

Summer Newsletter

Vol 25

Hello supporters!

Welcome to the Summer edition of True North's community newsletter! The days are longer, the weather is rainy & warm, and we have plenty of exciting news and updates to share.

Find a shady spot, get comfortable, and let's kick off the best season of the year!

What We've Been Up To



truenorth

Pet Friendly

As of May 2026, True North Society became pet friendly!

Our mission: Interrupting the cycle of abuse to create a safe environment for all.

- ✓ Supporting survivor safety
- ✓ Removing barriers to shelter & survivor care
- ✓ Protecting everyone in the family
- ✓ Supporting survivor mental wellness
- ✓ Cute furry faces in the house



True North is pet friendly!

True North is proud to announce the launch of the Pet Program, in collaboration with the Calgary Humane Society. This was made possible with the generous funding of the Purple Leash Project. Thank you to Nestlé Purina PetCare Canada and Women's Shelters Canada!

Drive for a Difference!

On June 19th, True North held its 5th annual Charity Golf Tournament - wow! Thank you everyone in our community who shared,

supported, played, gave to, or sponsored this event.

It was a wonderful day of community, connection, and advocacy towards our shared vision of creating a safe environment for all.



Our Impact

 **1,358**
Calls to Help Line

76,674
Minutes of direct
Child & Youth
Programming 

191 Survivors
transitioned
with a **Safety
Plan** 

On June 24, True North hosted its **Annual General Meeting** and yearly **Report to Community** demonstrating True North's community impact.

The yearly AGM is a chance for True North to come together with the community to reflect on what we've learned, celebrate what we've achieved, and shape the path ahead. It is where we share our successes, challenges, and live our values of integrity, accountability, and transparency.

Your participation builds trust, teamwork, and a larger network of inspired individuals working towards a shared mission of walking the path with those in crisis: honouring the past, providing support in present, and awakening hope for the future.

"Hello all. My name is Courtney Helfrich and I am the Executive Director of True North Society. Thank you all for joining us at our Annual General Meeting. It is a pleasure to welcome our members, board, staff, volunteers, partners, funders, and supporters.

As Executive Director, I am proud to reflect on the past year and the progress we have made together. This year brought both opportunities and challenges, but through the dedication of our team and the ongoing support of our stakeholders, we continued to advance our mission and serve our community.

Over the past year, we have achieved significant milestones. We expanded our programs and services, strengthened our partnerships, and worked diligently to meet the evolving needs of those we serve. These accomplishments are a direct result of the commitment, expertise, and passion of our staff, volunteers, and board members.

At the same time, we faced challenges that required flexibility, resilience, and innovation. Whether adapting to changing circumstances, managing limited resources, or responding to emerging community needs, our organization remained focused on delivering meaningful impact. I am proud of how our team rose to these challenges and continued to move forward with purpose..." [read more](#)

[Review the AGM](#)

[Watch the Report](#)

Stay Informed

On May 19, the Alberta Government announced funding changes affecting many domestic violence shelters across the province. True North is saddened to be among the rural shelters receiving a reduction in funding. For True North, this represents a decrease of \$70,000 in annual funding.

For more than a decade, many rural shelters have operated without consistent, sustainable funding increases while facing growing demand and increasingly complex client needs. This funding reduction creates additional challenges as True North works to strengthen and expand services in alignment with Alberta's 10-Year Strategy to End Gender-Based Violence.

Now more than ever, Survivors in rural communities *need your support*. Donate. Advocate. Attend an event. Every donation, every event registration, every shared post, and every voice raised supports True North and shelters across Alberta.

[Read more.](#)

How you can help

Give a charitable gift! Every donation helps True North continue providing safety, support, and hope to those who need it most.

[Donate](#)

Contact your MLA & advocate for shelter funding! Express to your MLA the importance of domestic violence shelters, especially in rural communities.



Share freely who we are, what we do, and how we can help! Increasing awareness of domestic violence supports helps break down the stigma of violence and connects survivors to supports they may not know exist. Sharing our message also conveys to all levels of government that Alberta cares about survivors, Alberta cares about shelters, and Alberta cares about ending violence in our communities.

Attend a True North fundraising event! Enjoy time with your community while helping us continue providing critical services for survivors. Check out our upcoming July **Sips & Sunsets** outdoor, live music & wine tasting event. Save the date for our upcoming 2026 Hollywood Inspired Gala on November 7th!

Donate!

