

# The Cornerstone Press



## A Message From our Executive Director, Dennis Sanders

It's the Christmas season – a time for giving and receiving. Just as God gave us his Son at Christmas time, parents everywhere want to give good gifts to their children. For single-parent families, that can sometimes be difficult when paying the rent and buying the food already adds up to more than the month's income. For those of us who are blessed with plenty, we can help. Do you know a family that would be blessed by receiving a Christmas hamper or Christmas gifts? Do it! Go to the grocery store and fill up a cart. Put it all in a big laundry basket and deliver it – along with some nice gifts – to a family in

need. Or do it through Cornerstone of Hope. Every year, we sponsor a Christmas dinner for single parent families. After the dinner, every parent is given the opportunity to select from a room full of gifts and wrap a present for each of their children. You can donate a gift or send cash and we will get it for you. See the list of donation locations below under "Toy Drive", or send a cheque to Cornerstone of Hope at 2839 Brecken Rd NW Calgary T2L 1H5. Consider sponsoring a child to Rainbows summer camp or covering the cost for materials for a Rainbows group.

Winter 2009

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## Christmas Banquet 2009

Rainbows families are always treated to a great time at our annual Christmas banquet. This year's banquet takes place on Friday, December 11, 2009. Mark this on your calendar and plan to attend. We serve up a full turkey dinner, entertainment and a whole lot of enjoyment to our attendees. The kids can enjoy seasonal crafts as well as receiving special surprises along with their Rainbows certificates. There are other surprises revealed for families throughout the eve-

ning. Please let us know how many in your family are attending.

Date: Friday, Dec. 11/09

Start Time: 6:00 pm

If you do not wish to attend, but can volunteer your time to set up, cook, serve or clean up,

please call Dennis at 403-289-8555



## Toy Drive 2009

The 2009 Toy Drive is off to a great start with 14 businesses collecting toys for us. Shine FM was wonderful in allowing us to promote the launch of our toy drive on air. If you are reading this newsletter during the month of November, you can donate at these locations: Shine FM on Macleod Trail, Westbrook Smittys, RBC Bow Trail,



RBC Westhills, Westbrook Boston Pizza, Bow Valley Chiropractor, St. George's Moving, Calgary Rotary Challenger Park, Royal Oak Victory Church, Bow Valley Christian Church, First Assembly Church, and New Beginnings Family Church. Other businesses are collecting internally with their staff members.

## Rainbows Camp 2009



Once again, single parents and their children enjoyed an awesome time connecting at Rainbows camp. There were

plenty of fun family activities, kid only and parent only activities as well as time

for Rainbows groups. Everyone enjoyed the time away to spend time with their kids and to meet other Rainbows families. There is something wonderful about camp that is different from the goings on in the city. New friends were made, new experiences were ventured and many hurts were healed. If you attended camp and would like to view camp photos online, call Dennis at 403-289-8555 for the password.

### Board of Directors

Linda Anderson

Dr. Karen Colburne

Dr. Randy Johnson

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Staff

Dennis Sanders  
Executive Director

Wendy Knox  
Promotions Manager

# Resources

## Book Pick:

Sarah's Journey by Alan Wolfelt  
1993

Publisher's note: "Based on the belief that children mourn in their own unique ways and need love and support of the adults who care for them, this book describes the grief experience of Sarah, an eight year old whose father was killed in a car accident, and offers compassionate, practical counsel for adults who want to help grieving children."

## Thank You

Thank you to all of our continued supporters. Thank you in advance to all of the businesses and churches that are taking part in our Christmas toy drive. Thank you in advance to those individuals and businesses that have

## Website Pick:

Divorce Care Surviving the Holidays  
<http://www.divorcecare.com/holidays/>

There are lots of timely articles relating to getting through the holidays as a single parent. Here is a quote from one of the articles, "After a divorce, many times we tend to focus on the negative. We can become overburdened with sadness, hurt, bitterness and grief."

donated towards monetary funds, product, food or other. Thank you to all the facilitators who diligently give of their time week after week to teach and listen to the Rainbows children and adults.

## Important Dates:

- Friday, December 11/09  
Rainbows Christmas Banquet
- January 2010  
Rainbows new session
- August Long Weekend  
Rainbows camp 2010
- September 2010  
Rainbows new session

## What kids are saying...

What kids saying about **Rainbows**:

"Rainbows helps me deal with a lot of my problems, and they are a great leaning shoulder. Thank-you for having such a great program. It has helped a lot. I like coming here because all of the crew makes you feel welcome and you can trust everyone."

"Others can relate to what I'm going thru. It's great to be around people

who understand & are unjudgmental."

"Rainbows, helps me understand why the divorce happened. I can be me there, I am able to talk about my feelings here, and I am really listened to."

What was the best thing about **Rainbows camp**?

"Archery, art, Rainbow class, freinds,

Life is all about timing...the unreachable becomes reachable, the unavailable become available, the unattainable...attainable. Have the patience, wait it out It's all about timing.  
*Stacey Charter*

Bifeskt, lunch, dinner, camp fire songs"

"Great camp! I was very happy to have the new cabin and found it was amazing. My leaders are fanominall. Terrific food!"

