

Regina Transition House



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

Thank You

A huge thank you to the Regina Transition House member and the community of Regina, for their generous donations of money, food—baked goods, household items, etc. everything helps. It has been over a year of working in a health pandemic environment. Initially, we did not know how we were going to manage something like this. Our staff and the community of Regina stepped up and supported our families and women leaving abusive, violent relationships and living situations.

Reflecting back on the past year, there was a lot of learnings about the impact of COVID on families/women who were experiencing abuse and violence. Isolation and fear of contracting the virus became big factors of why women stayed in their relationships longer. It impacted how we provided services to women and their families. We saw a decrease in women and children entering our shelter. There were 125 women and 68 children who stayed with us. This was a significant drop due to the pandemic. Because we noted a decrease in admissions into our shelter, we had to re-evaluate how we provided services out to the women and their families who are remaining in the home. Staff provided safety planning, financial advocacy, child support, ongoing risk assessment, and emotional support.

Adapting Our Services During COVID-19

The pandemic has created unique challenges for everyone this year but has also resulted in creative and unique solutions for the shelter. With the limited amount of shelter space we have available, we have had to come up with new ways in which we can still provide quality services to women and families fleeing violence in our community. In order to still be able to assist those who are waiting to access shelter space, we have created an Emergent Outreach program to address this need. Through this program, women have received supports prior to coming into the shelter. Other families have had success transitioning into long-term stable housing with continued supports without needing to access emergency shelter.

The Emergent Outreach program has had a great deal of success with being able to advocate for clients and bypass difficult barriers that make finding safe and affordable housing difficult to secure. Many families have benefited through this program with food security support, financial services support and advocacy, support relating to parenting, child-related referrals, and education, and safety planning to address safety and security needs related to the violence in their lives. The success of this program has also allowed us to bring an Outreach Support Worker onto our team to help support more women and families transition into safe, violence-free environments. We look forward to the continued success of this program.



"Through this program, women have received support prior to coming into the shelter."

#givealittlechangealot

New Teen Support Program

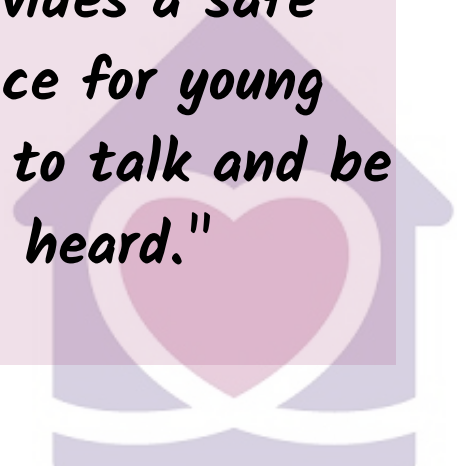
The pandemic has been difficult for children to process and understand. Our Children's Support worker has had to be creative when working with the children. She has helped families navigate the education system when it went to a virtual environment. Helped children with understanding the changes and how to talk about what they are experiencing.

She also created a Teen Support program to provide education and support to young teens who benefitted from her listening ear and providing a safe space to just spend time talking. The intent behind this program was to create a consistent safe space where teens that have experienced similar traumas could meet and be amongst peers that have a mutual understanding. The Teen Support Program operates to provide therapeutic, educational, cultural, and inclusive topics and is an openly safe space to all identities, cultures, and beliefs. All of the teens who have participated in this group look forward to spending time with our Children's Support Worker.



#givealittlechangealot

"The Teen Support Program provides a safe space for young teens to talk and be heard."



Our Community's Generosity is Overwhelming

A special shout-out goes to Stu, Matt, Allie, and all the hardworking folks in the service department at Regina Honda. We drive two of their minivans here at the shelter, and they always go above and beyond for us, making sure our vehicles are always in tippy-top shape! If you're in the neighborhood, give them a wave from us. We appreciate you, you stellar bunch of human beings!

The past year has been very difficult for a lot of reasons, but the Regina community has been extremely supportive. You have all been so kind and generous with your household and clothing donations to the shelter. However, because we have been overwhelmed with items with VERY little space to store them, we will no longer be accepting donated items without prior arrangements.

**To make
arrangements to
donate please
contact Allison at
306-337-2813**

**Special
Thanks to**
South Saskatchewan
Community Foundations
&
Community
Initiative Funds
**For helping us with extra
funds during the pandemic**

#givealittlechangealot

