

# Regina Transition House Newsletter

Help Us Build a Community where  
Women and Children Live Violence Free



“I would just like to express my appreciation for everything Transition House has done for myself and my kids and because of your program we now see that we have options and can live our lives happy and abuse free. Thank you so much for helping my family. In the future I will recommend your house to a friend or family in need of safe shelter”

-(August 23, 2018)

Become a part of our new  
monthly giving campaign

**#givealittlechangealot**



# Family Support

The Family Support role at Regina Transition House is a versatile one. I'm Allison, the Family Support Worker here at the shelter. Some days, I may be shopping for groceries and household needs, or picking up clothing donations; other days I may be doing some budgeting with a client, menu-planning, inventory-taking, baking cinnamon buns or cooking dinner, or decorating the kitchen and office with seasonal decor. I have also been busy developing a resource book for clients, packed with recipes, food storage safety information, Canada's Food Guide recommendations, and budgeting information and worksheets.

I have been employed at Regina Transition House for six years and have been in the Family Support position for just under a year. I enjoy this position immensely because of its flexibility. There are always new projects to tackle, new ideas to try, and it gives me great pleasure to make the house a home for our clients and my fellow co-workers.

My most recent endeavor has been implementing a "store" in one of our larger storage rooms. Many of our clients enter shelter with little more than the clothing on their backs, and for safety reasons, little opportunity to return to their previous residences to retrieve their belongings. For this reason, staff has kept up with storing donated clothing items in bins for the clients to access. Recently, it occurred to me that one of our larger storage rooms was being under-utilized, and I decided to adapt this space into a free store, complete with hanging racks for clothing, rather than having it all stuffed into bins. I felt this was a far more dignified and accessible way for our clients to 'shop', as well as making it easier for staff to assess at a glance what we might be running low on. The room is also equipped with shelves to store donated bedding, linens, and household items that our families may need upon departing the shelter. This room also houses items used to build each departing family a hamper filled with dry and canned food items to help see them through the first couple of days on their own, as well as small departure gifts for mom and kids, to wish them a fond farewell.

I have big plans for spring and summer outdoor projects as well! I would like to make our outdoor space as welcoming and homey as our inside space, and will be filling our pots, planters and window boxes to the brim with both flowers and vegetables. I would like to show our clients that you don't necessarily need a big yard to enjoy some fresh vegetables, that container gardening is a viable option for small spaces.

To help see this project through, I am hoping to purchase (or ideally have donated) a couple of large planter boxes so that the children in residence this summer can enjoy getting their little hands dirty too, helping plant, care for, and harvest some fresh produce.

On behalf of myself and the rest of the staff here at Transition House, I thank you for your donations; past, present, and future. It is because of your generosity that this program continues to thrive. If you are wondering how you can help us see these, and many other projects to fruition, please call the shelter directly and I will be happy to speak with you!

Sincerely,  
Allison Brock, Shelter Coordinator

## Donations Needed

**Current Most Wanted Items:**  
| Air mattresses | Kids bathing suits (new) | Towels |  
| Household items | Bed sheets | Crockpots |  
| Backpacks and school supplies for the fall |  
| Grocery store gift cards |

# Community Outreach

Hello everyone! My name is Rebecca and I am the new Outreach Advocate. I have previously worked with Regina Transition House as a casual Domestic Violence Counsellor. I am excited to be able to meet everyone in the Outreach program and to be here on a full time basis.

In June, we began the Monday night groups again. This summer we will be covering a variety of topics including self-empowerment, life skills and much more! This month we had a BBQ for everyone in the Outreach program and those staying at Transition House. There was plenty of food, friendly conversation and a big water fight for all the children and a few brave adults! We had such a great time and are hoping to have another one this summer.

It is the hope of the Outreach program that we can support participants who need to connect to community resources while encouraging self-empowerment and independence.



## Are you interested in volunteering at Regina Transition House?

Our volunteers provide critical links to the women and children we serve. Our volunteers are people who bake cookies and play with the children. They also provide a quiet presence behind the scenes and help with essential tasks and events throughout the year in the shelter.

Do you want to make a difference in your community and in the lives of others? If so, there are three ways you are able to help out at Transition House:

Children's Activity Program | Kitchen Help | Yard and Household Maintenance

How do you become a volunteer?

Email our Shelter/Volunteer Coordinator at [allison@reginatransitionhouse.ca](mailto:allison@reginatransitionhouse.ca) to express your interest, and she will guide you through the orientation process from there.

# Become a Part of Our New Monthly Giving Campaign



## #givealittlechangealot

**Donations can be made at:**

**<https://www.canadahelps.org/en/dn/m/8997/donation>**

**or by filling out this form and returning it to Regina Transition House**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

I authorize Regina Transition House to debit my account for \$ \_\_\_\_\_ on the 21st of each month starting on the 21st of \_\_\_\_\_, 2019 and ending the 1st of \_\_\_\_\_, 20\_\_\_\_.

I agree to the following:

I may change the amount of my contribution or terminate this agreement at any time by contacting Regina Transition House at 306-337-2810 or [info@reginatransitionhouse.ca](mailto:info@reginatransitionhouse.ca)

I have certain recourse rights if any debit does not comply with this agreement. I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this preauthorized debit agreement. To obtain more information on my recourse rights, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca).

I waive my right to receive pre-notification of the amount of pre-authorized remittance and agree that I do not require advance notice of the amount of the debit before it is processed.

Please attach a VOID cheque or provide the following information:

Bank / Branch Location \_\_\_\_\_

Account number to debit \_\_\_\_\_

Signature

Date

All Monthly giving charitable donations will be acknowledged with a tax deductible for the total of the previous year's donation in January of the following year.

Federal Charitable Reg. No. 13016 7232 RR0001

Our Privacy Policy: Regina Transition House respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We don't sell your information to third parties. We do not provide your information to others without your consent unless the law requires it. Our procedures and systems are designed to protect your information from error, loss and unauthorized access.

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