



# Speaking Out

SVTH is helping to build a stronger community by providing comfort, support and shelter to women and their children experiencing family violence and housing crisis.

Since 1991, our doors have been open and more than 1700 women and children have benefitted from the caring support of our trained Crisis Intervention staff.

This safe environment offers women an opportunity to learn that they are not alone, to receive support and information to help break the cycle of abuse.

Intimate partner abuse can include:

- **Physical abuse**
- **Sexual abuse**
- **Emotional or verbal abuse**
- **Financial abuse**
- **Spiritual abuse**
- **Criminal harassment/stalking**

Although some people may think violence against women is not very serious or is a 'private' matter, these attitudes can be changed. Drinking and driving was once treated almost as a joke, but thanks to strong advocacy campaigns, it is no longer socially acceptable and is subject to serious criminal penalties. In the same way, public education, violence prevention programs, and a strong criminal justice response can bring an end to violence against women in Canada.

Source: [www.canadianwomen.org/facts-about-violence](http://www.canadianwomen.org/facts-about-violence)

*"Violence and/or abuse by an intimate partner is not a crime of passion and it is not a private matter."*

## From SVTH's Child Support Worker

When a child is a witness to domestic violence, the effects are far reaching and can impact her/him emotionally, psychologically and physically.

As a Child Support Worker, my main objective is to help provide a safe environment for the many children who arrive here at the House with their mothers.

Soon after settling in, a meeting together with Mom and her children occurs as an essential element to building rapport between myself and the family.

Each child and family is unique and their individual needs vary. As we discuss their situation and background, we determine and prioritize their needs and then, together, develop both an Action Plan and a Safety Plan to help them move forward in a healthy manner.

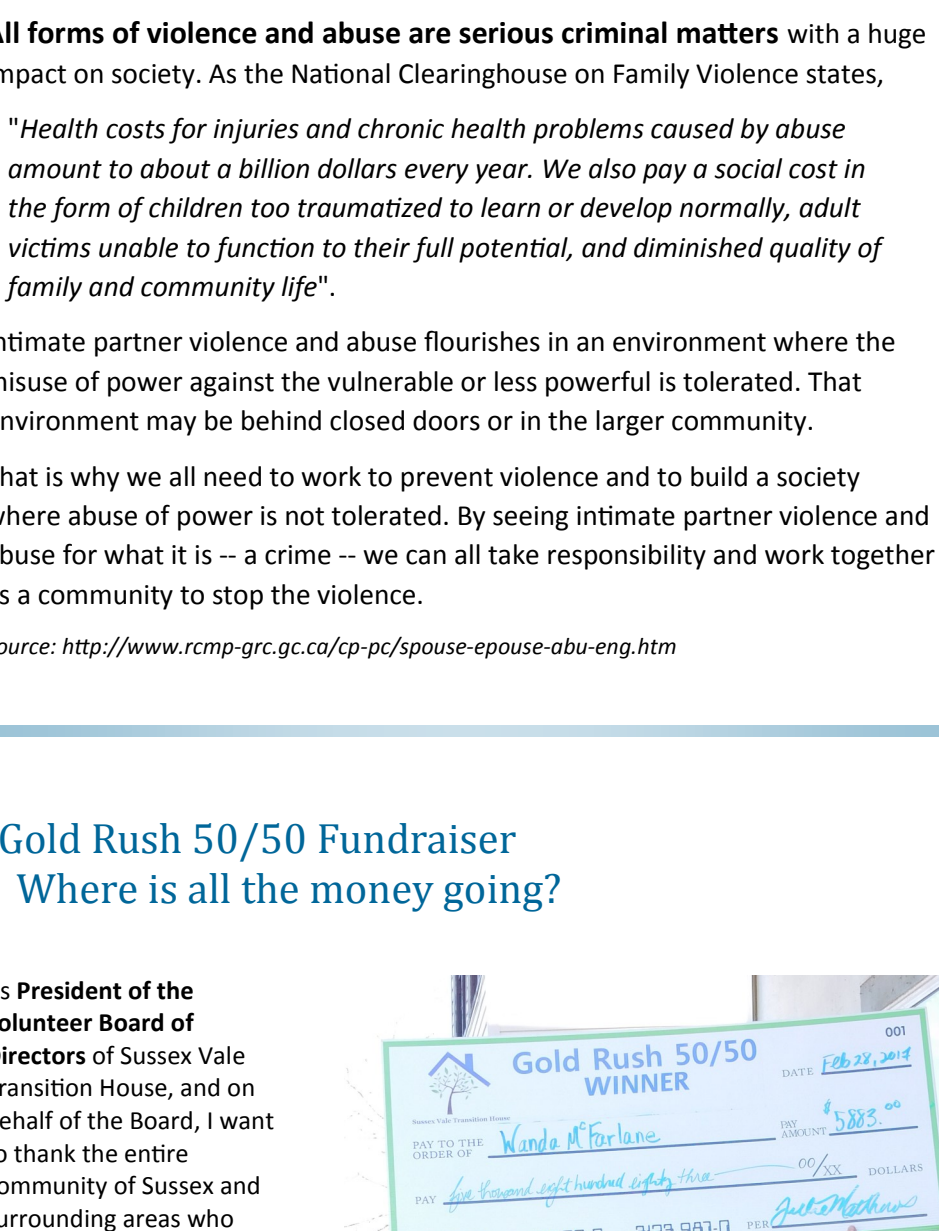
Action Plans for children generally include activities such as games, discussions, art and books which allow an exploration of feelings, emotions, and healthy self-esteem.

