



In celebration of International Women's Day...

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

~ Maya Angelou

Turning the Page - Older Women's Support Program



"I have never painted before - I never knew I had that much to say."

- A *Turning the Page* participant

As part of Victoria Women's Transition House's outreach efforts for older women in our community, ***Turning the Page***, has been launched -- a two-year initiative in partnership with the [James Bay New Horizons, Beacon Community Services at the Shoal Centre for Seniors](#) in Sidney and the [MS Society South Island Chapter](#).

Turning the Page is a ten-week program delivered multiple times during the year and designed for older women with disabilities age 50+. Facilitated by a VWTH Older Women's Counsellor, these women explore what aging means to them; sharing their strengths and experiences through art by creating a Wellness Journal.

Thank you to the generous support of [United Way of Greater Victoria](#) for funding this project.

For inquiries or more information about our [Older Women's Outreach Programs](#), please contact (250) 592-2927 ext. 223.

Thank you to the support of our community!



Dave Jeske, Owner/Manager of Pharmasave Broadmead, with Dianne de Champalin of Bridges for Women and Joanna Verano of VWTH.

The Fashion for Compassion event, raised \$8,000 to benefit VWTH and Bridges for Women!

Thank you to [Pharmasave Broadmead](#) and [Concept - Couture](#) for hosting and organizing this amazing event. Thanks also to [Carreiro the Studio Hair Salon](#), [YAM Magazine](#), all the volunteer models who participated and

guests who attended.

Hillside Shopping Centre

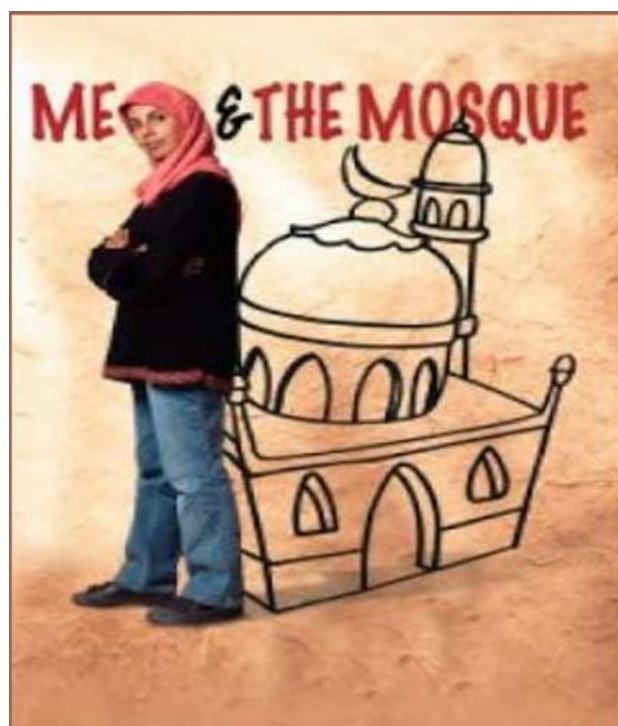
presenting their donation to VWTH, from the proceeds of the annual Holiday event, *Night of Lights*.

The revenue donated was generated from the proceeds of the *Night of Lights* VIP tickets over the Holiday season. Thanks to all the shoppers who supported this event!



Rem Kirby from Hillside Shopping Centre with Susan Howard of VWTH.

Upcoming Events



Me & the Mosque - Film Showing

An International Women's Day celebration, presented by the Canadian Federation of University Women

Wednesday, March 8th, 2017

Cinecenta, University of Victoria

Doors open at 6:15 pm

Film Showing at 7:00 pm

Tickets: \$10 in advance / \$15 at the door

Me and the Mosque is a documentary by Zarqa Nawaz, creator of the hit TV show *Little Mosque on the Prairie*. Nawaz will be present during the

event and speaking after the film.

Victoria Women's Transition House, along with other non-profit organizations, will have an information table in the Cinecenta lobby. Please come by and say hello!

Tickets can be purchased in advance at: Munro's Bookstore, Ivy's Bookshop, Tanner's Books, Dig This! Broadmead



The Victoria Women's Expo

We are social animals! Connect with us today!
Email: info@victoriawomensexpo.com
www.victoriawomensexpo.com

'for today's amazing woman'

March 25 & 26, 2017
Saturday 10AM-6PM
Sunday 11AM-5PM



BTCH FEST 2017

Live Music by
The Femme Fatales CURL
and Special Guests

Net proceeds to go towards the Victoria Women's Transition House and Bridges for Women Society. If you like, bring 2-3 pieces of gently used clothing for the Switch a Bitch clothing swap.

Saturday March 25th \$25.00

Doors: 6:30 pm Show: 7:30 pm
V Lounge Red Lion Hotel 3366 Douglas St.



Meet Gina Kwon!

Gina started volunteering at the VWTH Emergency Shelter in the Fall of 2016.

Currently, a student majoring in Art History at the University of Victoria, Gina bakes, cooks meals,

whips up Korean dishes and other healthy meals for our residents using available ingredients at the Shelter.

The blueberry muffins she was making when this photo was taken looked and smelled divine. For Gina, volunteering with VWTH has been a rewarding experience. She says, "It's a lot of fun and you won't regret it."

Thanks for all that you do, Gina!

If you are interested in getting involved as a volunteer, please contact our Volunteer Coordinator at lizam@vwth.bc.ca.

**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.

Stay connected with us on social media:

