



**Helping People Grow
Toward Peace and Wholeness**

Annual Stewardship Report - 2018

2018 in Numbers

↑ 2%

Increase in hours of counselling and consultation provided by Shalom in 2018.

83%

The percentage of people receiving counselling at Shalom who benefited from a fee reduction.

Upcoming Events



**Shalom Spring
Breakfast**

May 4, 2019



**10,000 Steps for
Mental Health**

September 21, 2019

Thanks to our partners



Regional Municipality
of Waterloo's



Experiencing struggle promotes growth

Executive Director Report: Wanda Wagler-Martin, MSW, RSW

Those who have waded through life challenges know that growth often follows times of struggle. We bear witness to this reality at Shalom as we journey with our clients, at times through the unimaginable. And yet ironically it is often in these dark times that people discover their strengths, their capabilities and their greatest capacities for courage and healing. We were privileged to observe this growth, over and over again, in 2018.

Each one of us will, in our lifetime, face varying degrees of struggle. At these times people often choose counselling as a supportive resource. Shalom is there for those who struggle. In this past year 1,618 people received Shalom's services. We are grateful that we have been able to respond to these requests for help and healing.

In the counselling room we are present to the often painful sharing of life's stories. But the work doesn't stop there. Whether it be counselling, consultation or leadership coaching, intervention is also about problem-solving, healing strategies, learning and re-learning.

The equipping that takes place in our offices focuses initially on the reason for seeking support. While our work is primarily about responding to struggle, we also believe heartily in the importance of promoting good mental, emotional and relational health. Sadly, these intelligences are not always taught or modelled, and at times the counselling room becomes a place of primary learning. It is through this teaching and learning that people leave counselling better equipped to navigate life's details.

While Shalom's primary focus will always be a response to those in painful circumstances, we are also committed to promoting health and well-being more proactively. In this past year we have done so through our engagement with congregations and work groups on topics of anxiety, relationships and mental health.

It is with gratitude that we have sought to fulfill our mission this past year, **"Helping People Grow Toward Peace and Wholeness."** Thank you for helping us serve our community in this way.

Counselling Services

At Shalom we provide a safe, welcoming and non-judgemental environment for conversation and problem-solving. Our experienced, accredited counsellors support individuals, couples, families, and groups from youth to adult as they work through emotional and relationship concerns.

In the past year the primary reasons for seeking counselling at Shalom were:

Mental Health Concerns (Depression, Anxiety, etc.)	27%	██ ██
Relationship Challenges	22%	██ ██
Family & Parenting Concerns	13%	██
Personal Growth, Spirituality, Self-Esteem & Sexuality	10%	████████████████████████████████
Stress Management	7%	████████████████
Grief & Loss	5%	████████
Health, Aging & Other	4%	██████
Work & School	4%	██████
Abuse & Trauma	4%	██████
Anger Management, Communication & Conflict Resolution	2%	██
Substance Abuse & Addictions	2%	██

What we Value

Grounded in Christian faith, we value the following:

Peace - Peace as described by the word Shalom - peace with self, others and with God.

Wholeness - Counselling is a safe place for addressing any dimension of a person's experience - mental, emotional, physical, sexual, social or spiritual.

Compassion - Empathy and care for all persons.

Respect - Diversity of backgrounds and beliefs within our community is respected. We endeavour to be ethical, welcoming & inclusive in all aspects of our work.

Accessibility & Affordability - All persons should have access to professional counselling services when needed. Cost should not be a deterrent to obtaining professional counselling.

Accountability & Excellence - Ongoing monitoring and implementation of best practices in all aspects of our work.

Board of Directors (2018)

- Brenda Leis (*Chair*)
- Kaye Rempel (*Vice-Chair*)
- Fred Loganbill (*Treasurer*)
- David Gingerich
(*Secretary*)
- Barry Roth
- Chris Brnjas
- John Lougheed
- Margaret Andres
- Susan Doerksen Castro

New Board Members:

- Andrew Yantzi
- Amanda Geiger

“A Growing Home for Shalom” Update

Nearly 7 years ago Shalom began dreaming about the possibility of improving the building and providing additional space for counselling, accessibility and a more welcoming space.

Through the generosity of our community, this project has been completed with 99.9% of donations received. We continue to receive glowing comments about the positivity of this space.

Thank you for making “A Growing Home for Shalom” a reality!

