

What is a Safe Home?

A safe home is an emergency shelter provided by a volunteer homeowner in the local community as a safe refuge for a woman leaving an abusive situation. The length of residency varies from a day to a month.

Homeowners who volunteer their home receive specialized training on issues of violence, abuse and safety, and the needs of older women. Safe home residents will receive support, advocacy, and counselling from the Victoria Women's Transition House as well as the option to attend the VWTH Senior Women's Support Groups.



OLDER WOMEN'S OUTREACH AND SAFE HOME PROGRAM



24 Hour Crisis Line
(250) 385-6611

Community Office
#100 – 3060 Cedar Hill Road,
Victoria, B.C. V8T 3J5

Phone: (250) 592-2927
Fax: (250) 592-9279
Email: info@vwth.bc.ca
Website: www.transitionhouse.net

- ❖ individual counseling
- ❖ support groups
- ❖ for women 50+ who have or are experiencing abuse
- ❖ offered in Victoria and Sidney

Women (50 plus) who have experienced or continue to experience abuse (physical, emotional, financial) in their relationships with their partner or adult children are invited to participate in our groups at no cost.

Women who have left the relationship as well as those choosing to remain in the relationship are welcome to attend.

Participants will work towards gaining understanding of life experiences, recognizing the cycle of abuse, and the effects of abuse on self-esteem. There will be opportunities to meet other women with similar experiences to develop mutual support and to explore choices and options.

Topics may include:

- setting boundaries
- safety plan
- assertive communication
- feelings, including anger
- building self-esteem
- healthy relationships
- coping with stress
- problem solving strategies
- decision making

In addition, we offer a self-care group which incorporates outings in the community.

Periodically we offer a group for building healthy relationships with adult children.

You don't have to be hit to experience abuse!

To register, or for more information on these groups, please contact us at:

592-2927 ext. 223

Abuse of Older Women

Older women are less likely to report abuse or seek help. Shame and humiliation may prevent them from disclosing the abuse. They may be unaware of services they can draw on, or think they are for younger women and their children. Many have resigned themselves to their situation and fear being alone or isolated from their family and community should they leave their situation. In addition, they face particular difficulties that are not necessarily experienced by younger women.

They may have:

- health problems that restrict their mobility
- no independent source of income
- lack of awareness of choices available to them
- fear they will be put into an institution or extended-care facility
- fear of losing their home and the personal possessions they have accumulated over a lifetime



Community Awareness of Older Women

Many older women do not know about the resources available to them. They may need education about abuse. VWTH Outreach Workers are interested in working with local community and seniors' groups to raise awareness about abuse of older women.

For more information, please contact Victoria Women's Transition House at 250-592-2927 ext. 28 or 29 or email: info@vwth.bc.ca.

What is the Victoria Women's Transition House Society?

The Victoria Women's Transition House Society provides shelter and services for women, with or without children, who are experiencing abuse in their intimate relationships. We are a charitable agency funded by the Ministry of Community Services, the Ministry of Public Safety and Solicitor General, the Ministry for Children and Family Development together with community funding partners and private donations.

24 Hour Shelter & Crisis Line

(250) 385-6611

Children Who Witness Abuse Program

(250) 592-2927 ext. 204 or 205

Older Women's Outreach and Safe Home Program

(250) 592-2927 ext. 223

Resource Development Office

(250) 592-2927 ext. 214

Spousal Assault Victim Support Programs

Victoria (250) 356-1201

Western Communities (250) 391-2864

Stopping the Violence Counselling Program

(250) 592-2927 ext. 202

Volunteer Program

(250) 592-2927 ext. 222

Community Office

Phone: (250) 592-2927

Fax: (250) 592-9279