

The Cornerstone Press

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Cornerstone of Hope

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

Winter 2015/16 Sessions Completed!

Running from January to April this year, we saw 3 groups for adults and five groups for children running. It was a pleasure to experience the growth and bonding that the children experienced in their groups, seeing the freedom they felt to talk about the difficult issues with others who understand what they are going through.

The highlight of my week. The support and welcoming atmosphere have been tremendous.

Participant

The children had fun in their classes while they learned to discuss and face the difficult emotions in their lives, not just around their family situations, but also at school and in general life.

My kids love this program. They've really opened up about the divorce since coming. The program has helped them put words to the way they feel.

Participant

The adults were able to bond while they looked at the difficult situations and choices in their lives. One parent's feedback was that being able to share experiences with others in the group helped them feel less alone and knowing that healing is ahead of them makes this "new normal" more manageable.

We aren't meant to face life alone, and our groups make sure those attending know they are not alone during the difficult times..

..., your kindness, honest, down to earth personality is fantastic. You have helped me open my eyes to many ideas and concepts and a much better understanding of this course. I would really enjoy taking another course with you!

Participant

Family Retreat—Where Lives are Changed!

Summer Camp at Trout Lake returns again this year at the end of July!! July 22-28

Where friendships are made and families are strengthened! Consider joining us at this intimate gathering of families—*either as a volunteer or as a guest!*

We have lake access for swimming, canoeing and fishing, quad riding, archery, games and so much more!! Your kids will beg every year to come back again and again!!

It's an experience not to be missed!!

Register today at: www.cornerstoneofhope.ca

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Changes at Cornerstone!

Along with the new curricula being developed and used with our groups, we have some new faces on our board and our new webpage is up and running!! Check out the new webpage to see what is happening!!

Did you also know that we have a Facebook page now? Like us today! You can find the link on our webpage!!

www.cornerstoneofhope.ca

CORNERSTONE OF HOPE is a Calgary based, not-for-profit organization that helps families live through loss and thrive in the face of adversity. Our programs for children and adults assist the participants to deal with the emotions around divorce, separation, or death and help restore emotional wholeness. Each program is a 12 week, small peer-support group that meets to share with each other and gain the emotional strength needed to be able to deal with what life has dealt to them. There are groups for all ages. Programs begin in September and January each year. To find a location or register for a program, contact Dennis or Irene Sanders 403 289-8555.

The Heart of a Volunteer

Sometimes it is hard to understand why someone would commit a significant amount of time when they are not even going to be paid for it. In a society where we are encouraged, even pushed, to look out only for ourselves, it can be hard to understand why.

My sons are why I volunteer.

Why do I dedicate 2 hours every Tuesday? Why do I let my children go to bed late once a week (something I *never* do!) to help out at Heartzone? I believe in it. I've seen the benefits in my own children, in my own family and life.

For twelve weeks, I get to meet some amazing kids, I have the privilege of seeing them open their hearts, to have better relationships with their parents. The first week, they are shy, hesitant to talk. By the end of the session, they are open and talking about the hard things in their lives.

A volunteer gives of themselves, of their lives to help others. It isn't a selfish choice, but one out of a desire to help others. We are all called to serve. God puts us in places and

asks us to help, a volunteer is simply answering that call.

Without volunteers, non-profit

organizations would not survive. Cornerstone of Hope would not last.

My sons are why I volunteer. When we came to Cornerstone in 2010 we were all hurting. We were all scared. Thanks to the team at Cornerstone, we were able to heal. We were able to move on with our lives.

Cornerstone has helped my sons put words to their emotions. Their teachers gave them a voice. If I can do that for even one more family, then my time makes a difference, and is worth every sacrifice.

A Volunteer

I would like to volunteer BUT....

Many of us would like to help out in some way but are not sure we could do it, or don't have the time, or it's a bit too scary or....

