



IN 2020

1,712 Appointments
312 New Clients
Hired 2 New Counsellors

Coming to ALTONA IN 2021

“We are incredibly excited to announce we are opening a new office in Altona on January 8th, 2021! We will be located at 100 - 125 Centre Ave. East, and Brent Thiessen will be available one day a week to start. If you or anyone you know would like to book an appointment please call our office at 204-822-6622.”



By Chris Derksen



Growing up in Winnipeg I attended Calvary Temple which did the Christmas production, Handel’s Messiah, every Christmas for over 20 years. It was the highlight of Christmas and because of that, Handel’s magnificent choruses echo in my mind every Christmas season.

More importantly, the words from the book of Isaiah are embedded in my heart and mind forever.

Specifically, Isaiah 9:6 “And His name, shall be called, Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace”

What a powerful description of who our Messiah is, His character, and a tremendous reminder (which we need right now), that our King is mighty and in control.

And just as the children of Israel were in darkness 2000 years ago and longing for their Messiah to come and rescue them, so we too long for Jesus to come to us at this moment in history and rescue us from the darkness.

On behalf of the staff and board of directors of PCC, I want to thank you and bless you for supporting us throughout 2020.

You helped us to bring hope to the hopeless, strength to the weary, and light to the darkness.

2020 will be remembered for a lot of things (and some of them not very good), but I want to remember this year as a testament to God’s faithfulness in our time of trouble.

Hebrews 13:8 tells us “Jesus Christ is the same yesterday, today, and forever”. Our world may have changed but our Saviour does not. As we look to 2021, let’s remember to keep our eyes focused on Him.

Merry Christmas!

“ You helped us to bring hope to the hopeless, strength to the weary, and light to the darkness. ”



Staff

Chris Derksen
Irma Harms
Kathy Froese
Sharon Heinrichs
Angela Lussier
Brent Thiessen
Christine Elias
Lucienne Sawatzky
Paul Penner
Danita Janzen

Board

Darlene Wirth
Hank Froese
Kevin Jamieson
Mike Slobodian
Trisha Warkentine
Vern Reimer
Ernie Epp
Bernie Thiessen

Thank You Darrel

A big thank
you to Darrel
Wiebe for
serving 3 terms
on our board
and being our
IT resource.
You have
been a huge
blessing to our
organization
and the people
we serve.

*From all of us
at PCC*



Merry Christmas



By
Lucienne
Sawatzky

I am overjoyed to be back in my hometown working with Pembina Counselling Centre, to serve southern Manitobans after completing my education at Steinbach Bible College and Providence Theological Seminary. My experiences at Pembina Valley Bible Camp, missions around the world, and supporting adults with disabilities have shaped my love and empathy for people of diverse backgrounds.

Working with the staff at PCC is like discovering family members you did not know you have. And that is what we are; God's family bringing hope and compassion to the world, all to the glory of God. In the few short weeks since starting on Nov 3rd, we have already laughed till I cried and cried till God reminds me of yet another reason I can be thankful. While seeing God at work in people's lives is nothing new to me, it is no less amazing and fascinating that He has called me to this time and place with a front-row seat to His marvellous acts.

Four weeks of having a full schedule of five sessions demonstrates a clear need which means I will likely extend my one day per week to two to accommodate this increasing demand. I am so grateful to everyone who supports PCC with prayers and gifts to make this happen; it is truly an incredible blessing and honour to work here with both the staff and clientele.

“ Working with the staff at PCC is like discovering family members you did not know you have. ”

PARKLAND PRESENTATION

By Christine Elias

There were several reasons why I was immediately excited by the opportunity of leading a workshop on managing stress and anxiety for the teaching staff at Parkland Elementary School in Winkler. One of those reasons, was that Parkland was the place where all 4 of my children attended Kindergarten to grade 8, and I viewed my input that morning, as one small way that I could say thank you and give back to all of the teachers, who taught, guided, pushed, pulled, and cheered on, my crew.

The other reason for my excitement, was that I view the work that elementary and middle school educators are doing, as extremely important, and quite frankly, extremely stressful in our current world situation. I wanted Parkland's staff to know that many of us recognize their tireless contributions at this time and we support them!

My prayer that morning was that what I shared, on the topic of stress and anxiety management, would be both encouraging and helpful in a very practical way. I also prayed that I would be able to manage my own anxieties and enjoy my time with Parkland's teaching staff, and God was faithful! The staff members were receptive and interactive and their participation contributed greatly to the effectiveness of the workshop.

After the presentation, I received some encouraging emails. One of Parkland's teachers wrote:

"First of all I want to say a big Thank You! You did a great job. I enjoyed your presentation and I learned things about myself. Some of us debriefed your session later in the day, so that means you made us think. I not only thought about myself, but also about my semi-adult children and my 5 & 6 year old students. I could apply what you said to all age groups. Well done! Come back any time."

It was a privilege for me to be able to support the teaching staff at Parkland Elementary School in this practical way.

When we gathered as a staff during our fall retreat, one of the goals that was expressed in our planning meetings, was the desire to support our community in various ways outside of the counselling office. This goal is already being realized.

NOTE FROM THE EDITOR: Since the writing of this article, we have the opportunity to present on the theme of Managing Stress and Anxiety through Zoom to the employees of Winkler Consumers Co-op.



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Everyone will remember 2020.

What a year. Even in a dirt pile flowers can grow! Although the first thing that comes to mind might be... testing, lockdowns, isolation, slowing down the busyness of life, fear, loss... we looked for and found some flowers. Despite Covid challenges we had new opportunities. Yes, at Pembina Counselling Centre we had to limit counselling to video and phone conversations, rather than face to face.

A very different feel. We had to sanitize, wipe down door handles, counters and chairs. And we got used to social distancing (kind of), doing screenings, and face masks as needed. But we got in touch with how important people and connecting are. Like my grandson said, "I miss hugs."

Personally, I learned to Zoom with family and friends. That's how we could keep in touch. Funny how going to work and just being around people is such a highlight. Not to mention my new appreciation for grocery shopping and greeting the drive-thru attendant. Everyone needed a people fix. And I can walk again without pain thanks to hip replacement surgery which happened when the window opened in July. It hurt, and I was off work for 3 months, but the route to relief and recovery is behind. The hip feels great.

In spite of the lockdown restrictions, we got to build a sense of community, short as it was, with our seniors. We received a grant to serve residents at Homestead South and Buhler Active Living Centre. It was a pleasure to meet with the residents and listen to the meaningful stories about life that they shared. As well, we got to visit several businesses (Triple E, Co-op, Decor) which made counselling time slots available at the workplace to support employees during a time of uncertainty.

Needless to say, people of all ages continue to seek counselling services even during Covid-19. We have kept busy. Thanks to the many who entrusted us with their concerns. Thanks to the many who helped us respond through their gift of finances. There is a saying... 'We are better together.' 2020 reminded us of that.

“ But we got in touch with how important people and connecting are. Like my grandson said, “I miss hugs.” ”

pembinacounsellingcentre.ca
reception@pccmb.ca



Make A Donation or
Become a Monthly Partner

Give our office a call, send us an email or visit our website to make a donation or to become a partner.



Making An Appointment

P: 204.822.6622 | 204.331.3930
E: reception@pccmb.ca



Locations

MORDEN: 205-30 Stephen St.
WINKLER: 2B-915 Navigator Rd.
ALTONA: 100-125 Centre Ave. E.