



The Hope Foundation of Alberta

“Bloom Where You Are Planted”

Mary Engelbreit



HOPE FOUNDATION WELCOMES NEW EXECUTIVE DIRECTOR

In August the Hope Foundation welcomed Ellen Green as our new Executive Director. She came to us with a wealth of fund-raising experience in the non-profit sector and a vibrant philosophy of hope.

“I really believe that hope has the transformative capacity to heal and to renew those who are wounded, despairing or fragile,” she wrote in her fall letter to previous Hope Foundation supporters. “I believe that change, real, lasting change, begins when people change how they think. Only then do they have the desire and ability to change what they do. I also believe that it’s important for all of us to reach out to our children and youth with messages of hope and encouragement. I have taught my own children to have hope.”

After four months on the job, Ellen has established some priorities for her work. “I’d like to publicize the Foundation more,” she says. “I’d like to give a higher profile to the work being done here. I want to improve our branding and our name recognition in the community. We need a diversified funding base and I am working hard to make friends for the Foundation. I’m drawing on my connections with community organizations and granting agencies.”

Her previous fundraising experience with Camp He Ho Ha and the Stony Plain Multicultural Heritage Centre is serving her well in her new role. Ellen is keenly aware that fund-raising is only part of her work. In September she gathered board and staff to further the development of a strategic plan. Asked how it’s going so far she says, “I find it interesting to work here in a house with a small staff. I have found the staff to be very hopeful and positive. I’m working on personnel issues and policies. That work is new to me. I’m also enjoying learning about the programs and services offered by the Hope Foundation of Alberta.

Ellen replaces former Executive Director Laurie Szymanski who worked for the Foundation for five years and now works with Little Warriors. We wish Laurie success and happiness in her new role.

WHAT IS REFRAMING?

Reframing is a technique that allows individuals to put a different “frame” on the situation so that they can consider things from a different perspective. A new perspective can allow people to consider solutions they might not have come up with had they continued to hold on to their original perspective (framework). Reframing can allow people to cope more effectively, to move forward with more confidence and reduce stress.

Here’s an excerpt from a recent paper by Dr. Denise J. Larsen with the Department of Educational Psychology, University of Alberta and the Hope Foundation of Alberta and Rachel Stege, R.Psych. with the Hope Foundation of Alberta entitled, “Client Accounts of Hope in Early Counseling Sessions: A Qualitative Study.”

“Clients spoke of hopeful changes in their perspective through reframing. Reframing involved re-linguaging or assisting the client in reinterpreting something about his or her circumstance. Reframing did not necessarily alter current circumstances or create new possibilities; rather, it provided new understandings of the present situation.

With reframes, clients were often drawn forward with a new vision of their circumstances. For example, one client viewed his

retirement as a dismal stage of life when all that he could meaningfully contribute was already over. Using the metaphor of a football game, his counsellor encouraged him to think of himself as in the “third quarter” of his life, encouraging a shift from his previous understanding of his situation.

Counselor: If we think of this as sometime early in the third quarter of your life – wisdom, experience – this is the time to be contributing those things, is it not?

Client: It is. Absolutely. I never knew that.

Viewing this brief excerpt of his session, the client volunteered, “That’s hope! Hope. She’s giving me hope. It’s not the end of the world. I’m sixty years old for God’s sakes. There’s still a lot of work ahead of us, that we can still do ... and that’s inspirational, hopeful ... I will have a different attitude because of that.”

That is the transformational power of hope!



THERE'S NO PLACE LIKE HOPE!

The Hope Foundation of Alberta was founded in 1992 and exists to increase the understanding and application of hope in human life, so that people can utilize hope strategies and engage in hope practices designed to enhance their quality of life, particularly in the areas of health, learning and community. We believe in the transformational power of hope to assist individuals to achieve their goals, to foster independence and integration and to enable individuals to live fuller, more rewarding lives.

The Hope Foundation of Alberta is a federally registered, non-denominational charity located in a "character" home in the Garneau area of Edmonton. The Foundation has an 11-person Board of Directors and a staff of seven.

COUNSELLING



You may be surprised to learn that for the past 18 years the Hope Foundation has been providing year-round professional psychological counselling to adults on a sliding fee scale. This year alone two registered psychologists

provided **over 1,000 hours** of professional psychological counselling, much of it at no cost or nominal cost (under \$25) to our clients. In addition, we have offered a number of hope and strengths groups facilitated by one or both registered psychologists. There is no charge to participate in these groups. We are very interested in developing collaborative partnerships with other community agencies to meet the needs of their clients.

