

Mental health affects all of us. As a grandparent or even great-grandparent, you may have watched with great concern as your child, grandchild or even great-grandchild struggles with marriage breakdown, depression, anxiety, grief, mental illness or other kinds of emotional anguish.

Is there hope? Does the Gospel speak into these harsh realities?

In the early 1960s, a remarkable group of post-war Dutch immigrants, filled with a Gospel vision, founded an organization designed to be a healing presence in the midst of emotional pain and mental illness. That organization was called Salem

Christian Mental Health Association (now called the Shalem Mental Health Network). Today, 50 years later, that organization is thriving, making a difference in people's lives. 2013 is Shalem's 50th Anniversary! Praise be to God!

Driven by Gospel values like compassion, love for our neighbours, care for the poor, the outcast, the widow and the orphan, justice and mercy, and inspired by some of the best work in the field of mental health, Shalem is helping people and communities to meet mental health needs in the name of Christ. And it's making a difference in people's lives—one family, one community at a time.



# shalem

Mental Health Network  
Celebrating 50 Years

## Service of Thanksgiving and Dedication

Co-Sponsored by Heritage Fellowship CRC

Thursday, January 31, 7 pm

Heritage Hall, Holland Christian Homes

Refreshments will be served

if you would like, bring your own mug

*You are warmly invited to participate in a service of Thanksgiving and Dedication to God. We will:*

- give thanks to God for the first 50 years of Shalem
- ask for God's blessing on Shalem's 50th Anniversary events and celebrations throughout 2013
- dedicate Shalem's future to God
- honour the founding generation of Shalem
- learn more about Shalem today
- be led by Pastor Hendrik Bruinsma in a meditation inspired by Shalem's Anniversary theme: "Refreshing hearts in Christ" (Phil. 1:2)

## Shalem Today

Shalem Mental Health Network is a faith-based, Ontario-wide network that provides responsive mental health support and resources to individuals, families and communities. ***Our support services seek to restore hope....***

***...when we can't find ways to cope***

**Counselling** – building healthier couples, families and individuals; fostering attachment in children and youth. In 2012, there were over 1,250 counselling sessions at our counselling clinics in Hamilton and Bowmanville.

***...when we need extra support***

**Congregational Assistance Plan (CAP)** – helping churches provide their members with counselling sessions from local, professional Christian therapists. Currently, CAP is offered in 28 churches across Ontario. **Clergy Care** offers counselling for pastors and their families.

***...when our needs are overwhelming***

**WrapAround** – empowering churches to support people and families struggling with multiple challenges. World Vision Canada supports our WrapAround work.

World Vision  
Canadian Programs

***...when harm affects us***

**Restorative Practice** – repairing harm, restoring relationships in communities, schools, workplaces and faith communities. FaithCARE (Communities Affirming Restorative Experiences) has worked with over 25 churches from six denominations.

***...when mental illness strikes us or our loved one***

**Sunshine from Darkness** – providing up-to-date resources about mental illness to individuals, families and communities.

***...when life puts us on the streets***

**RE-create** – a drop-in art studio engaging street-involved youth in downtown Hamilton. Over 50 youth attended open studio time in 2012.

### SHALEM MENTAL HEALTH NETWORK

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SALEM CHRISTIAN SANITARIUM ASS.  
ADDRESS BY  
DR. VANDERMAAS  
GIVEN AT THE  
ANNUAL MEETING OF SALEM

Below is the address by the President to the 6th Annual Meeting of members of Salem Christian Sanitarium Association, Inc. (This address was planned for our centennial issue, but due to a misunderstanding it reached us too late. —ED.)

Ladies and Gentlemen: amongst others it was decided that



The chairman of the building committee, Mr. John Van Staalduinen (left) with the secretary-treasurer, Rev. J. VanHarmelen.

## SALEM

Many readers of Calvinist-Contact are not yet members of the Salem Christian Sanitarium Association Inc.

Please, become a member by sending at least \$5.00 annually to Salem, Box 33, Whitby, Ont., or write for information.



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# History of Shalem

Calvinist Contact, May 19, 1967