When Jan came to The Cridge Transition House for Women (CTHW), she was frightened, battered and broken in spirit. She was met by acceptance, support and a whole lot of love. Jan’s journey was long and difficult, involving the court system, social services and many other service providers. But through it all, she was supported and found hope for a future free of violence and abuse. Several months after her arrival at this amazing place, Jan had found a safe home for herself and her children. She was starting her life over with a new beginning and a new sense of safety and hope for the future.

That was back in 1991. Since that time, thousands of women just like Jan have passed through the doors of The Cridge Transition House. Sadly, 25 years has not eliminated the need for a place to protect women and their children who are leaving relationship violence. The need has continued to increase and the services of CTHW are still in great demand. While this is a disturbing reality, we consider it a true honour and blessing to provide shelter and support for women and their children – to be the conduit of hope and new beginnings.

Over our past 25 years of service, thousands of women and children have been sheltered and supported to find safety. We celebrate each of these women who have had the courage to take such a brave step forward. And we celebrate each of the staff and volunteers who continue to make The Cridge Transition House for Women a safe and welcoming home.

Our deepest desire is that we could close the doors of the house – that it would no longer be needed in Victoria.

But until that day comes, we continue to passionately advocate for women and to provide them with shelter and safety. In order to do this, we continue to need your support.

In honour of our 25th anniversary and the women who have been served, we are launching a **Courageous Women Campaign** – with a goal to raise $25,250 to support the women and children using The Cridge Transition House. Will you join us? Turn the page for information about how you can donate.
Courageous Women Campaign

Honouring 25 Years of The Cridge Transition House

and the Women We Serve

We DO NOT celebrate 25 years — we mark it solemnly.
25 years of watching courageous women find strength to recover,
overcome and emerge on the other side, bruised but not broken.

Help put us out of business! Join us in saying STOP! NO MORE!
And until we succeed and close our doors,
join us in honouring Courageous Women.

Give $1025 for the thousands of women & children we have served,
Give $525 for the courageous women we need to serve this year,
Give $225 for the women gathering the courage to leave,
Give $125 for the children impacted by violence,
Give $25 for the woman and child walking through the door today.

Please help us reach our goal of $25,250

To support this campaign, please designate your
donation to Courageous Women.

For more information: Jspecht@cridge.org or
250 995 6419

Thank you!
Many seniors face the idea of moving into assisted living with fear and trepidation – will they lose their independence? Will they be bored? What if they don’t like the other people? But despite these fears, many of our seniors settle in quickly and end up saying, “I wish I had done this sooner!” And the families of our seniors often comment how happy and busy their parents are – and what a great move it was for everyone concerned. Good health and safety are just as important as happiness and being a part of a community. And so The Cridge Seniors’ Village celebrates ten years – ten years of service to seniors, ten years of supporting families with aging parents. Over the past ten years there have been many changes and challenges – as government policies change, we have had to respond with grace and flexibility to continue to provide a high quality of service for a changing population. We are so proud of our staff and Beacon Services for the way they have continued to provide care and support to the seniors who come to us. And we continue to engage every senior who moves in as an individual, each with their own preferences and needs. As the need for seniors’ housing in Victoria increases, we dream about extending our program to meet the needs of more seniors, especially those who have economic barriers. We look ahead to the next ten years with anticipation and hope – believing that we have much to offer and room to grow.

Did you know that we have some fantastic videos about our programs and our Royal visit? Check out our YouTube channel: www.youtube.com/user/CridgeCentre
Every now and then we are honoured to welcome back to The Cridge a former resident of the Orphans’ Home – or a family member. Several years ago four sisters came for a visit to see the place where their dad grew up. We asked them to tell us about their dad and this is the story that they shared with us.

James Robinson was born in Victoria on February 25, 1922. He had three older sisters and his father was a seaman. His parents’ marriage did not survive the long separations and his mother was unable to care for all the children as a single parent. In 1927 she placed all four children at The Home. James was just five years old. Although the boys and girls were kept separate at The Home, James and his sisters were close and were given time together during meals and when they went to church. The girls loved their little brother! However, they left The Home earlier than James, who remained there for many years.

James developed a deep and abiding love for God during his time at The Home – a faith that informed his work and family life. When he completed high school, James went on to Victoria College and then the University of Manitoba. He worked to earn his way at a variety of jobs and chose to become a teacher. His first job was close to Creston in a town called Erickson. He worked both as a principal and a teacher, but eventually chose to remain a teacher as he preferred to be in the classroom with his students. He was known for visiting the homes of his students to work together with the parents to ensure success and cooperation. By this time James was married and had five children of his own. He would often take some of his own children on these visits so that they could play with his students while he spoke to the parents.

James was known for his genuine nature, his love for kids and his servant nature. Sadly he passed away at the age of thirty-nine from a heart attack, leaving behind his wife and five small children. He was greatly loved and missed by all who knew him. The high school annual was dedicated in his memory with these words:

He gave his strength to the weak,  
His substance to the poor,  
His sympathy to the suffering  
And his heart to God.

A bench was donated by James’ dear friend, Jean Vantreight, and placed where our seniors can sit and watch the children playing in the playground, undoubtedly an activity James would have enjoyed.
Impact = Hope

In our fast-paced world, our expectations are high. We like to get quick responses to our text messages, to have information at our fingertips and to see impact from the decisions we make. Immediacy is important because we all have so much to do.

Likewise, in the non-profit world, when you donate, you want to know how your gift has made an impact. You want to know that your money is being used well, and you want to feel that you have made a difference. And that is not always so easy to do.