Working together with our House staff, support is also provided to mothers. An important part of this work is connecting Moms with existing social, health, educational and recreational services.

These support networks enrich parenting skills and empower mothers to move into safe home environments.



*"Thank you very much for giving me time to adjust to a better future and hope."*



**All forms of violence and abuse are serious criminal matters** with a huge impact on society. As the National Clearinghouse on Family Violence states,

*"Health costs for injuries and chronic health problems caused by abuse amount to about a billion dollars every year. We also pay a social cost in the form of children too traumatized to learn or develop normally, adult victims unable to function to their full potential, and diminished quality of family and community life".*

Intimate partner violence and abuse flourishes in an environment where the misuse of power against the vulnerable or less powerful is tolerated. That environment may be behind closed doors or in the larger community.

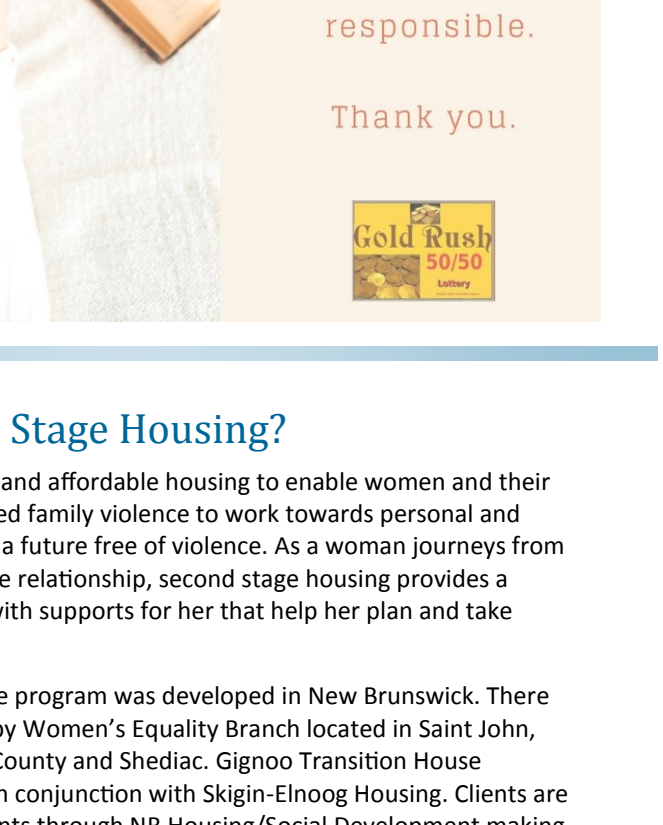
That is why we all need to work to prevent violence and to build a society where abuse of power is not tolerated. By seeing intimate partner violence and abuse for what it is -- a crime -- we can all take responsibility and work together as a community to stop the violence.

