



## Sally's Story\*

**Sally was confused, emotionally overwhelmed, and unsure of what to do next.**

Her husband was physically violent and emotionally, financially and psychologically abusive. He drank a lot, spent very little time with the family and blamed Sally for all their problems.

Sally came to Victoria Women's Transition House at the suggestion of a friend. She called the Community Office and made an appointment with a **Stopping the Violence (STV)** counsellor.

The counsellor helped Sally focus on a **safety plan** and helped her with strategies to stay safe while in the relationship. Living in a nonstop stressful and unsafe environment made it very difficult for Sally to look for ways to stay safe and plan for her future. She did not want to end her marriage and split up her family, but she also did not want to continue to live in the abusive cycle.

Sally started to attend **weekly counselling** at the VWTH Community Office and, after some encouragement, her children agreed to attend counselling in the **PEACE children's counselling program**. They thrived!

Eventually, with legal support and ongoing counselling, Sally separated from her partner, and after a three-month search, found an **affordable rental** in her community so that her children could stay at the same school.

There have been challenges since Sally left her abusive husband. He has not paid child support, and he continues to be emotionally and verbally abusive through texts, phone calls and emails. Sally finds co-parenting stressful but tries to set **healthy boundaries**.

Working hard to meet the needs of her family, Sally has taken many significant steps to put her **physical and emotional well-being first**. While some

may view that a woman should leave an abusive relationship and never look back, we know that the reality can look different.

Sally is an example of how many women continue to struggle with abuse post-separation and how they must navigate the impacts of abuse on their

children. At times, the journey is exhausting and can feel hopeless. With support like that offered by the Stopping the Violence program and **empathetic, non-judgmental services** provided by the VWTH counselling staff, women like Sally can make small and brave steps towards a safer life.

For more information on the VWTH Stopping the Violence counselling program for women or the PEACE counselling program for children who have witnessed abuse, call our Community Office at 250-592-2927.

*\*Sally's name has been changed for confidentiality*

### Our Mission

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.

### How to Reach Us

**Crisis and Information Line**  
250.385.6611

**Community Office**  
Suite 100 3060 Cedar Hill Road  
Victoria, BC V8T 3J5

P 250.592.2927

F 250.592.2995

E [info@vwth.bc.ca](mailto:info@vwth.bc.ca)

W [transitionhouse.net](http://transitionhouse.net)

Charitable No.  
10817 3501 RR0001

# The Tony and Mignon Fenton Trust: Supporting a Program for Older Women

Recently, VWTH's Susan Howard sat down for coffee with donor and supporter, Christine Seaville, to learn more about her second cousin, Tony Fenton, and the **Tony and Mignon Fenton Trust** that will help fund a VWTH older women's outreach program hosted in Oak Bay – **Turning the Page: A Wellness Project for Older Women**.

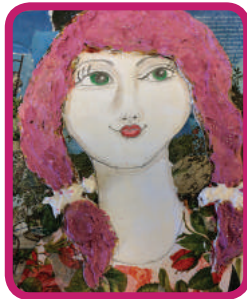
Tony Fenton was born in Borneo where Tony's father was the Postmaster General. As an only-child, Tony went to boarding school in the UK, travelling for several weeks, alone, by ship. With the Japanese invasion of Malaysia during the Second World War, Tony's parents were sent to separate POW internment camps, eventually reuniting in Guernsey in the Channel Islands north of Normandy.

Tony attended Cambridge University to study economics, joining the Air Force when the war broke out. Returning to Malaysia for business, Tony exported palm and coconut oil to Europe, making a very lucrative living.

Investing wisely, Tony retired comfortably in his thirties and returned to England where he met and married Mignon. Tony and Mignon enjoyed an enviable lifestyle, travelling extensively. While on a world cruise in the late 1970s, they stopped in Seattle and took a side trip to Victoria. The couple fell in love with the city, the climate and the scenery. They called a real estate agent, bought a home in the Uplands neighbourhood of Oak Bay, and sent for their furnishings to be shipped from England. It was about this time that Christine arrived in

Victoria with her family and visited with cousin Tony and Mignon.

In Oak Bay, the Fentons enjoyed hosting lavish parties for their many Victoria friends as well as visitors, like Christine, travelling from abroad. Tony and Mignon had no children but were devoted to their pet dogs and to each other. Mignon pre-deceased Tony and upon his death, Tony's good fortune was shared with family and a few close friends, with the remaining estate put into a Trust.



It is thanks to a generous donation from the Tony and Mignon Fenton Trust that VWTH is able to offer **Turning the Page: A Wellness Project for Older Women**. This is an art-based group support program to help reduce isolation, strengthen independence, and enhance the quality of life for older women through self-care, mindfulness, creativity and socialization. The weekly program launched in April from a convenient location and runs for eight weeks, for four consecutive sessions, until late March 2019. For more information and to register for one of the four, eight-week sessions, contact Laurie, 250-592-2927 ext 223.

