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NEW Fundraiser this Fall:

“Empty Bowls”

Details are still being worked out but we can tell you it involves hand crafted bowls made by the talented Osoyoos Potters and tantalizing soups created by award winning local chefs. The event will take place on November 14, 2015 at the beautiful Watermark Resort in Osoyoos. Stay tuned for more information soon.

Better at Home

The Better at Home provides light house-keeping, yard work, transportation, grocery shopping, snow shovelling, and friendly visiting to seniors in Oliver and Osoyoos. All costs for services are based on a sliding scale. If you or anyone you know needs assistance with any of these services, please contact [Brittany](#) at [250-495-6925](tel:250-495-6925) for more information.



From the Front Desk In June the staff here at Desert Sun had the unique opportunity to enjoy “Drumming” with Barb Seiler from “YOUR JOYFUL DRUM”. Barb led us in learning to not only listen to the group but to recognize the rhythm in ourselves. The 40 minutes flew by and we all had fun letting out our “inner child”. There were so many analogies that became clear as we worked together to build a complementary rhythm. We were “present” because if we weren’t we were out of sync with the group; we were a community of listeners. As we each added to the sound, we established our place in the group and we realized that we were an essential part of the whole, yet unique. It was a dramatic realization for each of us here at Desert Sun as we carry out our part in the leadership of programs. So energizing, we are looking forward to new and exciting changes in the fall! Enjoy the summer everyone!

Exciting Fall Start - Ups

Strong Start - Starts on Sept 14th/15 at both Elementary Schools.

The Kitchen - The Community Kitchen has recently been renamed "The Kitchen" and will be starting up again on September 17, 2015. This is a great an opportunity to learn new skills in the kitchen and to create tasty, healthy affordable meals. The cost is \$3.00 per person.

Parent and Tots Drop-In (CAPC) - This program will provide an opportunity to discuss Parenting challenges, skills, and strategies for parents and guardians while children enjoy some "free play" time. A hot lunch will be provided.

Nancy will also be providing one to one counselling for parents on Monday and Tuesday afternoons by appointment only.

If you would like more information about any of these programs or some of the gently used clothing and other children resources these programs have available please call **Nancy** at 250-485-7499.

Children's Counselling Program - A 6 - 8 week group counselling program for children and youth will be starting in October. It will have an Art Component and will be facilitated by Lyndsey McVicar. Call **Norma Jean** in September for more info.

Be sure to check us out on Facebook: **Desert Sun Counselling**

In February Desert Sun welcomed two practicum students. Jeremy Crow and Lyndsey McVicar joined the team and provided many wonderful contributions.

Jeremy is working on his Counselling Diploma through the Kelowna College of Professional Counsellors. Jeremy focused his time on researching new funding opportunities for the organization. He made a comprehensive list of grant application possibilities. In addition to investigating funding opportunities, Jeremy assisted in the development of a communications and marketing plan, instructed the IHA staff and program coordinators on the operation of our new Smart Board, and represented Desert Sun at the United Way discussion group meetings. During his time at the agency Jeremy became our "go-to-tech guy" and was a very valued addition to the office. We are grateful for all that Jeremy did here at Desert Sun and wish him well as he continues in the field of Counselling.

Lyndsey is working on the final stages of completing her post graduate certificate in Child and Youth Mental Health through Thompson Rivers University. During her time at Desert Sun she connected with each of the programs to contribute to and learn from the unique role each one has in the community. On June 11th Lyndsey and Paul partnered together to present "Student Anxiety Information Session" to the local high school staff and partner groups. It was attended by staff from SD53 as well as two School Trustees who have responded with very positive feedback. Well done Lyndsey and Jeremy! Thank you for your valued contributions to Desert Sun Counselling and Resource Centre. We wish you both all the best as you each continue on your journey!



Community Outreach Stats!

During February, March and April 2015, Desert Sun received 422 calls and counter visits and provided advocacy to 17 clients.

Success is not about how much money you make. It's about the difference you make in peoples lives.