

# Regina Transition House Newsletter



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

## Food Insecurities Spark Volunteer Opportunity

As the COVID-19 pandemic presses on,  
so does food insecurity within Regina.

Wanda, a community member,  
generously has donated her time and  
love of baking to help aide women and  
children through these challenges.

A Soup Sister member, Wanda continued to make  
soup for the outreach clients until their operations were back up and running. Now  
she has turned to her love of baking to fill client stomachs and hearts. Each week

Wanda has

donated baked good and breads for clients facing food insecurity. This month we  
would like to highlight Wanda and all she has done for the women of Transition  
House.



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

# More About Our Amazing Volunteers

Not even Covid can keep our wonderful volunteers down! After a brief hiatus during lockdown, when our volunteer program was put on pause, we have once again hit the ground running and our volunteers were quick to jump back on board with us! During quarantine, when our group nights were put on hold, we had to be a little more creative with ways to continue to engage our volunteers. The weather was turning nicer, so a few of our volunteers committed themselves to cleaning our vans, and keeping our grass trimmed. A couple of them also volunteered their baking skills, and donated fresh baking to the shelter clients as well as our Outreach clients, which our Outreach Advocate delivered to families to brighten their spirits! Allison, our Shelter Coordinator, recently held a volunteer orientation, where a few new volunteers were recruited, and the emails and phone calls just keep coming from community members willing to donate their time. Many of our volunteers also coordinate fundraisers, particularly during the Holiday season, to help collect items that the shelter is able to store and make use of throughout the year. To the people who volunteer their time, energy, and resources to Regina Transition House, we couldn't do what we do without you, so we would like to take this opportunity to thank you from the bottoms of our hearts for all that you do!

-Allison Brock –Shelter Coordinator

## Teen Support Group

Effective November 2020, Regina Transition House has introduced their new Teen Support Group. The Teen Support group is a branch of our Bridges of Hope Outreach program. It is aimed at supporting teens from ages 10 to 16 years of age that have resided at Regina Transition House with their families while fleeing violence and is offered by our Children's Support Worker. The program provides consistent weekly activities that work to meet the needs of teenagers experiencing trauma and transition. The intent behind this program is to create a consistent safe space where teens that have experienced similar trauma could meet and be amongst peers that have a mutual understanding. The Teen Support Program covers therapeutic, educational, cultural, and inclusive topics and is an openly safe space to all identities, cultures, and beliefs.

-Meghan Gould, Children's Support Worker

Funded By:

South Saskatchewan Community Foundation  
Smart & Caring Fund

# Cat Therapy at Excalipur Cafe

In October, Bridges of Hope Outreach group partnered with Excalipur Cat Café to deliver an outreach night to remember! Chelsey generously donated cat room passes for the outreach ladies and put out a delicious spread of goodies for our visit. The participants had a blast playing with the kittens and soaking up some cuddles. At Transition House we are so grateful for community support and partnership to deliver these unique experiences to our clients.

-Megan Brooks, former Outreach Advocate



**Donations  
Needed**

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

# Become a Part of Our Monthly Giving Campaign



## 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.

## Diversity Philosophy

Regina Transition House values diversity amongst people. We are a safe, non-discriminatory and affirmative environment.\* We offer non-judgmental and inclusive services aligned with our vision where "women and children live violence free".

The provision of our services will be free from discrimination on the basis of race, national or ethnic origin, colour, religion, language, age, sexual orientation, gender identity or expression, economic status, marital status, family status, disability, or in instances of specific criminal conviction outcomes (CHRC website, June 4, 2019).

We strive to provide a team of staff who reflect the diversity of our clients when possible, in conjunction with the necessary qualifications for posted positions and successful outcomes in an external hiring process. We are conscientious about recruiting individuals who represent our client's diverse representations as part of the Board of Directors and among our volunteers.

Staff are protected in the workplace and while performing their duties from discrimination, and the employer adheres to the duty to accommodate (CHRC website, June 4, 2019).