

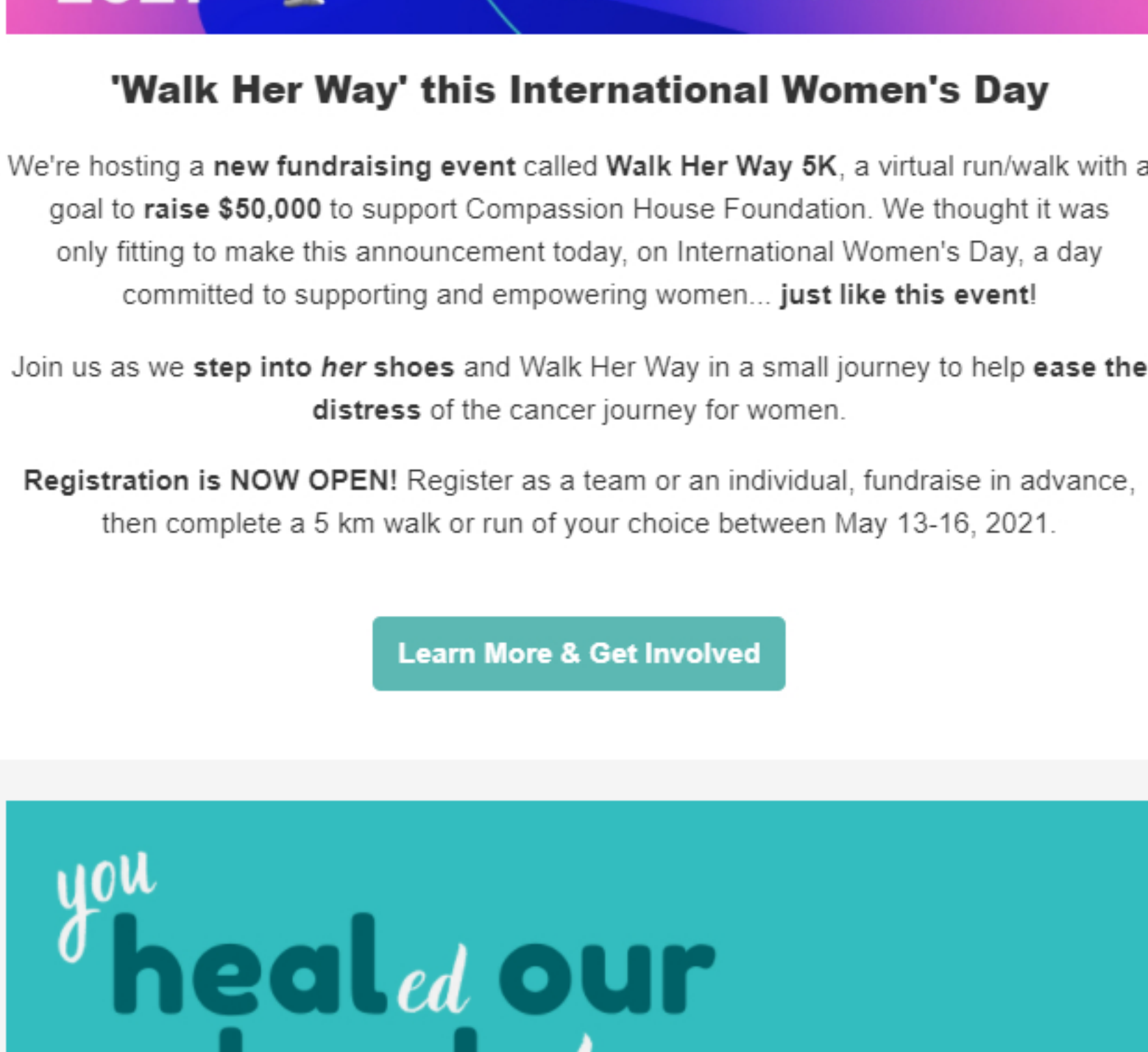


compassion
house FOUNDATION

COMPASSION IN STRIDES

Thank you for staying connected with us through our quarterly newsletter!

Remember: To ensure you continue to receive our newsletter and other Compassion House Foundation emails directly to your inbox, please mark this email address as a "safe" or "trusted" sender. We promise to send only messages that we believe you'll find of interest.



