

## 10,000 Steps for Mental Health

*by Greg Chandler Burns*

We are thrilled to announce our annual 10,000 Steps for Mental Health. This event promises to be an exciting event, bringing together individuals from all walks of life to support mental health awareness and raise funds for our programs and services. This will also be a celebration of our 40th anniversary of serving this community.



The 10,000 Steps for Mental Health will take place on September 16, 2023, starting at 9:00am at Shalom Counselling Services. The event aims to encourage participants to take 10,000 steps while spreading awareness about mental health. The idea of the activity comes from several medical studies showing that walking 10,000 steps in a day can have significant impact on various parts of our health including mental health.

Local dignitaries will kick-off the events of the day. Then we walk, or run, or roll! The route will showcase the beauty of our community, specifically the Westmount neighbourhood and the Iron Horse Trail. After the walk we will commemorate Shalom Counselling Services' 40th anniversary. Whether you choose to participate as a participant, sponsor, or just come out for the celebration, your contribution will have a meaningful impact on the lives of those in our community with mental health challenges. Let's take 10,000 steps towards mental health and create a community of peace and wellness where all can thrive. For more information and to register for the event, please visit our website.

## Pivotal Conversations Over 40 Years

*by Susan Schwartzentruber*

Shalom held its annual Spring Brunch on May 6th on a beautiful morning at the newly built space at Shantz Mennonite Church. To commemorate our 40th Anniversary, a video was filmed by Ben Lee capturing stories of pivotal conversations with historical leaders including Executive Director, Rev. Glenn Brubacher, Board Chair, Andrew Roth, Pastor Renee Sauder, and Development Director, Brian Hunsberger. These conversations continued into the program with a panel represented by Wanda Wagler Martin, previous Executive Director, Melody LeClair, therapist and Board member



Paul Fast. We heard stories about growth, change, commitment, collaboration, and trust while maintaining the values of peace, accessibility, excellence, and diversity and inclusion. The video and photos from the morning can be found on our website. As an organization we feel so thankful for the rich history of people who have supported Shalom as donors, board members, partner organizations and staff. We have much to be thankful for and celebrate.



# A Board Member's Perspective

by Rev. John Loughheed

When I was serving as a Chaplain at Grand River Hospital, I would sometimes be asked to recommend local counselling agencies, or individuals in private practice, for referrals. I would endeavour to provide at least three names, and almost always included Shalom Counselling Services! As I would explain, my criteria included: a faith-based agency/individual; a 'sliding scale' for fees (as applicable); and the calibre of the counsellor(s). Now concluding six years as a member of the Board of Directors of Shalom – and with my interest declared as a member of the Search Committee for the new Executive Director – I think those criteria continue to be well met, and the agency to be well led. Indeed, it has been a seamless transition from the legacy of Wanda Wagler-Martin to the leadership of Susan Schwartzenruber. And in those six years, I have had the privilege to participate in shaping two Strategic Plans for the agency: in 2017 led by Wanda, and in the Fall of 2022 led by Susan; both times ably facilitated by Credence & Co. consultants. I'm heartened by some significant echoes of those three criteria for referral in Shalom's Mission of providing "inclusive and accessible counselling services" and Strategic Priorities including "grounding Shalom in its identity as a faith-based organization while remaining open and welcoming to all", as well as fostering "a diverse, inclusive and affirming organizational culture", among other noble Values and Priorities. May the 'Holy One of Many Names' continue to bless Shalom and those it serves.

Shalom's new mission and vision statements as developed during this past years Strategic Planning work:

Vision: **A community of peace & wellness where all can thrive.**

Mission: **Shalom provides inclusive and accessible counselling services, supporting people to grow towards peace and wholeness.**

## Get to Know Shalom

### Tracey Saulaleja - Office Coordinator

Tracey started at Shalom in April 2023. Tracey lives in Waterloo with her husband Pete and has two adult daughters. Tracey loves animals, is a member at Highland Baptist and volunteers in the community.



### Andrea Areguy - Counsellor

Andrea joined Shalom in March 2023. Andrea grew up in Waterloo Region and previously worked as a counsellor at Camino Wellbeing+Mental Health and the Delton Glebe Counselling Centre.



### Jane Wardell - Counsellor

Jane began at Shalom in June 2023. Jane enjoys writing in all forms and finding "hearts of the day". She lives with her child in Kitchener.

## Upcoming Events

### 10,000 Steps for Mental Health

Saturday,  
September 16, 2023

Registration is open! Visit: [shalomcounselling.org/steps](http://shalomcounselling.org/steps) to register yourself and your team today!

### Shalom Spring Brunch

Saturday,  
May 4, 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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