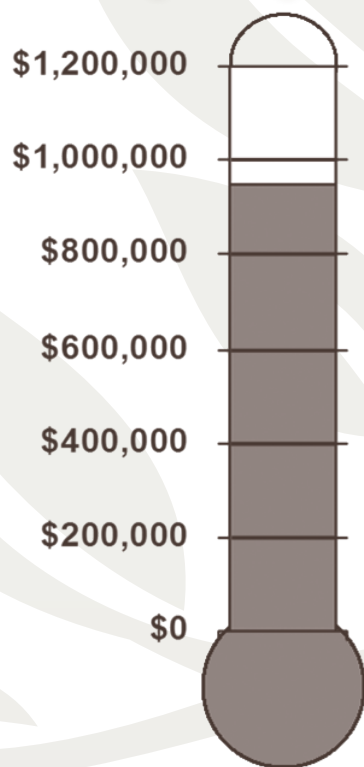


"Growing Home for Shalom" Capital Update



Thanks to the generous gifts from Shalom's supporters, **\$950,000** have been pledged and raised to date for "A Growing Home for Shalom."

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Breaking ground on Shalom's growing home



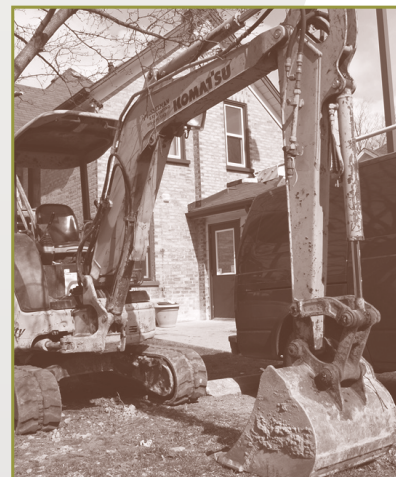
Shalom's groundbreaking from left to right: Wayne Wettlaufer, Ken Seiling, Andrew Roth, Berry Vrbancic, Brian Shantz, Dave Jaworsky, Wanda Wagler-Martin, Murray Leis, Catherine Fife, Peter Braid, and Stephen Woodworth.

Shalom celebrated the beginning of the construction phase of the "Growing Home for Shalom" expansion project on Thursday, April 9th at our groundbreaking ceremony. In spite of the rain, many supporters, community partners, and friends of Shalom were on hand to encourage us in this journey.

Shalom received strong words of affirmation from our elected officials on the important role that Shalom plays in providing counselling in our community, including a commitment to financial support from the Region of Waterloo.

After many months of preparation and anticipation, it is exciting to see shovels in the ground, and to watch as Shalom's home undergoes this transformation.

The construction process will be documented on the "Capital Campaign" page of Shalom's website, and if you are in the area, drive by and check on our progress.



Moving Day!



Shalom's offices have been temporarily relocated to Erb Street Mennonite Church during construction. Thank you to Erb Street and all of Shalom's supporters for helping us through this exciting transition!

Understanding Depression

by Paula Quarrie

Recently I was asked to speak on the topic of depression and while researching for the talk, I came across some surprising statistics. The World Health Organization (WHO) reports that by 2020 depression will be second only to heart disease as the leading cause of disability worldwide. In Canada, at any given time, 3 million Canadians are being affected by depression. Women are twice as likely as men to suffer from depression.

Given depression's prevalence, our lives will be touched at some point either by experiencing it ourselves, or by supporting a family member or friend. Despite how commonplace depression is, less than one third of sufferers seek treatment, largely due to the stigma attached to mental illness.

In order to combat this stigma, it is important to empower ourselves with knowledge about the illness and to dispel depression myths.

First and foremost, depression is an illness, not a choice. It is not the fault of the person experiencing depression and they cannot choose to just "snap out of it."

Secondly, depression can happen to all kinds of people. Although there is no known cause of depression, it is considered to be a "biological, psychological, sociological" disease.

Thirdly, depression does not look the same for everyone. Depression occurs on a spectrum from mild to severe and at times can be life threatening. It is not just a matter of being sad. Symptoms are varied and can include emotional, physical, behavioural and psychological symptoms. Often depression causes individuals to isolate themselves, withdrawing from friends and activities that they once enjoyed. It is important to remember that some people will go to great lengths to hide their suffering, and that it is not easy to recognize these symptoms even in those who are closest to us.

Finally, it is important to know that depression is treatable. Having an appointment with your family doctor to discuss your symptoms can confirm if it is depression. Because the causes of depression are multifaceted, it is important that recovery includes a number of approaches. Treatment of depression can include lifestyle changes – diet, exercise, and sleep. Therapy may include talk therapy, Cognitive Behavioural Therapy, and Mindfulness Based Cognitive therapy. The support of loved ones, family and community is essential for the recovery of those who are battling depression.

