

Mark Your Calendars:

Physical health and movement are important to good mental health. Shalom will be holding the third

**10,000 Steps
for Shalom**

**Saturday morning,
September 22, 2018**

Get ready to walk, bike, run, or move in support of Shalom.

*Register Online or by calling
Shalom.*

10,000 Steps



Shalom

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Shalom Celebrating 35 Years!



Current and former Shalom staff and board members who were present at the 35th Anniversary Breakfast at Crosshill Mennonite Church.

Shalom is a Hebrew word meaning “peace.” Yet this word means so much more than simply peace. It is human well-being experienced in all dimensions of life, mental, emotional and physical health, being at peace in social relations and in one’s inner being. Thirty-five years ago, Shalom’s founders, pastors and mental health professionals, were motivated by this vision of peace as they laid the foundation for a counselling service that would serve the mental and emotional health needs of people in our community.

Throughout the past three and a half decades, Shalom’s services have continued to grow and we have developed strong partnerships with other service providers, employers, and congregations to respond to those in need of counselling services. Shalom has also collaborated with other agencies committed to the counselling needs of our citizens, to strengthen and enhance the network of counselling services in our community. This has included partnering on a variety of projects and initiatives to provide affordable and accessible access to counselling.

As we consider the future and another 35 years at Shalom, we look forward to continued partnerships and activities that will promote healing and wholeness in our community. We value being a place that welcomes people from all walks of life, all backgrounds and beliefs, including those who wish to engage questions of faith and spirituality in the counselling process. And we will remain committed to the provision of quality care, based on each person’s unique life experience and counselling needs.

It is with joy and gratitude that we celebrate this 35-year milestone at Shalom. Thank you to everyone who has contributed to the development of Shalom’s story by being part of the community of care that surrounds this work.

Thanks to our Spring
Breakfast Sponsors:

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Shalom Spring Breakfast



On a beautiful Saturday morning, May 5, nearly 200 people gathered at Crosshill Mennonite Church for Shalom's annual spring breakfast. The guest speaker at the breakfast was Dr. John Heintzman, Chief of Psychiatry at Grand River Hospital.

Dr. Heintzman shared the story of a typical youth in the Child and Adolescent Inpatient Psychiatry unit at Grand River Hospital. He described the transformation that can occur when a youth, their family and the people supporting them work together to develop and implement a plan for addressing their concerns.

Dr. Heintzman also graciously answered questions from the audience about mental health care in the hospital setting and the community. We are thankful for the inspiration Dr. Heintzman provided to all of us at the breakfast.

Get to Know Shalom



Dan Good, MSW, RSW

We are delighted to welcome Dan as the newest member of the Shalom Counselling team. Dan began as a full-time counsellor in January, 2018. Dan has a Masters of Social Work, and post-graduate training in Cognitive-Behaviour Therapy.

Counselling Care Fund: Shalom Partners for Mental Health

To celebrate Shalom's 35 year commitment to affordable and accessible counselling, Shalom is launching the *Counselling Care Fund: Shalom Partners for Mental Health*.

The Counselling Care Fund will provide subsidies for people who cannot cover the full cost of counselling. Each year, 9 of every 10 people receiving counselling at Shalom require some level of subsidy. The Counselling Care Fund ensures that fees are not a barrier and people from all walks of life can access needed services.

To launch the Counselling Care Fund in recognition of Shalom's 35th anniversary, a lead donor has generously committed \$35,000, and is challenging Shalom supporters to match this gift!

We invite your support to help us reach our goal. Together we can respond to the need for counselling services in our community.

Counselling Care Fund Goal

\$35,000 + \$35,000 = \$70,000

In donations received to the Counselling Care Fund by the end of September 2018.

Matched by a generous donation to Shalom.

To provide subsidies for counselling at Shalom.

What Inspires You About Shalom?

In my 20 years here, Shalom has always been a place where genuine concern for people and a high standard of quality service has been the norm. This has been true for staff, the board and the donors who work together, believing that the opportunity for healing and wholeness should be available to all who seek it.

- Karen Huehn, Counsellor and Past Clinical Director



I am inspired by Shalom's continuing ability to evolve and grow over the last 35 years and their ability to build and strengthen mental, emotional and relational well being in their clients.

- Paul Wideman, Past Board Chair



Approach. Accessibility. Awareness. Wholistic approach to counselling made available to people from all walks of life. Challenging and broadening our awareness of the impact of mental health in our families and communities.

- John Neufeld, Executive Director
House of Friendship



I have participated in Shalom's Pastors and Counsellors in Consultation Groups for a number of years, and knowing how they've helped me, I've confidently recommended Shalom to my congregants. Life brings many challenges; having a space to work on these challenges with counselors who hold them in God's light is a wonderful gift.

- Myrna Miller Dyck, Pastor

"I am inspired by Shalom ... in the organization's creation of a beautiful environment, in which the focus is on respecting the diversity of individuals and in assisting them toward renewed emotional well-being and peace."

- Mary Wilhelm, Executive Director Woolwich Counselling Centre



I was first inspired to consider serving on the board of Shalom through an invitation from Mildred Roth. She was very passionate about the work that Shalom did and the dedicated professionalism and loyalty of the staff.

- Gladys Bender, Past Board Chair

The intentionality of Shalom is felt from all levels, with clients, staff, leadership, and on the board; there is a real feeling amongst everyone involved that we are all on this journey together!

- Chris Brnjas, Current Board Member

As a Hospital Chaplain, I was impressed by the calibre of Shalom staff and programs and was so comfortable making referrals to Shalom. And now, I am humbled to be part of such a capable Board of Directors.

- John Lougheed, Current Board Member

Seedlings

**The Bi-Annual Newsletter of
Shalom Counselling Services Inc.
Volume 8 Issue 1**

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Steven Reesor Rempel and
Wanda Wagler-Martin.*

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

9 Avondale Avenue South

Waterloo, ON N2L 2B5

Phone: 519-886-9690

Email: admin@shalomcounselling.org

www.shalomcounselling.org



**United Way
Waterloo Region
Communities**

The story of 2017: Responding to the unexpected...

"The unexpected can bring changes that feel monumental, and support is often needed until a sense of equilibrium is restored"

The past year at Shalom was characterized by expected and unexpected changes. Our Executive Director's study leave provided new leadership opportunities, while a funding decrease and staff illness required navigating through the unknown.

Change and the unexpected, while not always welcome, can present opportunities for growth, and Shalom has continued to grow in healthy ways this year.

In spite of the changes and unexpected realities, Shalom counsellors have remained committed to the well-being of those receiving counselling. A reality that is demonstrated by:

- The dedication of Shalom's staff who increased counselling and consultation services by 4% this past year.
- Staff who spoke at 18 workplaces and congregations on topics related to mental health and wellbeing.
- 25 businesses and organizations had employees who received counselling through Shalom's Employee Assistance Program.
- Shalom supported 2,189 people through our services.

Thank you to everyone who made 2017 such a wonderful year at Shalom!

You Can Help

Shalom clients come from all walks of life, and many require a fee subsidy to be able to afford counselling. Every donation supports Shalom in providing services now and into the future. This mutual aid, supporting others in a time of need, is central to Shalom's mission, "Helping People Grow Toward Peace and Wholeness."

Shalom is grateful for every gift that is received, and this 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 Abundance Canada