

The Cornerstone Press



Cornerstone of Hope

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

Spring 2010

A Message From our Executive Director, Dennis Sanders

We often feel too busy to attend to our children and do things with them. They are often left to fend for themselves while we clean the house, make the dinners and everything else that is required of a single parent. Left to themselves, children often develop ever escalating behaviour problems in an attempt to gain their parent's attention. Then when they are in their teens and we are having serious problems with them, it feels like it is too late. Time spent with our children while they are

young pays serious dividends both now and in the future. Get down on the floor with them and play at their level. Do intentional games with them - dress-up, crafts, sports games, table games, walks in the park. At least 7 times a day, tell them you love them. Praise them at every opportunity you can find. With love and praise, you will find that your household tasks will be done much faster when you are all on the same side.

Rainbows Camp 2010

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 singsongs, beach fun, many family group participation games, canoeing, archery, 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)

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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

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. The group watches a 30 minute 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, 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.

Resources

TV Show Pick: "Supernanny". Even though this is just a TV show, you can gain some valuable lessons in dealing with behavior problems in children. Watch a number of shows to see the patterns. Watch for things like the firmness plus the heart of love and forgiveness surrounding the use of the "naughty chair".

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 looking closely at yourself so that you can properly discipline and love your children.

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 \$20.00 or over. You can also donate online at:

<http://www.canadahelps.org> Enter: Cornerstone of Hope

Important Dates in 2010:

- June 12: BMO Ball tournament fundraiser. Volunteers needed.
- July 30—August 4: Rainbows Camp
- August 6—11: Rainbows camp 2.
- September—Rainbows Fall Start
- September 11 Rainbows facilitator training
- December—Rainbows Christmas Banquet

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 Single Mom's Perspective

I am a single mother of 4 girls abandoned by my husband and the girl's father 6 years ago. Though some of the decisions made were not the girls or my choice; forgiveness is a must in every situation. The struggle to move forward has been overwhelming at times but we are thankful for God's love and mercy. Thankful for the blessings we received in food, clothing, hugs, smiles, words of encouragement, advice, support and counseling for single parent families, wisdom from mentors, friends and family, mechanical, construction and legal involvement. All continue to play a huge part in our difficult road to recovery.

Rainbows played a huge part in our recovery. The girls and I are closer and are still a family unit. Though it is not always easy in the darkest moments, I can truly say God is faithful and makes a way for us to escape.



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For Newsletter Submissions, articles or classifieds (free to Rainbows families) to be considered for publication or to ask about paid business ads, please contact Dennis Sanders
403-289-8555

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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.