



Pembina Counselling Centre

Comedy Night October 22nd

This year on October 22nd, at the P.W. Enns Centennial Hall, Pembina Counselling Centre will be hosting an evening of comedy with MATT FALK.



Tickets are available for \$22 at The Olive Tree in Morden, the Winkler Bible Bookshop & the Morden office. Proceeds of ticket sales will be going towards PCC. Hope to laugh with you there!

Client Comment:

"I wonder if I should ask for counselling money for Christmas. It would be a nice gift if some or part of the sessions were covered!"

Decor Charity Golf Classic

Every year for the past 12, Decor Cabinets has hosted a golf tournament in support of local charities. Decor, like us at Pembina Counselling Centre, aspire to make a difference for good in this world. This year they raised about \$68,000 which will be shared by 4 local charities: YFC Morden, Pregnancy Care Centre, Teen Challenge and Pembina Counselling Centre. Thanks to you our friends, who joined together with us to help make a difference in people's lives.

Paul Penner, Executive Director

Mothering From A Glass Half Full

by: a Friend of PCC

Becoming a mother was, for me, the most daunting adventure I will take in this life. I imagine the experience is unique to each new mother, but I was scared. Not about baby care. I had years of experience babysitting and have always been drawn to babies. I was scared because I knew firsthand how confusing and challenging life and relationships can be when your own start in life is built on insecurity; and how hard it is to find healing in these areas. I was scared because, despite my own personal growth, I feared that I wouldn't be able to nurture security in my own children.

I have always had a passion for relationships. I believe that we are created to be in relationship and my deepest desire was to become a mother whose children would grow up to be so confident in who they are that they would be able to pursue relationship with others whole-heartedly and find satisfaction in those relationships throughout their lives. Having taken my undergraduate degree in

**have patience
with all
things, but,
first of all
with yourself.**

SAINT FRANCIS DE SALES

Pearls to Ponder...

It has been said that the most powerful human longing is to belong (Gordon Neufeld). When children feel secure in the commitment of a care giver to fill their role in the child's life... they can relax, they can play, they can explore, they can learn. What happens when they don't feel secure?



psychology, I was familiar with child development and attachment. While pregnant with my first child, I was determined to learn all that I could about how secure attachment is fostered. I knew that it wouldn't matter if I still struggled with insecurities in my own experience of relationships so long as I was "good enough" at meeting the needs of my child. I made notes and became immersed in how attachment is developed from infancy on.

After our first child was born, I followed my heart as well as my knowledge. I was cautiously optimistic that my child was secure in safety, acceptance, and love, while at the same time still questioning if I truly was capable of meeting all of their attachments needs. Looking back now after having our second baby several months ago, I feel so remarkably different. We have a three year old who pursues closeness with the important people in his life with all that he is; who is safe and secure enough in our relationship to express his emotions with expectation that they will not only be heard but understood; who is sensitive to the needs and feelings of others; the list goes on.

There is still much learning to be had and I am not, nor will I ever be, the perfect mother. I expect my children to come to me with complaints when they're older. For now, as my husband and I strive to discipline gently and with understanding, we have really only tapped the surface in this journey of parenthood. But that's not the point. The point is, mothering from a glass half full - I came into this role half full, with inadequacies within myself, but also half full with the outlook that there is hope. It is my hope that you will feel encouraged, wherever you stand in your own relationships, to take the time for self-reflection and the hope for growth.

Has your address changed? Would you like to help cut costs and receive our newsletter by email? We'd love to hear from you by phone: 204-822-6622 or email: pccmorden@gmail.com

PCC Website Gets A "Media Facelift"

Thanks to the amazing team at Thunderstruck Sales & Marketing, our website has gotten a media facelift. Not only have they brought fresh ideas and a great layout, but they've given their time and energy as a gift, part of their new annual grant program.