REACHING OUT TO OUR YOUTH

The Hope Foundation also offers a HOPE KIDS™ program to empower and assist children and youth to intentionally use hope to increase leadership and citizenship skills, tolerance, patience and acceptance of others. The results? Children and youth become more resilient and better able to work toward the futures they have imagined for themselves. And their communities benefit from their volunteerism and positive activism. There is no cost for children and youth to participate in our HOPE KIDS™ program.

REMOVING FINANCIAL BARRIERS

We are committed to equality of access and opportunity for adults seeking professional counselling because we recognize that many of our clients and participants face significant financial barriers that might prevent an individual from obtaining the services or programs they seek. From the very beginning we've provided our counselling sessions on a sliding fee scale. Approximately one-third of our clients do not pay any fee whatsoever, another one-third make a modest contribution (\$5, \$15) and the remainder are able to provide \$50 or more or have access to private insurance coverage. By way of comparison, the recommended professional fee for a private, 50 minute counselling session utilizing the services of a registered psychologist is \$170. Our sessions range from 60-90

minutes in length and, as you can imagine, the recommended fee to provide that kind of service would be well beyond the means of most of our clients.

The majority of our clients live in Edmonton and many are coping with a variety of issues such as bereavement, depression, chronic pain, chronic or terminal illness, fetal alcohol spectrum disorder, drug and alcohol issues, relationship difficulties, brain injuries and the list goes on. **No one is denied professional counselling at Hope House due to a lack of funds.**

Likewise we recognize that many children and their families in Edmonton face significant financial challenges that could prevent a child from participating in our HOPE KIDS™ program. Transportation and related safety concerns are also an issue for some students and their families. To that end the Hope Foundation actively works to offset the costs of the HOPE KIDS™ program so that participation in this program is available at no cost. Transportation issues are addressed so that any child wishing to attend meetings and activities may do so.

None of this is possible without YOUR support! **You make hope possible for hundreds of adults and children each year with your donation.** Please accept our thanks on their behalf and know that you are changing the world, one life at a time.

We're a small organization, but our impact on the lives of Albertans is significant, especially given the fact that we are often able to provide counselling to individuals in need of hope in a timely manner (we don't do crisis or emergency counselling).

BRINGING PEOPLE TOGETHER

Our support groups, led by registered psychologists, deal with such topics as "Living with Chronic Pain," Hope for Parents of Children Who Have Been Sexually Abused", as well as a new support group, "Parenting for Adults with Fetal Alcohol Spectrum Disorder."

And the results of our counselling sessions and support group work? Albertans who are despairing find the support, encouragement and tools they need to live more rewarding lives. And their families, in turn, become more positive, more hopeful and more inclined to actively work toward shared goals and dreams.

Many of our clients are referred to us by other social service agencies, especially if these clients have significant financial challenges. And we act in a referral capacity as well, providing information about other programs and services offered in Edmonton and surrounding communities which might be of benefit to individuals who contact us.

YOU MAKE IT ALL POSSIBLE!

Demand for our programs continues to grow. And given the continued economic challenges in Alberta, an ever increasing number of individuals are turning to the Hope Foundation in order to access our professional counselling services offered on an ability-to-pay basis. Your support of the Hope Foundation of Alberta will ensure that we can continue to provide the very best professional psychological counselling services to the greatest number of individuals at no cost or low cost, as personal circumstances warrant. Thank you!

Research Opportunity

Interested in participating in the *Being Hopeful in the Face of Chronic Pain* group and taking part in important research?



We are looking for people who would like to contribute to our understanding of:

- How hope helps people dealing with chronic pain
- How people experience hope in a group situation

For participants who take part in the group with a research component:

- One of the 6 weekly group sessions will be video-recorded.
- You will have the opportunity to meet with a researcher to watch the video of the session and talk about the things you noticed that related to your hope.



We would be pleased to hear from you! Please contact the *Hope Foundation* for further information about the research:

Phone: 780 492 1222
Email: hope@ualberta.ca



The Hope
Foundation of Alberta

Being Hopeful in the Face of Chronic Pain

A 6-week series exploring hope and strengths for people with chronic pain

Recognizing that having hope is an asset to people coping with chronic pain, the *Hope Foundation of Alberta* has developed a program designed to:

- Bring people with chronic pain together in an environment that is fun and positive.
- Use a hope approach to explore issues that make life difficult for people with chronic pain.
- Introduce strategies people can use to access and explore their strengths, and enhance their hope.

