

This **Canada Day** we hope you have a chance to take a moment (or more than a moment) to get outside with friends or family, take a walk, a run, a cycle or a rest and enjoy the sunshine, fresh sea or forest air. From everyone at Victoria Women's Transition House, we wish you a safe and restful **Canada Day**.

IN HER WORDS...

I didn't think I was in crisis, but I still needed support.

As a working professional with two small children, it was hard for me to reach out for help, but I did. I met with one of the Victoria Women's Transition House 'Stopping the Violence' counsellors for emotional support and guidance as I worked to maintain separation from my ex-partner. With the counsellor, I developed a comprehensive safety plan to help me cope with the on-going emotional and verbal abuse from my ex-partner, as well as the potential physical safety concerns during his access to the children.

I wanted to learn more about the impact of intimate partner abuse; and was able to grieve as I came to terms with all that I had experienced in my abusive marriage. I received support from VWTH counsellors as I navigated the legal system to obtain custody of my children and got legal permission to leave the province. It took some time but I am happy to report that I was granted custody of my children as well as the right to relocate with them to a community where all of my family and supports resided.

I am so grateful to Transition House and the dedicated and caring counsellors for their support during this really difficult time in my life. ~ A thankful client

Remember, VWTH is here to help. Call our 24-hour Crisis & Information Line at 250-385-6611 or visit our [website](#).

TURNING THE PAGE...

A special thank you to United Way, Greater Victoria for funding our Older Women's Support Program, "Turning The Page". This program will gather small, intimate groups of 10 women over the age of 50, who will meet for 10 weeks to explore, through art and storytelling, their experiences and strengths as women, aging.



With the use of the creative process, each woman will create a Wellness Journal to share her rich inner world, perhaps making new goals and

dreams. This program will explore aging, and promote personal wellness.

We are very happy to be partnering with Beacon Community Services, James Bay New Horizons, MS Society South & Central Vancouver Island Chapter and the Shoal Centre in Sidney.



THANK YOU TELUS VICTORIA COMMUNITY BOARD ...



We are so grateful to TELUS Victoria Community Board for their generous contribution to our new Digital Storytelling program, a pilot project integrating Digital Storytelling into VWTH counselling through our Children Who Witness Abuse (CWWA) Program. To be launched in the Fall of 2016, Digital Storytelling will be combined with traditional counselling for children and youth who have experienced trauma after witnessing domestic abuse. Guided by a counsellor, the children will be encouraged to create a 3-5 minute personal video of their story (past, present or future) using art, photography, text, voice and music on individual tablets. It is our hope that Digital Storytelling will help these children in their healing process.



INTRODUCING LIZA, VOLUNTEER COORDINATOR...

VWTH is fortunate to have many individuals of varying ages and experiences wishing to volunteer for Transition House and I came to the position with a wait-list of new volunteers ready for training. Happily, this past week, 10 volunteers completed training with a second training planned for another group of VWTH volunteers in September. My plan is for ongoing volunteer training and support and quarterly appreciation events. In fact, over the next few weeks, I will try and meet all our current volunteers and am planning a Victoria Women's Transition House Volunteer Appreciation Event, later this summer. This will be a terrific opportunity for our current volunteers and new volunteers to meet and get to know each other.



If you are interested in volunteering for Victoria Women's Transition House or are a current volunteer and would like to reach me, please feel free to [email](#) me or connect through the 'volunteer' section of our [website](#).

The following quote seems to be appropriate and summarize the importance of the many things that volunteers do for us that are so meaningful.

"Not all of us can do great things. But we can do small things with great love."

~Mother Teresa

THANK YOU PAYLINE BY ICE...



The team from [Payline by ICE](#) have been getting involved in runs and walks around Vancouver Island for a number of years. As a team, they recently completed a very tough 23km event called the [Kusam Klimb](#) in Sayward BC and have generously donated their fundraising efforts to Transition House. Thank you Payline by ICE!

VICTORIA GODDESS RUN WAS A SUCCESS...



The 5th Annual Victoria Goddess Run, including 15K, 10K, 5K, Family Run, Sunset Yoga, Bathrobe Run, Pearl Putting Contest and more, was a triumph! VWTH was one of three charity beneficiaries including Victoria Sexual Assault Centre and Victoria KidSport Active

Thank you to everyone who came out and made the June 3- 5 weekend a huge success. A big shout out to **Race Director, Cathy Noel**, the **Organizing Committee, Sponsors, Supporters and Participants!**

[Click here](#) to view the amazing photos supplied by Run Vancouver Island.



Congratulations to Joanna Verano and Penny Coulson for exceeding their individual fundraising goal of \$3,000 each! Your support and dedication is admirable. Thank you to the Victoria Fire Fighters Charitable Foundation for your generous donation in support of Victoria Women's Transition House and our Charity Champions!

Congratulations Sara!

Sara was the lucky winner of our Lush Cosmetics gift bag prize draw. Thank you to everyone who stopped by and chatted with us at our info table at the Goddess Run Expo. We look forward to seeing you next year!



HERB GARDEN...



The herb garden at the emergency Shelter is a highlight of our Shelter yard and garden. The garden is lovingly tended by volunteers and residents and the fresh herbs are a wonderful addition to the home cooked meals shared at the Shelter. Thank you our dedicated volunteers who help maintain the garden.

SAVE THE DATE...

Sunday, July 17 - Canadian Women's Ride Day

This is the 4th Annual women-only motorcycle ride parade starting and ending at Country Grocery in Cobble Hill. Riders of all skill levels can register for a fee with additional opportunities to make donations on-line. Proceeds support VWTH and Women In Need. For more details click [here](#) or check out their [Facebook Page](#).

Tuesday, September 15 - Victoria Women's Transition House, Annual General Meeting

Contact [Myriah](#) for more information.

Wednesday, September 28 - Soup Sisters

[Click here](#) to learn more about this wonderful community soup making event for our Shelter.



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Victoria Women's Transition House Society

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Transition House Society



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"A Safe Place" Painting by young child
Shelter Art Break Program, Spring 2007

For more information:
www.transitionhouse.net



Are we connected on Social Media? Watch our media streams to learn more about VWTH's programs and services.

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our programs and services*

