

The Cornerstone Press



A Message From our Executive Director, Dennis Sanders

Fall/Winter 2008

Parents need the management skills of a CEO, the strength and endurance of an Olympic Decathlon athlete, the wisdom of Solomon, and the love of Father God – and that’s just to get them through to breakfast! The rest of the day takes even more! Continuing to care for children while living with the emotional stress of the loss of a spouse means that single parents need all the above, plus the support of friends and relatives; and the help of-

fered by Cornerstone of Hope. Raising good children is a huge job in our high-pressure society – and we all want to do our best. Cornerstone of Hope offers support to families working through the loss of a parent. With emotional and practical support from Rainbows, Divorce Care, or Just Me and the Kids, parents are better equipped to deal with all the other issues involved in raising good children.

Single Parent Get-togethers

So far, we have had three Get-togethers.

Our first Get-together in September turned out a small, but enthusiastic crowd. We started the night off with a fun ice breaker game. Then, our speaker, a single parent of 30 years, Carol Schick spoke on, “Attitude is Everything” We continued the evening with a rollicking game of two truths and a lie and handed out a door prize. Attendees had the remaining time to socialize with others in attendance.

By the second get-together, we grew in numbers. Our speaker, Catherine Fox from Legal Guidance interacted with parents, explaining and answering many family law questions.

In November Pastor Laura Dueck spoke on the Five Love Languages of Children.

Due to the season, we had a small turnout to this get-together. Everyone in attendance enjoyed our speaker and the fellowship.

Time: 6:30pm-8:30pm

Location: First Assembly Church

Next Get-together: January 31/09

No get-together December 08

Come and get together with other single parents and listen to a short presentation from a special speaker. There is a children’s program provided.

For more information and details call Wendy Knox at 403-730-0200 or email: wendy@cornerstoneofhope.ca

Christmas Banquet 2008

Several Calgary Locations of Rainbows will be assembling for our annual Christmas banquet on the 13th of December. Once again, the banquet will be held at First Assembly Church. The evening promises to be an exciting one. The decorations each year are fabulous thanks to dedicated volunteer efforts.



The food is always mouth-watering; a full turkey dinner with all the trimmings.. There is always great entertainment and Christmas songs. Don’t forget the treats for the kids and surprises for the adults. Although, the best part of the evening is getting an opportunity to dress up and socialize with everyone from Rainbows. See you there!

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Executive Director

Wendy Knox
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Rainbows Camp 2008

Families that attend Rainbows Camp always have a blast. We had 91 attendees at camp in 2008. The food was fabulous, the activities were fun and the time spent at camp was phenomenal.

The Weather was great, with only a sniff of rain the entire week.

There were campfire singsongs, beach fun, many family group participation games, canoeing, movies and several

other activities. This year Archery was another activity offered to camp participants and it proved to be very popular. Parents took some R & R time at H2O and also had adult volleyball games in the hot afternoons.

The Friends made, and the healing that happened during Rainbows sessions was priceless.

I know everyone can't wait until next year.



Rainbows Camp 2008

Thank You Sponsors, Donors, Supporters and Volunteers

We thank our supporters for all their contributions. Without you, we could not do it. Many children and their families are receiving help because of you. Thank you to those who have given generous donations: Calgary Minerva Foundation, Bank of Montreal Employee Charitable Foundation, Encana, First Assembly Church, Rick Dembicki and Karol Fritz, Gene Murray, Rob and Cherie Dack,

Dennis & Irene Sanders, Eric and Laura Marsh.

Thank you to those who partnered with us this Christmas in the Toy Drive. Thanks to these places who hosted a toy donation box this year: Bow Valley Chiropractic, First Assembly Church, New Beginnings Church, RBC Royal Bank on Bow Trail, St. George's Moving and World Financial Group.

It takes many volunteers to run programs, banquets, fundraisers and Rainbows Camp.

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. Thank you to all the individuals that have helped out with the many fundraisers and annual events. You are appreciated!!

Single Parent Meet-Up

A Parent in one of our groups recommended another single parent group that has outings. You can access information at this website:

<http://singleparents.meetup.com/14/>

Please Note: This group is not associated with Cornerstone of Hope or the Single Parent Get-togethers.

"The best inheritance a parent can give to his children is a few minutes of their time each day."

M. Grundler

Resources

Book Pick: Raise Your Kids Without Raising Your Voice:

While it may seem obvious, it's a goal that's often difficult for parents to achieve, especially those who were raised in families where criticism and anger shaped their upbringing. Filled with practical solutions to everyday dilemmas, this book gives all parents tools they need to maintain a peaceful, happy and healthy home. <http://www.sarahchanaradcliffe.com/>

raising_kids.htm

Website Pick: [.http://www.coparenting.ca](http://www.coparenting.ca)

Helping you coparent. A former Rainbows participant has gone on to create an organization that does a great job of helping parents to help their children get through the transition of separation and divorce with as little conflict as possible.

Important Dates:

- Saturday, December 13, 2008: Christmas Banquet
- January: Rainbows Programs start up again
- January 30, 2008: Single Parent Get-together
- August, 2009: Rainbows summer camp. Date to be announced.



Rainbows Group

Rainbows Group



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 di-

orce. 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 tapes 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 videotape and what is going on in the lives of the group 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.



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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 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 and help 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 programs, 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