



A Landmark Year Has Begun ~ Paul Penner

Annual General Meeting 2018

Feb 26th at 7pm

Please join us on Monday Feb 26th at 7pm for our Annual General Meeting at the Westside Community Church.

Fundraising Banquet

Our banquet will be in April. Stay tuned for more details.

PCC Locations

Morden, Winkler &
Crystal City

reception@pccmb.ca

P: (204) 822-6622

P: (204) 331-3930

F: (204) 822-9535

25 years ago after New Year's, Pembina Counselling Centre opened its doors.

Our beginnings were small. A reception area with a desk and phone, and an interview room with chairs and a desk along with two caring professionals serving those who came. Would any come?

What started as a trickle has now become a steady stream. That first year there were about 350 kept appointments. This year we anticipate 3500. We started with one counsellor and a support staff. Today we have eleven in all (5 counsellors and five support staff plus a Business Development Officer). We began with one interview room in our Morden office. Now we have three locations: Morden, Winkler and Crystal City. And new space, as I write, at Boundary Trails Place in Morden is under construction. We will be taking up residence in the delivery room part of the old Morden Hospital. A space that brought 'life' into the world back then and hopefully will bring 'life' to people again through us.

The new office will double our floor space from 792 square feet in the Buhler Building to roughly 1423 at Boundary Trails Place. We will have a larger waiting area, four interview rooms (presently we have 3 in Morden), a book keeping/ records room, a board/meeting room and front reception. Construction began this January and we are hoping to be in our new location at the latest by June. That will be a good time to invite the community for a tour and celebrate 25 years of service.

Our 2018 strategic plan also calls for the expansion of services into another community in the Pembina Valley... but I don't want to get ahead of myself. There are conversations and local partnerships that need to be built in order, for what we think is a good idea to actually happen. We'll let you know more as things

unfold. In 1993 our operating budget would have been less than \$50,000. Today we are looking at well over \$500,000 when including the expansion project.

Why are we doing this? PCC isn't about buildings and money, it is about people and coming alongside to help others who come to us because they are stuck or struggling. It is our sincere belief that no matter what people's situation or their concerns there is hope and they have value. We have come to believe that God loves everyone. He has a good plan which involves restoring whoever is willing. While we do not exist to proselytize (which is to engage in a conversation that isn't being asked for), we do base our hope in Christ and His plan of redemption and are willing to share our hope with others when it is invited. It is our highest privilege to come alongside and care about people in their plight. We are humbled and grateful for a community of supporters, volunteers and staff, who have come together over the many years to communicate to people that they matter, that there is hope, and that we care no matter what the concerns.

Self Care ~ Danita Janzen

Recently I attended a conference and was reminded to do a daily check on how I feel in 5 different areas of my life. These areas are; emotionally, spiritually, relationally, financially and physically.

In any one of these areas, you can discover quite a bit about yourself, but one way to look at how you're doing, is to remember you (body, mind and soul) are like a bank. You only have as much to give as you have in the "bank". If you make many withdrawals, you have to have the emotional reserves in your bank account. If you don't do self-care, or have no way of making deposits back into your life, you can or will eventually burn out.

If you find you are at the edge of pushing yourself, there are four options you can choose.

1. Quit - this may be premature when the timing isn't right
2. Fail - moral failure or addictions can start at this point
3. Stay - if you stay stuck on cruise control, no one excels
4. Thrive - learn to thrive & see life for what it really is. Keep your heart fully engaged.

When you thrive, you will need to put yourself first when it comes to personal growth. Give yourself some margin to rest. Take time to grieve your losses when things don't work out. Foster a community of accountability and support. Stay connected (without using social media). Go for coffee, meet up with friends. Never make tomorrow's decisions based on today's emotions. Defer a decision if you're emotionally charged. And lastly, persevere. Take time to be grateful for moments you're experiencing, no matter how big or small they may seem.

