

# The Cornerstone Press



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

## A Message From our Executive Director, Dennis Sanders

Spring 2009

Raising good children in our fast-paced society is a huge job for parents who want to “do it right”. With the current recession, families are under even greater stress. Now is the time to review the good things that initially brought the two of you together and to develop habits that strengthen your marriage. Your children need good role models that demonstrate to them good ways of dealing with crisis.

Children learn by how we act and react to things around us. Their whole future is being set in motion by us as parents. Single parents can raise good children. Let your children see your love for them on a daily basis—even in the midst of the double-duty work you do to keep your family functioning. The “Just Me and the Kids” program can help you understand and love your children even more.

## Rainbows Camp 2009

### What is Rainbows Camp?

The camp is for single parent families who have attended or who are registered to attend the Rainbows program. Several Rainbows locations get together at Pine Lake Christian Camp for this fun family time together.

### What happens at Rainbows Camp?

You can look forward to campfire sing-songs, beach fun, many family group participation games, canoeing, movies and several other activities. There are family activities as well as kid only or parent only activities. There is also a

short Rainbows session every morning at camp. These sessions cover different topics than what are covered during the year in the regular twelve week session of Rainbows. Every year, the kids and parents make great connections.

### How to Register for Camp:

If you are planning to come to camp and haven't done so already, get in your camp forms. They are available from Dennis Sanders or downloadable from the Cornerstone of Hope website. ([www.cornerstoneofhope.ca](http://www.cornerstoneofhope.ca))

## Single Parent Get-togethers

We've had some great topics and guest speakers over the last months. The Single Parent Get-togethers began in September 2008. The once a month meetings will continue until May 2009. .

Come out and meet other single parents, have a coffee and goodies and listen to a special speaker each month.

Final Get-together:- Sat, May 23, 2009,  
Sept 2009: TBA

Time: 6:30pm–8:30pm

Childcare is provided

The Single Parent Get-togethers have been made possible by a few people. I would like to thank First Assembly for allowing us to use the church. Thank you to New Beginnings Family Church for

your prayers and backing. Thank you to Dennis Sanders for scheduling us in and being the liaison to have equipment made available. Thank you to Pastor Laura Dueck, Irene Sanders, Brenda and Dennis Robinson, Henry Sims, Barb Blake, Sandra Whalen, Michelle Larivier and Gloria Fortier who have all volunteered their time one or more weeks to help with set up, sign-in, coffee and snack set up or childcare, among many other things. Thank you also to Michael Knox for the times he was able to co-host the group with me. Thank you immensely to all of our special speakers.

For more information and details on upcoming sessions, please call Wendy Knox at 403-730-0200 or email: [wendy@cornerstoneofhope.ca](mailto:wendy@cornerstoneofhope.ca)

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### Board of Directors

Linda Anderson

Dr. Karen Colburne

Dr. Randy Johnson

Irene Sanders

### Staff

Dennis Sanders  
Executive Director

Wendy Knox  
Promotions Manager

## Resources

Book Pick: "Raise Your Kids Without Raising Your Voice" by Sarah Chana Radcliffe, Published by Collins. Available at Chapters.

Website Pick: Goals and Resolutions for Single Parents.

<http://singleparents.about.com/od/singleparentlife/tp/resolutions.htm>

Take some time to think through the direction your life is moving, and determine whether your long-term goals are in line with the smaller action steps you take each day. This begins by taking care of yourself so that you can take care of your kids.

### Important Dates:

- May 23—Single Parent Get-together
- June BMO Ball tournament fundraiser
- July 31—August 5, 2009: Rainbows Camp
- September—Rainbows Fall Start
- December—Rainbows Christmas Banquet

## Thank You to MRC Market Research Class

Thank you to the Mount Royal College Market Research class volunteers that did some market research for Cornerstone of Hope.

The college students conducted surveys with churches regarding starting

up new Rainbows locations in the East quadrants of Calgary.

The results are positive with some churches showing interest in learning more about Rainbows

**"Blessings are not counted in gold or dividends, but by the love we share with family and friends."**

**Author Unknown**

## 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: 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!!



## 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 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

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**For Newsletter Submissions, articles  
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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 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