



Newsletter

Spring 2016

Message from Executive Director, Tamara Aspell:

Spring is such a lovely sight here in the South Okanagan, and a busy time here at Desert Sun as well! Our Community Kitchen is full of cultural cooking classes, Moms and Dads and little ones! Clinicians are busy. Seniors are out and about in the Better At Home Van and receiving housekeeping!! Meditation, Group Counselling and Writing Out Loud journaling program keep our Board Room full of great events!

This time of year, we are looking forward to helping Royal LePage South Country with their HUGE annual Yard Sale for Shelter – to be held on May 7th, this year.

Something exciting – the Oliver Sagebrushers have filled our waiting room with their amazing talent!! We also have a book shelf full of goodies so come on in and take a look and treat yourself to something special from the “bookshelf!!”



Thank you to everyone who attended and to all the individuals and companies whose generous contributions helped to make the 1st annual fundraising event Empty Bowls 2015 a wonderful success! Check our website for more information about Empty Bowls 2016!



Program News!

The Kitchen

Tired of cooking the same old?

Tired of trying to come up with new nutritious menu ideas that the family will eat?

Tired of Cooking?

If so ...

Come to the kitchen to meet friends and other parents.

Learn different recipes and cooking techniques baking, preserving, snack ideas, main meals, weekly budgeting tips etc.

Take home nutritious meals for your family. Enjoy lunch & conversation with other parents.

WHERE: Baptist Church, Hwy 97, Osoyoos

WHEN: Thursday's 9 - 2'ish

PRE-REGISTRATION: Nancy 250 485 7499 (register by text)

COST: \$3.00 per family per week

CHILD MINDING Provided by a licensed Early Child Educator

On April 12th & 13th Desert Sun hosted a two-day professional development workshop. The event was very well attended by 70 front line workers, counsellors and Executive Directors. Attendees travelled from all over the Okanagan, from Transition Houses, Stop the Violence Counselling programs, Children Who Witness Abuse programs, Interior Health Mental Health and Addiction Counsellors, RCMP Victim Services, Community Victim Services, Corrections, Boys & Girls Clubs, and the Okanagan Nation Alliance. Once again the Watermark Hotel in Osoyoos supported Desert Sun by providing special rate accommodation and conference facilities. The presenters were Dr Lori Haskell a clinical psychologist, assistant professor at the university of Toronto and academic research assistant who presented a workshop about victimization and trauma, and the complexity of Trauma responses. Dr Max Uhlemann a clinical psychologist, and university lecturer of counsellor education gave a presentation about the interface of trauma and grief in surviving an abusive relationship. Janet White a registered clinical counsellor, university lecturer and clinical supervisor demonstrated in her presentation how the self appears in therapeutic relationships. Here are some of the comments from the evaluations of the workshops: "excellent, resourceful, well organized, life changing, effective, rich, informative, refreshing and educational." Thank you to the attendees, presenters, staff at The Watermark Hotel and staff at Desert Sun that made the event possible.

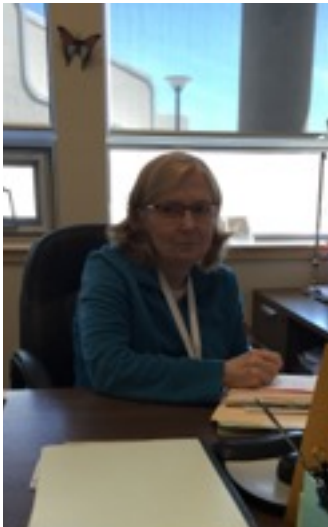
Desert Sun thanks all its supporters! The following individuals and organizations have made donations this year. Without your support the agency would not be able to provide essential services in the communities of Oliver & Osoyoos:

Oliver Elks	Osoyoos Credit Union
The Crown Jewels	Shoppers Osoyoos
Write this Down	Beyond Beauty
Barb & Joseph Seiler	Danielle Gresley Jones
Irma Kinnewass	Patricia Burke
Stephanie Jones	Storzuk Physiotherapy
Iris Tweedy	Oliver Bakery
Terry Whittle	Marion McGrath
Violet Dresser	Patricia Scott
Maverick Winery	Pharmasave
Anarchist Mountain	BPO Elks #267
Dorcas Unit	Osoyoos United Church
Oliver Women's Institute	Telus
Shirley Beak	Violet Dresser
Pat Yelland	Soroptomist of Osoyoos
Roman Dust	Helen Borges
Similkameen Order of Eastern Star	
Parties & Pies	Osoyoos Elks Lodge
OES	Interior Savings Osoyoos
Order of the Royal Purple	Ksienia Mullins
Women's Shelter Drive	John Davis
George Wickham	Barbara Wilson
Joe Grey	WOW
Canadian Union of Public Employees	
Catholic Women's League	



Pictured left to right is Norma Jean Schmidt Child & Youth Counsellor receiving a cheque from Lilly Zekanovic President of Oliver Elks.

Needed!
Blank CD's
Buy low and Shoppers
Drugmart Gift Cards



Marion McGrath



Pat Monahan

Volunteers Spotlight

Welcome to Marion McGrath who recently joined Desert Sun and volunteers in reception and at fundraising events. Marion recently retired to the Okanagan after working as a Psychiatric nurse in Calgary for ten years. Also, welcome back to Pat Monahan long time serving board member who retired last September, and has come back to volunteer in our reception and at the fundraising events.

Programs & Services @ Desert Sun

Crisis: Safe Home & Women's Crisis Line

Counselling: Children & Youth, Men's & Women's

Parenting Resources: Community Kitchen, Mother Goose Program, The Parent Connection Program

Senior's Resources: Better at Home

Community Outreach

**See: www.desertsuncounselling.ca
for more details**

Desert Sun is Funded by The Ministry of Justice, Gaming, United Way, BC Housing & Donations