

# CORNERSTONE COUNSELLING CENTRE

... extending the hand of compassion since 1977

## FALL 2018



# DOWN WITH “MAN UP”

Did you know that 1 in 10 Canadian men will experience depression at some point in their lives?

What about the fact that 75% of suicides are carried out by men?

It's a major crisis in our country, but what can we do about it?

The solution isn't a simple one, but the first step is clear: **we need to talk!**

From a young age, men in our society are conditioned to refrain from expressing emotions such as sadness or fear.

They are taught to believe that asking for help is a sign of weakness.

Toxic phrases like “boys don't cry” and “man up” are all too common.

By having an open and honest conversation, we spread the message that it is *okay* to feel emotions, it is *okay* to be wounded, and it is *okay* to ask for help.

Fathers, sons, husbands, brothers, uncles, nephews, partners— we all have men in our lives that we love.

We're calling on you to speak up for their sake.

For the next month, we will be accepting submissions for our Down With “Man Up” Media Contest.

Submissions can be anything from a painting to a poem to a video to a song—there are no limits to your creativity!

The only rules are that your piece must be an original, and that it must send a meaningful message about men's mental health and the importance of breaking down the stigmas surrounding it.

**You have a voice and we believe you have something to say that will make an impact. Let's hear it.**

### What's in it for me?

You mean besides bragging rights and the exposure your work will receive? Well, the winner will receive a \$500 cash prize and the runner up will receive \$500 of travel credit courtesy of VIA Rail Canada!



### How do I enter?

Email your submission to Amanda Zirk at [events@cornerstonecounselling.com](mailto:events@cornerstonecounselling.com) no later than midnight on November 19, 2018.

In the body of your email, please include your first and last name, age, and the title of your piece. You can also share information about yourself, your work, and your creative process.

# DOWN WITH “MAN UP”

## How will my work be judged?

The winning pieces will be determined by a panel of impartial and unbiased judges with a variety of different backgrounds and experiences. Your piece will be judged based on the following criteria:

- ⇒ **Creativity:** The piece is exciting, fresh, and memorable.
- ⇒ **Originality:** The participant has created a unique piece specifically for this contest.
- ⇒ **Meaning:** The participant has given thought to the men’s mental health crisis and has created a piece with a strong and impactful message.
- ⇒ **Shareability:** The message of the piece is clear and easily absorbed by a large and diverse audience.
- ⇒ **Skill:** The participant has demonstrated a clear talent within their chosen medium.

## What else should I know?

By entering this contest, you agree to allow Cornerstone Counselling Centre to freely share and promote your piece via our website, social media, and promotional materials.

Winning entries may be displayed at our downtown office, in which case originals of digitally submitted artwork may be requested.

As Cornerstone Counselling Centre is a family-friendly facility with clients as young as 4 years old, we ask that your submissions not contain any vulgar or offensive language.

Any submissions that degrade or disrespect a person or group of people in any way will not be considered.

Detailed rules and regulations can be found at <https://bit.ly/2DWg5Uv>

## Medium-Specific Guidelines

- ⇒ **Video:** Please submit videos no longer than 3 minutes long via a YouTube link.
- ⇒ **Audio:** Please submit songs or poems no longer than 3 minutes long via a link to YouTube, SoundCloud or a similar platform.
- ⇒ **Written:** Please submit essays or stories no longer than 1,500 words in PDF format.
- ⇒ **Graphic design:** Please submit your work in PDF format.
- ⇒ **Paintings/drawings/sculpture:** Please submit photos of physical pieces in JPEG format.

## Now get to work and let those creative juices flow in the name of a great cause! We can’t wait to see what you come up with.

Please be sure to read the full rules and regulations (found at <https://bit.ly/2DWg5Uv>) before entering. An award ceremony will be held at City Hall from 7-8:30 p.m. on Wednesday, November 28, to recognize all participants and award the winners! If you have any questions about the contest, reach out to Amanda Zirk, Communications & Development Coordinator, by email at [events@cornerstonecounselling.com](mailto:events@cornerstonecounselling.com) or by phone at 780.482.6215 ext. 239.

# New to Cornerstone: Doxy.me



Every day, Cornerstone strives to make counselling easily accessible by breaking down the barriers that may hinder an individual as they make their healing journey. When someone is experiencing the most difficult time in their life, the last thing they need is the added worry of inaccessible or expensive counselling.

