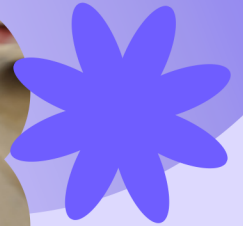




# Anything is Paw-sible



## NEW! Pet-Friendly Shelter Program

BY KAITLIN FUNKE

**Our Pet Friendly program at the shelter has been up and running for a few months now!**

We have seen a few clients come through both our spaces with both cats and dogs. It is a more independent program than the main Transition House as they have their own space, and the stays are a bit longer to account for the pet programming and finding housing that accommodates the whole family including furry friends! We will soon be organizing our second fundraiser in hopes of keeping the program going and will have more details on that soon. We have attended a few co-sheltering conferences, both to present and to learn.

The pet friendly shelter community is definitely growing and we are proud to be one of the first to have it offered. We will continue to try and show just how valuable it is to have a space that keeps families and pets together after experiencing interpersonal violence.



## Newsletter Highlights

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PET-FRIENDLY SHELTER PROGRAM

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PIMATISAWIN - ADDICTION SUPPORT GROUP

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OUR SHELTER GOT A FACELIFT!

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HOW YOU CAN HELP - DONATION REQUESTS

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## OTHER NEWS



***Our staff were at the Regina Public Library Career Fair in March.***



***Our 8 year Board Member Suneil Sarai, received the Queen's Jubilee Medal for going above and beyond in his role. Congratulations!***

# Pimatisawin - Addiction Support Group

BY CHRISTINA BAWKWILL, ADDICTION'S  
SUPPORT WORKER

Groups have been focusing on balance and wellness. We have gone into sacred teachings and have worked through love, respect, humility, courage, kindness and sharing so far. We look at how the sacred teachings when followed help us to avoid substance misuse and how substance misuse has affected our

cultural belonging. We have been talking about relapse prevention quite a bit and harm prevention. With spring, has come spring fever. Women are feeling the winter has been long and hard and they have need to release stress.

We will be focusing on indigenous health in April. Introducing the Indigenous Food Guide and include diabetes education as well as incorporating some exercise. Keeping balanced diets and blood sugars helps greatly in stabilizing moods and emotions as well as promoting general good health and self-esteem.

We attended the File Hills Career Fair on March 29. It gave the women a chance to see what employment opportunities may be available to them in the future, but also gave them a chance to talk to other agencies such as White Raven about cultural support programs and such that the women may benefit from in the future. One of our clients won a \$50 gift card and treated her children to Tim Horton's upon return.





Care of Creek Construction

# Our Shelter got a Facelift!

BY ALLISON BROCK, SHELTER COORDINATOR

Our shelter has undergone some pretty major facelifts over the past months. We had a lovely fence installed around our raised deck to provide extra privacy for our residents and their children, complete with Venetian slats that can be opened and closed so that moms can keep an eye on their children playing in the lower yard.

We also had one of our bathrooms completely gutted and renovated to provide a relaxing atmosphere for our residents to enjoy. Last but not least, we had new countertops and a beautiful tile backsplash installed in our kitchen. The cherry on top of the kitchen renovation was a new paint-job for our kitchen and dining room, courtesy of RBC, who volunteered all the materials as well as the labor! We are so grateful!



RBC Volunteers painted our dining room and kitchen to add the finishing touch.

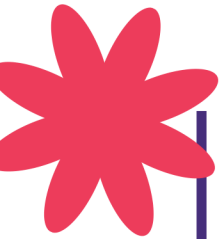


Bathroom Renovation - During



Bathroom Renovation - After





## DONATE!

If you would like to help out by donating your time, or by purchasing some of the items on our wish list (which can be found on our website at [reginatransitionhouse.ca/wish-list](http://reginatransitionhouse.ca/wish-list)), please contact Allison at (306) 337-2813.

## SPRING + SUMMER *Wish List*

- Women and Children's Summer clothes
- Gift Cards for Summer Footwear
- Children's bathing suits
- Outdoor Water Toys
- Sunscreen and bug spray



Help and donate at:  
[www.reginatransitionhouse.ca](http://www.reginatransitionhouse.ca)



[info@reginatransitionhouse.ca](mailto:info@reginatransitionhouse.ca)  
(306) 757-2096

**Regina Transition House**  
Box 1364, Regina SK S4P 3B8

### Supporting women and children to live violence and abuse free.

Regina Transition House is a recognized leader in responsive, effective human service. We create space for women and children where they can change their lives.