-a-half years, and loves spreading the word about our great city and province. When she's not tied to her desk writing and polishing up words for print or the web, she is out in the community, attending and covering events or volunteering for amazing organizations like The Caring Place.

Throughout her professional career, Sherry has served in a variety of roles in the private, public and non-profit sectors, including numerous boards and committees. She has an extensive background in post-secondary education, business-education partnerships, event coordination, planning, research and training. Health and wellness is a true passion, and she enjoys music, reading, sports, the arts, and spending time with family and friends.

**MINI DEVOTIONAL: Submitted by Board Member Rod Donison -- LeaderImpact**



**The Lord's Prayer.** The part of this prayer that continues to stand out to me are the words, "Thy will be done on earth as it is in heaven". That's exactly why Jesus came to us. He came to fulfil our Father's exact plan, moment by moment. We certainly know that He was challenged and tempted to do otherwise. Jesus had choices to make, just as we have choices to make. His goal was to be pleasing in every way and in every decision. Not to do His own will, in any situation, but to be obedient and to do the will of the Father who sent Him. Flowing and fellowshiping in unity and in purpose.

So I ask myself, am I purposeful in my decision making? Am I consistently and deliberately examining my motives? Are they selfish or are they intentionally meant to do God's will so that His will is done through my decisions just as they would be done in heaven. That's a big challenge for me. I am naturally very selfish, but I do not want to be.

Therefore I must pray - earnestly, in order to be changed and to become God-conscious much more consistently. If so, I will be kind and gentle, thoughtful and giving, generous and selfless. The outcome is that there to be more of Him and much less of me showing through. I understand that it's one step at a time but we must be deliberate. So let's pray, with determination, just as Jesus taught us.

**Community Calendar**

<p><b>Glencarin Alliance Church</b>                  Nov 4 – Children’s Worker Seminar                  Nov 19 &amp; Dec 10 – Potluck Sundays                  Nov 18 &amp; 19 Guest Preacher Howard Jolly                  Dec 10 - Mission Focus Sunday MARIENS</p>	<p><b>Harvest City Church</b>                  To view events please look us up  <a href="http://www.harvestcity.ca/events/">http://www.harvestcity.ca/events/</a></p>	<p><b>Faith Baptist Church</b>                  Nov 3 - Keith Kitchen @ 7:00pm                  Tickets available \$15.00</p>
<p><b>Parliament Community Church</b>                  Nov 18 – “Extraordinary” Movie Night @ 7:00pm                  Tickets advance: \$10.00 or \$12:00 at door</p>	<p><b>Regina Apostolic Church</b>                  Nov 9-12 - “In the Trenches” grade 6 to 12 cost \$70.00                  Dec 10 – The Kind and Me” Christmas Musical                  Dec 14-16 – Journey to Bethlehem 14<sup>th</sup> &amp; 15<sup>th</sup> 6:30-8:00 16<sup>th</sup> 1:00-4:00</p>	<p><b>Grace Mennonite Church</b>                  Thursday’s – Men’s Coffee @ 10:00                  Nov 18 - Fall Fundraising Supper                  Dec 9 – Laotian Christmas Banquet</p>
<p><b>Celebration Church</b>                  Oct 31 - Amaze Children’s Event 5:00-8:00</p>	<p><b>City Kids Regina</b>                  Rider Pack Online Auction closes Nov 4.  <a href="http://www.32auctions.com/ridergamepackage">http://www.32auctions.com/ridergamepackage</a></p>	

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