



March 8th is
International
Women's Day

WORDS FROM A CLIENT...

"I would like to say a very sincere thank-you to all. You provided a space to make positive and clean headed choices, instead of just "fleeing". I will be influenced for a life time and inspired to give back because I had such a positive and non-judgmental experience here."

~ former Emergency Shelter client

This International Women's Day, let us all celebrate the inspiring and courageous work being done around the world to secure women's rights and to shape a more tolerant and equitable society. It is also important to remember that there is still work that remains and we must continue to strive for change so the many women whose voices go unheard can realize their full potential.

Help empower the women around you, especially if you know someone who is suffering from domestic abuse. Asking for help takes great courage. At Victoria Women's Transition House, we know how difficult it is for women to reach out and try to change their lives and relationships.

We offer many services that can help restore safety, confidence, and empower women to live a life free from abuse.

- 24-hour Information and Crisis Line **250-385-6611**
- Emergency Shelter
- Stopping the Violence Counselling Program
- Children Who Witness Abuse Program
- Spousal Assault Victim Services
- Regional Domestic Violence Unit
- Children's Shelter Program
- Violence is Preventable (VIP) in middle and & schools
- Third-Stage Transitional Housing Unit

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

By providing safe shelter, counselling, and support

we assist women in finding their strengths.



THANK YOU HILLSIDE CENTRE...

[Hillside Centre](#) is a proud support of Victoria Women's Transition House. They recently donated \$1,500 through the sale of VIP Night of Lights ticket sales!

Thank you so much, we couldn't do the work we do without amazing support like this!



Rem Kirby, Susan Howard, Michele Paget



MEET OUR GODDESS RUN CHARITY CHAMPIONS...



Joanna Verano



Penny Coulson

We are so excited to announce that **Joanna Verano, Development Manager & Penny Coulson, Board Member** will be our **CHARITY CHAMPIONS** for the **2016 VICTORIA GODDESS RUN!** Joanna and Penny are dedicated members of VWTH and have committed to raising **\$3,000 each for VWTH!**

To help Joanna achieve her goal, click [here](#).

To help Penny achieve her goal, click [here](#).

The 5th Annual Victoria Goddess Run is a 5K, 10K and 15K on Sunday, June 5, 2016. The weekend of activities includes a Women's Expo at The Westin Bear Mountain Golf Resort & Spa, Yoga at Sunset, Pearl Putting, Bathrobe Run and Kids Run. It is going to be amazing!

The past four years, more than \$150,000 has been raised for three local charities - Victoria Women's Transition House being one of them. Come join the Goddess Community.

[Register today!](#)

UPCOMING EVENTS...



March 5th & 6th at Pearkes Arena

It's the Ultimate Girls Weekend for Fun, Food, Shopping, Entertainment, Fitness, Celebrities and more!!

The Victoria Women's Spring Expo is this weekend and VWTH will be there - stop by our booth and say "Hi"! The expo features women in business showcasing beautiful products and awesome services! There will be a wide variety of exhibitors, everything from jewelry to chocolate, clothing to wigs, purses to financial advice, fitness and more! Explore the aisles to find products for your home, your family and most importantly yourself.

Click [here](#) for more information!



**March 8th at 7:00pm
Cinecenta Theatre**

Canadian Federation of University Women Victoria, in celebration of International Women's Day, is presenting a film screening of [GIRL RISING](#).
Advanced tickets \$10.50 or \$15 at the door.

Proceeds will benefit Grandmothers for Africa and PEERS Victoria.

Advance tickets are available at:

Cinecenta box office
Munro's Bookstore
Ivy's Bookstore
Dig This! (Broadmead)
CFUW Victoria

10 x 10's Girl Rising spotlights the power of education to change a girl and to transform the world. Girl Rising is about supporting girls to have the opportunities they deserve.

A PANEL DISCUSSION WILL FOLLOW THE SCREENING!



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