If your donation is designated to a specific program, it will unquestionably be used in that program area but measuring the impact is a bit trickier. Sometimes it is obvious – you may have helped to buy a vehicle, or paid for a client to attend a program...but sometimes your gift will be used to help pay for some of the unglamorous, boring but necessary expenses or even to buy groceries for clients. How do we measure impact? How do we know if our programs are successful?

Measuring success when you are working with vulnerable people is not straightforward – sometimes the steps are small and, to the outside eye, almost indistinguishable. But to a staff person, who has walked the path with the client, that small step can be hugely momentous and life changing. That small step might be gaining the confidence to go back to school, or to leave an abusive relationship. It might be when a senior joins an activity or makes a new friend. It could be a family deciding that they DO need a respite care giver to support them in the care of their child. It could be a brain injury survivor going grocery shopping alone. Activities or decisions that may seem inconsequential can be massive steps forward.

Undesignated or general gifts can also be tricky to see the impact...and even less appealing. Who wants to pay for the electricity bill or for the photocopier? And yet without these tools and infrastructure, we couldn’t exist or run programs to serve our clients. When you give us an undesignated gift, you are not only giving us your money, you are giving us your trust to use that gift as it is needed most – and that trust is a very precious commodity.

No matter the gift, no matter the amount – we are always grateful. We try to convey that to our donors at every opportunity. We couldn’t do the work of caring and supporting our vulnerable clients without YOU! Every program depends on the generous support of donors – every child and family is impacted when a donation is given. Lives are changed for the better – hope is given. And that is what impact and success look like in our world – HOPE.
This is an easy and elegant dessert suitable for any occasion.

**Mocha Chocolate Mousse**
Yield: 4 to 6 portions, 200 to 300 ml per portion

- 225 g  dark chocolate 55%
- 125 ml  strong coffee, HOT
- 500 ml  heavy cream, cold
- 15 ml  sugar
- 7.5 ml  vanilla

**Method:**
Either use chocolate chips or break up the chocolate in small pieces into a glass bowl. Pour the hot coffee over the chocolate, cover with plastic wrap and allow to melt. Then whisk until smooth and cool to room temperature. Meanwhile whip the cream with the sugar and vanilla to a soft peak. Then fold 1/3 of the whipped cream into the cooled chocolate mixture and repeat until all the ingredients have been combined. At this point you can pipe or spoon the mousse into attractive stem wear or desired serving glass or bowl. If it is too soft, refrigerate and portion later. To garnish, shave some white chocolate with a peeler to decorate the top. Fresh raspberries make a wonderful accompaniment for the mousse. Enjoy!

**100 Women Who Care**

On December 8 the **100 Women Who Care Victoria** heard an impassioned plea by a woman who knows the scope and impact that The Cridge Centre for the Family is making. Heather Follis spoke about the varied programs offered at The Cridge Centre, the lives that are changed and her own personal connection and experience. That evening, 250 women voted to support The Cridge with their donations – equalling $25,000. Our CEO, Shelley Morris, was amazed and incredibly grateful for this show of support and generosity. She says, “The power of ONE is so impactful. The power of one plus one…plus one more moves mountains. These women of strength and purpose, commitment and hope, are world-changers!” Many thanks to this amazing group of women!

Victoria’s 100 Women Who Care present the cheque to Shelley Morris
SunFun

Looking for fun this summer for your 5–12 year old? Look no further!
Super exciting weekly themes, games and adventures.
Registration opens: Mar 1 for children currently registered in our child care programs; April 3 to the public.

Your kids will thank you!

Circle of Care

YES, I/We would like to join The Cridge Centre Circle

Please use my gift as follows: [ ] Where needed most. [ ] With the following designation: ______________________________

[ ] Courageous Women Campaign

Single gift amount: $_________________

- Cheque enclosed or
- Please charge my credit card

Monthly gift amount: $_________________

- Void cheque enclosed or
- Please charge my credit card

Gift End Date:__________ or until further notice.

First Name: ___________________________________ Middle Initial: _________ Last Name:__________________________________________

Address: ________________________________________________________________________________  PC: __________________________

Phone: ________________________________  Email: _________________________________________________________________________

[ ] VISA  [ ] Mastercard  Name on card: _______________________________________________________________________________

Card Number: _____________________________________________________________________  Expiry Date: _______________/_________

Signature: ________________________________________________________   Date: _______________________________________________

Sign also to authorise bank withdrawals

Would you prefer to make your gift anonymous?

All monthly payments will be scheduled the first day of each month. Receipts for your charitable giving tax credit will be issued annually.
Charitable Registration # 108079419RR0001

The Cridge Centre for the Family collects personal information on this form for reasonable and obvious purposes that meet with regulatory requirements. This information will never be shared, and will never be used for purposes outside of the obvious without your permission.

Please detach and mail this form to:
The Cridge Centre for the Family -- 1307 Hillside Ave. Victoria, BC V8T 0A2
Contact: Joanne Specht, Manager of Communication & Fund Development
250.995.6419  Email: jspecht@cridge.org
Spending of funds is confined to Board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when a given need has been met, designated gifts will be used where needed most. Gifts will be acknowledged with an official receipt for income tax purposes.

The Cridge Centre for the Family is a member of the Canadian Council of Christian Charities and has been accredited by the Imagine Canada Standards program.

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**Upcoming Events!**

April 24—28
**Volunteer Recognition Week**
Watch our blog for stories about our fantastic volunteers!
[www.cridge.org/category/story-library/](http://www.cridge.org/category/story-library/)

Wednesday June 7
**Survive — Strive — Thrive**
A one day conference about brain injury
For more information: sst@cridge.org or 250 208 3207
For more information: 250 995 6419
or jspecht@cridge.org

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NOTE: We have recently upgraded our software. Please double check the accuracy of your name and address and notify Pat Bailey of any changes via email to pbailey@cridge.org or by phone at (250) 995-6410

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