



Impact Of Gender-Based Violence In Your Local Community

"Shelters are having to do more and more, with less and less.

Shelters are having to fill service gaps in a wide variety of areas, including healthcare, housing, legal support, and more. This is especially true for shelters in smaller towns and rural areas, where they may be one of the few resources (or the only resource) available, or even open, within the community." (2021 ACWS Alberta Shelter Data Release Page 4).

MRWSA statistics from April 1, 2020, to March 31, 2021:

The Crisis Line received 735 calls with 565 requesting shelter admission.

Emergency Shelter admitted 253 women and children with another 247 women turned away due to capacity, COVID restrictions, or other reasons.

Outreach Services served another 220 women.

Second Stage Shelter served 9 women with 19 children.

What the Public Needs to Know from 2021 ACWS Alberta Shelter Data Release Page 10

"Shelters remain open, and they can help in person or over the phone.

Shelters continue to serve women, children, and seniors throughout COVID – over the past fiscal year, 66,687 Albertans were served through residential stays, outreach, or calls to shelters. The continued demand for outreach services tells us that there is a need for shelter services delivered remotely, in addition to offering residential services. You don't need to stay at a shelter to get help from one."

"The most dangerous time for a woman is after she's decided to leave an abusive relationship.

Preparing to leave, or after she has left, an abusive relationship is the time a woman or her children are most likely to be seriously harmed or murdered by their partner. Shelters are the safest place for women fleeing violence. Our members are trained to help women assess their danger levels and create safety plans. Call 1-866-331-3933 to be connected to a women's shelter in your area. If you are in immediate danger, call 911."

Call 1-866-845-4141 to connect to the local Crisis Line

For more information on gender-based violence, the services provided by Mountain Rose Women's Shelter Association or how to donate, please call 403-845-5339 or visit our website at

www.mrwsa.net



Message from the Executive Director

“The thing about Christmas is that it almost doesn’t matter what mood you’re in, or what kind of year you had... it’s a fresh start.” – Kelly Clarkson

The Holiday Season is here, and our community is decking the halls, hanging lights, and bustling with holiday shoppers. It is the time of year when we come together with family and friends and look forward to the New Year.

The past two years were full of trials and tribulations. We have struggled individually, as families, as neighbours, and as a community. Our organization has also struggled with restrictions that have limited our shelter spaces, decreased donations, impacted volunteerism, and shut down our fundraising events. The staff have stepped up to ensure that our services remain open which meant long hours, shift coverage, working from home, becoming experts on the pandemic, and learning technologies for on-line meetings or to provide client support. We are tired.

It is time for a fresh start... a renewed hope that the coming year will bring us back to a sense of normality; where family and friends come together to celebrate the holidays or milestones in their lives; where children can have play dates; where seniors can get together for cards; and we can greet each other with a smile when we pass on the street. It is time for a fresh start.

I wish each of you a very Merry Christmas and a Happy New Year!



Volunteers are Needed

Safe Ride / Bartending Program

The MRWSA Safe Ride / Bartending Program provides these services to community events such as weddings and company parties (Christmas, staff appreciation, etc.) for a fee. This may be a safe ride or a bartending event or both for an event. This program raises up to \$10,000 per year which assists the Mountain Rose Centre to provide a variety of services. MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

Safe Ride Program

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within a 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10 pm to 1 am but this fluctuates. Mileage can be reimbursed to the driver. Any cash tips received from the guests are donations to MRWSA.

Bartending Program

Volunteers support events by completing the bar service. One volunteer per event must have ProServe. The time commitment is 6 to 8 hours usually from 6 pm to 1 am but this fluctuates. Any cash tips received from the guests are donations to MRWSA.

Please **HELP** us continue this program in our community. If you have a few hours to spare or would like more information, please contact Cindy Easton to register as a volunteer with this program (ceaston@mrwsa.net).

* * *

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COVID-19 continues to cause a significant reduction in fundraised dollars due to the increased competition for charitable donations as non-profits try to address increased costs from implementing safety during COVID-19. Restrictions also prohibit in-person fundraising activities, open doors to allow for walk-in donations and community events that help generate revenue. If possible, monetary donations are greatly appreciated. A Charitable Tax Receipt is issued for donations of \$10 plus.



Outreach



***You can't go back
And change the beginning,
But you can start where
you are and change the ending.***

C.S. Lewis

Outreach continues to serve both our shelter clients and community clients with one-on-one support by appointment. Our Support Group continues to meet which provides a caring supportive atmosphere that is confidential and non-judgemental for those who are fleeing or have already left their situation. Whether it's abuse now or in the past.

**Our last Support Group for 2021 will be on Thursday December 23rd
and we will start up again on Thursday January 6th, 2022.**

We would like to wish everyone a Merry Christmas and a Happy New Year!



