Cornerstone Counselling Centre is an inclusive faith-based agency that provides services for mental, emotional, and relational wellness to everyone, regardless of income, faith, gender, or cultural background.

Mission Statement
To demonstrate the love of Christ by providing professional counselling services to help people become renewed and whole.
A MESSAGE FROM THE EXECUTIVE DIRECTOR

Hello to all our friends and supporters.

2018 has been an amazing year full of wonderful surprises. In fact, we had our biggest year ever for client attendance. We started out with numbers similar to 2017 but after the first quarter, client numbers started to climb and we started breaking records in July.

The extraordinary increase in client attendance was unexpected and therefore unplanned for. It put us in a little bit of a bind as we did not want to turn away clients or establish long waiting lists. We decided instead to increase our capacity and have faith that the resources would be there to sustain us. The year was tight, but thanks to extraordinary support from some of our most consistent donors, and some much-appreciated help from The Leder Foundation, The Government of Alberta’s Community Initiatives Program, and the Oilers Community Foundation, we were able to continuously offer services to everyone who came to us in 2018.

In 2018, we also ran the Down With “Man Up” Media Contest for the second time. In this contest, we invite people from the community to submit stories, pictures, art, and videos about men’s mental health. Our goal is to get more people talking about the implications that phrases such as “boys don’t cry” and “man up” have on men and the men’s mental health crisis in our society. We were thrilled to have over 50 high-quality submissions and almost 100 people in attendance at the award ceremony at City Hall.

The diversity in submissions was amazing and the winning entry was completed by a teacher who got his grade five class involved. Mr. Hay was one of two teachers who initiated a mental health conversation at their school and invited students to participate in the contest. Entrants’ ages ranged from 10 to 65 years old and the submissions were exactly what we were hoping for.

As mental health continues to become more recognized, Cornerstone will face more opportunities and more challenges. I would like to thank our counsellors, our office staff, and our Board of Directors for their excellent work and their commitment to our mission. I would also like to thank all our supporters who gave so generously in 2018. We could not have provided over 2,200 people with counselling support without you. It is encouraging to know that as we enter a new year, we have such a great crowd of supporters behind us.

Sheila Stauffer
Executive Director
OUR CORE VALUES

Compassion
We cherish our unity with others in the human family.

Excellence
We achieve excellence through ongoing professional development aimed at a continuous improvement of services.

Respect
We respect the dignity, diversity, and interdependence of all persons.

Integrity
We build our relationships on honesty, fairness, and confidentiality.

Service
We work to find ways that allow financial access to counselling.

Trust
We work in ways that generate trust, build confidence, and instill hope.
OUR SERVICES

- COUPLES & MARRIAGE COUNSELLING
- INDIVIDUAL COUNSELLING
- FAMILY & PARENTING COUNSELLING
- CHILDREN & ADOLESCENTS COUNSELLING
- CHRISTIAN COUNSELLING
- PTSD TREATMENT/TRAUMA
- STRESS, ANXIETY, AND DEPRESSION TREATMENT
- GRIEF COUNSELLING
- ADDICTIONS
OUR WORKSHOPS & GROUPS

Anger Management—50 participants in 2018
Understanding anger responses, how they affect others, and how to break anger patterns.

Marriage Preparation—30 participants in 2018
Preparing for marriage by identifying unique strengths and areas for growth in your relationship.

Mental Health First Aid (Basic)—113 participants in 2018
Much like regular First Aid in many ways, this two-day course focuses on how to recognize and intervene during mental health crises. The course, which has become one of our most popular, has received highly positive feedback from a wide variety of participants.

Mental Health First Aid (For Adults Who Interact With Youth)—23 participants in 2018
This course is very similar to Mental Health First Aid (Basic), but teaches participants about eating disorders and self-harm which are mental health disorders commonly found in youth.
IN THE COMMUNITY

Grief and Loss Group
Last spring, we facilitated an eight week Grief and Loss workshop at Gospel Centre Pentecostal Church for 20 participants.

Sessions were led by two Advanced Graduate Level Interns who were supervised by one of our registered psychologists. Participants learned about common reactions to grief, debunked myths about grief, and discovered healthy immediate and long-term ways of coping with their emotions.

Down With “Man Up” Media Contest
In the fall, we hosted our second Down With “Man Up” Media Contest to highlight men’s mental health. We received over 50 high-quality submissions including stories, spoken word, poems, videos and paintings from participants whose ages ranged from 10 to 65 years old. Over 100 people attended our Award Ceremony at City Hall and City Councillor Scott McKeen spoke about the importance of mental wellness.
OUR YEAR
AN OVERVIEW OF 2018 AT CORNERSTONE COUNSELLING CENTRE

MILESTONES

FEBRUARY
We hosted another successful Hearts of Compassion Breakfast, raising over $15,000 for our Compassion Fund.

SPRING
Between February and April, 20 people from Gospel Centre participated in a Grief and Loss Group led by our intern counsellors.

MAY
We held our Annual General Meeting and a screening of Suicide: The Ripple Effect at the Princess Theatre. The movie was a great way to raise money for our Compassion Fund and to initiate open dialogue about suicide and prevention. Over 135 people were in attendance and we raised close to $1,000 for our low-fee counselling program.
OUR YEAR IN REVIEW
CORNERSTONE COUNSELLING CENTRE

MILESTONES

MAY
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NOVEMBER
We hosted another successful Down With “Man Up” Media Contest, receiving over 50 high-quality, creative submissions.

