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Fall Newsletter 2022

Our Counselling Team



New
Yolanda
Martens



Brent
Unrau



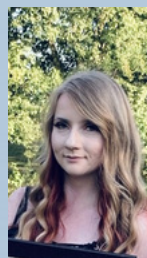
Jan
Bryant



Heres
Snijder



Jacoba
Leyenhorst



New
Rachel
Tober



Mike
Ayers



Intern
Aaron
Roorda

President's Impact Report

by: Rudy W. Ouwehand

Over the last couple of years, our work with contract counsellors has continued to function very well for us as our counsellors have adjusted to the constantly changing circumstances! Our counsellors have been busy seeing clients both in person and online. The need for counselling services has continued to grow due to the pandemic and the long-lasting effect it has had on us all. This has been seen in the steady growth of clientele over 2021-2022.

Our Annual Drive in 2021 raised \$47,679, assuring us the continued support by members of our local and regional churches. This support, in addition to the offerings we continue to receive from many local churches allow us to offer assistance to all who come to us. Every month Marion reports that 8 or 9 clients are assisted in this way. Our 2022 Annual Drive is currently underway, and we are excited to see the donations start coming in!

Our office staff has experienced a number of changes over the past couple of years as well. Hannah Wuerch decided not to return to Cascade following her maternity leave in 2021. Katrina Liwanag also left her position in 2022 to grow her own business. We are so grateful for all of their hard work and contribution to Cascade. Although they are missed, we wish them all the best. Liana Landsman joined us as our new Office Administrator this past July. Liana along with Marion Ottevangers, continue to serve us well.

Our board members continue to meet monthly and supervise the work of our counsellors & staff. Due to Covid, the board was forced to meet via ZOOM online for quite some time. However, we are now fortunate to once again be able to meet in person. At the 2022 AGM we welcomed 2 new board members, Jayne Messelink & Art Louwerse. Sadly, we lost one of our board members when Andrew Byzitter was diagnosed with cancer in January and was called to his eternal home in mid-April. We are very thankful to God for Andrew's service on the Board and extend our sincere Christian condolences to his wife and family.

We give thanks to God for the many years of faithful service offered up to our communities by our staff, counsellors, and Board members. May God continue to bless Cascade Christian Counselling as we seek to serve Him for many more years to come. It continues to be a privilege to serve as your President, and I thank each member for their support and encouragement, and especially Marion & the office staff for keeping things working smoothly.

Saying Farewell...

We are sad to have had to say farewell to 2 of our counselors; Leanne VanderMeer (2018-2022) & Monique Hoving-Smeets (2016-2021). Leanne has decided not to return from her maternity leave, and Monique has moved to Nanaimo & now has her own private client base. We wish to thank both ladies for their wonderful work and the blessing they were to cascade & our clients. We wish them both much success in their future endeavors.





Online Counselling

Our counsellors have been extremely busy the past couple of years as stress and anxiety has taken a toll on many people. One thing the pandemic has done for our service is open up the on-line possibility for clients to connect remotely. Our counsellors have been extra busy this past year logging over 2800 counselling hours to individuals both in office and virtually. As a result, our eight contract counsellors are available for both on-line and in office sessions. You can read more about our counsellors by visiting our website at www.cascadechristiancounselling.com.

Managing Postpartum Challenges

In becoming a new mom and working with many moms, the topic of the baby blues and postpartum anxiety/depression is a prevalent theme. Not many people understand the difference between the baby blues and postpartum depression/anxiety.

When it comes to the baby blues, women tend to experience lowered mood, mood swings, and changes in feelings towards self, coupled with lack of sleep and the new responsibility of caring for another human being for the first two-three weeks after the new baby arrives.

When it comes to postpartum depression, this tends to be a longer-term experience (6 months+) of lowered mood and lack of motivation/energy as well as a struggle to engage in parental duties. I believe it is important to normalize both experiences for new moms as guilt and shame are common side effects of both experiences and can also increase the depression experienced in post partum.

One of the most important things for moms to do when they notice feelings of postpartum depression and anxiety is to reach out for support and invest in self-care. It can feel conflicting to ask for help and allow yourself to have self-care time, especially in a world where we are told to push through things or to be able to handle stress easily.

I often suggest moms to take time to engage in activities they find life-giving such as going for walks, taking a warm bath, taking a nap (as some examples) in order to help manage the baby blues and possibly prevent on-going depression.

If you or someone else you know is struggling with postpartum depression and anxiety, please reach out for support.



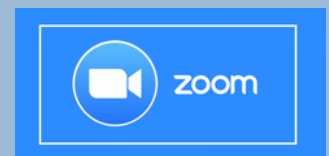
written by:
Rachel Tober MA, RCC



CHILLIWACK

This past summer, Mike Ayers, discontinued his work in the Abbotsford location and transitioned to seeing clients at his home office in Chilliwack or on-line. We are excited to now be able to serve clients, in person, in the Chilliwack Community.

When we talk about our feelings, they become less overwhelming, less upsetting, and less scary.



Due to Covid-19 travel restrictions, Jan Bryant, was not able to serve the Bulkley Valley Christian School and other clients in Smithers in person. She now continues to see clients through the online platform ZOOM.