Source: <http://www.rcmp-grc.gc.ca/cp-pc/spouse-epouse-abu-eng.htm>

## Gold Rush 50/50 Fundraiser Where is all the money going?

As **President of the volunteer Board of Directors** of Sussex Vale Transition House, and on behalf of the Board, I want to thank the entire community of Sussex and surrounding areas who have supported our **Gold Rush 50/50 Fundraiser**, from the businesses who have been so accommodating to set up ticket purchase areas to our faithful community members who continue to support us by playing their toonie every week.

Without your support and the Gold Rush 50/50 Fundraiser, we would not be able to keep the doors of Sussex Vale Transition House open. You are helping us to help and support women and children who are experiencing domestic violence in the forms of physical, verbal, emotional, and financial abuse. Without your support we could not supply a safe haven for these women and



*"Without your support and the Gold Rush 50/50 Fundraiser, we would not be able to keep the doors of Sussex Vale Transition House open."*

children and we sincerely thank you.

Not only have we been able to keep the doors open because of your support, but **we have also been able to start planning for second stage housing.**

Our residents are only able to stay at the Transition House for 30 days and in some cases this is not long enough for them to get their lives back on track. They need to find new places to live, some of the women need to find employment, acquire vehicles for transportation to their employment, or attend school to acquire needed skills in order to procure employment. This all takes time and sometimes women return to the homes where they have experienced domestic abuse because they feel they have nowhere else to go and no other choices. **If we can provide second stage housing for women and their children until they can get back on their feet, they will not feel they have to return to a potentially life threatening situation.**

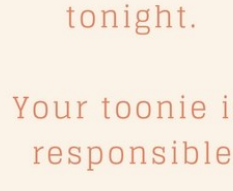
This plan is in the very preliminary stages, but we wanted you to know that when you support us, you are not only supporting the Sussex Vale Transition House, but you are also supporting our goal of safe second stage housing for women and children in our community.

This is an exciting time for our Board and our staff and we eagerly look forward to what the future will bring!

Best regards,

Jane Keith, President of the Board of Directors, Sussex Vale Transition House

**Sussex Vale Transition House is run by a Policy-Governance Board. The objectives of governance are to promote strong and viable organizations.** The Board of Directors are stewards of Sussex Vale Transition House assets and their behaviors are focused on adding value to those assets by working with management to build a successful organization and enhance the value to the community.



Another woman is safe tonight.

Your toonie is responsible.

Thank you.



## What is Second Stage Housing?

Second Stage Housing is safe and affordable housing to enable women and their children who have experienced family violence to work towards personal and economic independence and a future free of violence. As a woman journeys from the crisis of leaving an abusive relationship, second stage housing provides a stable, secure environment with supports for her that help her plan and take action for the future.

In 1986, the first second stage program was developed in New Brunswick. There are now 5 programs funded by Women's Equality Branch located in Saint John, Moncton, Fredericton, Kent County and Shediac. Gignoo Transition House provides second stage units in conjunction with Skigin-Elnoog Housing. Clients are able to access rent supplements through NB Housing/Social Development making second stage units affordable.

### Services can include:

- Safe, affordable and adequate housing
- Healing and empowering environment
- Individual support

- Group support
- Children's support

- Advocacy

### You can support the ongoing work of Sussex Vale Transition House:

- Mail a cheque made out to 'Sussex Vale Transition House'
- Online: see our website [www.sussexvaletransitionhouse.com](http://www.sussexvaletransitionhouse.com) or [facebook.com/SussexValeTransitionHouse](http://facebook.com/SussexValeTransitionHouse)
- Participate in our weekly 50/50 Gold Rush toonie draw
- Volunteer
- Donate new or gently used women & children's clothing, shoes, toiletries & household supplies



### Our Shelter Needs

- Personal Care: Toiletries
- Laundry Detergent
- NEW Women & children's Underwear
- Clothing (gently used)
- Pajamas sizes - 2T-3XL
- Hair products
- Purses & Wallets
- Make Up: Eyes, Cheeks & lips
- Chapstick and Kleenex
- Bedding & towels
- Clothing all sizes
- Kid's movies, games & books

### Sussex Vale

### Transition House

A Shelter for Women and Their Children

Being Abused?  
We believe you.

Confidential

24/7 Crisis line

506-432-6999

506-433-1649 office