



2024 SPRING / SUMMER NEWSLETTER

From the Executive Director's Desk

Rita is Retiring!

It is with much gratitude and also mixed feelings that I announce my retirement from the position of Executive Director at Niagara Life Centre effective December 31st, 2024. For the past 21 years, I have sincerely enjoyed and had much satisfaction from dedicating my career to serving hurting people in Niagara through Niagara Life Centre, first as Director in Grimsby (2003-2007) and since then as Executive Director at NLC St. Catharines. It will be sad to leave but I'm excited about what God has for me and for NLC moving forward.

NLC is a wonderful place to work, with its God-centred approach and staff that work hard and truly care about each other and the clients. The needs are ever-present and continue to rise; this time of year depression is very common, even though we have warmer temperatures than usual. As individuals and families continue to come to NLC for help, it is an incredible privilege to serve on a team of selfless individuals who love Jesus and love others as they continue to give counsel and direct other ministry affairs. This team truly gives testament to what we read in the book of the Apostle

Matthew, "You must love the Lord your God with all your heart, all your soul and all your mind. This is the greatest commandment. A second is equally important: Love your neighbour as yourself" Matthew 22:37-40.

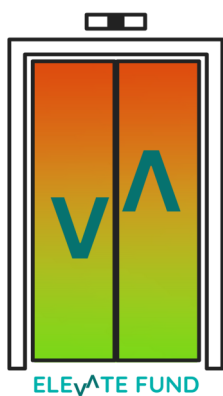
The Niagara Life Centre Board of Directors is committed to a thoughtful succession plan as they seek to find a new leader for this incredible God ministry. We anticipate positive change as we prayerfully move forward in confidence, believing that God has already selected and is preparing the next NLC Executive Director. Please join us in prayer that God will provide clarity as the Board conducts this search.

We thank you for walking the journey with us as God uses you, our supporters in partnership. We covet your prayers and your resources that bring help, hope and healing to the people in Niagara and beyond. The needs have never been higher! May God continue to bless you, your families and your businesses.

Rita Rita Makubuya,
EXECUTIVE DIRECTOR



Lift Installation Update! Notice of Construction



The NLC Board of Directors is excited to announce the launch of our Lift Installation Project **scheduled to start on April 1st, 2024!** This lift will make our community group space and kitchen accessible to all of our clients, so everyone in our community can receive help, hope, and healing when needed!

NLC plans to continue offering in-person services during this time. Please be advised **that our back entrance ramp will be unavailable for use throughout the construction process.** Clients with disabilities and accessibility concerns will continue receiving care through phone or virtual sessions. If unforeseen construction details prevent us from having clients in person they will receive communication from NLC directly and have their booked sessions switched to a virtual or phone appointment at that time.

If you have any questions or concerns about accessing services at Niagara Life Centre we encourage you to call our office (905) 934-0021 or visit our website for more details throughout the spring and summer months. Thank you in advance for your continued support and flexibility regarding this next exciting step!

Business Sponsorship Program Developer: Short-Term Contract

Niagara Life Centre is seeking an outgoing, organized, and motivated individual to fill this 4 month contract position. (May-August, 2024). Their objective is to promote awareness of the NLC ministry in the Niagara business community and develop a robust business sponsorship program. They will initiate contact with, and work directly in engagement and stewardship of business prospects. The ideal candidate will demonstrate confidence, excellent communication skills, and have the ability to organize multiple priorities. In addition to the hourly wage, incentives are available. Cover letter and resume can be sent to the Executive Director via email: rita@niagaralifecentre.ca or faxed to: 905-934-0025.

Qualified Therapist: Full-Time Position

NLC is in need of a qualified therapist to join our team. Experience in marriage counselling would be a great asset. Cover letter and resume can be sent to the Executive Director via email: rita@niagaralifecentre.ca or faxed to: 905-934-0025.

niagara life centre
counselling

Niagara Life Centre is a non-profit low-fee counselling service caring for families and individuals. We provide practical and compassionate care through counselling, guidance and support for the emotional, social, physical and spiritual needs of those we serve.

65 LAKESHORE ROAD, ST. CATHARINES, ON L2N 2T3 | 905.934.0021 | NIAGARALIFECENTRE.CA

The Heart of the Ministry

Beth Eastman, Communications Coordinator

As a Communications Coordinator, I have a special privilege of connecting with a wide variety of people involved at Niagara Life Centre. From clients, to supporters, churches, volunteers, and those who are just curious about who we are and what we do - each day is an opportunity to share the hope, and vision of NLC. One thing that never ceases to amaze me is how often I see God's hand at work in this place. Transforming lives, healing relationships, mending broken hearts, and prompting generosity... this truly is a ministry filled with the hope of Jesus.