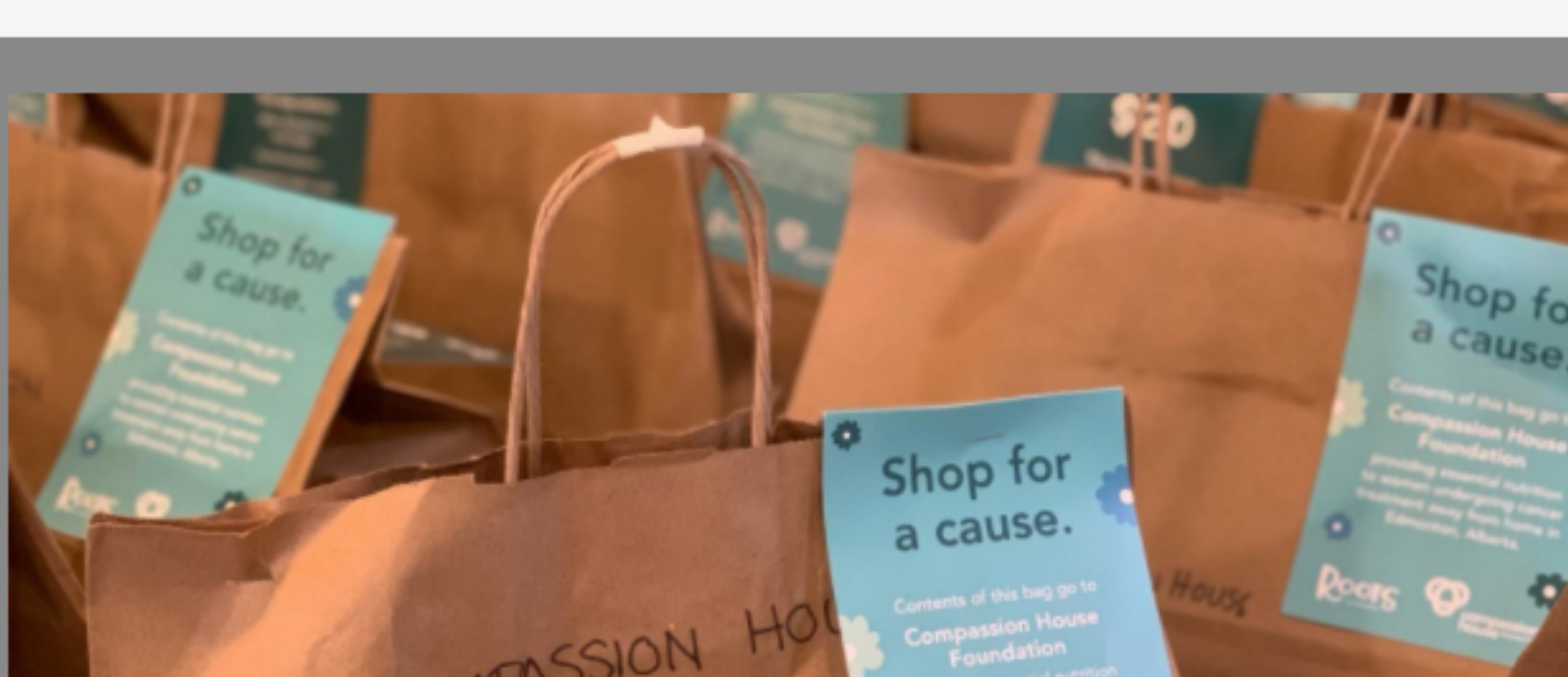
'Walk Her Way' this International Women's Day

We're hosting a **new fundraising event** called **Walk Her Way 5K**, a virtual run/walk with a goal to **raise \$50,000** to support Compassion House Foundation. We thought it was only fitting to make this announcement today, on International Women's Day, a day committed to supporting and empowering women... **just like this event!**

Join us as we **step into her shoes** and Walk Her Way in a small journey to help **ease the distress** of the cancer journey for women.

Registration is NOW OPEN! Register as a team or an individual, fundraise in advance, then complete a 5 km walk or run of your choice between May 13-16, 2021.