VWTH sincerely thanks the **Tony and Mignon Fenton Trust** and its Board of Directors for funding this project and to **Christine Seaville** for bringing the opportunity to apply to the Trust to our attention. We are deeply appreciative of Christine's friendship and her continued support of Victoria Women's Transition House and the women and children we serve.

## Donor Spotlight: Rand Harrison



Rand Harrison is a local artist and a generous supporter of VWTH. He has donated painting canvases as well as the proceeds of his art sales to VWTH's Healing through the Arts, a program that gives our clients the opportunity to experience healing through self and guided artistic expression.

### **What moved you to donate to VWTH?**

Prior to retirement, the organization in Alberta where I worked hosted two successful silent auctions of my paintings and photographs to raise funds for the local women's transition house. After moving to Victoria, I wanted to continue providing such assistance to a comparable local organization (VWTH).

### **How do you see the role of art in facilitating healing?**

I very much believe in the healing experience of art. Creating art is an important form of self-expression, translating thoughts, ideas and emotions into images to be shared and discussed with others.

### **How does this relate to your experience as an artist?**

I have experienced how much joy art brings – planning, creating and sharing with others.

*To join Rand in support of **Healing Through the Arts** and make a contribution, contact Elizabeth O'Brien, 250-592-2927 ext 214 or [elizabetho@vwth.bc.ca](mailto:elizabetho@vwth.bc.ca)*



# Regional Domestic Violence Unit

In 2007 the tragic murder of six-year old Christian Lee and his family in a domestic murder-suicide prompted the creation of a specialized new team, the Regional Domestic Violence Unit (RDVU), to monitor the region's **highest risk domestic violence cases**.

Since then, the RDVU has been working with select cases designated by the unit as having significant potential for serious injury or death to women and their children. Housed by Saanich Police, the RDVU currently serves police jurisdictions from Sooke to Sidney. The RDVU is an integrated unit comprised of two police investigators, two VWTH Victim Service workers, a Ministry of Children and Family Development social worker, a probation officer and an administrative assistant. The RDVU monitors only the highest risk files and provides intensive support services tailored to each client's needs.

Within the Unit, the VWTH Victim Service workers' complex role includes **developing ongoing plans, providing domestic violence education**, assisting and supporting women as they navigate the criminal justice

system, and referring clients to important **community services**, such as Emergency Shelters and counselling programs. The workers provide **ongoing support**, sometimes for years, often from the initial incident until after the offender is through the criminal justice system.

The RDVU plays a critical role in helping women rebuild their lives after a traumatic experience. The Unit's purpose is to **"increase victim safety and offender responsibility,"** and this goal reflects important societal changes that are occurring. In the wake of the #MeToo movement, we have seen a positive shift towards increased victim support. Issues related to abuse are being talked about more openly and changes in policy and legislation are moving away from victim-blaming.

Highly regarded in the community, the RDVU demonstrates the importance and effectiveness of organizations working together to increase education, information-sharing and partnerships that will empower victims, encourage offender accountability and create a society free from domestic abuse.

## Thank You

It is only with the continued generous support of individuals, companies, foundations, social clubs and organizations that VWTH can continue to provide counselling, support and emergency shelter to women and their children impacted by domestic abuse.

Thank you **100+ Women Who Care Saanich Peninsula** for your \$16,200 donation to VWTH in support of the **VWTH Violence is Preventable (VIP)** school workshop program, bringing domestic abuse awareness to thousands of Victoria-area students, age 11-18, and 100s of teachers and educators.

Thank you to the employees and staff of **Colliers Victoria** for making personal donations totaling \$6,700 for the children who witness abuse



**PEACE Summer and Spring Break Camps. Peninsula Co-op, the TLC Fund, the Norgaard Foundation** and individual donors also supported our Camp programs. Thank you to the **Shoppers Drug Mart Life Foundation** for supporting **SHINE**, pre-teen girls group; and to the **Department of Justice Canada** for their two-year support of the **VWTH Health and Wellness for Older Women** program.



## Legacy Giving: Meet Doris, Judith and Sam, supporters of Victoria Women's Transition House

*Doris, retired nurse*

I have been giving a small donation every month to Transition House since the early 1990s and have included the organization in my will. I enjoy getting the newsletters and reading the stories about the women and children. Growing up in a small town, I wish that my mom and I had access to a shelter and the resources from a place like VWTH. You do important work in the community. Thank you.