DECEMBER
We provided 7,957 counselling hours in 2018 which was a 10% increase from 2017.
OUR BOARD OF DIRECTORS

We would not be able to function without the hard work and efforts of these dedicated volunteers.

Thank you!

SHANNON TUININGA
BOARD CHAIR

CHRISTINA FERBER
VICE CHAIR

ED BEAUCHAMP
TREASURER

DESIREE STEWART
SECRETARY

JASON BONDAREVICH
MEMBER AT LARGE

LUKE FRAZIER
MEMBER AT LARGE

BETHANY ZELENT
MEMBER AT LARGE
"I had such a great experience volunteering with Cornerstone! As a stay-at-home mom with two little ones and a full time student, it was very hard to find a place to volunteer that would allow me to work from home but Cornerstone gladly took me in! I was so grateful to be able to spend time with my kids and also help out in the community! I also really liked how I got to choose what sort of tasks would best suit my skills and interests. The staff at Cornerstone are great to work with too; very understanding and accommodating. Thank you so much for the wonderful experience!"

Vanessa Fingland

IN 2018
OUR VOLUNTEERS PROVIDED OVER 955 HOURS ASSISTING IN BLOG WRITING, COMMUNITY EVENTS, FUNDRAISING INITIATIVES, AND RECEPTION.

"Three years ago, I chose to volunteer with Cornerstone because I loved what they stood for: offering accessible mental health services to anyone in need. To this day, I still choose to volunteer with Cornerstone because I want to help promote mental and emotional wellness to those who need it most. Volunteering at Cornerstone has provided me with many opportunities, including building my communication skills, learning about the non-profit sector, and creating meaningful connections. Time is valuable, and I know that when I donate my time to volunteer with Cornerstone, it really makes a difference."

Becca Alano
"I had the great privilege of being an Advanced Graduate Level Intern at Cornerstone Counselling Centre in 2018. I chose Cornerstone as I resonated with its faith-based vision to demonstrate Christ’s love by offer counselling services and being inclusive of all individuals. As well, I am strongly passionate about counselling services being accessible to all individuals, regardless of income, which Cornerstone provides. Being able to work with clients who have low, or no income has reinforced how great the need is to make counselling services accessible to all. Many clients have expressed to me words of sincere gratefulness to be able to access counselling despite their financial situation; I have learned so much by walking beside these clients. Now, as a provisional psychologist, I continue to serve this mission, and do so surrounded by a great team of leaders and counsellors here at Cornerstone."

Erin Wilkinson
Advanced Graduate Level Intern

"My journey with Cornerstone Counselling Centre began when I was an undergraduate practicum student in 2012. After this, I became a part of the front office team until I left to complete a Master of Counselling degree. In 2017, I chose to come back to Cornerstone as an Advanced Graduate Level Intern because of the friendly atmosphere and the number of high quality professional therapists that I could learn from. My learning here has been guided through the weekly one-on-one supervision, monthly group supervision, and continuous peer consultation. Now that I have completed my Master's degree, I have been given the opportunity to continue on as a counsellor and to become the facilitator of Cornerstone’s Anger Management workshop. Being a part of the Cornerstone counselling team has truly been a blessing and has allowed me to grow both professionally and personally."

Shelby Loomis
Advanced Graduate Level Intern

Everyone deserves access to professional counselling services, regardless of financial status. Clients who make less than $35,000/ year can see one of our Advanced Graduate Level Interns for a small fee of $20 per session. In 2018, our interns provided 1,178.5 counselling hours.
OUR CLIENTS

We provide professional counselling services to children, families, couples, and individuals. In 2018 we helped:

- **2,248** Clients
- **1,543** Individuals
- **264** Couples
- **187** Children
- **66** Families
- **7,957** Total Counselling Hours
- **69%** of clients were subsidized
- **1,550+** clients were supported by our Compassion Fund
- **119 Hrs/Week** were subsidized
## OUR SUPPORTERS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Grant Amount</th>
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<tr>
<td>The Leder Charitable Foundation</td>
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<td>The City of Edmonton</td>
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<td>Canada-Alberta Job Skills Grant</td>
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<td>Student Temporary Employment Program</td>
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<td>Royal Alexandra Hospital</td>
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THE LEDER CHARITABLE FOUNDATION

[Logos of various organizations]
OUR 2018 FINANCIALS

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<th>Category</th>
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<td>Balance</td>
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$71,000
IN GRANTS RECEIVED

$65,532
RECEIVED FROM DONATIONS AND EVENTS

$357,420
IN SUBSIDIES GIVEN

$105,899
CONTRIBUTED FROM FULL-FEE CLIENTS

$114,989
RECEIVED FROM WORKSHOPS
VISION 2019

Cornerstone aspires to be a place where people from all walks of life can come as they are and experience compassion, acceptance, and healing.

Cornerstone Counselling Centre seeks to demonstrate the inclusive love of Jesus by offering accessible services that promote mental, emotional, and relational wellness.