Consider the following:

- ◆ We will work with you to work out the time commitment that works for you!
- ◆ We will train you!
- ◆ We can partner you with someone else, so you learn "on the job" and do not have to take full responsibility all at once.
- ◆ Maybe you like doing things with your Facebook or LinkedIn page? You could give us invaluable help with our pages.
- ◆ Look at the volunteer job postings on the next page to see what other areas you could do to be a part of helping families.

OUR MISSION:

We provide support, programs and resources within a safe environment, to help children, teens, adults and families move toward wholeness.

More than 50% of children in Canada live in "non-traditional" families coping with some type of loss. Each year CORNERSTONE provides training and curricula for volunteers in Alberta offering grief support services. Since CORNERSTONE's inception, over 1000 children and their families in Alberta have benefited.

OUR VISION:

We exist to promote healing by journeying with those suffering loss due to separation, divorce, or death.

OUR VALUES:

We are Compassionate. As a faith-based organization, we love all people. We are followers of Christ reaching into our communities.

We are Committed. We serve with conviction, passion and humility.

We exhibit Grace. We engage in authentic relationships, and encourage growth in each other.

We Celebrate life. We pursue joy in the midst of adversity.

“More than 50% of children in Canada live in “non-traditional” families coping with some type of loss”

Do you want to give back to your community?

At Cornerstone of Hope, we have ongoing opportunities for great people like YOU! You can be blessed in your own life by helping other people. Without our wonderful volunteer base we would not exist. We have been blessed to have many wonderful contributors who have made us what we are today. Within our portfolio we have various categories of opportunities.

Immediate Opportunities:

Videographer

Curriculum Writer

Curriculum Writer, Team Leader

Illustrator Computer graphic assistance,
curriculum production

Marketing Specialist

Ongoing Opportunities:

- *Home and vehicle repairs* for families in need
- *Social media promoter*, Facebook, website, newsletter
- *Facilitators* for weekly peer support programs (12 week commitment)
- *General labour task-force* for special projects

For additional information or inquiries please contact Dennis directly at 403 289-8555. or email

Dennis@cornerstoneofhope.ca



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

For Newsletter Submissions, or
articles to be considered for
publication, or to ask about
paid advertisements,

please contact

Sarah Moss at 403-241-6578

or email

sarahsecretarial@gmail.com

GOALS OF CORNERSTONE OF HOPE:

- Connect directly with youth and adults that have gone through a painful loss in their family unit.
- Provide powerful and positive tools that will assist in healing through time and effort.
- Use successfully proven programs to encourage families to communicate their feelings and heal after loss.

Cornerstone of Hope is a dynamic not-for profit organization that offers the very successful HEART-ZONE, DIVORCE CARE, and CORNERSTONE TEENS 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 are working to develop other locations around the province.

Supporting Cornerstone of Hope

Cornerstone exists through the generous support of it's donors. If you would like to support the work o Cornerstone in Southern Alberta, you can send a cheque made out to "Cornerstone of Hope" or contact us at denis@cornerstoneofhope.ca or 403-289-8555. Tax deductible receipts will be sent for all donations over \$10.00. You can also donate online at www.cornerstoneofhope.ca and follow the links to "Help Support Cornerstone".

Yes, I want to help Cornerstone change hurting lives!

Name: _____

Address: _____

City: _____ Prov. _____ Postal Code _____

Phone: _____

I AM MAKING A DONATION BY: (CHECK ONE)

Cheque Cash Online

Complete this form and mail it to:

Cornerstone of Hope 2839 Brecken Road NW,
Calgary AB T2L 1H5

ENCLOSED IS MY SINGLE GIFT OF:

\$50 \$100 \$250 \$500 Other: _____

You can also donate online at:

<http://www.cornerstoneofhope.ca/help-support.html>
Or call 403-289-8555

**I WANT TO SUPPORT CORNERSTONE WITH A MONTHLY
DONATION:**

This can be set up online at our webpage (link to the right)

Donations of \$20 or more will receive a tax receipt.
Cornerstone of Hope respects the privacy of our donors.

Charitable Registraton:86151 2952 RR0001