Participants will have the opportunity to:

- Learn how others cope with chronic pain.
- Share the wisdom they have gained through experience.
- Learn hopeful language that will help them accurately describe their pain and get the benefit of help that is available to them.

Past participants have said they learned to:

- Make hope more active in their lives.
- Connect with others in a hopeful way.
- Be imaginative with ideas, with pictures, with hope.
- Use their strengths and wisdom to help themselves and others in the group.
- Share the challenges of chronic pain, while at the same time finding new ways to smile, laugh and have a little fun.



"This is a very positive group to explore the role of hope in living with chronic pain. I would really recommend it to others."

The program consists of 6 weekly 2-hour sessions and is offered at no cost to participants.

Thank You to our Major Donors! You Make Hope Possible!

Alberta Benevolent Cantor Assoc.
Alberta Solicitor General
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WORKING TOGETHER ON A HOPE PROJECT

By Wendy Edey R.Psych M.Ed.

(reprinted with permission from Catholic Social Services)

"Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence"

- Lin Yutang

One of the most fascinating projects to come my way over the past fifteen years at Hope Foundation of Alberta is the hope group project for parents with fetal alcohol spectrum disorder—FASD. The program ran for the first time in January of this year. We called it Handling Life's Problems in a Hopeful way and we hoped it would be a shining example of how Edmonton agencies could develop fabulous programs by pooling their knowledge and resources. From the start it seemed like a perfect fit.

Catholic Social Services staff member Dorothy Hennevel was looking for positive ways of reducing the isolation experienced by parents with FASD who were being mentored in the Step by Step program. I was looking for innovative ways to use hope strategies in group work. The Edmonton Fetal Alcohol Network had funds allocated for innovative programs. Bissell Centre and Bosco Homes had clients they could refer. Six parents with FASD were willing to sign up for a six-session pilot program. We were on our way.

Life can be very difficult for parents who have FASD. Affected by brain damage, facing a variety of complex disabilities, they tend, in adult life, to have clinical depression and social anxiety. Often they have difficulty in processing information. It is not unusual for them to struggle with substance abuse. The mentors in programs such as Step by Step help them negotiate practical problems of daily living.

These mentors strive to see strengths and be positive, but with so many problems to solve, and so many mental health issues playing a dominant role, it's difficult to get anything positive going. This is where the expertise at the Hope Foundation made a difference.

The Hope Foundation is a centre for hope studies associated with the University of Alberta Department of Educational Psychology. We use hope theory and research in practical ways. Incorporating knowledge about the disabilities connected with FASD, this program was designed to increase positive emotions and foster

social connections. It ran on Tuesday afternoons in January and February 2010. Acting on a premise that positive emotions play an important role in helping us respond to problems, we aimed to make the program accessible, enjoyable, and effective as a vehicle for personal growth.

We were pleased with the results and we hope to offer similar programs in future. All participants at the final session were more articulate about hope than they had been at the beginning. The hopes expressed in session one tended to be general and distant: for example, "I hope to give as much as I get"; "I hope to be a healthy grandmother"; "I hope to give my kids everything I didn't have". Later there was more immediacy and specificity: "I want to go to school and I wonder what I'm waiting for". Pictures in the hope collages spoke to hopes for travel, family closeness, artistic achievement, and fun.

Social connections formed in session one and continued to deepen. On their own initiative participants exchanged contact information and made contact between sessions. They showed pictures of their children, promised to share kittens from future litters and brought items they thought others could use. They laughed and cried together, pointed out strengths they saw in others, and offered advice on relevant topics. For example, in session one they gave each other tips on how to have a happy visit with children who have been apprehended and how to stay clean and sober.

Notable to the leaders was the manner in which three of the participants appeared to internalize and take seriously the conversation about them as people of strength. One began to speak of herself as an advocate for her children, another self-identified as a creative person, while a third identified herself as a person who had something to give to others.

Sharon Schultz, a Step By Step mentor, played an invaluable leadership role. Reflecting on the program after the final sessions Sharon said: "I had prior experience with several of the women in the group and here I saw a side of them I had not seen before. It was as if they now appeared 3-dimensional."

People, in the final analysis, are so much more than the sum of their problems. But sometimes it's hard to see what they can be. A hope program is an exercise in broadening the view.

"All the great spiritual leaders in history were people of hope. Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day all lived with a promise in their hearts that guided them toward the future without the need to know exactly what it would look like. Let's live with hope."

