

THE CARING PLACE

NEWS

September 2016

www.thecaringplace.ca 2146 Robinson St, Regina, Sk 306 347 2273

News From The Desk Of Gwen Friedrich, Executive Director



"My grace is sufficient for you, for my strength is made perfect in weakness" 2 Corinthians 12:9.

At The Caring Place we are reminded every daily that without the love and strength of Jesus we would not be able to help people rebuild their lives or be filled with joy, passion and purpose.

As a staff we have been studying the Prayer of Jabez together and are taking up its challenge, as articulated by Bruce Wilkinson, that we need to take on tasks where failure is guaranteed unless God blesses it.

We are moving forward with new projects like our New Art Therapy project believing that our God is leading.

Join us as we eagerly wait, watch and pray for His blessing.

Featured Board: Member Ruby Dietrich



Ruby is a longtime supporter of the Caring Place, having been related to it since its inception in 1991. As Administrative Assistant to TCP Founding Board Member Dr. T.V. Thomas, Ruby typed and formatted incorporation documents for the Board that met almost on a weekly basis for the first two years.

As a firm believer in the effectiveness of faith-based counseling, Ruby has served on the TCP Board for the past 15 years. You could refer to her

role as "Resident Board Member" because the Centre for Evangelism & World Mission office where she works is adjacent to TCP.

Ruby has been a long time financial donor to TCP through its Pre-Authorized monthly giving plan. She encourages others to consider giving this way as it is the easiest way to support TCP. Ruby feels that if people who believed in the work we do gave just a few dollars a month we could effortlessly make a big difference in the lives of others.

Our Featured Volunteer: Sara Derkson



Home grown Saskatchewan artist Sara Derksen states, "I was always an artist!". After a childhood of dabbling in paint, graphite, clay and writing Sara made her way into her career as a tattoo artist seven years ago, after being inspired by

receiving her first tat. Sara now works at Nine Worlds Tattoo and has found solace in her work, having an outlet to express herself. But the care and respect she puts into her work is amplified by her need to make others feel special and loved. She volunteers at the Caring Place to help others who struggle with mental illness, grief or addiction.

Art As Medicine

Introducing the new art therapy program at the caring Place.

Imagine yourself at a symphony—the music is breathtaking and for a moment you are floating as the sounds transports you to



another place and time. You are relaxed and for this moment the world is a happier place.

Such is the impact of art. It has the ability to let us leave the world of our realities for short time and connect to a better world. Expressive arts therapy builds on these experiences by providing people with the new mode for self- discovery. It is a therapy that allows individuals to communicate and learn more about themselves without having to speak—and as such it taps into the inner corners of your soul—helping to relieve stress and tension and ultimately find new ways of being in our world.

Art therapist work with local artist helping individuals build masks to express their feelings, music to lift themselves above their realities, and paint and drama to explore, who they want to become.

As individuals explore, a mental health counselor skillfully helps discover the meaning of the work they are creating.

Art Therapy is a growing field – whose acceptance has catapulted with the work done by Michelle Obama and the Guggenheim Institute working with returning soldiers who experience post-traumatic stress disorder.

The Caring Place is beginning a New Expressive Art Therapy program as another way to help improve people's lives. You might want to consider this program—even if you don't need serious help, it can be

a great way to release stress after a long workweek.

On September 20th The Caring Place is holding an open house to launch this new program and to thank the businesses and churches whose financial assistance has built the space for this new program.

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We would like to thank the Scotia Bank for their donations of furniture and walls for the new Art Therapy room, Fries Tallman for their in-kind support of building materials. Duke Architectural for the donation of a kiln, Chaunce Olson for building the new space, and the two artists Tracy Rodrigues and Sara Derkson who painted murals, The Glen Elm Church of Christ, and The Chinese Alliance Missions Committee for their amazing financial support that has made the launching of this program possible.

Expressive Art Therapy heals. Thank you



Mural by
Artist:
Sara Derkson



Mural
by Artist:
Tracy
Rodrigues

Our Featured: Counselor Kevin Eby



Kevin Eby (MA in MFT) has been a professional counselor at The Caring Place for 5 years. Kevin appreciates the privilege to join clients on their journey of life as they deal with struggles in mental health, addictions, trauma, grief and marriage and family relationships. He lives in Caronport, SK where he works on a dairy farm one day a week for his own therapy.

Mini Devotional:



I would like to build on the devotional from last month talking about the creation of humanity and shame.

Genesis 1:27 says "So God created mankind in his own image, in the image of God he created them; male and female he created them."

Here we see God created all humans equally as well as differently. What is most important is that we are all equally created in the image of God. This is what gives us our value, worth, dignity and importance. Therefore we are all of equal value and worth. We are given this by God. We did not achieve it or earn it, nor can we destroy it or remove it.