To support our clients with any of these items, email general@truenorthab.com or call 403-934-6634 anytime!

All donations over \$20 (with submission of receipt) qualify for a tax receipt!

Thank you.

Summer 2026

Wishlist

Youth Clothing

- girl's & boy's clothing (sizes 10-14; adult xxs, adult s)
- girl's underwear & sport bras (all sizes)

Women's Clothing

- women's underwear & sport bras (size M, L)
- pajamas (pants or sets, size S, M, L)
- women's leggings (size S, M, L)
- women's t-shirts & tanks (all sizes)
- slippers & runners (all sizes)

Basic Needs: deodorant, body wash, hair brushes/combs, tampons, lotion, shampoo & conditioner.

- Travel sized: mouthwash, q-tips, floss
- Sunscreen, Bugspray, Summer Hats for Kids

Other Ways to Support

Next-Steps Support: gas or grocery gift cards for survivors starting over

Job Seeker Support: new & unopened makeup: mascara, lip balm, eyeliner

Program Support: journals, adult colouring books, fine-tip markers

Shelter Kitchen Pantry Support: dry goods, canned goods & lunch snacks

Phone Chargers & Blocks, Old Phones: (factory reset , please!)

USBs: (secure data storage)

Host your own food, hygiene, or diaper drive! Learn more: general@truenorthab.com



True North Community

Whether you're a music
lover, a wine
connoisseur, or someone



who just appreciates summer vibes, Sips n' Sunsets brings together the best of the season for those wanting to enjoy some live tunes while supporting True North!

Don't miss out! By attending, you'll be entered to win a door prize!

[Get my Ticket!](#)

May - Sexual Assault Awareness Month True North talked with STAND Against Sexual Assault about the importance of their work, myths or misconceptions that harm survivors, and what role we can all play in ending sexual violence. Watch on our YouTube: youtube.com/@TrueNorthAB



June - Pride Month. True North Society takes pride in inclusivity and is proud to serve all individuals and families regardless of age, gender identity, or gender expression.

June - Men's Health Month: a time dedicated to raising awareness, promoting prevention, and improving the health and well-being of men and boys. To learn what we can do as a community to support men's wellness, True North reached out to our friends at Balance + Restore Co for their thoughts. Check out the series on our socials.

July 16 - Sips n Sunsets outdoor Summer fundraiser!

July 18 - Langdon Days. Find True North at Langdon Days: connecting with our community and having a great time at this family-friendly outdoor event!

July 24 – International Self-Care Day is designated to the promotion of healthy lifestyle choices that support your mental, physical, and spiritual health.



August 1 - Spot us at the Strathmore Stampede Parade!

We're celebrating our community and showing off our True North pride!

Strathmore Stampede Parade, Saturday August 1st, 9:00am!

August 12 – International Youth Day! “On this important day, let’s join hands across generations to break down barriers, and work as one to achieve a more equitable, just, and inclusive world for all people.” – UN Secretary-General Antonio Guterres

August 17 - National Nonprofit Day, a reminder to recognize the positive contributions nonprofit organizations have made in our society. [Learn more about how you can support True North!](#)

August 26 - Women's Equality Day, focusing on raising awareness about the issue of gender discrimination and celebrating progress.

Seasonal Summer Salad

"I call this Ukrainian-Canadian-Farmer food. Generations ago, my family immigrated to Canada to try and build lives free from war and poverty. Still, in Canada they were quite poor and worked hard to survive on the farm. As a toddler, I remember playing hide-and-seek in my Grandma's corn stalks and staining my dresses in her strawberry patch. Grandma taught us to be frugal, to waste nothing, to work hard, and eat smart. This super simple salad puts many of her life lessons onto a plate. Thank you, Baba."

~ True North Team Member



Directions:

- Wash & cut your lettuce and chives.
- Pour your whip-cream in to a small, separate bowl.
- To your cream, sprinkle & mix just enough salt to make it sweet.

This is one of those recipes you measure with the spirit of your ancestors.

- To your cream, add just enough vinegar to make it tangy the way that you like it.
- *Go slow and add a small splash at a time, trust me.*
- Once your dressing is made to taste, pour it over your greens. Toss and serve!

Ingredients:

- 1 head of lettuce (green leaf preferred)
- 1 handful onion chives
- 1/3 cup of whip cream (not whipped)
- 3 tablespoons white vinegar
- 1 tablespoon salt

Small head of lettuce serves 2 people



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PO BOX 2162, Strathmore, AB, T1P1K2

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