



Pembina
Counselling
Centre

Newsletter

WINTER 2025

As we enter this Advent season, our hearts are drawn again to the profound hope found in the birth of Jesus Christ. In a world often marked by uncertainty, Advent reminds us to pause, to breathe, and to reflect on the Light that came into the world—Immanuel, God with us. At Pembina Counselling Centre, this truth anchors our work and fuels our desire to walk alongside individuals and families seeking healing, clarity, and peace.

Looking Back on 2025

This past year has been a remarkable one for PCC. Through God's provision and the faithful support of our community, we were able to extend our services across Winkler, Morden, and Altona in meaningful ways. Hundreds of individuals received counselling, encouragement, and guidance—each story reminding us of God's redemptive work in everyday lives.

We are deeply grateful for every prayer, donation, referral, and word of encouragement given to our team. Your partnership makes this ministry possible. Thank you for standing with us in 2025, and for trusting us to provide compassionate, Christ-centered care across the Pembina Valley.



This Christmas, may the peace of Christ dwell richly in your hearts and homes. May His hope steady you, His joy uplift you, and His love surround you. Thank you for being part of the PCC family and for helping us shine His light in our community.

To God be the glory—great things He has done, and great things He will do.

Merry Christmas and a blessed New Year!

Chris Derksen - Executive Director

Looking Ahead to 2026

As we anticipate the coming year, we do so with optimism and expectation. We continue to explore opportunities to expand our team and increase capacity so we can meet the growing demand for services in our region. We look forward to strengthening community partnerships, offering new programs, and finding fresh ways to support individuals and families with excellence and grace.

We pray that God will guide our decisions, empower our counsellors, and use this ministry for His glory in the year ahead.



Year-End Giving

As we celebrate Christmas and reflect on the hope Christ brings, we're grateful for everyone who has supported Pembina Counselling Centre this year. Your generosity helps make counselling accessible in Winkler, Morden, and Altona, and truly makes a difference for the people we serve.

If you're considering a year-end gift, we'd be honoured to partner with you. All donations made before December 31 receive a 2025 tax receipt, and every contribution directly supports the counselling work happening in our community.

Thank you for standing with us—and Merry Christmas from the whole PCC team!



Let's Get Social!
pembinacounsellingcentre.ca



Enjoying the Holidays

BY DIANA SUDERMAN

I've noticed in recent years how the holiday season has become synonymous with stress. Comments like "the holidays can be stressful", or "how are you handling the holidays" give a sense that the holidays become another thing to get through, tolerate, or worse, survive.

At times, it surely can feel like this. But over the last few years, I've challenged myself to *try* (key word is try) to not be so busy through the holidays, that I forget to stop and *enjoy*.

As a child, I remember adults always mentioning how time flies. I remember thinking they were not being honest since it felt like forever until Christmas Day to open presents. But now having a family of my own, I realize they were right. Time truly does fly by. And we can either wish it away and wish it to pass quickly, or we can try to stop, be present, and enjoy the moment. Even if the moment is one of complete chaos with hungry kids, house not being in order, or utter noise, there will be a time when we *may* miss the activity (key word being may).

Being present is an intentional act. For some, it is not an easy thing to do. In today's society, we are bombarded by more and more distractions, notifications, and interruptions that take our attention away from being still and/or being in the moment. Being able to find the balance, however, to being still *and* being in the moment, opens us up to being present with God. As Psalm 46:10 says, "'Be still, and know that I am God'". Taking time to slow down and witness the blessings God has given us — in the beauty that surrounds us on a morning filled with frost-covered trees, or being grateful for the blessing of a warm home on a cold night. Simple joys that fill us with contentment.

T.S. Eliot wrote:

"The journey not the arrival matters."

— "The Dry Salvages" (1941)

As the holiday season continues, let's challenge ourselves to slow down and enjoy. It's important to remind ourselves that it is ok to take time for oneself and one's family. To cuddle on the couch to watch a fun movie. To order in and not worry and stress about making a five-course dinner from scratch. To pack everyone in the car with hot chocolate and wander through light displays that delight the heart. May we enjoy the journey this holiday season, for the arrival of the New Year will come sooner than we think.





Closed for the Holidays

We will be closed for the holidays between
December 24, 2025 and January 2, 2026!

We will reopen with regular hours on January 5, 2026.

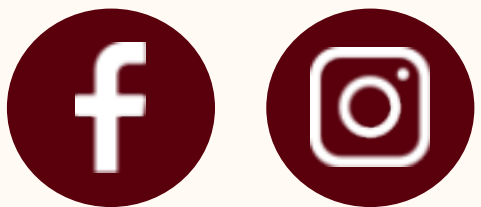
Our website remains open for our clients to book
appointments.

Save the Date

Annual General Meeting - February 23, 2026

Spring Fundraiser - April 09, 2026

N49 Cruise for Hope - September 19, 2026



Pembina Counselling Centre

Donate

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

Book Appointment

204.822.6622
reception@pccmb.ca

Locations

Morden: 205-30 Stephen St .
Winkler: 2B-915 Navigator Rd.
Altona: 127 - 67 2nd St . NE

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