



N E W S L E T T E R Spring 2023

This Quarter

1383 Appointments
161 New Clients
407 Returning Clients

New Altona Location
127 - 67, 2nd St. NE

4th Ave. NE.

Regional Library

PCC

The Mall

Rhineland
Ford

Main St.

By Chris Derksen



Dear Friends,

As I reflect on our recent 30th anniversary celebration, I am humbled and grateful for the support that we have received over the years. What an encouragement it was to listen to Larry Schroeder share the history of PCC, and to hear of God's faithfulness throughout our journey. From a two person operation, to a counselling centre with three locations, and thirteen team members to serve the community.

I want to extend a heartfelt thank you to Syras Derksen for speaking on the topic of healing conversations at our recent spring fundraiser. His words were inspiring and reminded us of the importance of open and honest communication in our relationships.

I also want to express my gratitude to Other Brother Roasters for serving the delicious coffee at our fundraiser, to Steve Hiebert for taking pictures and video of the event and Winkler MB Church. We appreciate their generosity and support of our mission.

We've recorded this event and it can be found on our website events page.

I am pleased to announce that our spring fundraiser was a huge success, raising over \$60,000 in total. This achievement would not have been possible without the dedication and generosity of our donors, business partners, volunteers, and staff. Thank you all for your continued support.

Looking ahead, we are excited to have the Grand Opening of our Altona location. Stay tuned for details. This new location allows us to expand our services and reach even more people in need of counselling support.

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Finally, I would like to invite you to save the date for our next spring fundraiser on April 18, 2024, featuring Phil Callaway from Laugh Again.

Thank you again for your ongoing prayers and support of Pembina Counseling Center. We are honoured to serve our community and look forward to many more years of providing quality counselling services to the Pembina Valley.

In Him,
Chris



By Paul Penner, M.A., CPCS

WHAT IS EMI THERAPY?

Eye Movement Integration (EMI) Therapy, is a powerful therapeutic technique that we use here at Pembina Counselling Centre. As the Clinical Director of PCC, I have seen firsthand the transformative effects that EMI can have on individuals who are struggling with the aftermath of traumatic experiences.

The basic principle behind EMI is that traumatic memories can get “stuck” in the brain’s processing system, causing a range of challenging or difficult symptoms to persist. By using a protocol involving guided eye movements, we can help integrate the brain’s natural processing system, allowing our capacity to deactivate.

At Pembina Counselling Centre, we take a holistic approach to therapy, and EMI is just one of the many tools in our toolbox. We work with each individual to deal with what stands in the way of good outcomes.

If you or someone you know is struggling with the aftermath of a traumatic experience, I encourage you to reach out to our team at Pembina Counselling Centre to see how we can help.

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By Lucienne Sawatzky M.A.

EMI TESTIMONY

Earlier this year I experienced something in my personal life that was very distressing. Since I could not relax enough to fall sleep because I felt personally threatened, it caused ongoing symptoms which included; bouts of intrusive thoughts, upsetting dreams, sleeplessness, a racing heart, digestive issues, feeling distant from people I knew cared, strongly wanting to avoid things or people, disinterest in hobbies, feeling guilty and irritable, trouble concentrating, feeling emotionally numb like the world was unreal and more. This was not at all how I normally feel.

While traumatic effects can look slightly different for each person, I am human too, which means trauma can affect me as well. Thankfully, as a counsellor, I recognized this was Post Traumatic Stress, but for many people, this is a very confusing and hopeless experience when effective treatment is unknown or inaccessible.

For the majority of the time traumatic effects resolve naturally after several weeks, however, for some people like me, they can persist past that point and continue on. This is not a result of a character flaw, lack of insight or needing more willpower, but a physiological mechanism or process in the brain that is interrupted and unable to naturally be completed like it usually does.

Personally, doing EMI was incredible. I experienced firsthand an astonishing, dramatic, permanent change. I can sleep again, eat, and enjoy being with people and doing activities again. Moreover, I feel I have a greater capacity for thankfulness, resilience, taking on challenges and connecting with God and others. I recommend talking with a counsellor about EMI if you are going through something similar.

“Personally, doing EMI was incredible. I experienced firsthand an astonishing, dramatic, permanent change.”

2023 FUNDRAISER



IN PICTURES



Save the Date for ...

Phil Callaway

April 18, 2024

PCC Spring Fundraiser



Pembina Counselling Centre

The new logo-mark features an olive tree and cross enclosed in an arched shape which represents a window. Counselling can provide a new perspective and an opportunity for growth and change while the window symbolizes clarity and enlightenment. Both are important aspects of PCC's counselling approach.

The olive tree symbolizes peace, wisdom, and growth, and represents PCC's commitment to faith-based values and principles. In the Bible, olive trees were often used to symbolize hope and new beginnings, such as when Noah sent out a dove from the ark, and it returned with an olive branch, signalling the end of the flood. (Genesis 8:11).

Together, the window and olive tree represent the belief that counselling can provide new opportunities for growth and transformation, while also offering peace, wisdom, and hope. We hope that the community will be inspired by this symbolism, and feel supported as they embark on their journey towards healing and self-discovery.

Cassie Friesen, Co-Founder, Capari.Co

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: 127-67, 2nd St. NE.