



## Cornerstone of Hope

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

### Fall 2014 and Winter 2015 Sessions in progress!

January programs already see 23 adults, 27 kids and 21 facilitators meeting to change lives! More registrations are coming in every day, though they will close in a week or two! Refer your friends now before it's too late!

Fourteen children had their hearts touched and lives changed by the pilot Heartzone program; Fifteen youth worked through their emotions in Rainbows; and 23 adults attended the six available adult programs offered in our Fall 2014 session.

Did you know that it takes 19 volunteers to facilitate groups for 34 children and 23 adults? It does. Each group needs 2 facilitators, plus greeters at the door to make the program run smoothly. Touching the lives and hearts of parents and children takes a lot of volunteer time and effort! We are extremely grateful to those who give of their time to make this program happen!

Facilitators for our Winter 2015 session were trained on January 10, 2015 and sessions began January 13! The available adult sessions are: Divorce Care, Transformation, Boundaries, Grief Share, The Smart Step Family and Single & Parenting. Of course, Heartzone & Rainbows will run in conjunction with the adult programs, assisting the whole family with their emotional healing needs.

Training for the Fall 2015 program will be on September 12 with programs beginning September 15, 2015.

## Heartzone

The fall session of Cornerstone of Hope saw not only a number of adult programs, but also the pilot program for Heartzone. Heartzone is designed for children aged 4-9 and was written and prepared by a team of volunteers, led by Dennis & Irene Sanders. Completed in August of 2014, we are delighted with it's success!

Following the pilot run, parents and

children expressed their appreciation with the program. The children found it enjoyable and the parents noticed a distinct change in their children's behavior and attitude at home.

After some minor revisions to the program, Cornerstone of Hope intends to market the program to other communities and organizations throughout Alberta and, eventually,

across Canada., as well as writing a companion program for ages 10-15, anticipating to be able to run that pilot program in September 2015.

A project like this takes much time and money to complete, so please consider donating your expertise and/or funds to make sure the project is completed by it's expected date.

### Facilitator(s) Needed!!!

*Our January 2015 session needs one or two volunteer facilitators to work with the adult Single & Parenting Group! If you or someone you know can volunteer your time on Tuesday evenings, please contact Dennis at 403-289-8555 as soon as possible!*

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*Did you know it takes 19+ volunteers to help run a program for 23 adults and 34 children?*



## *Christmas Banquet Traditions*

Laughter and joy filled the halls as the Annual Christmas Banquet Tradition continued on December 5th. Friends gathered, new friends were made and children made good use of the craft area while parents visited and enjoyed the excellent entertainment after the wonderful meal. The entertainment comprised of a well-presented combination of musical numbers, dancing and a children’s reading of the Nativity Story.



To finish off the evening, parents appreciated the opportunity to select gifts for their children from amongst the many amazing toy donations available and the children loved being able to select a special something for themselves, their siblings and/or their parents. It is definitely



one of the highlights of the evening for the children!

Many volunteers came together to prepare an

amazingly delicious feast, more volunteers ensured the space was beautifully decorated, the craft and gift rooms were ready, organized and operated smoothly. The evening was a fabulous, well-organized success!

A great thank you to all of our volunteers, not just for this event, but throughout the years. Without our facilitators, coordinators, behind the scenes prep workers and the many others who come together to support the work of Cornerstone of Hope, the organization would collapse.

***You are greatly appreciated.***



## Cornerstone of Hope

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For Newsletter Submissions,  
articles or classifieds (free to  
families attending or that  
have attended our programs)  
to be considered for  
publication, or to ask about  
paid advertisements, please  
contact

Sarah Moss at 403-241-6578  
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[sarahsecretarial@gmail.com](mailto:sarahsecretarial@gmail.com)



## *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 Divorce Care, Grief Share, Single & Parenting, Transformation, Boundaries, Smart Step-Family for adults, Rainbows (ages 10-15) and the newly developed Heartzone (ages 4-9). To register for a program, please visit our website or call our office!

## *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 [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 [www.cornerstoneofhope.ca](http://www.cornerstoneofhope.ca) and follow the links to "Help Support Cornerstone".

*Want to host a program? We will train your volunteers and help you get set up to run these much needed programs in your facility!*

*Need a program? If you or someone you knows are looking for a program in your area, please also do not hesitate to contact us. We will help you find a program that fits your needs!*

*Email: [dennis@cornerstoneofhope.ca](mailto:dennis@cornerstoneofhope.ca) or*

*Phone: 403-289-8555*