

Remember, you don't have to be hit to experience abuse!

Please contact us for more information: 250-592-2927 ext. 227 or visit www.transitionhouse.net

Support for Older Women

Do you know how to identify abuse? Are you a woman 50+ who has experienced or is experiencing abuse (physical, emotional, sexual, financial) in your relationships with your partner or adult family members?

We can help with free support services. Together, we will work towards gaining an understanding of abuse, the results of abuse and tools to recognize abuse, ways to set limits and communicate needs clearly. There will be opportunities to meet other women with similar experiences.

Topics may include:

- building self-esteem
- safety planning & problem solving
- assertive & peaceful communication
- coping with stress

We may offer groups for building healthy relationships with adult children.

Who We Are

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 registered charity service the Greater Victoria area since 1975.

Other services we offer include:

- 24 hour Crisis & Support Line
250-385-6611
- Emergency Shelter for women, and safe home for Older Women
- Third Stage Transitional Housing for single older women
- Spousal Assault Victim Support Program, support through the justice system
- Community and Youth Education

A Community of Support

We work with a wide variety of community partners in delivering our programs as well as more than 75 skilled volunteers and hundreds of generous financial and in-kind donors.

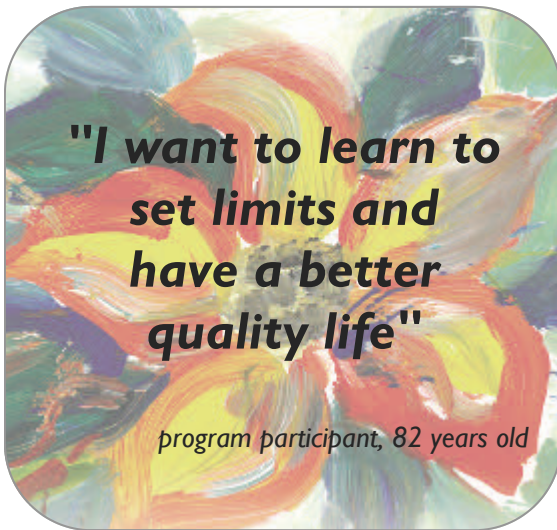
We extend warm thanks to all of our collaborators and supporters, together we are getting closer to our vision of a community free of relationship violence and abuse.

To get involved, make a donation or volunteer, contact us at 250.592.2927, email info@vwth.bc.ca or visit www.transitionhouse.net.



Abuse of Older Women

Many older women have experienced multi-layers of life. This program honors the diversity that older women bring to the counselling experience. By addressing harmful stereotypes about women and specifically the aging process, we begin to address the nature of change later in life.



Older Women may have unique challenges but like all of us, fear of the unknown can be the greatest barrier. **Help is available!** Victoria Women's Transition House is working to raise awareness of the abuse experienced by older women and provides free confidential services to support women.

24 Hour
Crisis Line
250-385-6611

VICTORIA WOMEN'S
Transition House
SOCIETY

For more information, please contact
us or visit our website

info@vwth.bc.ca
T: 250-592-2927

www.transitionhouse.net
Creating Hopeful Futures
Charitable BN # 1081703501 RR0001

VICTORIA WOMEN'S
Transition House
SOCIETY

Programs for Older Women

For women 50+ who have
experienced, or want to
understand more
about, abuse

