

# Regina Transition House Newsletter



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

## Hug in a Bowl

Regina Transition House has recently partnered with Soup Sisters and Broth Brothers. Soup Sisters events take place monthly and provide up to 100 litres of home-made soup for the women and children staying at Regina Transition House. Just a few months in and there has already been tremendous support from the Regina community. For a heart-warming volunteer experience or more information: [soupsisters.org](http://soupsisters.org).

## Harry Potter Trivia Night Success!

Thank you, Regina, for making our Harry Potter Trivia Night a huge success. November 16th, was the first trivia night fundraiser hosted by Regina Transition House and it completely surpassed expectations!



Soup Sisters Regina Launch October 17, 2019

Become a part of our monthly  
giving campaign  
**#givealittlechangealot**



# Cultural Safety, Awareness and Competency

Regina Transition House prides itself on developing a culturally safe environment while building relationships with families on a daily basis. Being culturally safe means that an individual's very identity has not been questioned, challenged or harmed in any shape, way or form. You see, it's at the discretion of the clients that an organization is deemed culturally safe and not for its employee's to declare. Cultural safety is an outcome of the recipient's service experience.

When it comes to being culturally aware, that we are! This means we are aware of cultural values, beliefs and perceptions which may or may not match that of our own. Stepping outside of ourselves requires practice and courage which is necessary to be culturally aware. From an Indigenous perspective, Cultural awareness isn't just about celebrating diversity but trusting the staff know and understand the history of colonization in Canada with regards to Indigenous people. This background is directly linked to many social issues we see today, including domestic violence and therefore we have a greater understanding of not only the issues but the needs as well.

Being culturally competent is having the ability to acknowledge and respect another's worldview while holding back your own learned assumptions and biases. Cultural competence is about being aware of and understanding the different cultural perspectives, strengthening cultural safety, as well as, ensuring a respectful, violence free and supportive environment at all times. Staff actively create opportunities for residents to have a voice and play a role in the development of house rules, expectations and activities. Our goal is for all to feel respected and safe during and following any and all interactions. We have zero tolerance for racism and discrimination. Some staff are active with traditional practices (smudging, praying, offerings, feast preparation, etc.), and are culturally aware while others are eagerly learning. With cultural safety, awareness, and competency comes a responsibility to act respectfully.

-Samantha Racette, Outreach Advocate

## **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.

# Children's Support Workers

The role of the Children's Support Worker is to provide any children residing in shelter adequate services and support. Such services can range from connecting children and youth with outside community supports, to giving them emotional support. A large majority of children in shelter with their mothers have experienced trauma either through exposure to abuse and/or having to undergo a transition. This can impact each child differently. In response to this, over the past summer, the Children's Support Worker integrated Kids Yoga into the children's morning routines. Yoga has several benefits, one being the practice of mindfulness. Yoga has provided our youth opportunities to practise breathing exercises, patience, self-soothing skills, and an active exercise to release energy.

The Children's Support Worker is also involved in our Outreach Program which occurs on Thursday evenings. Since April of 2019, new strategies have been put in place to ensure that mothers and their children are learning concurrent topics in order to learn and develop new skills as a family. We have also developed a Feelings Chart that allows our children and youth to check in with us when they come to Outreach. This helps both youth and staff to communicate better, achieve weekly check-ins, and receive further supports if needed.

-Meghan Gould, Children's Support Worker

## Diversity Philosophy

We at Transition House value and respect the diversity of our community and our clients.

We recently enlisted a team of co-workers to address the antiquated language found in some of our training materials, policy and human resources manuals. The team is working to adjust language, particularly gender-specific terms, that might be considered exclusionary to particular groups of people.

As an organization, we have created a Diversity Philosophy, which frames our wish to recognize and honor the intrinsic value of every individual. In providing services, we do not discriminate or hold bias based on any person's identity, ability or socio-economic status.

-Allison Brock, term Shelter Coordinator



## Donations Needed

**Current Most Wanted Items:**  
Pyjamas | Socks | Underwear | Air mattresses  
Suitcases | Kids backpacks | Bedding | Towels

# Become a Part of Our 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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