“A Successful Depression”: Orlando Da Silva’s Story

“Sadly, sadly, the sun rose; it rose upon no sadder sight than the man of good abilities and good emotions, incapable of their directed exercise, incapable of his own help and his own happiness, sensible of the blight on him, and resigning himself to let it eat him away.” – Charles Dickens

“When this quote captures how I’m feeling, I know I’m at a 3 or below,” said Orlando Da Silva, describing the 10-point scale he developed with a counsellor to judge his level of depression. Orlando Da Silva, guest speaker at the 2015 Shalom spring fundraising breakfast, inspired the over 200 friends and supporters present for this event to think about depression in new ways. Mr. Da Silva’s candid honesty and hope were evident as he shared openly about his experiences living with depression.

As President of the Ontario Bar Association representing 18,000 lawyers across the Province, Mr. Da Silva is taking the opportunity he has been given to reduce the stigma of mental illness in the legal profession and beyond, by publicly sharing his story.

Mr. Da Silva opened his talk by highlighting the prevalence of mental illness, depression and suicide among professionals, especially in the legal profession. He referenced a study from John Hopkins University that indicated that among over 100 different professions, lawyers have the fourth highest incidence of depression. But, like in society generally, stigma within the profession keeps people silent.

“Seeking help and support is the best thing someone with depression could do,” explained Da Silva, “you need someone to pull you out.” He described the



From Left to Right: Wanda Wagler-Martin (Executive Director), Orlando Da Silva (Guest Speaker), and Andrew Roth (Board Chair).

importance of breaking the pattern of waiting to reach the bottom before seeking help.

Mr. Da Silva left guests at the breakfast with two concrete actions:

1. Take care of yourself, your loved ones and coworkers, and discuss issues of mental health without ridicule, scorn or judgment.
2. Provide reminders to people struggling with depression that there are better days to come, and that there is hope.

In describing his journey with depression and mental illness Orlando Da Silva gave voice to many people who come seeking counselling at Shalom. To protect people’s identities and stories, Shalom does not share the stories of people who receive counselling, and it is through courageous people like Orlando Da Silva that the experiences of living with depression and mental illness can be better understood.

We are grateful for the gifts that Orlando Da Silva brought to all who were present at this year’s breakfast.



Seedlings

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Helping People Grow Toward

Peace and Wholeness

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United Way
SERVING KITCHENER-WATERLOO
And the Townships of Wellesley, Wilmot and Woodwich

Why Shalom is growing

As the staff at Shalom have moved into our temporary home at Erb St. Mennonite Church and see the construction outside our windows, it provides an opportunity to reflect on the reasons why we stepped out and undertook this project. Here are some of those reasons:

- **Shalom's services are responding to increasing community needs**, Shalom has responded to increasing requests for our services, with service provision growing by 77% over the last 10 years (including a 29% increase in the last 3 years alone).
- **Shalom is expanding its capacity to provide affordable and accessible counselling**, reducing financial barriers by providing fee subsidies to 92% of the people who seek our services.
- **People are appreciative of Shalom**, with 96% of Shalom's clients reported being very satisfied (68%) or satisfied (26%) with the services they received.
- **Counselling makes a difference in people's lives**, with outcome measures showing that 87% of Shalom's clients experienced significant improvement following counselling.
- **Shalom is blessed with generous supporters** who provided \$178,553 in support of our services and \$136,686 towards our capital campaign last year.

For more information on the past year at Shalom, the full **2014 Stewardship Report** is available on our website or by contacting the office.

You Can Help

Shalom's ability to continue providing counselling subsidies at our current level is dependent on the thoughtful and heart-felt support of our community. Every gift and pledge toward the "Growing Home for Shalom" capital project, and every donation to our operating budget supports Shalom in providing services and fee subsidies now and into the future. This mutual aid, supporting others in a time of need, is important to Shalom's mission, "helping people grow towards peace and wholeness."

Each and every gift that Shalom receives is a blessing, and reminds us of the community of care that surrounds our work. Thank you!

If you are interested in donating to the ongoing work of Shalom Counselling, you can donate in the following ways:

Cheque

Cheques can be made payable to:
Shalom Counselling Services Inc.

Credit Card

Credit card donations can be made online or by phone:
www.shalomcounselling.org
(519) 886-9690

Legacy Gifts

Legacy gifts (estates and wills) can be made through the Mennonite Foundation of Canada (MFC)