



In Her Words...

"Victoria Women's Transition House has offered me many life skills and has increased my awareness about my future goals in life. Now, I have many options and ways to live life successfully again -- and confident that I can do it on my own."

~ Former Victoria Women's Transition House Client

VWTH's Children Who Witness Abuse (CWWA) Spring Break Camp

Following the success of our Children Who Witness Abuse (CWWA) Summer Camp, we are excited to expand our children's camp program to include a CWWA Spring Break Camp this coming March. This camp is an important opportunity for children and youth to find belonging and develop important life skills to break the inter-generational cycle of violence and abuse.

The day camp is a one-week program combining counselling with recreational activities. We will be offering two hours of counselling each morning, followed by an afternoon outing. Adventure based learning helps to reinforce personal growth in children and increase confidence.

Our goals for the children in the program are to:

- Provide a safe and non-threatening environment to explore and understand feelings
- Teach healthy ways to express emotions such as anger, hurt and fear
- Let children know they are not alone - and they are not to blame
- Teach safety and problem-solving skills
- Define abuse and raise awareness about personal rights

Thank you to the generous support of [Peninsula Co-op](#), [Mighty Cookie Company](#) and our individual donors, VWTH is able to pilot this initiative this year.

For inquiries or more information about our CWWA counselling programs, please contact (250) 592-2927.



Proud supporters of the Victoria Women's Transition House
CWWA Spring Break Camp

Fashion for Compassion

Join us for a fundraising fashion show, ***"Fashion for Compassion,"*** on **Saturday, February 18th**, to support [Victoria Women's Transition House](#) and [Bridges for Women](#). The evening includes a lively fashion show, silent auction and mystery envelopes with refreshing wine and fortifying hors d'oeuvres. Models will spotlight the latest fashions and accessories from [Alo Yoga Wear](#), [Orb Fashions](#), [Kania Fashions](#), Hue Fashions, Stutterheim, Hillberg & Berk Jewellery, Matt & Nat Bags, Kenneth Cole, Forbes & Lewis, MyPackage and many more.

Tickets are \$50 and available from the VWTH Community Office, 3060 Cedar Hill Road (M-F, 9-5pm); the Bridges for Women office, 1809 Douglas; Pharmasave Broadmead; OR [online via Eventbrite](#).

FASHION for COMPASSION

Join us for a lively evening of fashion, philanthropy, hors d'oeuvres, and wine to benefit two amazing charities.

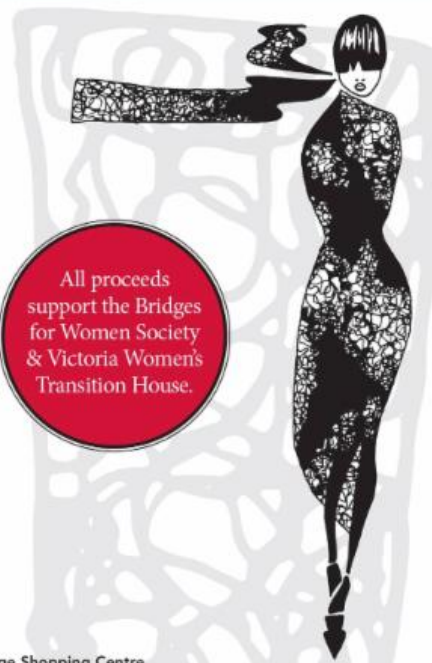
**Saturday, February 18, 7-10pm
at Pharmasave Broadmead**

Tickets \$50*

*Purchase in advance at Eventbrite.ca, Pharmasave Broadmead, Bridges for Women Society or Victoria Women's Transition House.



All proceeds support the Bridges for Women Society & Victoria Women's Transition House.



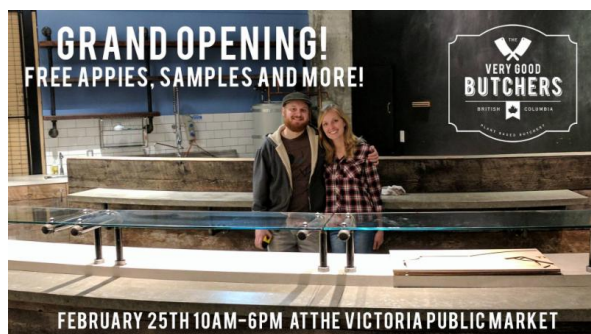
LIVE WELL WITH
PHARMASAVE

talliah's boutique
at Pharmasave Broadmead

Broadmead Village Shopping Centre
310-777 Royal Oak Drive | 250-727-3505 | www.pharmasavebroadmead.com

Featuring Alo Yoga Wear, Orb Fashions, Kania Fashions, Stutterheim, Hillberg & Berk Jewellery, Matt & Nat Bags, Kenneth Cole, Forbes & Lewis, Stance, MyPackage & more!

The Very Good Butchers



**Grand Opening:
Saturday, February 25,
2017**

The first vegan butcher shop on Canada's west coast is opening in Victoria!

Stop by and check it out! Try some free vegan appies, samples, and other refreshments that will be provided all day long. Located inside the Victoria Public Market (1701 Douglas St), they will be open to the public from 10:00 am until 6:00 pm

During their Grand Opening, they will be donating 10% of their proceeds to [Victoria Women's Transition House Society](#) and [Rasta Sanctuary](#).

For more information, visit www.verygoodbutchers.com

Volunteer Highlight



Meet Sarah Morrison

Sarah is a Victoria Women's Transition House volunteer and a yoga teacher in our community who is committed to making a difference for people in this world. Her focus is on encouraging people to see the best in themselves and

empowering them to fulfill their dreams.

Sarah is offering a trauma-informed yoga class to the residents of our Third-Stage Transitional Housing. All classes are accessible to all levels with an emphasis on creating a deeper awareness of sensations in the body as well as creating a safe environment for participants to explore choice and preference.

Get in touch and learn more about what Sarah offers at www.sarahdanuta.com.

**You can make a difference.
Donate Now!**

counselling and education to women of all ages, with or without children, so that they can live free from the effects of abuse in intimate relationships. The Society strives to prevent and eliminate abuse through education, advocacy and partnerships.

Victoria Women's Transition House Society is a registered charity.
Our charitable registration number is: 10817 3501 RR0001.

Stay connected with us on social media:

