



Perch

FOR WOMEN

MERRY CHRISTMAS FROM PERCH

WINTER
2020



SEASONS

For most of us, the year 2020 brought many unexpected situations. Some battled illness. Some struggled with finances. Some weren't sure their job would be waiting for them at the end of lockdown. Some wondered if their children would ever return to school. And some found it increasingly difficult to see light in what felt like a never-ending dark season.

The sun did come out. The temperatures did rise. And, some freedom was found. We aren't out of the woods yet but the clearing seems to be closer, even as the seasons change yet again.

It has been similar for Perch this year. Between January and March, we packed up the former location, moved, started renovations and then had to pause due to the global pandemic. In a time when we knew women would be needing what Perch had to offer, our team pulled together and found a way to not only offer all of our scheduled programming but added some significant check-ins that connected with women when isolation seemed so prominent.

For some, the lockdown season increased anxiety, unsettled reality and blurred the future. Building on the foundation of our existing Perch material, that centres around our mental health and biblical truth, our team transitioned all groups online and increased the frequency of connection points. Thanks to some incredible Perch Partners and facilitators, we were able to add targeted sessions to address the range of emotions and mental strain

that were being triggered.

Having to meet online, instead of in person, has not been what we would choose but we are thankful for the technology that has allowed us the opportunity to continue to gather. Our reach actually expanded across the country and border. This season has reminded us of the significant ripple impact that Perch is having not only in individuals but in families as well.

Perch For Women exists to equip women in all seasons and situations of life by providing guidance and opportunities for greater health and wholeness. Some of those seasons last months. And some seasons are much, much longer. Perch is here for them all.

In order for us to continue to equip women, to meet their needs in these seasons, we really do need your help. We look forward to gathering again in person and know that there will be ongoing and increased costs to opening our doors, gathering in small groups, offering practical coaching and providing opportunities for personal growth.

Would you consider being part of our impact ripple to offer hope to women in challenging seasons? Would you consider helping us keep the Perch lights on so that we can provide opportunities for greater mental health and wholeness? We'd be so honoured if you'd become or remain part of the Perch community as we believe that we are truly #bettertogether.

In the Netherlands, a group of fashion designers offer a "Golden Joinery" workshop. Inspired by the Japanese technique Kintsugi, where broken porcelain is visibly repaired with gold, clothes are mended, with golden thread, in ways that focus on mending rather than masking. As they remake their clothes, the repair becomes ornamental, a "golden scar."

Just as these rips and tears in old clothes can become sights of beauty, the broken and weak places in our lives can become places where God's handiwork shines. He holds us together, transforms us, and makes our broken pieces beautiful.

~ Amy Peterson

Please make all donations payable to **Perch For Women.*



HAPPENING @ PERCH FOR WOMEN

There has been a lot of change for Perch For Women during 2020 in addition to the global pandemic that we've all experienced. At the end of February, we moved locations and began renovation of our new space. The new Perch office was complete at the beginning of March, just 1 week before we began the lockdown phase of the Covid-19 pandemic.

While many businesses found the lockdown phase of this year very challenging, Perch was able to pivot and carry on with our scheduled programming. It was challenging for us as well but our team found a way. We not only continued with our workshops but added new programs to help people process many of the issues that came to light because of the global situation. In total, there were 95 women who interacted with us through our different programs and workshops between March and November of this year. We feel so honoured to have the opportunity to interact with and impact the lives of so many women and look forward to expanding that reach in 2021. Be sure to follow us on social media & check our website for updates and some exciting things coming next year.

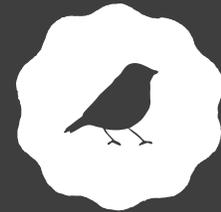
OPPORTUNITIES

We can't and don't want to do this endeavour alone. Perch is funded by private donation and not affiliated with any other agency. There are several ways you can partner with us.

- * Pray regularly for Perch + our participants
- * Participate in a workshop
- * Become a mentor
- * Become a monthly or yearly donor

We couldn't do what we do to walk deliberately and intentionally with women without your support. Your financial partnership is instrumental in equipping women at Perch.

****Please make donations payable to Perch For Women. You may also visit our website to donate via credit card. Charitable Number: 83172-7268 RR0001**



LIFE STORIES

Workshops and programs are really just a path and tool for us to discover truth about life and who we are within the context of God's love. Below are some of the many examples of transformation and hope from the Perch community.

'I am so grateful that Perch for Women provides a safe environment for me to be my authentic self. It is a rare community that invites that experience for me to be known and for me to know more about myself.'

'Perch provided the peace that I needed to develop a gift God had placed in me. It's also a very welcoming place to connect with other women, be encouraged and feel loved!'

'I have had both the privilege and the honour of taking a few of the courses and events organized through Perch for Women. I have felt loved and accepted. Perch offers both practical and spiritual growth opportunities for me to learn, grow and experience real life with women in the community.'

For all of our program and workshop opportunities, follow us on Facebook and/or Instagram or visit our website. [www.perchforwomen.co]

STAFF TEAM

'Love each other just as much as I have loved you.' [John 13:34]

This has certainly been a year for the books. While we don't have all of the answers, we are so thankful for the opportunity to be walking with and growing together with the Perch community of women.

From Left To Right:

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