[Learn More & Get Involved](#)

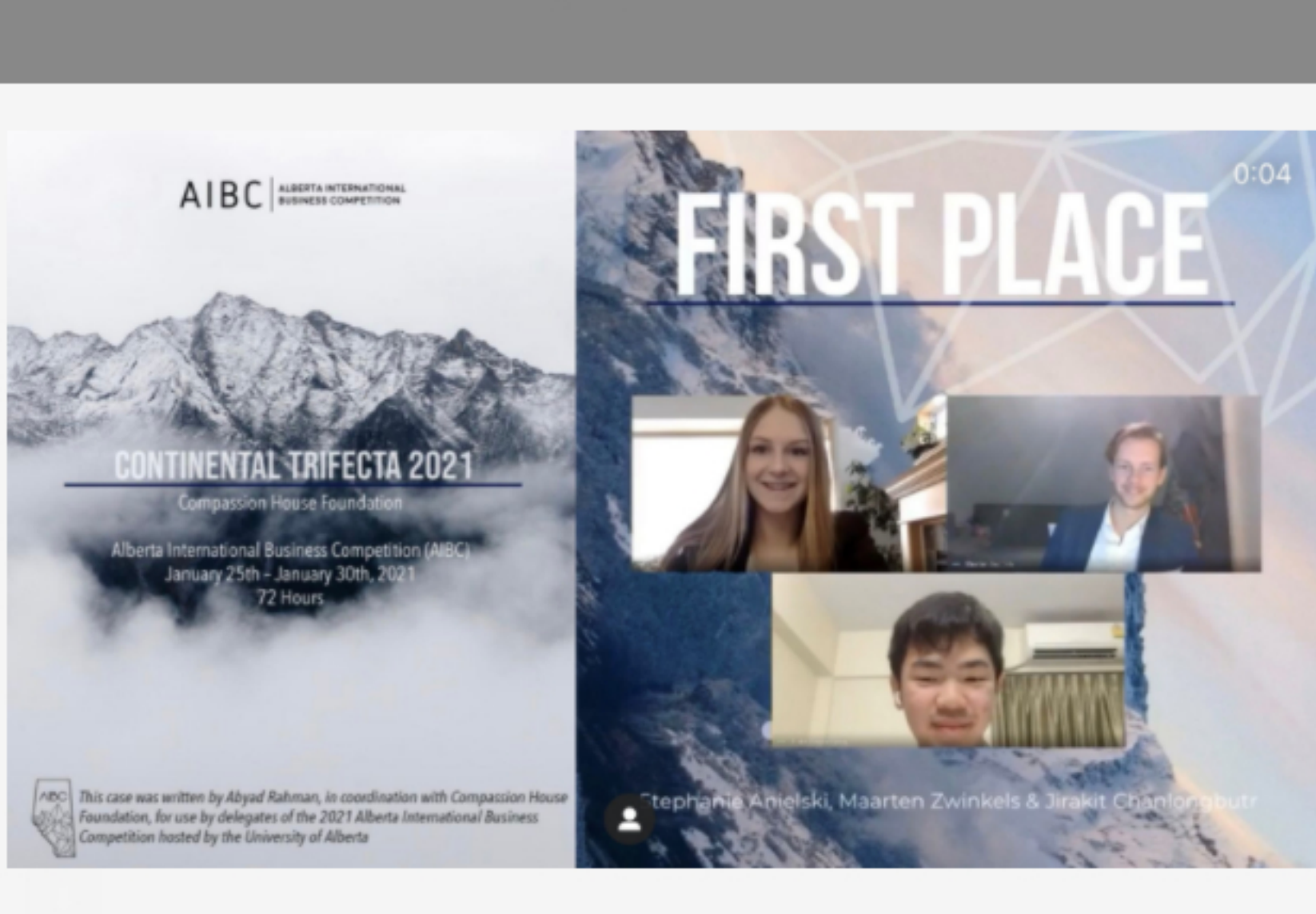


On the Road Again

On January 28, our Sorrentino's Compassion House van was written off in a collision. We turned to the community, asking for help to raise \$27,000 to Heal our Wheels and purchase a new van.

We're happy to announce that between community donations and a \$25,000 major gift, **we surpassed our goal and raised \$35,780!** We've since purchased a new van from **Southtown Chrysler**, who has offered us a special deal on a 2021 Chrysler Pacifica Touring L. We should be back behind the wheel this week, so we can once again safely and conveniently transport our guests to-and-from cancer treatment.

On behalf of our entire organization, **thank you for the support!**



Delicious Ways to Feel Better

Proper nutrition is essential to overall health, especially during trying times like a cancer diagnosis. That's why we're so grateful for partners like **Sunterra Market**.

Since December, Sunterra has been **donating fresh fruit** to Sorrentino's Compassion House weekly, plus **coordinating online grocery orders** and **prepared meal service** with direct delivery to the House.