Lamentations 3:22-24 says, "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. The LORD is my portion says my soul, therefore I will hope in him." That's the heart of NLC - that there is hope. Help, Hope, and Healing for the hurting in our communities. We can offer help, because God first helped us; we can offer hope, because Christ is our hope; and we can offer healing because God is the master physician. Praise God that His mercy never ceases, that there is always hope!

As Easter is celebrated I'm reminded of the steadfast love of God towards us. He gave when we couldn't give and provided a way to have a relationship with Him through His son Jesus. In many ways our churches, volunteers, supporters, and partners are the hands and feet of Jesus, providing resources to clients in need of help. Thank you, from the very depth of our hearts for your impact on NLC and for your faithfulness throughout these many years of NLC's ministry. May you be abundantly blessed this Easter season.

Community Yard Sale Fundraiser!

WE'RE TRYING SOMETHING NEW! NLC will be hosting a community yard sale at 65 Lakeshore Road, St. Catharines on **Saturday July 20th, 2024!** We need your participation to make this event a success! There is an opportunity to host a table of donated items OR host a table with your own donated items. To donate items and/or register for this event please email: events@niagaralifecentre.ca or call our office (905) 934-0021. All proceeds go to keeping our counselling fees low!

Lace up your shoes and join us for our Annual Walk and Run!

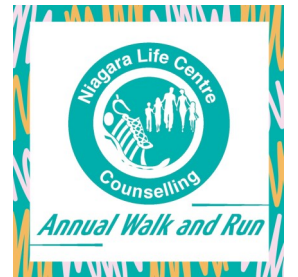
Join us on Saturday, April 27th, 2024 for our Annual Walk & Run.

This family friendly event has activities for everyone including face painting, balloon twisting, games, snacks, timed 1 & 5 km walk/runs, lunch, and awards for top pledges & race winners! Our Annual Walk & Run is held rain or shine so please come dressed for the weather! We can't wait to walk together!

To register as a participant scan the QR or visit our website at: <https://niagaralifecentre.ca/events/walk-run-2024/>



Scan to Register!



THANK YOU TO OUR SPONSORS!

- BAAC Office
- BarterPay
- Bayview Floral
- DeKortes Landscaping Ltd.
- Element Snowplow Services
- H2Only Inc.
- Harbour Estates Winery
- Lincoln Appliances
- Made By Frame
- Northland Floral Inc.
- Petals Floral
- Sunshine Express Garden Centre
- Westland Greenhouse Solutions
- The UPS Store #192 - Niagara Falls



If you would like to become a business sponsor please email: communications@niagaralifecentre.ca

BBQ at Sunshine Express



We are delighted to return to Sunshine Express Garden Centre for our fundraising BBQ! Come see the beautiful blooms and gain inspiration for your garden while enjoying some NLC BBQ & fellowship!

Saturday, May 11th 2024 10:00am - 4:00pm.

Sunshine Express Garden Centre is located at: 18 Carlton Street East, Niagara-On-The-Lake, ON L0S 1J0.

Let's welcome the warmer weather and support Niagara Life Centre programs and events through this fundraising event! We would love for you to drop by and say hello!

Thank you Sunshine Express for sponsoring this event!

Coin Campaign 2024

When you give to Niagara Life Centre, even the smallest of contribution can make a big difference! Our 2024 'Change is Good' Coin Campaign makes it easy to lend a hand.

Our campaign will begin Mother's Day (Sunday, May 12th, 2024) and run until Father's Day (Sunday, June 16th, 2024).

Ways to Participate:

- **Pick up a canister from your church or our office** (65 Lakeshore Road)
- **Donate online to our virtual canister** www.niagaralifecentre.ca/events/coin-campaign

No change is too little.



Yes, I want to bring Help, Hope, and Healing throughout Niagara!



Name: _____ E-mail: _____
 Address: _____ City/Town: _____
 Province: _____ Postal Code: _____

Donation: \$
 Cheque (payable to Niagara Life Centre)
 Visa MasterCard Cash
 Please Indicate: One-time Gift Monthly Gift

Cardholder: _____ Card #: _____
 Exp. Date: ____/____ CVC #: _____ Signature: _____

I hereby authorize my payment of \$ _____ per month, to be withdrawn from my account starting in the 20th of _____, 20_____.

Scan to Donate



niagara life centre counselling



Official receipts for income tax purposes will be issued once a year for donations over \$20.00

Donations can be sent via e-transfer to: admin@niagaralifecentre.ca
Please indicate donation in the memo line

Donations can also be made online at: www.niagaralifecentre.ca/donate