

## Board of Directors (2013)

Gladys Bender, Chair (Completed term)  
Andrew Roth, Vice-Chair (Chair, 2014)  
Larry Martin, Treasurer  
Marilyn Leis, Secretary (Secretary, 2014)  
Lynne Blake-Dickson  
Kara Carter  
Jim Erb (Completed term)  
David Gingerich  
Brenda Leis (Vice-Chair, 2014)  
Fred Loganbill (Treasurer, 2014)

## New Board Members (2014)

Barry Roth  
Kaye Rempel

## Our Staff

## Start Date

Jeanne Kelly, MA (AAMFT)	1988
Wanda Wagler-Martin, MSW, RSW	1997
Karen Huehn, MSW, RSW	1999
Rod Miller, MSW, RSW	2001
Cynthia Cober, Admin Secretary	2003
Brian Laverty, M. Th. (AAMFT)	2003
Susan Schwartzentruber, MSW, RSW	2010
Brian Hunsberger, Development	2010
Paula Quarrie, MSW, RSW	2012
Amanda Geiger, Communications/PR	2013

Evening Receptionists:  
Mimi Hollinger-Janzen  
Bethany Roorda  
Alex Forristal



## Shalom Can Help...

*Shalom's mission is "Helping People Grow Toward Peace and Wholeness." We seek to fulfill this mission through the provision of individual, couple, family and group counselling and consultation. The following areas of concern might prompt you to seek counselling or consultation:*

- Couple/Relationship Challenges
- Premarital Counselling
- Family and Parenting Struggles
- Anxiety, Depression, Other Mental Health Concerns
- Trauma, Abuse
- Stress Management
- Suicidal Thoughts or Self-Harming Behaviours
- Grief and Loss
- Personal Growth and Direction, Life Transitions
- Spirituality/Life Meaning Questions
- Self Esteem, Body Image
- Work/Career-Related Challenges
- Substance Abuse/Addictions
- Anger Management
- Communication, Conflict Resolution
- Sexuality
- Adjustment to Aging and Aging Parent Concerns
- Health Concerns, Disabilities

## Other Supportive Services

- Consultation to faith leaders or employers who are dealing with a challenging situation
- Speakers/Resource Persons
- Employee Assistance Program (EAP)
- Critical Incident Stress Debriefing (CISD)
- Spiritual Direction
- Referral to community resources as needed



***Helping People Grow  
Toward Peace and Wholeness***

***Serving Our Community***

***Since 1983***

**A Stewardship  
Report to Our  
Supporters  
2013**

9 Avondale Ave. S., Waterloo, ON N2L 2B5  
519-886-9690  
[www.shalomcounselling.org](http://www.shalomcounselling.org)

## 2013: 30 Years Young!

It is with gratitude that we commemorated Shalom's 30<sup>th</sup> anniversary in 2013. It has been a year of both celebration and sorrow. We were encouraged by the tremendous support for our 30<sup>th</sup> anniversary celebration, then saddened one month later by the death of Larry Martin, a valued board member.

The ups and downs of this past year were also reflected in the lives of those seeking counselling at Shalom. When people contact Shalom they are in a place of brokenness and struggle. The depth of pain and complex need in people's lives is at times overwhelming. It is a privilege for Shalom counsellors to work with people as they address their concerns and move beyond their challenges. People request counselling at Shalom for a broad range of issues. This past year the primary reason for seeking counselling was mental illness, predominantly depression and anxiety. The second most common reason for pursuing counselling was couple relationship struggles. We are committed to Shalom being a safe harbor in the storm of life for people in difficulty.

Supportive donors help to make counselling available for people from all income levels. In 2013, 90% of Shalom clients could not cover the cost of the service they received. We are grateful for the immense generosity that made it possible for Shalom to continue to provide accessible and affordable counselling services in 2013.

As we look to 2014 we invite your continued support of Shalom's work. The need for counselling services continues to grow. We have experienced a 26% increase in Shalom's services over the past two years. This growth, in combination with the frequent need for fee subsidy, underscores why donor support is so important. One response to this growth is Shalom's upcoming building project, "A Growing Home for Shalom." This project is proceeding, and we will keep you updated as details evolve in 2014.

***Thank you for your continued commitment to the mission of Shalom: Helping People Grow Toward Peace and Wholeness.***

## In 2013:

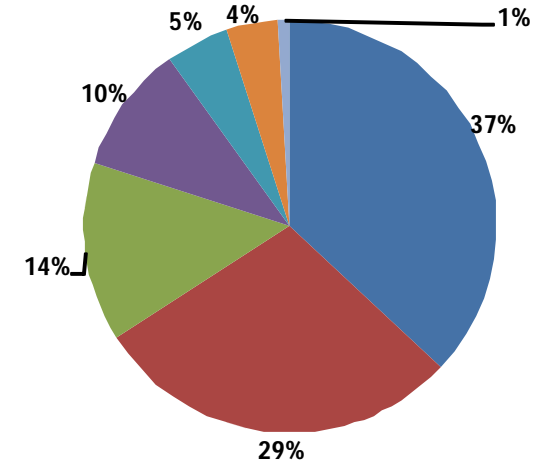
- 4171 hours of counselling, consultation & resourcing were provided.
- 1230 people received service
- 90% of counselling hours required fee subsidy.
- 48% of counselling fees were from people with family incomes below the poverty line.
- Employees from 27 businesses and organizations received counselling through Shalom's Employee Assistance Program (EAP).

## Primary Reasons for Seeking Counselling

- 31% Mental Illness (Depression, Anxiety, etc.)
- 27% Relationship Difficulties
- 13% Family & Parenting Concerns
- 6% Personal growth, Spirituality & Self-Esteem
- 6% Stress Management
- 5% Work & School Challenges
- 3% Grief & Loss
- 3% Health, Aging & Other
- 2% Abuse & Trauma
- 2% Substance Abuse & Addictions
- 2% Anger Management, Communication & Conflict Resolution

Counselling Recipients: 35% Males, 65% Females

## Sources of Income (Year Ending September 30, 2013) Total Income: \$554,193



37%	Donations (\$207,182)
29%	Fee Income: Counselling, Education Programs, Consultation, Supervision (\$157,987)
14%	Ministry of Health (Health Connect Program) (\$79,615)
10%	Fundraising, Interest, Other (\$55,417)
5%	United Way (\$27,000)
4%	Regional Municipality of Waterloo (\$20,210)
1%	Ministry of Community and Social Services (\$6,782)

Shalom concluded the 2013 year with income exceeding expenses by \$51,210. This solid surplus makes it possible for Shalom to build its reserve fund, helping to ensure the ongoing provision of accessible and affordable counselling services.

With gratitude for the generosity of support provided this year. Shalom's vision and mission is supported by a community of care, that indeed makes this work possible.

Sincerely,

Andrew Roth  
Board Chair

Wanda Wagler-Martin  
Executive Director