

*April 10 - 16 is
National
Volunteer
Appreciation
Week*



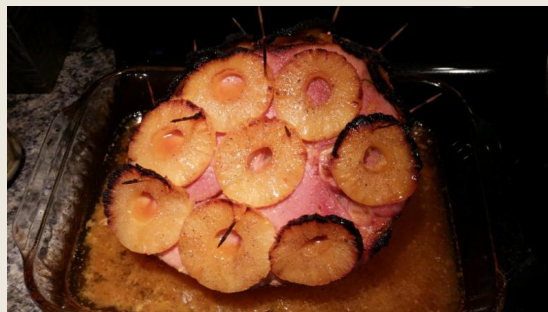
THANK YOU TO OUR AMAZING VOLUNTEERS...

We are forever grateful to our many volunteers for their dedication to the Victoria Women's Transition House Society and the hours of work they put in to ensure we are doing the best we can for the women and children that need us the most.

Thank you for your commitment to helping end relationship violence. Volunteers and donors are a large reason why we can do the great work we do; provide safe shelter, counselling, and support to help women find their strengths.

For more information on our Volunteer Program, please visit our [website](#).

EASTER AT THE SHELTER...



The residents of our 24-Hour Emergency Shelter were treated to a lovely Easter Dinner of slow roasted pineapple ham, roasted turkey, garlic mashed potatoes, traditional garden pickles, herbed roasted carrots, steamed broccoli and hollandaise and a surprise dessert!

Thank you to Jackie, our house manager, residents and volunteers for preparing a lovely meal.



THANK YOU TO OUR LEADERSHIP CIRCLE DONORS & SUPPORTERS...

On March 30th, Victoria Women's Transition House hosted a "Thank You Luncheon" for our Leadership Circle Donors & Supporters. The two-hour long event was held at the Union Club of British Columbia with presentations by Makenna Rielly, Executive Director, Susan Howard, Development Director and Monica Roncato, former shelter resident, volunteer and practicum student.



Tammy Dickeson, Donor



Carla Robinson & Wendy Brown



Rick Boomer, Saanich Baptist Church

VWTH AWARDED A CRD IDEA GRANT...

Strengthening the Self Through Mixed Media

VWTH is excited to announce that we have been awarded an "Idea" grant from the Capital Regional District. The grant will fund a multi-week, creative clay project, "Strengthening the Self Through Mixed Media" and will be open 22 older women at Victoria Women's Transition House's Third Stage Transitional Housing facility. This expressive art project will help facilitate reflection and exploration of traumatic experiences and will allow the participant to reconcile the damaging experiences they have lived through. Each week the women will focus on a different



component of the project and explore aspects of their life that will be metaphorically represented by each clay piece. The goal is for the participants to see their projects and their lives as whole, regardless of any imperfections. The facilitator will assist them with the struggle that they would almost certainly face while working with the clay. She will gently caution them of the futility of becoming too attached to a particular outcome and try to guide them away from visions of perfection as these mindsets can set us up for big disappointments in both clay and life.

We are very excited about this project. Thank you, CRD!



WALK WITH US ON APRIL 16, 2016 AT THE MARCH TO END SEXUALIZED & GENDER-BASED VIOLENCE...

MARCH to END
Sexualized & Gender-Based
VIOLENCE

Saturday, April 16 at 11:00 AM
BC Legislature to Spirit Square

Join us for an inspirational day as we bring community members and partner organizations together to support children, youth, women, and trans survivors of sexualized and gender-based violence.

In solidarity against sexualized and gender-based violence.

Victoria Sexual Assault Centre | VIRCS | iCa Inter-Cultural Association of Greater Victoria | peers | Transition House Society | 40 YEARS STRONG | Victoria Child Abuse Prevention & Counselling Centre

If you are interested in walking with VWTH for the [March to End Sexualized & Gender-Based Violence](#), please RSVP to [Myriah](#) to arrange for your purple Transition House t-shirt.

We will be meeting on the lawn of the BC Legislature at 11 am. Together, let's walk to end sexualized and gender-based violence!

JOIN US AT LAW DAY ON APRIL 16, 2016...

2016 Law Week

Access to Justice: What does it mean to you?

Family friendly activities will include:

- Star Wars-themed Mock Trial
- Courthouse open house/tours
- "Passport to Justice" contest with prizes
- Victoria Police Dept. K-9 Unit Demonstration
- Judges' talk
- Community service information tables
- 2016 Provincial Mock Trial Competition (by students Grades 9-12)

Join the conversation!

Tag your tweets and posts with: #BCLawWeek

"DIAL-A-LAWYER"
On Saturday, April 16, BC residents are invited to call 1.800.663.1919 between 10 AM and 2 PM to speak with a lawyer for up to 15 minutes at no cost.

SATURDAY, APRIL 16
10:00 AM – 2:00 PM
VICTORIA COURTHOUSE
850 BURDETT AVE
BCLAWWEEK.ORG



SHELTER WISHLIST...

Our 24-hour Emergency Shelter is running low on some supplies. Due to hygienic reasons we can **only accept new and unused items**. The Shelter is in need of the following:

- make-up (face powder, blush, eye shadow, mascara, etc)
- facial wash
- razors
- shaving cream
- bubble bath
- nail polish, remover and files
- hair conditioner
- women's slippers (sizes 7, 8, 9)
- children's slippers
- housecoats (small, medium, large)
- running shoes (women and children)
- summer hats (women and children)
- women's pjs (size 4 and up)
- women's leggings (size 4 and up)
- socks (women & children)
- women's underwear (all sizes)
- sweat pants, yoga pants, sweat shirts (size 4 and up)

- t-shirts
- back packs and soft duffle bags

If you are interested in donating any of these items, please contact our Development Manager, [Joanna](#) (250-592-2927 ext. 214) to discuss your donation.



VICTORIA WOMEN'S TRANSITION HOUSE GODDESS RUN CHARITY CHAMPIONS...



Joanna Verano

Penny Coulson

Now in its 5th year, the Victoria Goddess Run is a women's only walk and run and has raised over \$150,000 for its partner charities - including Victoria Women's Transition House. The Goddess Run is committed to supporting non-profit organizations that help make our community a better place to live.

Support Victoria Women's Transition House by helping our Charity Champions reach their individual goal of \$3000. Click here to support [Joanna](#). Click here to support [Penny](#).