That's why we are so proud to offer online counselling to individuals with mobility issues or those who are unable to travel to our office through Doxy.me.

Doxy.me is an easy-to-use online program that securely connects you to our team of Certified Counsellors, Marriage and Family Therapists, and Registered Psychologists.

Doxy.me works best with Chrome or Firefox browsers. For your session, all you need is an internet connection and a digital device with a microphone and a camera. Our counsellor will invite you to the session via email or text message and ask for payment. After that, the counselling session can begin.

We also offer fee-subsidized counselling through our Compassion Fund. For over 40 years, this fund has allowed individuals with low incomes to access the mental health resources they need but might not be able to afford. Our lowest rate is \$20 an hour to see a supervised student counsellor, which is a significant decrease from the standard fee of \$200 an hour recommended by the Psychologists' Association of Alberta.

You do not have to struggle alone— professional and affordable help is available. If you are interested in pursuing counselling via Doxy.me, phone our front desk at 780-482-6215 ext. 0 or email [office@cornerstonecounselling.com](mailto:office@cornerstonecounselling.com) to book an appointment.

More information can also be found on the Doxy.me website at <https://doxy.me/>

## Upcoming Workshops

### Anger Management

October 17 & 20, 2018

November 28 & December 1, 2018

### Mental Health First Aid (Basic)

October 22 & 23, 2018

November 22 & 23, 2018

December 6 & 7, 2018

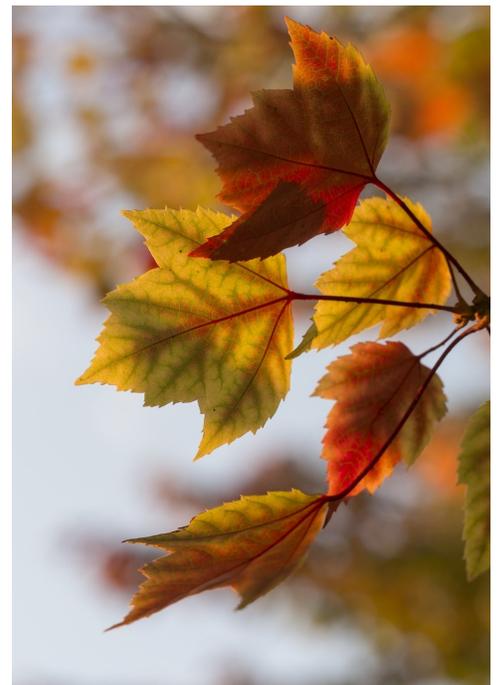
### Mental Health First Aid (For Adults Who Interact with Youth)

November 1 & 2, 2018

### Marriage Preparation

October 26 & 27, 2018

Check our website for course details! [www.cornerstonecounselling.com](http://www.cornerstonecounselling.com)





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Help us provide affordable mental health care by making a donation to our Compassion Fund

We determine fees on a sliding fee scale, which means that fees are set according to the client's income. Any "profits" Cornerstone receives from full-fee clients are put back into our Compassion Fund to help people who cannot afford counselling. The Compassion Fund's impact relies on the generosity of donors, sponsors, and grants to run programs that help low income adults, families, couples, and children find hope and recovery.

I would like to make a donation of:

\$25     \$50     \$100     \$250     \$500     Other: \$ \_\_\_\_\_

I would like to become a Champion of Compassion by making monthly donations of:  
Amount: \$ \_\_\_\_\_

Cheque     VISA     MasterCard     Automatic Withdrawal  
*Please include a void cheque*

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Signature \_\_\_\_\_

You can also make a donation online at [www.cornerstonecounselling.com](http://www.cornerstonecounselling.com).

I would like to receive emails from Cornerstone about upcoming events and fundraisers.

Email address: \_\_\_\_\_

Registered Charity Number 106974702RR0001

The Cornerstone Counselling Society of Edmonton, known as Cornerstone Counselling Centre, plans to raise an estimated \$187,000 in our 2018 fundraising campaigns. It will cost Cornerstone an estimated \$48,500 to conduct these campaigns. For more information, please contact Sheila Stauffer, Executive Director at 780-482-6215, ext. 225.

**Interested in learning about Planned Giving?**

Call or email Ron Knol, Community Engagement Officer  
780-482-6215 ext. 226

[r.knol@cornerstonecounselling.com](mailto:r.knol@cornerstonecounselling.com)

**Leave a true Testament!**