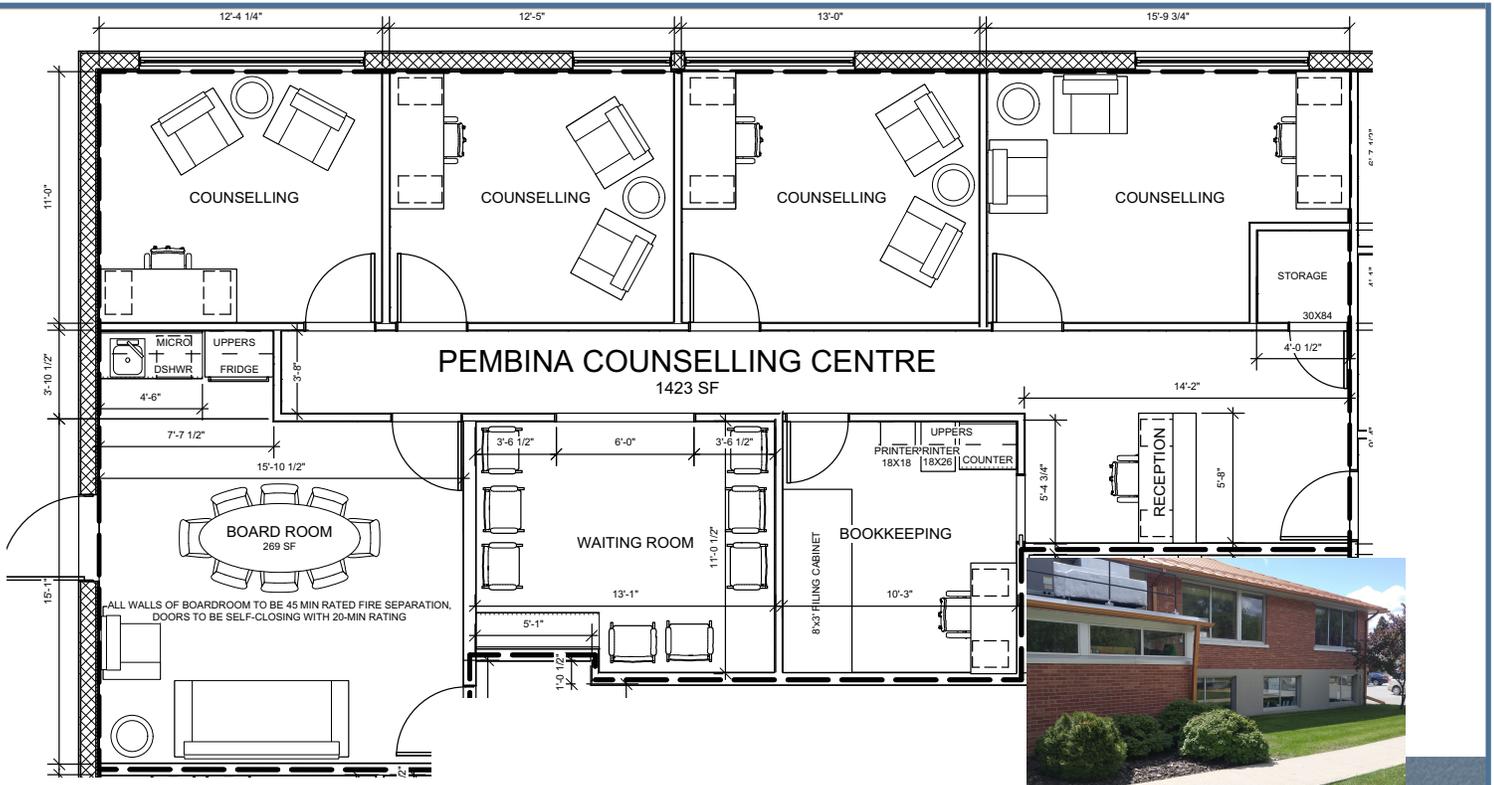
You are chosen by Love, for love, to love others. May you be encouraged to press on, and when you need or want, it's okay to ask for help.



Thank you is easy enough to say, and it doesn't get said enough. I want to connect our 'thank you' to the difference your support has and is making. **Firstly**, it is personally encouraging when others come along side to help us who feel a call of God on our lives to this ministry of compassion. **Secondly**, it helps our clients who come to us for help better afford the costs associated with counselling by allowing reductions geared to income and or hardships. **Thirdly**, we really couldn't do what we do without the support of the community around us who see value in what we do and feel motivated to partner with us. **Fourthly**, for 25 years support has coincided with what we needed at just the right time which strongly suggests that God is behind the scenes bringing people and resources together making the impossible possible.

This summer we want to celebrate our 25th birthday. Yahoo! Hopefully you will take some time to tour our new office space when we host our grand opening / 25th anniversary celebrations this summer. The renovation and relocation project being undertaken (on the front side) has been made possible through funding assurance from the Morden Thrift Shop, Thomas Sill Foundation, Access Credit Union, City of Morden, and a private donor. We are humbled and grateful by your gifts.

Paul Penner M.A.
Executive Director



Our New Address June 1, 2018
30 Stephen St., Boundary Trails Place

Morden Location
P: 204-822-6622
F: 204-822-9535
reception@pccmb.ca

Welcome to our new staff - Mark Sawatzky & Christine Elias

Hi, I'm **Mark**, recently added to the PCC team. I've come on board to fill the part-time role of Business Development Officer working 2 days a week. I grew up in Winkler, received a Bachelor of Commerce from University of Manitoba in '92 and work has taken me many places including Winnipeg, Hamilton and Vancouver over the years. In 2000 my wife and I moved back to the area (Morden) from Vancouver to see what life would be like raising a family in Southern Manitoba before we made a longer commitment to Vancouver.

As it turns out it was a good decision (Dairy Queen may not be as fancy as some of the places in Vancouver but with grandparents around, at least Kim and I could go out once in awhile). Today I have a great family which includes 3 kids ages 13 to 18 and their independence is freeing up some evening time for me which I plan to use to start painting again (see below). I'm looking forward to my work with PCC and I am excited (nervous?) to see how God will use this experience to shape me to becoming the person He created me to be.



Hi!, My name is **Christine** and I have recently joined the team at Pembina Counselling Centre as a contract counsellor. My husband Frank and I have been married for 25 years and live between Winkler and Morden with our four children.

Joining the team at Pembina Counselling Centre is not only the culmination of many years of intense learning, but it is also a dream come true. This week, as I walked through PCC's front doors and took a seat in the counsellor's chair for the first time as a contract counsellor; it felt natural. If I am honest, I had never really imagined myself counselling anywhere else. As a Christian, I was drawn to PCC as I saw that their vision and mission fit well with what I sensed God calling me to do.

As a teenager and young adult, I had always felt pulled in the direction of the social sciences and imagined

that one day I would be a trained helper and encourager. I attribute this pull in my life, to God's leading and the gifts and passions that he has blessed me with. Although throughout our married life, my husband and I served others through involvement in our church; it was not until after we had worked with MCC in Bolivia, that I was convinced of the importance of furthering my education in order to help others. I often found myself, the recipient of other peoples' personal stories and I was convinced that in order to be most helpful, I needed to become equipped.

When our youngest daughter started grade one, I enrolled in my first counselling course at Providence Theological Seminary and the rest is history. After seven challenging years, marked by perseverance and God's faithfulness, I am currently working on my final course and will be graduating this April.

I look forward to my involvement with PCC and to getting to know the community of individuals that support this important work.