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News Release

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The Haven Appoints New Board Member

Gabriola Island, British Columbia – While you may think that the purpose of appointing a new member of a Board of Directors is to bring someone in from the outside, The Haven's newest board director Catherine Lord is hardly an outsider. Lord has participated in several programs, and her two children Chris and Alex have attended both Kids in the Spotlight, and Teens Alive, so she intimately knows what The Haven is about.

Lord brings over 30 years of experience in the computer industry, as well as Management, Marketing, Sales, and Financial Management experience to her new role on the Board of Directors. *"The programs have been a source of growth during easy and not-so-easy times in our lives and I really value the way it has opened up communication with my sons and other personal and professional relationships."* Says Lord. *"It has also woven its way into many other threads in our lives."* She continued. As a new Board Director, Lord will work with the organization to focus on developing sustainable programs, and fundraising as outlined in The Haven's 5 year Strategic Plan.

Since 1983, The Haven has offered experiential programs for personal and professional growth and development, emphasizing self-responsibility, effective communication, healthy relationships, creative expression and integration of body-mind-spirit. Haven programs help people live their lives more fully and with deeper awareness of themselves and others. A not for profit charitable organization, The Haven is located on Gabriola Island, BC, Canada.

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