~ Henry J. M. Nouwen



HARVEST OF HOPE

The 2010 Harvest of Hope in support of the Hope Foundation of Alberta took place at the Royal Glenora Club on Friday, September 24, 2010. This event featured a wonderful buffet-style dinner prepared by the

Royal Glenora Club, as well as a live and silent auction. At the end of the evening an incredible \$20,000 was raised to support the programs and services provided by the Hope Foundation.



The success of this event is most definitely a group effort. Special thanks are extended to Minister Gene Zwozdesky, our Honourary Event Chairman, staff member Joan Kovacs (who did an incredible job obtaining auction items for this event, not to mention applying her exceptional organizational abilities to ensure the event's overall success!), Board member Bonnie Childs (who worked tirelessly to obtain prizes, sell tickets and even assisted with securing the fabulous Royal Glenora as a



venue for this event), Board member Wayne Shillington (who served as M.C. for the evening), Board Member Eugene Topolnisky (who obtained four season gift baskets for our onsite raffle), Lenora LeMay, Rachel Stege and Bev Sohlné who served as volunteers throughout the evening, the HOPE KIDS™ who prepared an informational video for the event and Gord and Monica McQuatt of Rainbow Auctions and their friends Don and Lou Revitt who served as volunteer auctioneers

and assistants for the evening. Special thanks to our guest speaker Padre Michelle Staples who shared her experiences of hope in troubled areas around the world. Thanks as well to all of our Board members for their ongoing support and encouragement of this event, all of our prize donors and last but not least, to family, friends and supporters who turned out to volunteer their time on behalf of this event, who patronized this event by purchasing tickets and who enthusiastically bid on auction items. We owe the success of this event to each and every one of you!

Mark your calendars
our next Harvest of Hope is scheduled to take place on
Friday, September 23, 2011 at the Royal Glenora.

GET CONNECTED

The Hope Foundation of Alberta has now joined the world of social media! After a Social Networking brainstorming session on November 4 we now have a presence on both Facebook (www.facebook.com) and Twitter (www.twitter.com).

Social media is a great way to stay up-to-date with the latest news at the Hope Foundation of Alberta. By checking out our Facebook page or following us on Twitter, you can find out about important announcements, exciting events, and read inspirational hope quotes – all while helping us build our public profile! Please show your support by including the Hope Foundation in your own social networking – we encourage you to pass this information to your friends and colleagues or anyone who would be interested in the work of the Hope Foundation.

We began this new communication venture by featuring information about our groups for people with chronic pain, advertising our Christmas Open House and displaying some photographs from our Harvest of Hope fundraiser. We'll be putting out the word about Hope Week 2011.

Rachel Stege has taken on the task of delivering material through these two new connections. Says Rachel, "We wouldn't have done it without the start-up help we got from Joelle Tomek." Joelle was already a Hope Foundation volunteer when we asked her to help us get started. Her leadership and story development skills were put to good use in our Hope Kids™ program. To this project she brought her infectious enthusiasm, along with the social networking knowledge she had gained while working for the Edmonton Examiner.

We want to thank both Joelle and Rachel for their time and hard work. Thanks also go to three Hope Foundation Board members who met to help us launch the project: Bonnie Childs, Kay Feehan and Caroline Missal.



"Like" us on Facebook



Follow "HopeFdnAlberta" on Twitter

Get connected and show your support for the Hope Foundation of Alberta!

MUCH HAS TRANSPIRED IN HOPE KIDS™ OVER THE LAST YEAR!

By Lenore LeMay



During the first week of February we hosted our annual **2010 Youth Hope Art Show** during Hope Week. Students in a variety of schools in the Edmonton area submitted their representations of hope, which were, in turn showcased in hospitals and libraries as a way to help others see life in a brighter light.

The **Hope-Focused Service-Learning** program, which integrates community service through hope-focused practices and activities with academic studies to enrich learning, expanded from 24 to 56 schools in the Edmonton area.

The Hope Focused Service-Learning program engages students in addressing real and unmet needs or issues in the community using hope as a guide. Students conduct needs assessments, create photographic representations of hopeful places in the community, use hope language in goal setting, and make presentations to community groups. Students use hope folios and digital stories as reflective self-evaluative tools to build on their learning with community members and each other. These painted garbage cans are an example of



one group of students' efforts to make hope visible to visitors and community residents who are new to Canada.

However, before students were able to decide on this project, they interviewed Jim Hole as a hopeful community leader and then presented their own hopeful leaders to each other as part of their preparations for interviewing community agencies to determine where they might work to bring hope to their neighbourhood.