*Judith and Sam, recently relocated from Alberta. Judith teaches school, Sam is an engineer*

Our daughter was married to a successful, outwardly charming, controlling man, who was verbally and psychologically abusive to her and the children. She contacted VWTH and came with the kids to the Shelter where they all received counselling and support. Our grandchildren even attended the summer camp for kids who have been exposed to abuse. It was life changing. We want to do our part to make sure that VWTH is financially healthy and will continue to help women and children in Victoria. Including VWTH in our estate planning is important to us.

*Your legacy gift to Victoria Women's Transition House will help us build a better tomorrow and support future generations of women and children live life free from violence and abuse. For more information on supporting Victoria Women's Transition House and to include VWTH in your will, contact Susan K.E. Howard, Development Director, 250-592-2927 ext 210, [susanh@vwth.bc.ca](mailto:susanh@vwth.bc.ca) or consult [transitionhouse.net](http://transitionhouse.net). Thank you.*

# Upcoming Events

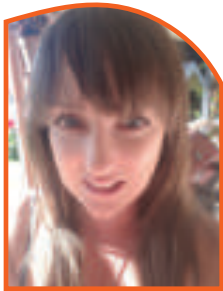
## Victoria Goddess Run

Dena McDonald,  
VWTH Charity Champion

I am a member of the VWTH Board of Directors and am honored to run as a Charity Champion in the **Saturday, June 2, 2018** Victoria Goddess Run. By profession, I am a Registered Massage Therapist with a focus on rehabilitation, and when not running, I enjoy paddle boarding and cooking for family and friends. I am eager to lend my voice in support of Victoria Women's Transition House and run proudly in the Victoria Goddess Run as the VWTH Charity Champion.

**My fundraising goal for this project is \$3000 with all funds raised directed to VWTH.** Please join me in support of the important work done by VWTH on behalf of vulnerable women and children in our community.

~ Dena McDonald



Dena McDonald

You can support Dena's commitment to VWTH by donating to her Go Fund Me campaign: [www.gofundme.com/dena-runs-for-transition-house](http://www.gofundme.com/dena-runs-for-transition-house) or Google "Go Fund Me" and type "Dena McDonald" into the search line. Thank you for your support.

## Women, Wine, Golf & Dine

Thursday, June 14<sup>th</sup>

Victoria Golf Club, 1110 Beach Drive

\$150 per person with a tax receipt

Join us for an all-day **women's golf event** at the beautiful, scenic, ocean-side Victoria Golf Club. Festivities include an afternoon of golf, on-course hospitality, fun competitions, tee gift and prizes. The day winds up with a wine reception, silent auction and a beautiful sit-down dinner showcasing locally sourced west coast cuisine from VGC Executive Chef, Cameron Ballendine. Net proceeds to VWTH. **Sponsored by Wellington-Altus Private Wealth, Schneider Wealth Management.** For registration and info, contact Emily at [emilyc@vwth.bc.ca](mailto:emilyc@vwth.bc.ca) or 250-592-2927 ext 213.



## Cherish: A Glamorous Evening of Fashion and Philanthropy

Thursday, October 4<sup>th</sup>

Crystal Ballroom & Palm Court,

Fairmont Empress

\$85 with a tax receipt

It's back! After the success of last year's sold-out event, we are excited to announce *Cherish* 2018. Models will dance down the runway in the latest fashions from Tulipe Noire Clothing, Hughes Clothing and Outlooks for Men with makeup by Beautycounter and hair by Carreiro the Studio. Enjoy wine, light hors d'oeuvres, a silent and live auction, mystery envelopes and more. A fundraiser for VWTH and Dance Victoria. **Sponsored by Willow Wealth Management of Raymond James.** For tickets and info, please contact Emily at [emilyc@vwth.bc.ca](mailto:emilyc@vwth.bc.ca) or 250-592-2927 ext 213.



*YES! I wish to support Victoria Women's Transition House*

### I would like to give a gift of:

\$1000    \$500    \$100    \$50    Other \$ \_\_\_\_\_ A tax receipt will be issued for all donations over \$10

**Mail:** 100 - 3060 Cedar Hill Road Victoria, BC V8T 3J5

**Online:** Visit [transitionhouse.net](http://transitionhouse.net) and click on Donate

**Phone:** Call 250-592-2927 to make a credit card donation

Enclosed is my cheque payable to Victoria Women's Transition House

I prefer to use my    Visa    Mastercard    AmEx

Card No: \_\_\_\_\_ Expiry: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_  Sign up for e-news

Please send me information about donating stocks or securities

Please contact me about monthly giving

Please send me information about making a gift in my will to VWTH

I have already included VWTH in my will

VICTORIA WOMEN'S

**Transition House**  
SOCIETY

### HOW TO REACH US:

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