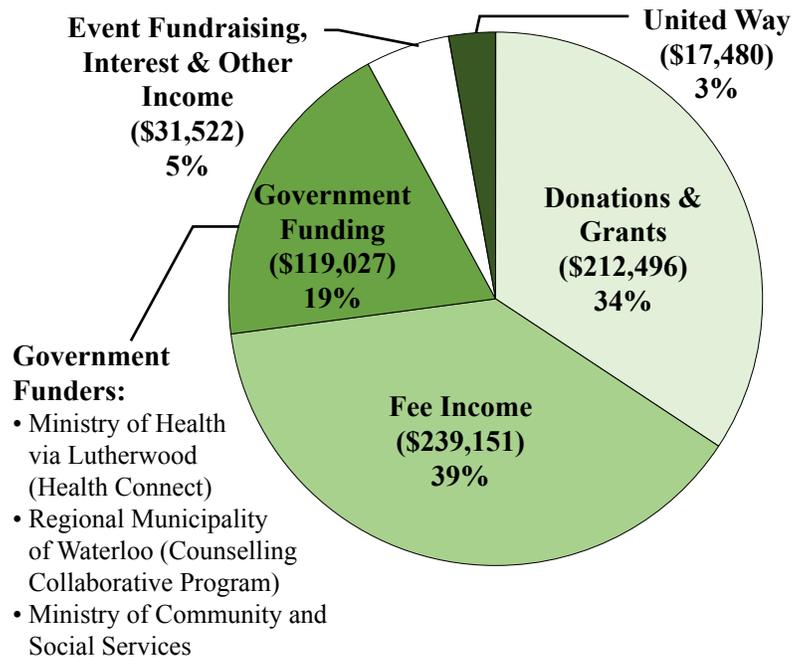
Our Staff

	Start Date
Jeanne Kelly, MA (AAMFT, Registered Psychotherapist)	1988
Wanda Wagler-Martin, MSW, RSW	1997
Karen Huehn, MSW, RSW	1999-2018
Rod Miller, MSW, RSW	2001
Brian Lavery, M. Th. (AAMFT, Registered Psychotherapist)	2003
Susan Schwartzenruber, MSW, RSW	2010
Paula Quarrie, MSW, RSW	2012
Melody LeClair, MA (Registered Psychotherapist)	2014
Steven Reesor Rempel, MBA, <i>Development & Communication Coordinator</i>	2014
Joëlle Martin-Root, MSW, RSW	2016
Julie Campion, BA, <i>Administrative Secretary</i>	2017
Dan Good, MSW, RSW	2018
New Staff:	
Peter Boulatta (<i>Psychotherapy Intern</i>)	2018
Mark Gedcke, MA (<i>Qualifying Registered Psychotherapist</i>)	2018
Coverage Receptionists:	
Gladys Brubacher	
June Lichti	

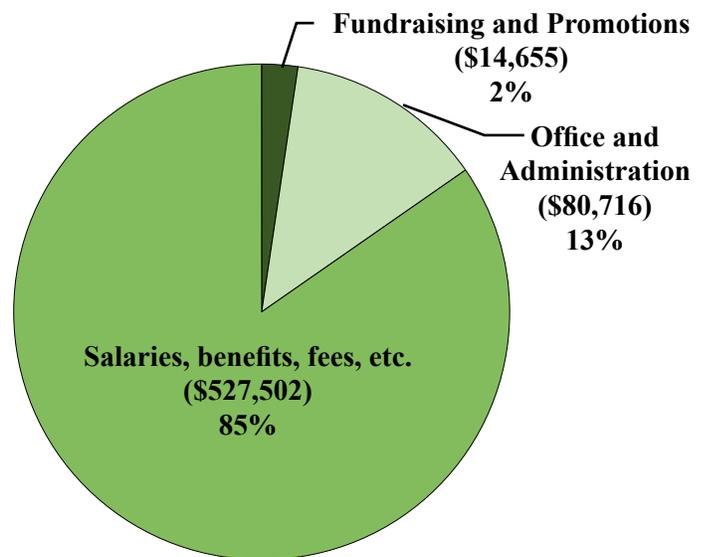
Financial Update

Year Ending September 30, 2018

Operating Income



Operating Expenses



2018 Operating Deficit: -\$3,197

* Complete audited financial statements are available upon request.



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