

Regina Transition House

NEWSLETTER
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HELP US BUILD A COMMUNITY WHERE WOMEN &
CHILDREN LIVE VIOLENCE FREE

Addiction Support

Hi, my name is Grace Etim, I'm the Addiction Support Worker with the Regina Transition House, overseeing the Addiction Support Program, which offers weekly psycho-educational group meetings covering a wide variety of topics related to recovery, mental health, and wellness. I'm passionate about community care, addiction treatment, counseling, and support. This position has given me the opportunity to put my skills and experience to use by providing emotional, compassionate, and social support to the women who are staying at Regina Transition House.

Grace is a part-time employee in a new position that was created to support women who come to our shelter. She specializes in intimate partner violence and working with people who are struggling with substance misuse or are working on maintaining recovery from a substance use disorder. Trauma is often associated with substance misuse and addiction. All of our clients are survivors of violence and abuse, and working to cope with their own experiences of trauma. We are proud to be piloting this addition to our programming and services thanks to grants from the South Saskatchewan Community Foundation!

Stephanie Taylor,
Executive Director



Starting a New Local Chapter!

Shelter Movers and Regina Transition House are seeking volunteers to start a local chapter! People who are interested in being part of the start-up applicant group are needed at this stage. These motivated individuals will offer a variety of skills and life experiences. A successful Applicant Group includes people with experience in:

- marketing; social media content creation • finance; bookkeeping • operations; work with vulnerable populations • fundraising; campaign/event planning • human resources/volunteer management
- team leadership/administration

Applicant group members are dedicated to ending gender-based violence and believe deeply in the impact Shelter Movers could have in their community. They are excited by the prospect of starting something new for local survivors and understand that it will take teamwork and time to recruit and interview volunteers, raise funds to support the chapter, raise awareness of the service as it takes shape, build relationships with local businesses, agencies, and political leaders to create momentum.



#givealittlechangealot

For more information about what this amazing and expanding organization does, go to www.sheltermovers.com. If you are interested in being one of the 6-8 people in the applicant group, contact :
Stephanie - ed@reginatransitionhouse.ca
Allison allison@reginatransitionhouse.ca
at The Regina Transition House.

Donations

Quite often, our clients arrive with not much more than what they have in their purse. Shampoo, conditioner, and other hygiene products are not items that they think to bring when they are fleeing with little opportunity to plan ahead. Our pre-made packages provide our clients with a few of these items, to help welcome them. If you wish to donate items to this little project, please contact **Allison at 306- 337-2813.**



Most Needed Items

- Women's winter boots
- Women's winter outerwear
- New bras and underwear
- Socks (women's and children's)
- Journals
- Travel Size shampoos, conditioners, and body washes
- Gift cards for groceries, household items, and restaurants/coffee
- Gift cards or certificates for family activities (i.e. movies)

Monetary Donations

Ways to make a monetary donation to Regina Transition House

Interac E-transfers

- To donate by Interac e-transfer, please use **finance@reginatransitionhouse.ca**
- No security question is required, but please include your name and mailing address in the message field for receipting purposes.

Online through CanadaHelps

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

Mail cheque payable to:

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

Call our office at 306-337-2810



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