

## Stepping Up for Mental Health

by Greg Chandler Burns

**10,000 Steps for Mental Health** was a bit unique this year. The early morning crowd of almost 90 was energized by local band, *I, the Mountain*. The event began with the characteristic send-off with local dignitaries from all levels of government giving greetings. The brisk morning air was filled with excitement and celebration; the ambitious goal of raising \$40,000 in celebration of our 40th Anniversary was within reach: \$38,000 had already been raised.

The energy was palpable as participants set off on their walk. When walkers returned to Shalom they were met with a wonderful lunch. People were able to greet each other and celebrate their accomplishment.



Funds for the event were collected until the end of September. The final tally exceeded expectations: participants raised a record breaking **\$56,786**. With these funds Shalom can provide 365 fully funded counselling sessions, equivalent to one session every day for the next year. A heartfelt thank you to all who participated and donors who made 10,000 Steps for Mental Health a success!

**10,000 Steps**  
for  
**Mental Health**




## Walking in Remembrance, Walking in Healing

by Stephanie Martin

Cori Martin passed away on September 9, 2023, in Columbus Ohio. Her innovative, 91-year-old mother, Shirley Martin, a long-time supporter of Shalom Counselling, had a brilliant idea: we would gather to walk Shalom's 10,000 Steps event. The timing was right, and it became a great way to remember Cori and raise money for a good cause.

We registered 'TEAM MARTIN' through CanadaHelps for the 10,000 Steps on September 11, six days before the event. We initially thought a goal of \$600 would be reasonable, but as word went out through social media and emails, friends and family stepped up to support the team. In the end TEAM MARTIN raised over \$9,000.

The day of the walk was sunny and warm, and our spirits were buoyed up by friends and family. Our leisurely walking pace gave us lots of time to catch up with folks we had not seen since before the pandemic. At the end of the walk Shalom Counselling provided a delicious outdoor lunch of vegetarian chili, hot dogs, and scrumptious cookies and cupcakes, where fellowship continued.

Our sincere thanks to everyone who made generous donations in Cori's memory and to those who continue to support the important work of Shalom Counselling.

*A response by Dena Moitosa M. Sc., Psych. (Past Board Member)*

The collective strength of a supportive community can help individuals build resilience and find hope in the face of loss. Knowing that others have faced similar challenges and have found healing can inspire hope and action. While grief can feel paralyzing at times, the support of others can be mobilizing. Sharing stories and honouring a loved one's legacy helps to heal broken hearts and brings new meaning back to life.

Thank you to the Martin family and Shirley's brilliant idea, for demonstrating the power of community, while honouring Cori's memory.



# Spiritually Integrated Psychotherapy

by Riley Goltz and Simon Massicote

What is spirituality and how does it intersect with psychotherapy? When we started our internship at Shalom earlier this year, we also joined a group of clinicians acutely conscious of the importance of faith and spirituality in client's lives.

Spirituality can be understood as our desire and drive to find and experience meaning in our lives, our relationship to the sacred, and a legitimate dimension of human life. Kenneth Pargament, author of *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred*, sums it up as follows: "Spirituality is an extraordinary part of the ordinary lives of people". Spiritually integrated psychotherapy is an approach that welcomes the whole person in the counselling room, supports the client's own meaning-making journey, and incorporates their spiritual resources into the therapeutic process.

The field of psychotherapy has not always been welcoming to spirituality; at times even hostile to faith and meaning that were not grounded empirically. However, things have changed, and therapists increasingly recognize spirituality as an important resource towards holistic well-being.

This integration can take very different forms for each client: some come to therapy with a strong faith identity, which can become an important resource in their healing; others express a desire to explore their values and seek a deeper understanding of how they find meaning and purpose in their lives; and some others come with painful memories that

limit their spiritual wellbeing. No matter what aspects are relevant to a client, counsellors approach the topic with curiosity and cultural humility and they remain well aware that spirituality can be found everywhere. The role of spiritually integrated psychotherapy is not to propose that one way of meaning-making is superior to others, or to share religious teachings as part of therapy. Rather, it supports clients spiritually as they move towards peace and wholeness, through their own spiritual lens.



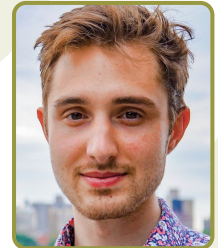
## Carla Santomero - Board Member

Carla joined the Shalom Board in October 2023. Carla has been an educator with the Waterloo Catholic District School Board for 32 years and is currently the Principal of International Education and St Don Bosco, the Board's Alternative Learning Program. Carla lives with her partner, Krista, and their two daughters in Kitchener.

## Simon Massicote

## Get to Know Student Intern Shalom: Staff and Board

Apart from studying psychotherapy, Simon is passionate about traveling to uncommon destinations and the role of spirituality in building better communities.



## Riley Goltz - Student Intern

Riley began as a student intern at Shalom in September 2023 and is currently completing his MA Theology in Spiritual Care & Psychotherapy at Martin Luther University College, Laurier. Riley previously worked in the non-profit sector and currently lives in Guelph with his wife Annelise.

## Upcoming Events

### Shalom Spring Brunch

Saturday,  
May 4, 2024

### 10,000 Steps for Mental Health

Saturday,  
September 14, 2024

## Support the journey of hope and healing

### Cheque

Cheques can be made payable to:

*Shalom Counselling  
Services Inc.*

### Credit Card

Credit card donations can be made online or by phone:  
[shalomcounselling.org/donate](http://shalomcounselling.org/donate)  
(519) 886-9690

### Monthly Gifts

Consider a regular gift to Shalom either by Credit Card or Bank Transfer. Call us to find out more.

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