

Victims and Survivors of Crime Week 2021

Supporting Women and Children Escaping Intimate Partner Violence and Abuse



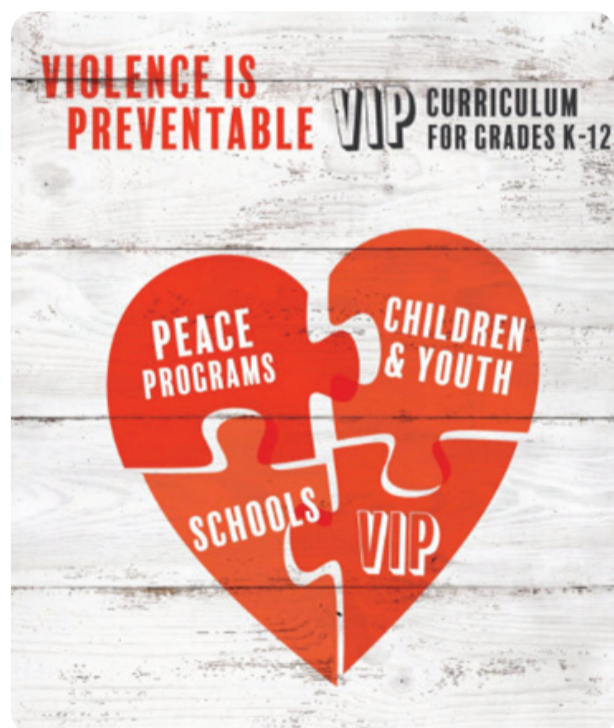
Our Mission

Victoria Women's Transition House Society (VWTH) collaborates, advocates and educates to address and prevent intimate partner violence and abuse of women and children through supportive shelter, housing, counselling and other community-based services.

Violence is Preventable Workshops

Designed for students, 3–18 years, **Violence is Preventable (VIP)** workshops increase healthy relationship skills, raise awareness of dating violence and inform children and youth about where they can go for help while also developing awareness of school staff.

The workshops are tailored for young children, middle school or high school students, are facilitated by VWTH counsellors and are offered free of charge. For more information, visit transitionhouse.net/our-programs/children-youth-programs. To book a VIP workshop at your school, club or community group, contact us at info@vwth.bc.ca or **250.592.2927**.



How to Reach Us

Crisis and Information Line 250.385.6611

Community Office

Suite 100–3060 Cedar Hill Road
Victoria, BC V8T 3J5

☎ 250.592.2927

✉ info@vwth.bc.ca

🌐 transitionhouse.net

📘 @VWTHS

📷 @Victoriawth

Charitable No. 10817 3501 RR0001

Victoria Women's Transition House is a registered charity and donations are gratefully appreciated.

Give online at transitionhouse.net or call **250.592.2927**, Mon-Fri, 9am-4pm. *Thank you.*

National Child Day

November 20 is **National Child Day** and celebrates Canada's commitment to ensure that all children are treated with dignity and respect, are protected from harm and have a voice. Throughout the year, Victoria Women's Transition House aims to raise awareness about the impacts of the intergenerational cycle of violence and abuse and offer supports through our Children and Youth Programs. These programs help youth ages 3–18 recognize abusive behaviours, address trauma, learn the tools to cope with their experiences and emotions and develop healthy relationships.



Youth and Children's Program

VWTH's **Prevention, Education, Advocacy, Counselling & Empowerment (PEACE)/Children Who Witness Abuse** team has been adapting to new support and delivery models that follow COVID-19 health and safety guidelines and overcome barriers brought forward by the pandemic.

To meet the needs of our clients, the team developed multimedia tools for children, youth, and caregivers to access outside of the individual and group counseling program and fun seasonal camp. PEACE Program counsellors developed podcasts for children to listen to discreetly from their own devices and, in collaboration with VWTH's education coordinator and a local high school, created the Violence is Preventable (VIP) videos series. The VIP video series helps answer questions about relationship violence and the cycle of abuse. This was shared widely through social media platforms.



There are two new additional multimedia projects in development. We are currently creating a second series of VIP videos with our special guest, Murphy (pictured)—a friendly puppet that helps share age-appropriate information and coping tools with pre-school-age children who may witness or hear abuse in the home. And starting in January, the PEACE Program will host a series of webinars for client-caregivers to help them navigate their family dynamics and support their children.

Although the pandemic required shifts in our programming, VWTH will continue its commitment to support clients, children, youth and their caregivers in-person and through digital resources.

Six Relationship Self-Care Tips

Did you know that rates of intimate partner violence are highest among young Canadians? 66% of abuse survivors are victimized by their current boyfriend/girlfriend. *Source: Statistics Canada*

Here are six helpful self-care tips to consider when in a relationship or thinking about exploring a relationship.



1. Know Your Worth

We all deserve respect and equality.



2. Listen to Your Gut

We know what is good for us and what is safe for us. Practice connecting with your intuition through calm breathing and staying in the moment. Mindfulness, meditation and yoga can also help us tune into our inner wisdom.



3. Feel your Feelings

You are the expert on yourself and your feelings. When in a relationship, pay attention to how you feel and question why you feel that way. Take some time to consider whether you can comfortably maintain your sense of autonomy and individuality while in your relationship. If you need to sacrifice aspects of yourself to be in a relationship, this may not be a healthy relationship.



4. Keep a Support Bubble

Stay in touch with people you trust and can reach out to for help: family, friends, neighbours, co-workers, Elders, counsellors and community supports.



5. Take Your Time

At times, some of us may find ourselves thinking about past relationships or feel social pressure to be in a relationship. Take your time to reflect on whether you want a relationship and explore any potential relationships at a pace that feels comfortable to you.



6. Celebrate You

Pay attention to yourself and celebrate your day-to-day activities and achievements. A five-minute stretch or walk, engaging in a hobby, ticking a task off the long to-do list or treating yourself to a pampering can all contribute to our feelings of accomplishment and wellbeing. No matter how small or big, embrace your achievements and remember to celebrate you.



Need help? Support is available 24/7. Contact the VWTH **Crisis & Information Line** at **250.385.6611** or for youth, the **Kids Help Phone** at **1.800.668.6868**. Concerned family and friends, as well as professionals, can call both numbers.



Donor Reflection

I used to teach at a local High School and a group that I sponsored raised money for your charity [VWTH] for a few years. One day, a boy in my Home Room saw something with your charity's name on it on my desk. He smiled and said that he and his mom stayed [at the Shelter] for a while when he was very young. I could picture him as a young boy and right away I knew that I would continue to support your work.

Thank you all for the wonderful services that you provide. The young man turned out very well and VWTH was a part of the community that helped support him.



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We acknowledge and thank the Department of Justice Canada for making this publication possible, as part of Victims and Survivors of Crime Week 2021.

24-Hour Crisis & Information Line: 250.385.6611