Starting in February, they also launched an initiative for customers to purchase food bags that are then donated to our communal Family Pantry. We've already received **more than 200** food bags!

Thank you, Sunterra Market!



Innovative Solutions from AIBC

Compassion House Foundation was chosen as the case partner for the **Alberta International Business Competition (AIBC) Case Competition**.

Between January 25 to 30, students from the University of Alberta, Rotterdam School of Business, and Chulalongkorn University came together for a one-week competition. Delegates were broken into nine groups of three, with representation from each competing school. Together, they worked across three different continents and several languages to **create solutions** for some of our organization's most pressing challenges.

Congratulations to **Stephanie Anielski, Maarten Zwinkels and Jirakit Chanlongbutr** for **taking first place!** We also want to thank **Karissa Anderson, Joni Brodziak, and Michelle Okere** for judging on behalf of the Foundation.

We look forward to implementing some of the proposed solutions!



Moving Forward Emotionally after Cancer

Thank you to **Shift Psychological** for facilitating last month's We Can Workshop, "Moving Forward Emotionally after Cancer" presented by **ATB Financial**.

Twenty-eight women participated over three free sessions, led by facilitator and **Registered Provisional Psychologist Sarah O'Brien**. Together, participants safely explored and learned the **complex emotions** experienced during the cancer journey. They also discussed **copng strategies** to challenge negative thinking patterns, as well as **emotional regulation and mindfulness techniques** for stress management.

"Seeing and hearing the other voices and women going through cancer helped me feel less isolated. I received some questions to help me examine feelings at different stages of the journey. [The workshop also] helped me with ideas to journal or share with family."

—Workshop Participant

Missed the workshop?

The facilitator, Sarah O'Brien, wrote a short article **summarizing the key takeaways and techniques** covered in the session. You can find it on [CompassionConnects](#), our online support hub that **uses technology to connect** with women post-cancer treatment.

[Read the Article on CompassionConnects](#)

Are you a cancer survivor or health expert who would like to contribute to CompassionConnects? We're always looking for contributors. [Get in touch!](#)



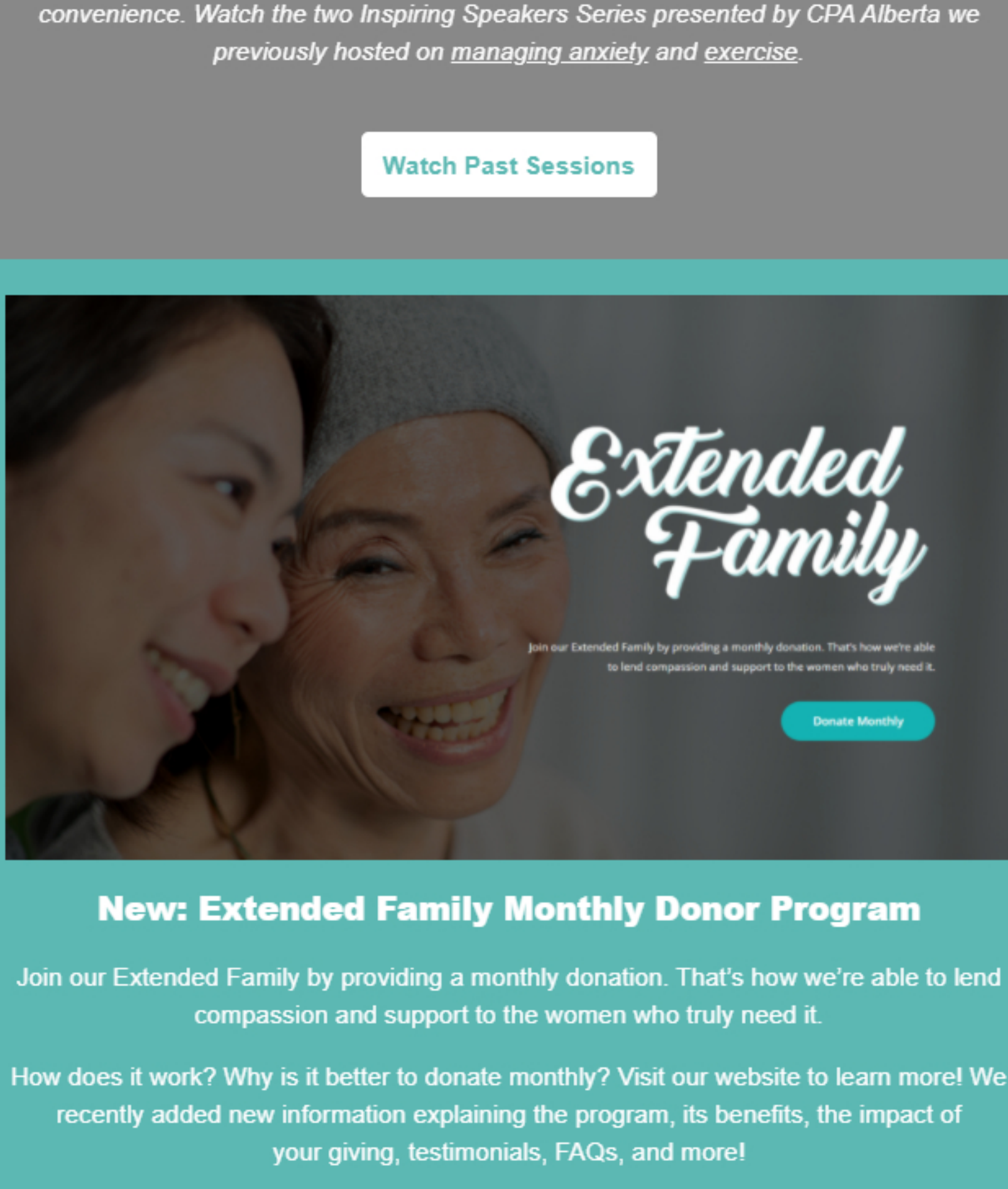
Meet our 2021 Fashion with Compassion Chair

