

# *Freedom Centre Newsletter*

*Spring | Issue VII*



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## **Freedom Centre**



As we look over the months the Freedom Centre has moved from a vision into a form and drawings with brick and mortar. We are overwhelmed with the countless confirmations regarding the direction the board is taking to become a healing centre for the community and for our veterans. As we begin to formulate the key programs that will define the

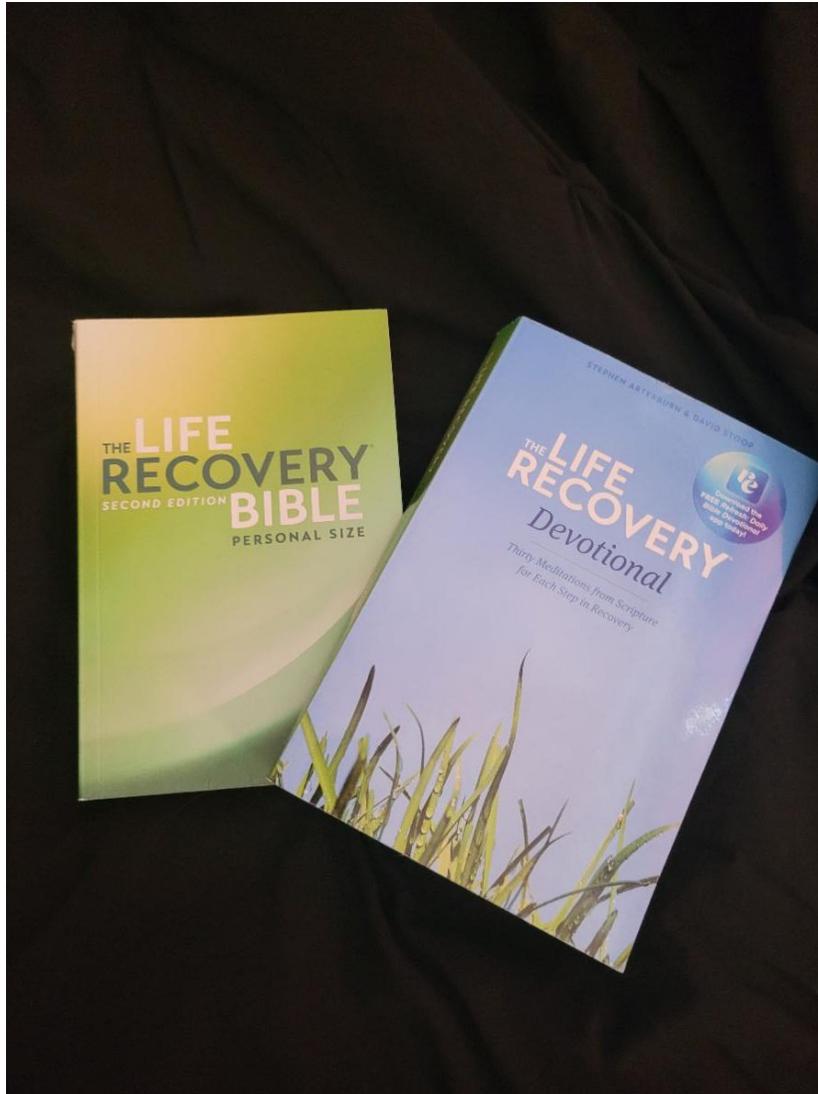
Freedom Centre, we see how God has brought people into our path to take the next step and the next step, such as the students you will hear about in this edition. We are continuing to grow as a board as we learn the heart of the veteran and the heart of our community. We continue to look for new eyes to join our board and we are humbled that God has formulated a board of unity and openness. As we look to open the first crisis intervention home for veterans across Canada, we covet your prayers, your words of wisdom and your insights.

**Rosemary Redshaw**

## **Sharing the Burden**

## We're Here for You

Cambridge-Preston Church of the Nazarene is now home to Sharing the Burden. Our meetings are a safe place where the weight of addiction, depression, chronic pain, bereavement, and toxic relationships can be eased by sharing all which encumbers us. "No one should be without hope!! Our twelve-steps to recovery and spirituality know no bounds!!"