In another school, grade nine students worked with residents to paint hope symbols with residents on flowerpots, played board games and read to residents over several weeks.

Specific grants for these projects enabled us to work with in a series

of professional development sessions with teachers. We were also able to work with the Community University Partnership on an extensive evaluation in two of the schools, which has become a template to build on. The following are some comments that we heard from participants:

*"I used to be like still water about my hope.
Now I'm the water rippling from the skip of a stone."
(Hope-Focused Service-Learning Student)*

"Before you make plans for your future, you have to see a future for yourself. These kids come out of the hope work with very strong hope for their own future. Many come out with explicit plans about how they see their strengths and the all the positive things that have been said about them and how they can use that in their future. These kids definitely understand that there is a point in trying and that they are the agents of change in their own lives – that they have the ability to impact their own future and in doing so to impact the future of the community." (Principal)

"I think it is so important to do the hope project because it opens their minds to the endless possibilities that life can hold." (Parent)

The learning from these two schools, alongside what we learned in our work with teachers in the Edmonton Catholic School District's Alberta Improvement School Initiative project provided direction for us to move forward with the 'Reclaiming Hope With Youth' initiative in two rural Indigenous schools in central Alberta. This three-year initiative affords us the opportunity to work with and add to the same group of students to make the Hope-Focused Service-Learning program culturally relevant to their schools and communities. Teachers from the two schools met with Hope Foundation staff to begin integrating the hope-focused practices of paying attention to hope; engaging the 7 C's of hope; reflecting as self-assessment; listening with one's whole being; and engaging in service into the grade six curriculum.

In addition to the many new schools participating in the Hope-Focused Service-Learning program, there have been other exciting undertakings. These include the production of a nineteen-minute educational video and the formation of the Hope Foundation Youth Steering Committee.

The educational video will be used to enhance future workshops and professional development sessions for those who want to intentionally integrate hope into their interactions with children and youth.

The **Hope Foundation Youth Steering Committee** is a group of young leaders who participated in the Hope-Focused Service-Learning program who want to continue to make a difference in the community. Currently, the steering committee is made up of eight high school students who participated in the Hope-Focused Service-Learning program at McCauley, Rosslyn and Lorne Aikins junior high schools. The group took part in a day camp at the Hope House last July to practice leadership skills, team-building, brainstorm ideas for promoting hope in the community. The Hope Foundation Youth Steering Committee exists to help people recognize the impact of hopeful action on the world and themselves. The committee meets once a month throughout the school year and is a fun way for the students to volunteer, become leaders and build resumes.

Because each group member represents a different ethnic background and because Canada is a diverse nation, the group decided to showcase hope around the world. During Hope Week 2011, the committee plans to host an event inspired by Edmonton's Heritage Festival called **One Hope: A Celebration of Harmony.** The event



takes place Saturday, Feb. 5 from 11 a.m. to 2 p.m. at the Hope House, 11032- 89 Ave. All countries showcased, at one point in time, have experienced war, genocide, inequality or violence. The purpose of One Hope is to shed light on the power of hope and show how universal hopes are reflected in various cultures. Through this event, The Hope Foundation Youth Steering Committee will put its mission into action by promoting hope around the world.

The growth of the HOPE KIDS™ program over this past year would not have been possible without volunteers, donors, funding agencies, our partners, and you.

Alberta Government grants include:

- Safe Communities and Innovation Fund
- Alberta Crime Prevention Grant
- Youth Initiatives Grant;

The City of Edmonton through Family and Community Support Services; and the TD Canada Trust.

A very BIG THANK YOU also goes out to the many Volunteers Who worked tirelessly on so many of the HOPE KIDS™ projects!!!! These individuals include:

St. Albert Rotarians	Joelle Reiniger	Jason Pomedli
Marci Shillington	Gerry Cameron	Amber Nicholson
Beverly Ryland	Audra Jones	

And of course, we could not do this without your help as donors, participants at the Harvest of Hope and members of the Hope Foundation!! THANK YOU for making it possible for greater numbers of children, youth and those who work with children and youth to see life in a brighter light!!

HOPE FOUNDATION OF ALBERTA

Annual General Meeting

Monday, March 21, 2011

6:00 pm - 6:30pm - REFRESHMENTS
6:30 - 7:00pm - PRESENTATION
7:00pm - 8:30pm - ANNUAL GENERAL MEETING

LOCATION:

Central Lions Senior Citizens Recreation Centre (Room 4)
11113 - 113 Street, Edmonton, Alberta

Please RSVP to our office by March 15, 2011
Email: hope@ualberta.ca Phone: 780.492.1222

STAFF ACHIEVEMENTS – CONGRATULATIONS!

