

Seasons of Hope

A Shelter Update



Message from our Interim Executive Director

August 2025

Settling into Summer

As we move well into summer, there's a renewed sense of energy and anticipation in the air at CAWES. We are thrilled to share that we are now in the final stages of our much-anticipated expansion — a milestone that brings us one step closer to providing increased support and safety for women and children fleeing domestic violence in Central Alberta.

Alongside the construction progress, our capital campaign continues to grow steadily. There is a continued focus on outfitting our new transitional housing and affordable units, helping to create comfortable, secure spaces where healing can begin.

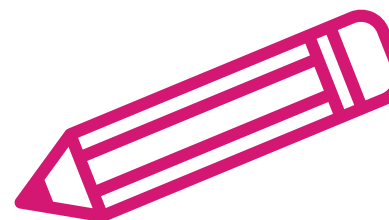
Over the past few months, we have been humbled by the generous support of individuals and businesses throughout Central Alberta. Your kindness and commitment to our mission make this work possible.

If you would like to learn more about how you can be part of building a safer, more hopeful future for families in our community, please don't hesitate to reach out. Together, we are creating real change.

With gratitude,

Stacy Waddell, Interim Executive Director

Jot this down!



Help a child staying in-shelter start the school year off strong: **Sponsor a Student** (see page 2)

Due to a shortage of storage space, we are only accepting in-kind donations that fall within our **Urgent Needs** (see page 5 for details).

The lives CAWES
impacted so far in
2025*



59
women admitted into
emergency shelter



52
children admitted into
emergency shelter



293
crisis calls
answered

*Between April 1, 2025 and July 10, 2025

Update on our New Home



Phase Two is coming along smoothly!

Expected to wrap up in late 2025, this phase includes 23 units of affordable housing, wellness spaces, and additional parking!

It will extend families' ability to stay past 21-days of emergency shelter.

More Information

Sponsor a Student!



Sponsor a student by donating a backpack of school supplies.

Please include:

- Backpack
- Pencil case
- Pencils
- Erasers
- Pencil sharpener
- Pencil crayons/markers
- Scissors
- Glue Sticks
- Ruler
- Lined notebooks
- Highlighters
- Reusable waterbottle

To arrange a donation drop-off, please contact: fundraising@cawes.com

Sharing their Stories

This edition, we are sharing a Q&A with one of our **incredible volunteers: Cathy!**

Q: How long have you been volunteering with CAWES and in what roles?

A: I have been volunteering for a few months now. Whatever role they need me in, I will happily step in! I have been a banker at the Casino (a role my sister said I am meant for), extra set of hands at a golf tournament, and wearing that snazzy blue vest selling those 50/50 tickets at Baseball games.

Q: Why did you decide to volunteer?

A: I have a friend who works for this wonderful organization, and saw a need for volunteers for an event, so I signed up. There are a few areas in life that are very important to me, that I will proudly give my time to. Anything women and children related is one of them! We all deserve to experience the beauty and joy life has to offer! I absolutely love what CAWES stands for and provides! I will stand by them and offer my time and services any chance I can.



Q: What do you like most about volunteering with CAWES?

A: The people I have met and the various types of fundraising events I have been to thus far. I come from the Hospitality world and have a background in Performing, so I love seeing people and events coming together to help support a fabulous organization. Plus, everyone I have met has been so kind, open, and super friendly.

Q: Why would you encourage others to volunteer with CAWES?

A: There is no price tag on time. A couple hours of your time does WONDERS for someone else. You never know anyone's story and what they need. You'll probably never know or hear about the impact you made, but I promise you, you WILL feel good in your heart when you volunteer! It's an instant mood shifter. CAWES is an organization that I fully support, and appreciate what they are doing for the community. Their events are fun, and we always seem to have fun, so come to an event, I'd love to meet you!

Interested in becoming a Volunteer?

Send us an email at
fundraising@cawes.com



CAWES in the Community



Gulls Give



CAWES was a friendly face at the Sylvan Lake Gulls games this season. Staff and volunteers stepped up to the plate and sold 50/50 during three home games.

Chari-tee Golf Tournament



CAWES spent a beau-tee-ful day at the Alberta Springs Golf Resort as a charity of choice for the Royal LePage Charity Golf Tournament on July 13.

Chillin' for Charity



Our team was chillin' at the Co-op Gas Bar on August 1. We were sharing information about CAWES as this year's charity of choice for the Central Alberta Co-op's Chillin' for Charity fundraiser.

Read all About it



Sylvan Lake News: [Day of Cheese](#)

NHL.com: [A Transformative Donation](#)

Red Deer Advocate: [Benefits available for survivors of gender-based violence](#)

Ways to Donate

Interac e-transfer

donations@cawes.com

Please include your email and mailing address in the notes/message for tax receipt purposes.

Cheque

Please make cheques payable to:
Central Alberta Women's Emergency Shelter
Box 561, Red Deer, AB T4N 5G1

Please include your email to receive your tax receipt digitally.

Canada Helps

Click [here](#) to donate via Canada Helps

Securities

Contact us for more information: 403-346-5643 ext. 9

Our Urgent Needs

New, unopened women's underwear, deodorant, diapers, pull-ups, children's nail clippers, and wipes.

Please email fundraising@cawes.com or call 403-346-5643 ext. 4 to arrange a day/time to drop-off your donation.

champions of

HOPE

Become a Champion of Hope

When you become a monthly donor, you are providing more than just sustainable funding for our emergency shelter services. You are making a direct impact on the lives of the women and children who come into our care.

\$10/month - Helps provide bagged lunches for children in shelter attending school

\$25/month - Helps provide the necessities for a family during their stay

\$50/month - Supports our outreach and educational presentations in the community

\$100/month - Supports our text and phone helplines, ensuring 24/7 access for those who need it

Make a Donation TODAY

#supportyourCAWES

   cawes.com

Thank you for supporting
women and children fleeing
domestic violence

 **cawes**
Central Alberta Women's Emergency Shelter

To unsubscribe to the CAWES Quarterly Newsletter, click [here](#).

The Central Alberta Women's Emergency Shelter Society is a Registered Canadian Charity #106885437 RR0001. Gifts will be acknowledged and an official receipt for tax purposes will be given to all donations over \$20.00. All information given will remain private and confidential.