



## THANK YOU!

We are so grateful to the  
**Rotary Club of Calgary  
at Stampede Park**  
for their outstanding  
donation of  
**\$70,000**



### Rotary Club Donation

In a heartwarming display of community support, Sonshine has received a remarkable donation of \$70,000 from Jim and Don of the Rotary Club of Calgary at Stampede Park (the largest amount given to a single charity in Calgary this year). This generous contribution will fuel the internal renovation of Sonshine's Connection Centre, a space designed to foster a sense of community, engagement, and support. It will allow for a greater scope of programming, activities and hospitality for our residents and staff.

To honour the remarkable contribution from Rotary Stampede Park, we will proudly place a commemorative plaque on the wall of our Connection Centre, acknowledging their extraordinary gift and everlasting impact on Sonshine Community Services.

[Read More About The Rotary Club's Gift](#)



## **A Journey of Resilience: Triumph Over Adversity**

Today, we share the remarkable story of a courageous mother of three who defied the odds and emerged victorious in her pursuit of a brighter future. Through the trials of rebuilding her life, navigating a world impacted by COVID-19 and being a single parent to three children, she also completed her bachelor's degree!

Her resilience became an inspiration, not only to her children but to everyone witnessing her incredible journey. We are so proud of her for receiving her well-deserved diploma. It is a moment that symbolizes not only academic success, but also her strength and courage that carried her through her darkest days.

**Read Full  
Story**

---



# National Indigenous History **Month**

**#NIHM2023**



## Indigenous History Month (June 21st is National Indigenous Peoples Day)

This month is a time to celebrate, honour and recognize the history and heritage of Inuit, First Nations and Métis peoples in Canada. Sonshine honours and acknowledges Treaty 7 lands as the traditional territory of the Siksika, Kainai, Tsuut'ina, Piikani, Nakoda and the Métis of Region 3, of the Métis Nation of Southern Alberta that Sonshine resides on.

During Indigenous History Month and throughout the year, our goal is to create various events, activities, and educational workshops to promote awareness and understanding of Indigenous cultures, traditions, and histories. These initiatives aim to foster dialogue, bridge gaps, and promote reconciliation between Indigenous and non-Indigenous Peoples. Hit the button below to learn more!

[Read More About Indigenous History  
Month](#)

---





**MAKE YOUR  
DONATION  
GO FURTHER.**

## **Birdies for Kids is fast approaching!**

Birdies for Kids is fast approaching and from now until August 31st, you can help support Sonshine and our children's programs by donating through their [portal!](#)

Every dollar you donate will be matched by Shaw (up to 50%), so this is your chance to boost your impact! Hit the link above or the donate button below and choose "Sonshine Community Services" from the list of participating charities.

All donations will go towards our Children's Centre programming! Our early childhood development initiatives include healing activities and facilities such as a sensory room, play therapy, sand therapy, counselling and more. By [donating](#), you can impact a child to participate to their fullest potential in their everyday lives.

**DONATE  
NOW**

**Read More About Birdies for  
Kids**

---



## Fathers Day, June 18th

Father's Day is approaching, and as we celebrate the amazing dads and father figures in our lives, let's also acknowledge the powerful role they play in shaping their children's lives.

At Sonshine, we recognize the significance of male allies in our fight to end violence. That's why we are stepping into working with men who use violence, understanding the transformative impact fathers can have on their children's well-being.

This Father's Day, let's honor all the father figures who have guided us, and commend the men who courageously seek help to become great dads. Happy Father's Day to all those who shape us and those who strive to grow and be the best fathers they can be.

---

## We'd Like to Hear from You!

**What kind of communication would you like to receive from Sonshine?**

Survey:

**Updates on the impact of your donations**

Success stories of survivors

Information about upcoming events and fundraisers

Newsletters and regular updates

Volunteer opportunities

## More Ways to Support Sonshine

### [SkipTheDepot](#)

Have your recycling picked up from your home and donate to Sonshine at the same time with [SkipTheDepot](#).

### [TruEarth](#)

Shop eco-friendly goods from Vancouver's [TruEarth](#) and 20% from your order will be donated directly to Sonshine.

### [Sisters' Story Coffee](#)

[Stock up](#) on organic, Fairtrade coffee from farms exclusively owned and operated by Indigenous women in Peru.

Donate



Sonshine Community Services | PO Box 34067 Rpo Westbrook, Calgary, T3C 3W2 Canada

[Unsubscribe communications@sonshine.ca](mailto:unsubscribecommunications@sonshine.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [communications@sonshine.ca](mailto:communications@sonshine.ca) powered by



Try email marketing for free today!