Rachel Stege R. Psych

Congratulations to our Counselling Psychologist, Rachel Stege, who is now officially a Registered Psychologist in Alberta. Rachel has been working at the Hope Foundation since 2006, first as a research assistant to Dr. Denise Larsen, and then as both a research assistant and a Registered Provisional Psychologist. During this time she has become an expert in identifying and using hope-focused strategies in individual counselling and also in group work. She has co-authored a number of articles about research, hope and counselling. These articles are available from their publishers and also at the Hope Foundation.

Wendy Edey Receives Honorary Doctorate

St. Stephen's Theological College honored our Director of Counselling, Wendy Edey, with the title Honorary Doctor of Sacred Letters. She was accompanied at the ceremony by two Hope Foundation board members who have previously received honorary degrees from St. Stephen's College, Douglas Roche and Kay Feehan. Wendy gave the convocation address at St. Stephen's College annual convocation ceremony held November 1, 2010. Text and audio copies of the address, The Power and Peril Of Audacious Hope, are available. If you would like one, request one by email: wendy.edey@ualberta.ca.

RECENT PUBLICATIONS

The following articles about hope work were published in 2010 by the Hope Foundation.

Edey, W., & Stege, R. (2010, October). Hope and Strengths Groups. *Psymposium*, 20(3), 20-22.

Edey, W. (2010). Handling Life's Problems in a Hopeful Way: A Hope and Strengths Program for Parents who have Fetal Alcohol Spectrum Disorder (FASD), AASCF research journal retrieve from <http://www.aascf.com/index.php/research-journal>

Edey, W. (2010). What would a hopeful parent say? Living with FASD. Retrieve from <http://www.skfasnetwork.ca>

Larsen D., & Stege, R. (2010). Hope-Focused Practices during Early Psychotherapy Sessions: Implicit Approaches, *Integration* 20(3) 271-292.

Larsen D., & Stege, R. (2010). Hope-Focused Practices during Early Psychotherapy sessions: explicit approaches, *Integration* 20(3)292-311.

When the world says, "Give up,"
Hope whispers, "Try it one more time."

~ Author Unknown

Wish List – Can You Help?

Like a lot of non-profits, the Hope Foundation is always looking for gently used items in working condition. Right now we have a great need for three (3) three-drawer, lateral filing cabinets with working locks and keys. These filing cabinets should be able to accommodate legal hanging files.

Special thanks to Joan Kovacs for the donation of a flat screen computer monitor for the reception desk! It is up and running in the office and it is a big improvement!

Memberships – Join Hope!

Just a reminder to all members to make sure you have a valid 2011 membership. Your membership card indicates your membership expiry date. Contact the Hope Foundation at 780-492-1222 if you need to renew your membership and we'll be glad to assist you! Memberships are only \$30 per year and funds are used to support the work of the Foundation. Anyone wishing to attend the Annual General Meeting must hold a valid membership. All members receive a complimentary Newsletter and other notices issued by the Hope Foundation.

Thank you for your ongoing support!

Presentations and Workshops Focusing on Hope

Let hope make a difference at your next conference, meeting, seminar or training event! Our staff can design a fun and meaningful presentation or workshop to meet your needs and to fit any budget! Let us share with you and your members the lessons we have learned through years of experience with hope projects and counselling. Discover the impact of hopeful leaders, learn what hopeful caregivers say and what hopeful patients do. You'll learn that hopeful people reach toward the future, think more creatively and positively and cope better with pain, illness and stress.

Contact the Hope Foundation at 780-492-1222 to book an educational and inspiring workshop or presentation now!

Memorials

We extend our sympathy to the family and friends of those who have passed on, and thank them for their memorial donations to the Hope Foundation offered in memory of these loved ones.

Alice Marie Winkel
Jack Cooper
Richard Michalski
Charlene Kirkland
Roy Jeffrey
Myrtle Keats
Edward Zaharichuk
Ruth Anne Crandall



Staff Listing

Ellen Green	Executive Director
Wendy Edey	Director of Client Services
Lenora LeMay	Director of Child, Youth and Educational Services
Denise Larsen	Director of Research
Rachel Stege	Registered Psychologist
Bev Sohnle	Financial Coordinator/ Receptionist
Joan Kovacs	Special Events Coordinator/ Receptionist

Board of Directors

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*"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."
~Dale Carnegie*

The Hope Foundation of Alberta

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