Family Support Services



Connection Before Correction

Children learn, grow, and thrive best when they feel connection. When children feel a connection, they feel belonging and significance. Connection creates a sense of safety and openness. Extensive research (brain science) shows that we cannot influence children in a positive way until we create a connection with them. It is a brain (and heart) thing. Sometimes we have to stop dealing with the misbehavior and first heal the relationship. When children feel strongly connected to you- feel loved, valued, and understood- they are simply more open to your respectful correction.

Easy ways to practice Connection Before Correction:

Respect and dignity always

Be kind, calm and firm

Acknowledge and validate your child's feelings- Empathize

Say, "I love you" and give hugs

Sharing what you heard first, then offering choices

Appreciating your children's strengths and interests

Spend time with children- undivided attention

Listen to your children and ask questions

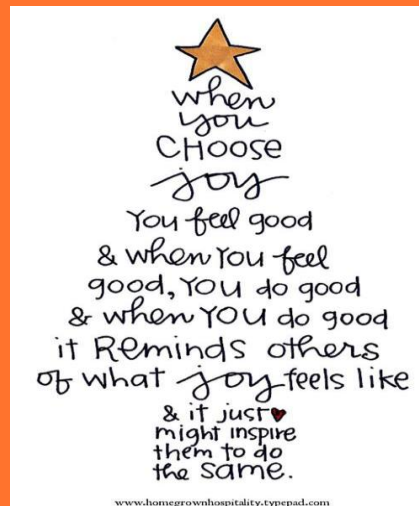
Share your feelings and thoughts when appropriate

Focus on solutions WITH your children- involve children to learn about choices

Keep responsibility where it belongs- to them

Family meetings and joint problem solving

Clearwater County Housing Support Services



Check out MRWSA Facebook page for more news, information and programs.

Check out MRWSA Website <http://mrwsa.net>

....upcoming events

Currently there are no upcoming events due to Covid19. Please stay safe!

PCAP – Parent Child Assistance Program

Why Do We Make Bad Decisions?

Everyone makes mistakes. As much as we'd like to be, we're not perfect. There will always be times that we could only hope that we did the right thing. At the same time, we all make bad decisions — decisions that we thought were right during that time but delivered only disappointment and regrets. With all the decisions that we run over every day; we always strive to select the best one. But sometimes, even with all our intentions, we choose the wrong one. We all go through the same decision-making process. We set our goal and what is the value of that goal when we achieve it. And to achieve it, we list down the options. So, what happens in the decision-making process that leads us to bad decisions?

Stress

Stress changes how people make decisions. A stressed person changes the way how they view risks and rewards. Under stress, people pay more attention to the upside of a possible outcome. This means that while your focus is on the reward of a certain decision, you are blind to its risks, leading to bad decisions.

Biases

Biases filter our experiences and affect the way we understand the world around us, only allowing us to see what we want to see. Instead of examining each option objectively, with biases in our mind, we, more often than not, completely disregard a perfectly good choice.



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PCAP – Parent Child Assistance Program

Number of Choices

Let's put it this way. You need a new top. So, you go to the mall. And when you enter the mall, voila! There are thousands of tops to choose from! And while variety is good, but to actually choose one out of many is mentally tiring. In the end, it's either of the three: (1) you were able to purchase a perfectly good top after a long time, time that you could've used for other things; (2) you bought more than what you need; or (3) you didn't buy one because you couldn't choose.

Each choice we make chips away some percentage of our mental energy. If there are a lot of choices, our mental energy drains faster that sometimes, we just choose an option for the sake of ending the decision-making process.

Distractions

It's not like making decisions is the only thing you do throughout the day. A lot of things demand your attention, and while this isn't a bad thing, the time that you should spend carefully examining each choice may be eaten by these distractions. There will always be times that we'll make bad decisions. But what we could do is to lessen those times. Now that you know the reasons why we make bad decisions, here are the ways to make better ones!

Calm your nerves

Set realistic timelines

Write down your options

Narrow your decisions

Pause and think

Don't hesitate to ask for help



As a Community Member, I Support Mountain Rose Women’s Shelter Association

by giving a gift of \$ _____ by giving a monthly gift of \$ _____

Name:

Address:

City: **Province:** **Postal Code:**

Home Phone: **Cell Phone:**

Email Address:

would like volunteer information would like to sponsor an event would like to do a third party event

Please mail your completed form and make cheque(s) payable to:

Interac is available

Mountain Rose Women’s Shelter Association
PO Box 325
Rocky Mountain House AB T4T 1A3

Project & Grant Supporters



Hospitaller Order of Saint John of Jerusalem

GOVERNMENT OF ALBERTA Ministry of Community and Social Services



Next to New Store

Town of Rocky Mountain House

Funded by the Government of Canada's Homelessness Partnering Strategy
Funded by the Government of Canada's Department of Women & Gender Equality
Funded by the Government of Canada's New Horizons for Seniors Program

Thank you to all event sponsors, community donors & volunteers

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

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Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact ceaston@mrwsa.net directly if you have ideas for future newsletters, any comments, questions or concerns.