"Campfire, the basketball court! I like how I met new friends! I like snack time!"



## A Snapshot of the Programs we offer

### Rainbows

The Rainbows program helps children learn to deal with their self-worth, accept what has taken place in their families, and get on with being a child. The aim is to provide an opportunity for the children to share their feelings in an accepting environment supported by trained, caring, compassionate adults. Support groups are comprised of 3-5 children and are led by a caring adult who has received special training and curriculum resources.

### Divorce Care

Divorce Care groups meet weekly, providing adults with an ongoing "support team" as they deal with the

issues surrounding separation or divorce. This is a two part series; during the first 30-40 minutes, the group watches a DVD featuring top experts on divorce and recovery topics. The DVDs contain valuable information about recovering from divorce and are produced in an interesting-to-watch television magazine format. Following the DVD, the participants spend time as a "support group", discussing what was presented on that week's DVD, and what is going on in the lives of the participants.

### Just Me and the Kids

Just Me and the Kids is a twelve-week bible-based course that addresses the needs of both the child and the parent.

Parent Program – Topics include: understanding the stages of grief, God's desire for wholeness in our lives, helping children cope with loss, children's phases of grief, developmental stress in children, time management, the single parent's role in a child's sexual identity and understanding true intimacy.

Children's Program - Twelve active learning sessions will help children: acknowledge their feelings, process their pain, work through denial, guilt and anger, help them regain their self-esteem and move toward healing and wholeness. This program helps children feel loved, comfortable, and free to communicate what is going on inside and experience God's Love.



## Cornerstone of Hope

Helping families to live through loss and thrive in the face of adversity

**Cornerstone Of Hope**  
**2839 Brecken Road NW**  
**Calgary, AB T2L 1H5**  
**Phone: 403-289-8555**  
**Fax: 403-289-8445**

**E-mail:**  
**dennis@cornerstoneofhope.ca**

**For Newsletter Submissions, articles or classifieds (free to Rainbows families) to be considered for publication or to ask about paid business ads, please contact**

**Wendy Knox**  
**403-730-0200**  
**E-mail:**  
**wendy@cornerstoneofhope.ca**

[www.cornerstoneofhope.ca](http://www.cornerstoneofhope.ca)

### *Mission Statement:*

*Cornerstone of Hope is dedicated to helping families live through loss and thrive in the face of adversity.*

*Cornerstone of Hope is a dynamic not-for profit charity that offers the very successful **Rainbows**, **Divorce Care**, and **Just Me and the Kids** programs. Over the last 20 years, the programs have touched thousands of youth and adults that have been impacted by death, divorce, or some other form of loss in the family environment. In response to requests for programs Alberta-wide, we have launched in Calgary and developed other locations in Lethbridge, Coaldale, Cochrane, Crossfield, Sylvan Lake, High River, Okotoks, Black Diamond, Turner Valley, Strathmore, Rockyford, Vulcan and Bassano.*

## Supporting Cornerstone of Hope

Cornerstone exists through the generous support of it's donors. If you would like to support the work of Cornerstone in Southern Alberta, you can send a cheque made out to "Cornerstone of Hope" or contact us at [dennis@cornerstoneofhope.ca](mailto:dennis@cornerstoneofhope.ca) or 403-289-8555. Tax deductible receipts will be sent for all donations over \$10.00. You can also donate online at <http://www.canadahelps.org> Enter: Cornerstone of Hope

## Designed for Success

We are committed to designing programs with measurable outcomes to demonstrate that programs have a positive impact. For example, 60% of participants will either return with their families or decide to contribute as a volunteer for future programs. Our programs typically have waiting lists for both youth and adult participants.

The key to our success is compas-

sionate and trained facilitators, and other volunteers who are role models for youth in helping us deliver outstanding programs. They and other volunteers share their time, love and life experiences. In Alberta we have over 100 volunteers and the list is growing. Our programs are offered twice a year and begin in January and September.

Rainbows, Divorce Care and Just Me and the Kids are all designed to promote love, forgiveness, connection and healing. They are also customized for the needs of adult, age, and gender groups (all female, all male, male and female). They include teachings of forgiveness, interactive and reflective games, sharing of stories, and celebration.

## Locations in Calgary and Surrounding Area

### Powered by Partnership:

We deliver excellent programs in Alberta, through partnerships with well-respected organizations such as First Assembly, Westside Kings, Central United, Bow Valley Christian Church, Royal Oak Victory Church, St. Lukes Catholic church, Cochrane Boys and Girls Clubs, FCSS groups, Family and Social Services, Public and Catholic

schools, etc...

There are several other locations throughout southern Alberta. Please give us a call and we'll help you find a location for you.

We are always looking to open new locations. If you know of any churches, organizations or schools that would be interested in running Rainbows or any of our other pro-

grams, please let us know. We will train your volunteers and help you get set up to run these much needed programs in your facility.

To find a location and sign up for one of our programs, please call:

Dennis Sanders 403-289-8555