



Newsletter Spring 2018

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From the Desk of the Executive Director, Gwen Friedrich (photo – the ICNA Sisters visiting The Caring Place – just one of many groups we connect with in our community!)



Happy Spring! We are so excited to share some of the highlights of our winter season with you – and to let you know about our **SPRING PROGRAMS AND EVENTS!**

We have been exploring what it means to move from Hope, to Faith to Trust! Trust is that point when you step out on the water **and know** it will hold you up! We have been praying that we will have the supports and finances to serve every client who comes to us and that every client who needs us hears about us. Thank-you to all of you for being part of the answer to these prayers. In 2017 we provided 5000 counselling hours and have seen dozens of people choose LIFE over suicide, provided weekly FREE drop in classes for Anxiety and Depression, held four 8-week Artistic Expression Groups, held a semester of FREE Art and Chat classes.



Our Valentines “Bring your Best Event with **Matt Rapley** and **Jack Semple** was FANTASTIC!” Thanks to our partners and to Celebration Church for allowing us to use their fantastic new sanctuary to help us with this event. Mark it on your calendars for next year Wednesday February 14th 2019! You won’t want to miss out on this amazing event!

UPCOMING –REMA City Wide Good Friday (*Volunteers for Child Care and Ushering Still needed!*) 9 am and 11 am at Celebration Church. What a blessing to worship together with everyone in the City!

UPCOMING – The 6th Annual Mayor’s Luncheon in Support of Mental



Health – Delta May 8th. We are so honoured to have Mayor Fougere host this luncheon – showing support for the work we all do together to bring purpose, passion and joy to everyone who needs to find it! This year we are bringing in the **REAL PATCH ADAMS**. You won’t want to miss his message of finding joy in the everyday and learning to “*Care for Others by Caring for Yourself!*”.

Please call us to book a table, to provide a sponsorship (which includes a private sponsor dinner with the Mayor and Patch) or to volunteer.

Tickets also available on line at www.thecaringplace.ca. 306-347-2273



Bring Your Best 2018

Jack and Keiran Semple performed to a full house at this years *Bring your Best Valentines Gala*. Their classic and original songs touched all of us with a



tear or boisterous hand clapping. The Opening Act – Matt Rapley – sang Soul and Blues – what a special way to start off this exceptional evening which also featured a Roast Beef Dinner from Charlottes Catering, and silent auction items from 45 Regina Businesses.



Special Thanks to our Emcee for the night – **Sherry Lee** one of our Board of Directors and also the editor and operations manager of *Refined Lifestyles Magazine*. Our 'family' at The Caring Place is comprised of many individuals – our counsellors, volunteers and administrative staff. This year we honoured three Volunteers – **Joyce Lee, Liz Connors and Dean Brumwell** for their exceptional support for The Caring Place in 2017.



One of the highlights of the evening was the opportunity to ask some tough questions in the 'Between The Palms Segment' -- when three of our staff counsellors; **Kevin Eby, Kim Wolbaum** and **Graham Tyson** agreed to answer anything that anyone asked!

They gave some advice on how to take that first step to seeking help – the answer 'try work up the courage, make the call and know that we are here to help'. Graham and Gwen shared stories of success of how counselling and the *Artistic*

Expression Group truly changes lives.

Local artist **Cassie Oddo**, painted as the music moved her.

At the end of the evening, Jack received a standing ovation, Cassie's artwork was actioned off, with the proceeds going to The Caring Place, and guests went home with wonderful silent auction items, new friendships and a big smile.



A huge thank you to all who supported our fundraising event – with Special Thanks to our Sponsors – **Beyond Wealth** our Gold Sponsor, **Sask Power** our presenting Sponsor and **Lois and Rob Vanderhooft** our Table Sponsor. We raised over \$9000, including a matching donation from the **Estate of Mary Barkman**.

Testimonials:

Featured Counselor



Hi, my name is **Rachael Spears**. I was fortunate to start my internship with The Caring Place early in 2016 and to stay on as a counsellor following my graduation the Master of Counselling program at Briercrest College and Seminary in April 2017.

The journey to becoming a counsellor started with a personal journey of my own navigating mental wellness. My desire is to see others receive care and support as they journey through life and all the challenges it can bring.

I moved to Regina, Saskatchewan with my family in 2012. We are from Ottawa, Ontario. I am someone who cherishes her family time and a true “introvert” who gets recharged by some quiet time. I really enjoy connecting with my clients and hearing their stories. It’s in those moments I get to hear where they’ve been and where they hope to be. I love encouraging others to see their problems in a different light and reframe some of the negative ways that they’ve been thinking. I truly consider it an honour and a privilege.

A Mothers Story....

She sought me out to tell me this story.

