



Pembina
Counselling
Centre

NEWSLETTER

SPRING 2026

As we journey through **Lent** and approach the joy of **Easter**, I'm reminded of the beautiful invitation in the song: "Turn your eyes upon Jesus, look full in His wonderful face..." It's a gentle call to refocus our hearts, letting His peace and hope guide us through life's challenges.

The scripture that comes to mind is **Hebrews 12:2**:

"Fixing our eyes on Jesus, the pioneer and perfecter of faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

At Pembina Counselling Centre, this message resonates deeply. Every day, we see the power of hope and healing in the lives of those we serve. Your **prayers, encouragement, and support** make it possible us to provide nearly 6,000 appointments last year, helping people take steps toward mental, emotional, and spiritual wellness.

I'm especially excited to announce our **Spring Fundraiser on April 9th!** This year, we are thrilled to welcome **Daren and Abishai Redekopp** as our guest speakers. They are former clients who will courageously share their testimony of healing and hope, showing firsthand how God is moving through our ministry. Your presence and generosity will make a lasting impact, and I truly can't wait to see you there and celebrate together.



Thank you from the bottom of my heart for your continued **prayers, support, and belief in our mission**. Together, we are helping people find hope, healing, and a renewed focus on Christ, not just during Easter, but every day of the year.

Wishing you a blessed Lent and a joyful Easter season,
Chris Derksen, Executive Director





The “Secret Sauce”

TO A STRONG RELATIONSHIP | BY HARV JANZEN

Have you ever found yourself wondering what truly helps a relationship endure?

Over the years, as I’ve listened to people’s stories — and reflected on my own — I’ve noticed how easy it is to assume that strong relationships are built mainly on shared interests, enough time together, or simply finding the “right” person.” Those things matter. But again and again, I’ve come to see that something quieter and deeper holds it all together: emotional safety.

When you feel emotionally safe with someone, your heart can rest. You don’t have to perform. You don’t have to carefully measure your words. You can speak honestly. You can admit when you’re unsure. You can bring your whole self — not just the strong or polished parts. And in that kind of space, closeness has room to grow.

Emotional safety rarely appears in grand gestures. More often, it’s formed slowly through small, faithful moments — through gentleness, consistency, and the daily choice to treat one another with care. Without it, relationships may function well enough, but they often stop short of becoming the place where you feel deeply known and truly loved.

As safety grows, vulnerability begins to feel possible. And for most of us, that takes courage. Many of us learned early on to guard our hearts, sometimes for very good reasons. But love, when it is steady and kind, invites us to lower those

defences little by little. To say, in quiet ways, “I trust you.” And when that trust is met with understanding rather than judgment, something beautiful begins to form.

Emotional connection deepens. Empathy grows. Conflict can be handled with more patience. Seasons of hardship feel less lonely. Joy feels fuller when it’s shared.

Over time, a gentle rhythm develops: safety makes vulnerability possible. Vulnerability deepens connection. Connection strengthens trust. And each one, in its own way, supports the others.

It’s worth asking ourselves, honestly and prayerfully, what makes emotional safety difficult for us. Past wounds. Fear of rejection. Habits of self-protection. Becoming aware of those walls — and patiently learning to lower them — is often part of the healing work God does in us and through our relationships.

In the end, it isn’t perfection that sustains a relationship. It isn’t the absence of conflict. More often, it is the quiet, faithful choice to keep showing up — to remain open, to stay gentle, and to keep choosing love, even when it feels tender.

And perhaps that quiet faithfulness is what allows love not only to last, but to deepen over time.

“Love grows best where hearts feel safe.”

WHEN THE HEART TREMBLES

A FATHER AND SON OVERCOME FEAR



Two years ago our community rallied around a 16 year old boy whose heart stopped. That was the beginning of the story — Come hear the rest.

APRIL 9 @ 7PM

COFFEE AND DESSERT



SAVE THE DATE

N 49 IS BACK

09. 19. 2026

ANNUAL GENERAL MEETING



Enjoying an evening at our Annual Meeting on March 2nd as we celebrate God's provision this past year and Paul Penner's retirement

Contact the office for more details.



@n49.cruiseforhope



@pembinacounselling



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

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