## MEET OUR STUDENTS



Jenni Jackson has spent nearly 20 years devoting her career to the mission of children's mental health. She comes with a diploma in Child & Youth Work, an undergraduate degree in Social Development Studies and is on the final leg of her Bachelor's of Social Work degree with Rension College through her practicum this year at the Freedom Centre. After being at Lutherwood for more than 16 years Jenni has worked her way through the front line mental health services before coming to land in both supervisory and managerial level leadership roles. Jenni has a keen interest supporting our community through staff development, building positive work culture, developing programs and embodying the core values that Lutherwood is founded on; respect for others, compassion, working together, growth and excellence. The Freedom Centre has fallen on Jenni's path as the next part of her trauma informed journey. She has a lot of knowledge about being trauma informed in the sector of child and youth mental health and in the last few years has worked to developed trauma informed leadership practices and procedures within her organization, Above all of her professional experiences, Jenni is a lifelong learner, values a growth mindset and has actively pursued a journey of wholistic wellness for herself since becoming a mother in 2016. In her time outside of work Jenni is a wife and mother of five year old twins. She enjoys reading, yoga, gardening, hiking and time in nature as well as sports such as CrossFit, volleyball and cycling.



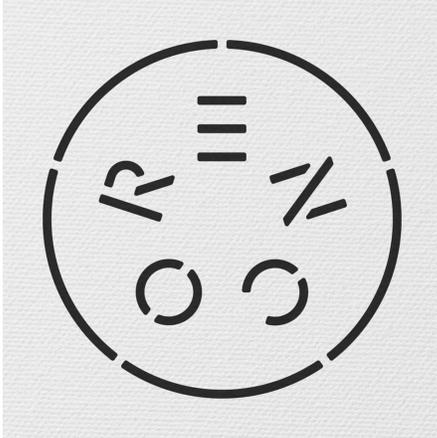
Hi, I'm Casey, and I am so grateful to be part of the Freedom Centre! I am a mother of three children and a full-time student at Dalhousie University, studying social work. Before returning to school, I spent nearly a decade working as a case manager at a shelter for individuals experiencing homelessness. I enjoy nature, wellness and art and hope to incorporate them into a therapeutic psychotherapy practice when I am finished with my education.

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**We have been interviewing for people to fill the following summer jobs, camp counsellor, administrative assistant, marketing assistant, social worker. We are so thankful for the government's support in our growth. If you know someone under 30 who might be interested give us a call at 519-591-6518!**

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Encore Threads and Treasurers have agreed to bless us by passing on clothing a toys they have not sold. We now have the opportunity to gift back to the Preston community and support our families with young children. Please share any creative ways we can ensure all the clothing ends up in the hands of families we could bless. We still have children's boots available, please contact the church if you have a need at 519-653-6036.



Preston Heights will be offering children and youth programs with Justin West and Ellia Loschnig. They will be using the church starting March on Tuesday evenings for after school programming.



***Prayer Time***  
***Tuesday March 29th 7 p.m. to 7:45 p.m.***

Prayer time for the Freedom Centre is 7 p.m. the last Tuesday of the month. Please join us on Zoom at

<https://us02web.zoom.us/j/925686594?pwd=TzVmNExyS1lQVkJNpbGdVNVVvV0g2QT09>

Meeting ID: 925 686 594

Passcode: 1332

Call in at +1 647 374 4685 Canada

**We look forward to joining with you in prayer for the FREEDOM CENTRE. Some of our current prayer requests are:**

- \*Additional Members for the Freedom Centre Board*
- \*Social Work Students who Begin January 2022*
- \*Business Plan*
- \*Provision of Funding for the vision*
- \*Project Manager*
- \*Favour with all levels of government*

**If you would like to join our prayer team and receive updates of needs, please email Rosemary at [rosemary@freedomcentre.ca](mailto:rosemary@freedomcentre.ca)**

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## **UPCOMING**

**BARRACKS CLOTHING CLOSET SALE**  
**Friday, March 11th 6 p.m. to 8 p.m.**  
**and Saturday, March 12th 9 a.m. to noon**  
**check us out on POSHMARK (@freedomcentre)**

DISMAS date **Monday, March 21st** 6:00 pm - 8:00 p.m.

Next PRAYER date **Tuesday March 29th** - 7 - 7:45 p.m.

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You have been sent this newsletter because you were identified as someone who may be interested in this project and vision. Please advise if you would like to be removed.

[www.freedomcentre.ca](http://www.freedomcentre.ca)



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