Preparations are already well-underway for this year's Syncrude presents Fashion with Compassion, which is **celebrating 25 years!**

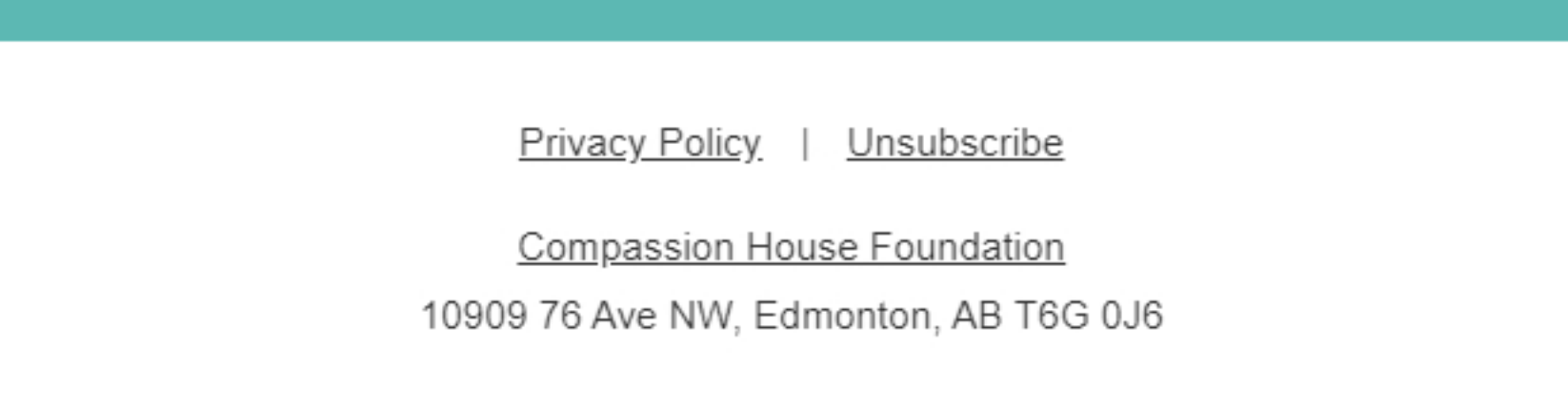
To help, we're pleased to announce and welcome our **2021 Fashion with Compassion Chair: Neil Salsbury**. In a recent Q&A, Neil tells us about his strong and varied volunteer background, where his penchant for community giving started, and his passion for Fashion with Compassion.

[Get to Know Neil](#)

UPCOMING EVENTS

[Watch Past Sessions](#)



New: Extended Family Monthly Donor Program

Join our Extended Family by providing a monthly donation. That's how we're able to lend compassion and support to the women who truly need it.

How does it work? Why is it better to donate monthly? Visit our website to learn more! We recently added new information explaining the program, its benefits, the impact of your giving, testimonials, FAQs, and more!

[Learn More & Donate](#)

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