Her son had struggled with anxiety and depression since youth – leading him to make many choices that led to a life of poverty, and sadness.

Her mother’s eyes brimmed with love – the kind of love that only a mother understands. It’s that love mixed with hope and compassion that I know Jesus saw as he looked down from the cross at his own mother – hope and expectation that even though things look so very dark, something good is going to happen – compassion and pain, because a mother would do anything to help her child!

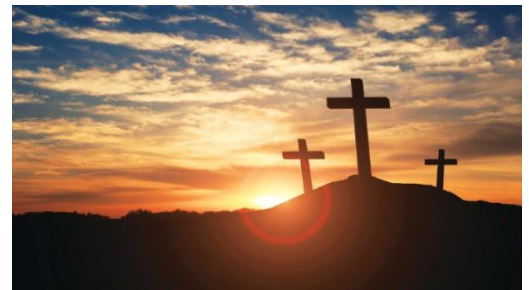
We know that Mary saw the miracle of Jesus rising from the Grave on Easter – so too this mother saw a kind of rebirth – that is what she wanted me to hear!

Her son had been coming here for a long time – at first fearful, and then progressively with increased hope – and then it happened! A breakthrough! An insight into how to move forward into a life of purpose, passion and joy! That is the reason we are here – to gently guide people back to a life of meaning! What a blessing for this mother, this Easter!

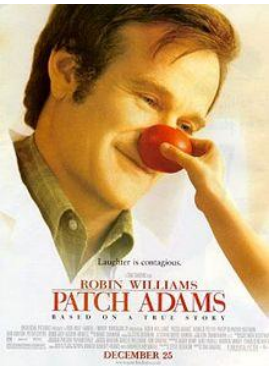
What’s New...? Mark Your Calendars

City-Wide REMA Good Friday Service – Friday, March 30, 2018. Hosted by Celebration Church 3130 Renfrew Crescent 9 am/ 11 am.

REMA – Regina Evangelical Ministerial Association – founded The Caring Place in 1991 – as their missionary arm to help fulfill their mandate of being the Arms and Feet of Jesus to a hurting World. Each Good Friday the offering goes to support the ongoing work of The Caring Place in Regina.



Mayor's Luncheon in support of Mental Health



You've seen the movie with Robin Williams now meet the REAL PATCH ADAMS!

Dr. Adams uses clowning and humour to tell the story of *Caring for Others* by *Caring for Yourself*.

Early Bird Tickets available for a discount until April 1 for \$65 per person or \$490 a table. (After April 1 \$69 per person and \$550 for a table. Call early and get the best seats in the house!

FOR TICKETS CALL OUR OFFICE AT 306-347-2273 OR ONLINE at www.thecaringplace.ca



Surviving Childhood Sexual Abuse - Find your way back to freedom!

A support group Journey for Couples
April 19 – June 28, 7 - 9 pm
\$600 per couple



Artistic Expression Group – started on February 21, 2018

Next session begins in the Fall. In the mean time consider booking a FREE Art and Chat Class. Your family or group can work with our staff on tile mosaics while sharing stories, and learning new ways of being! **Art supplies are always gratefully accepted.**

Community Calendar

Parliament Community Church Ladies Retreat – DVRC April 20-22	Faith Baptist Church http://www.fbcregina.ca/schedules	Grace Mennonite Church Thursday's – Men's Coffee @ 10:00 Maudy Thursday, March 29 6 pm
Celebration Church REMA Good Friday Service March 30 th – 9 & 11 am	Regina Apostolic Church -Anger & Stress Management Workshop Tuesday, April 10, 2018, 6:30 - 9:30 PM -ALPHA – Wednesdays 6 – 7:30 Starting April 25 th -Biennial ACOP – May 28 th – 31 st Guest Speaker: Randy Clark	Harvest City Church To view events please look us up http://www.harvestcity.ca/events/ Promise Keepers Convention March 23 & 24 (7 pm – 5 pm)
Rosewood Park Alliance Church 'Refine' Youth Conference April 28 th 10-4 pm	Glencairn Alliance Church VBS Shipwrecked: Survivor Skills training: April 28 th : 8:30 – 12:30 pm. To register: http://www.glencairnalliance.ca/	Avonhurst Pentecostal Church Watoto Children's Choir Saturday, April 7 th @ 6 pm
Heritage Alliance Church Pastor Cory Steinson is retiring, with his last sermon on April 15, at 10:30 am.	Follow us on Twitter: @TCP_Regina The Caring Place 2146 Robinson Street, Regina Phone: 306-347-2273 Fax: 306-347- 2393 connect@thecaringplace.ca www.thecaringplace.ca	Like and follow us on Facebook https://www.facebook.com/TCPRegina/