



Pembina
Counselling
Centre

NEWSLETTER

FALL 2026

Photo courtesy of Steve Hiebert

A Heart of Gratitude

Thanksgiving has a way of reminding us to slow down and take a moment to notice what we've been given. As I think about gratitude, I'm reminded of the Israelites wandering in the wilderness. God had rescued them, provided for them, and was leading them toward the Promised Land—and yet, time and again, they grumbled about what they didn't have. *"They grumbled in their tents and did not obey the Lord."* (Psalm 106:25)

If I'm honest, I can see a little of myself in that story. It's surprisingly easy to focus on what is frustrating, what isn't going the way I hoped, or what I wish were different, rather than recognizing the many ways God has already blessed me.

And perhaps there is something important here for our mental health as well. Gratitude doesn't make our difficulties disappear, but intentionally recognizing the good in our lives can change the way we experience those difficulties. Scripture reminds us to *"give thanks in all circumstances; for this is God's will for you in Christ Jesus."* (1 Thessalonians 5:18)

This Thanksgiving, I'm especially thankful for the harvest that surrounds us, for the people who make

this community such a wonderful place to live, and for the opportunity we have at Pembina Counselling Centre to walk alongside people who are hurting and looking for hope.

I'm also incredibly thankful for the success of this year's N49 Cruise for Hope. To our corporate sponsors, drivers, volunteers, food vendors, community partners, our local Police & RCMP services, and everyone who came out and supported the event—thank you. Your generosity, time, and support will directly help people in our community who need counselling and support.

Ultimately, my gratitude is not simply for the blessings themselves, but for the One who gives them. In a world that can so easily draw our attention toward what we lack, may we pause this Thanksgiving to recognize just how much we have been given.

"Give thanks to the Lord, for he is good; his love endures forever." — Psalm 107:1

Happy Thanksgiving from all of us at Pembina Counselling Centre!

In Christ,
Chris Derksen
Executive Director



Newest Counsellor

We are excited to be introducing **Isabela Dyck** Counselling Intern as she has joined Pembina Counselling Centre as our newest counsellor.



N49 Cruise for Hope

Over 99 cars joined us on the Cruise for Hope Sept 19th and over \$50,000 was raised.

Great cars. Great people. A great cause!

Nearly 100 vehicles hit the road for a memorable cruise through the Pembina Valley.

Over 200 people gathered on Stephen Street in Morden for an afternoon of incredible cars, great food, and community fun.

Together, participants, sponsors, and supporters raised over \$50,000 to help Pembina Counselling Centre provide affordable counselling to those who need it.

Thanks to everyone who made it possible! We're already looking forward to next year's cruise on September 18, 2027. Hope to see you there!



Thank You To Our Donors



Hope Thrift Store

This summer we had an opportunity to be at the Hope Thrift Store in Morden where all sales from that day were given to PCC. What a gift to be able to partner with our local businesses.



Thank you Stan & Connie Pauls and the Decor Cabinets team.

Save the Date

Spring Festival
April 2027

N49 Cruise for Hope
September 18, 2027



Decor Charity Classic



**Pembina
Counselling
Centre**

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PembinaCounsellingCentre.ca

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

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Locations

Morden: 205-30 Stephen St.

Winkler: 2B-915 Navigator Rd.

Altona: 127-67 2nd St. NE

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