Our society loves to focus on differences and use those differences to judge and rank the importance of self and others. This gives shame a great breeding ground.

When we make mistakes and blow it may we not give shame a place to thrive but remember that our worth is not determined by what we do or don't do but by the fact that we bear the image of God. We are then in a better place to address the mistakes we make.

May we remember that we and everyone around us equally bear the image of God and have value and worth.

Kevin

Our Featured Client Kathy K.

Kathy's life today feels much different than even a few short months ago when she was struggling with high anxiety and hoarding. After counseling at The Caring Place she has lowered her anxiety level and learned how to manage her hoarding obsession.



Stuffed with her hobbies, which mainly consisted of puzzles, coloring books, stuffed animals, markers and Lego, blocks, her apartment became so full that she could no longer keep it neat and tidy.

Living in a cluttered and chaotic space poses dangers. And Kathy's worker and family members were worried that she could suffer a bone fracturing fall while trying to maneuver between piles of hobby supplies and stuffed animals. Or worse yet be trapped in a fire.

"We have great talks" is how Kathy describes her counseling sessions. Now Kathy has learned how to manage her hoarding obsession, limit her spending, and says, "If you guys ever move please tell me where you are, cause I really like coming here, everybody is so happy and helpful."

"We have great talks" is how Kathy describes her counseling sessions.

This October Kathy is enrolled in The Caring Place's new art therapy program where people learn to express themselves through art.

After coming for counseling at The Caring Place Kathy has learned to buy things she needs for herself versus things she wants. Her apartment is safe and manageable and after she finishes a skill development course she plans to find employment - with pets or children.

New Fall Programs

Art Therapy Program Wednesdays.

October 28th we will be offering an

Ages: 8-14 4-6 PM

Adults: 6:30-9 PM

Sessions are 4 consecutive weeks:

Costs \$30 per week and include supplies.

Needed

Volunteers for "A Night At The Museum" RCMP Heritage Centre

October 21st & 22nd 2016.

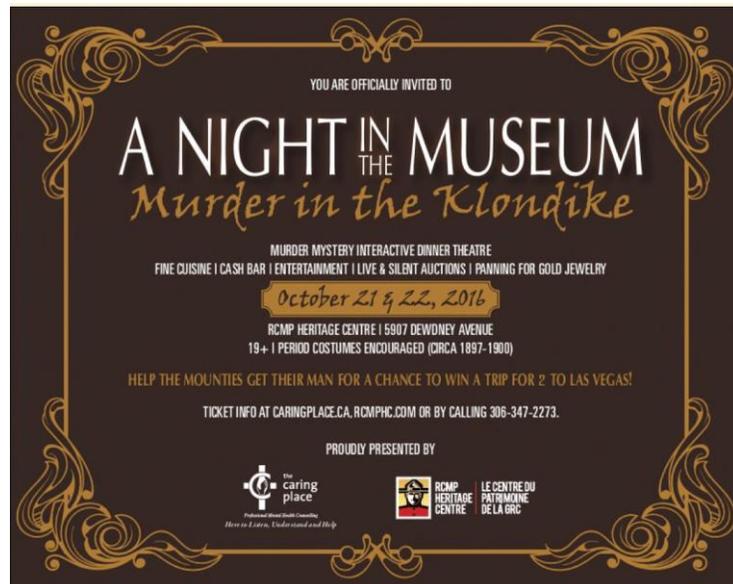
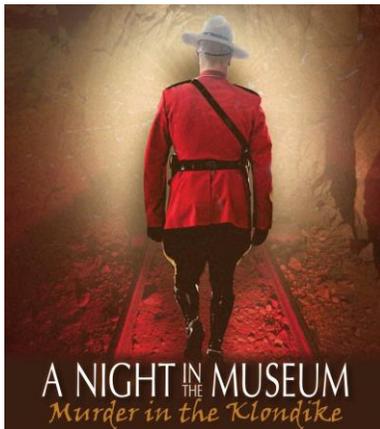
Art Supplies: related to Pottery, painting, drama.

19 Easels are needed for therapy drawing.

Up Coming Events

October 21st & 22nd "A Night In 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 can be purchased at The Caring Place, online, or by calling 306-347-2273.



October 29th "Journey to Success...Finding Home In A New Land"



A shared fundraiser with the Ugandan Canadian Association of Saskatchewan at the Shumiatcher Theater. Please join us to begin our joint discovery of what it means to find Passion, Purpose, and Joy as we explore Journey to Success...Finding Home in a New Land. Tickets can be purchased at the Caring Place, online, or by calling 306-347-2273



February 10th Battle of the Bands at Living Hope Alliance Church: 7:00pm