

*"One must ask
children and birds how
cherries and strawberries taste."
- Johann Wolfgang von Goethe*



DOMESTIC ABUSE AWARENESS...



Victoria Women's Transition House is proud to be the recipient of a grant from the Department of Justice to produce a **domestic abuse awareness TV spot** in conjunction with National Victims and Survivors of Crime Week. Currently airing on CHEK TV & CTV Vancouver Island, the 15 and 30-second spots are titled "The Faces of Domestic Abuse", and emphasize types of domestic abuse and the women it impacts - women of all ages, of all cultural background and from all walks of life.

A special thank you to Alisa Kerr and High Def Productions as well as to the women who portrayed the "faces" of domestic abuse in the spots. We have also posted a 45-second version of this spot to our Facebook page [HERE](#). Please feel free to "like" and "share" this with your friends and family. Victoria Women's Transition House is working hard to educate the community on issues surrounding domestic abuse and we appreciate your help to spread the word. Thank you.

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

VICTORIA GODDESS RUN WEEKEND IS HERE...



5th Annual Goddess Weekend
June 3rd-5th 2016

Sunday, June 5th, 2016

**FAMILY
RUN** **5KM** **10KM** **15KM**



GODDESS YOGA and BATHROBE RUN

Our Goddess Weekend also includes **Moksha Yoga at Sunset**, Friday, June 3 from 7-8pm including post-event wine & cheese, souvenir goodie bag and raffle prizes; and the **3K Bathrobe Run/Walk**, Saturday, June 4 from 11am with Brooks Run Happy cinch bag with treats, post event snacks and raffle prizes. Both events take place at the **Westin Bear Mountain Resort & Spa** and registration is only \$20 per person, per event with **all proceeds directed to Victoria Women's Transition House and Victoria Sexual Assault Centre.**

ONLINE REGISTRATION CLOSSES AT 12:00 MIDNIGHT TONIGHT! You are able to register, in-person, at the Yoga & Bathrobe Run, Race Package Pick-Up, at the Westin Bear Mountain, on Friday from 12:00 - 7:00. [Click here](#) to REGISTER TODAY!

2016 Victoria Goddess Run Weekend: June 3-5, 2016 in Langford

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 - Victoria Women's Transition House, Victoria Sexual Assault Centre and Victoria KidSport Active Girls' Program. The Goddess Run is committed to supporting non-profit organizations that help make our community a better place to live. There is still time to join this 5th Anniversary women-only event -- 5K, 10K or 15K plus Sunset Yoga, Bathrobe Run, Family Run, Putting for Pearls and more.



ONLINE REGISTRATION CLOSSES AT 12:00 MIDNIGHT TONIGHT!

[Click here](#) to REGISTER TODAY!

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



Penny Coulson



Joanna Verano

GODDESS Charity Champion Update

As of press time, VWTH Board Member and Charity Champion **Penny Coulson** had surpassed her \$3000 Transition House fundraising goal reaching \$3270 in community donations. Congratulations, Penny! Meanwhile, VWTH staffer, Joanna Verano, is at \$1914 to her \$3000 Transition House fundraising goal. If you are able to help Joanna fundraise for Victoria Women's Transition House, please consider a donation. [Click here](#) to support Joanna. All funds raised go directly to help Transition House women and children in need and donations of \$10 or more qualify for a tax receipt. Thank you for your consideration.

DIGITAL STORYTELLING...

VWTH sends out our thanks to [Island Savings](#) and [Smart Dolphins](#) for their contributions 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.



With these donations, VWTH is very close to being able to launch this pilot program. If you would like to help, please contact [Susan Howard](#), Development Director or call 250-592-2927 ext 210. Thank you.



THANK YOU TO SAANICH BAPTIST CHURCH AND LUSH COSMETICS...



SAANICH BAPTIST CHURCH

Thank you so much to the volunteers from Saanich Baptist Church who came in and did

a yard clean-up on May 14th at the Shelter.



Lush Cosmetics

Thank you to Lush for their very generous donation of bubble bars, shaving cream, shampoo, moisturizer and children's soap.

These gifts are a lovely addition to our "Goodbye Baskets" that are given to residents when they leave the Shelter.

CHATTERS® HAIR SALON...

Hair Appliances Re-Use Program 2016

We are so honored to be selected to receive gently used hair appliances from Chatters® for our residents staying in our Emergency Shelter. If you are interested in donating your appliances please contact one of the following salons:

[Chatters® Bay Centre](#)

[Chatters® Hillside Shopping Centre](#)

[Chatters® Mayfair Mall](#)

[Chatters® Tillicum Centre](#)

[Chatters® Westshore Town Centre](#)



SHELTER WISHLIST...

Our 24-hour Emergency Shelter is in need of **baby monitors**. We could use at least four sets of monitors. If you are interested in donating any items, please contact our Development Manager, [Joanna](#) (250-592-2927 ext. 214) to discuss your donation.

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 13 - Royal LePage Shelter Foundation Golf Tournament

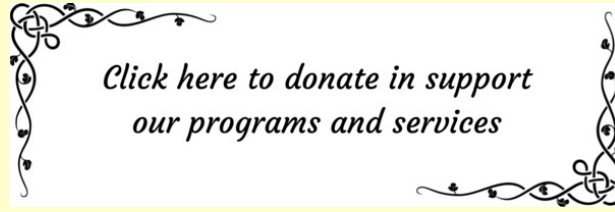
at Cedar Hill Golf Course - proceeds support VWTH and other local women's shelters
Contact [Myriah](#) for more information.

Tuesday, September 20 - 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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