



## In Her Words...

"I felt like my children and I were not forgotten, nor left alone. This feeling of being part of our community gave me the courage to continue to overcome my daily challenges. Thank you. I will keep all of you in my heart." ~ Former Victoria Women's Transition House Client

## Thank You CUPE 951...

A very special "Thank You" to **CUPE 951** at the University of Victoria for answering our call for Welcome Kits. Our emergency shelter has been running low on the basic supplies our clients need during their 30-day stay. CUPE 951 dropped over 20 kits for women, several kits for children and boxes of surplus supplies!



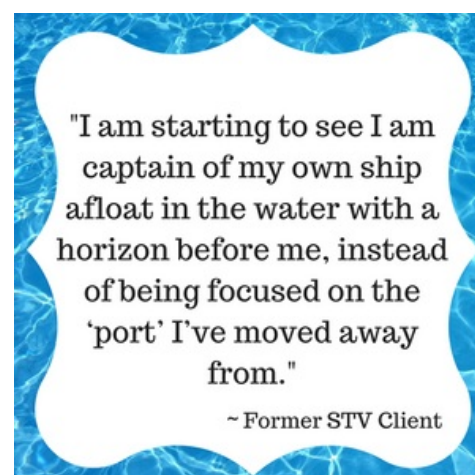
## Stopping the Violence (STV) Counselling Program...

Our Stopping the Violence Counselling Program operates out of our Community Office. We offer individual counselling for women who are currently experiencing abuse or who have experienced abuse in the past. We also offer support groups to further help women on their healing journey.

A wide range of issues are addressed including:

- Recognizing abuse
- Understanding the dynamics of abuse
- Exploring the psychological and emotional impact of abuse
- Developing a safety plan
- Strengthening self-esteem
- Strengthening and learning new coping strategies
- Developing assertiveness skills

Please visit our [website](#) for more information about the programs we offer.



## Community Education...

"We were very happy to have VWTH provide seven workshops on Domestic Violence for our clients. Liza (Community Education Coordinator) was able to reach about 100 people and help them better understand healthy relationships, abusive relationships, the effects of abuse on children, programs available and what someone can do. We were fortunate to have had this opportunity, and hope that we can get Liza back in the near future so that we can provide this

workshop to many more of our clients." ~Intercultural Association of Greater Victoria

We believe raising awareness and offering prevention options for relationship abuse are an important part of building a healthy, safe community.

VWTH offers education, training, presentations and workshops to a range of audiences about the issue of violence and abuse against women. There is no charge for this service.

We have a range of ready-to-go workshops and presentations or we can work with you to design a program to best suit your needs and audience.

Our current workshops and presentations include:

[Intimate Partner Violence](#)

[Victoria Women's Transition House Services](#)

[Financial Literacy 101](#)

[Legal and Mediated Agreements](#)

[Elder Abuse](#)

Please contact the [Community Education Coordinator](#) at (250) 592-2927 ext 209 for further information, to book a speaker or plan workshop.

## Hillside Shopping Centre Night of Lights...



### COME AND JOIN US FOR AN EVENING OF HOLIDAY FESTIVITIES AT HILLSIDE MALLS!

The 16th annual Night of Lights is an amazing 3.5 hour event loaded with great in-store discounts, tasty treats, live entertainment and a chance to win one of over 100 fabulous door prizes including thousands of dollars in gift cards, jewellery and a GRAND PRIZE TRIP FOR 4 TO DISNEYLAND.

**VIP tickets** will be available at Hillside Mall Guest Services for **\$20 (CASH ONLY)** starting Tuesday, November 1st. **All proceeds from the VIP tickets will be donated to the Victoria Women's Transition House.** VIP tickets (limited quantities) include reserved parking, early entry, VIP lounge, bag and coat check services and a very cool 'Swag' bag.

Regular tickets are \$5 (CASH ONLY).

Click [here](#) for more information on the Night of Lights.



You can make a difference.  
Donate Now!

Victoria Women's Transition House Society, working collaboratively, provides shelter, support, 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.

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Stay connected with us on social media:

