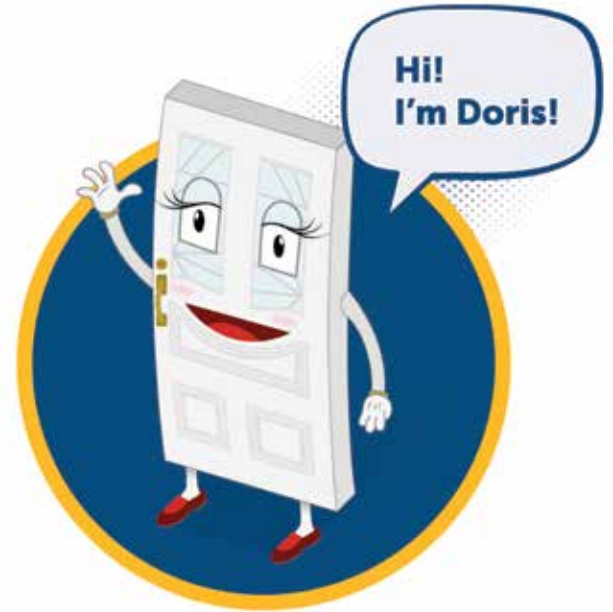


Opening Doors of Opportunity

by Joanne Linka



We are coming to the end of our celebratory year for our 150th anniversary! We have delighted in seeing many of your faces at events throughout the year! As you may remember, I'm Doris – the front door of the heritage building at The Cridge Centre. I've been sharing all year about our amazing legacy of care in Victoria, the significance of the work that takes place here, and our anticipation going into the future.

Since I am a door of distinction, let me speak to the importance of doors in general. Doors don't seem very exciting but for many of the clients we serve, doors can seem like an impossible dream.

For a woman leaving an abusive relationship, the first door she passes through might be one that she closes ever so quietly, hoping she can escape undetected from her abuser. The next door she goes through might be the door of a transition house, welcoming her to safety and protection. When she finally goes through the door to her own home, it will be a door that gives her peace, safety and autonomy.

The open door to the Young Parent Outreach van welcomes young parents to a space that allows for difficult conversations, challenges to be shared, and support to be received. When a young mom opens that door, she knows that she is stepping into a safe place of respect, support and hope.

For a refugee family who has been living in a tent, having a front door means not only safety and security, it also brings self-respect, privacy and the ability to be a family without a million eyes watching. It is a restoration of dignity and hope for a brighter future.

Suddenly, doors take on a whole different meaning. DOORS ARE IMPORTANT! Read on about some of the doors of opportunity we have stepped through this past year!

Love, Doris

Doors of Opportunity - Carolynn Place

by Candace Stretch



Carolynn's family at the dedication ceremony for the new property

Imagine leaving an abusive partner and discovering that, not only are you forced to carry the pain of the abuse, but you are also homeless, penniless and alone: This is the harsh reality that hundreds of women in our community face each year. Now imagine that you find your way to The Cridge Supportive Transitional Housing Program and are offered support, safety, and a gorgeous affordable home. THIS is the wonderful reality that Carolynn Place, a 19-unit housing complex, offers to the women and children we serve!

The Cridge Supportive Transitional Housing Program has been blessed by the opportunity given to us by BC Housing to operate Carolynn Place as housing for women and children fleeing violence. Carolynn Place is a brand new, beautifully finished building that was purchased by BC Housing in early 2023. In response to the crisis of homelessness among women fleeing violence in our city, they offered it to our program to operate. We could not say no, especially after seeing the property and imagining how joyful the women we serve would be knowing that these lovely apartments are now places they could call home.

Carolynn Place has opened several doors of opportunity to The Cridge Supportive Transitional

Housing Program. Firstly, it allows us to expand our 2nd stage program, which provides up to 3 years of housing and support to women and children fleeing violence. Secondly, it gives us a chance to offer specialized housing and support, in collaboration with the Cridge Brain Injury Program, for women who have a partner-inflicted brain injury. Finally, it allows us to head in a new direction of offering long-term housing to women who are exiting 2nd stage housing programs in our community, and who need an affordable and safe place to live.



Carolynn Place offers safety and support to women.

Carolynn Place has also been an opportunity for us to honour the legacy of a very special client that we lost in January of this year. Carolynn was a resident in The Cridge Centre Supportive Transitional

Housing Program and was the very first client to receive our coordinated IPV & BI (Intimate Partner Violence & Brain Injury) Services. We learned so much through our experience working with Carolynn, and we were so pleased to be able to name this new property after her.

Thanks to the addition of Carolynn Place to our housing portfolio, there are 19 new doors opening to women in our community this Fall! We are so grateful for this amazing opportunity!

Opening the Door to Affordable Childcare

by Christine Wosilius



\$10/day childcare. You may have heard the term but aren't familiar with what that means. I could tell you that it helps with the gender gap in employment and women's equality (because it is still predominantly mothers that are required to leave their jobs to care for children) or I could share that it is beneficial for the economy (because it puts more parents back into the workforce—helping with the chronic staffing shortages.) Instead, however, I will tell you how it has lifted some of our families out of poverty and what it means that our staff can now afford to have their own child in our daycare.

Prior to our designation as one of the provincial \$10/day childcare sites, our fee for infants was \$1,215/month (and this rate was on the low end of average for Victoria, some facilities charge \$1,800-\$2,000/month!). Now, with our new government funding, the maximum that any family will pay is \$200/month for a child in our programs. Imagine being a young family with two children and having an extra \$1000 every month and how that might change your life. One young single mom with two children shared with me that she was able to find a new apartment where her children had their own room instead of them all sharing the same bed in her single room. Another parent said that before \$10/day, they had sometimes been forced to forgo eating some meals so that she had enough money to feed her children. One father told me of the college fund that he will be starting for his children which would have been completely out of reach for him. \$10/day is opening doors and quite literally changing the lives of our children and families!

The other side of this funding is for staff wages. A pay raise will help increase our staff retention and we will be able to provide a stable environment for the

children, which is pivotal for their healthy growth and development. In the past we have had staff that have not been able to afford to send their own children to our centre—I was one of them. For me, the combination of lower wages and childcare fees made it completely out of reach for me to have my son attend our daycare full time and I was not alone in that struggle. What

a gift it is now for staff to be able to have their children here.

I could go on and on about how beneficial this is for our society and for the economy (I really could! If you see me, please ask!) but I will end by telling you one last thing shared by a parent. When we told our families the news that we

had been approved for the \$10/day funding, one mom began to weep, saying that she would be able to give up her second job and start spending weekends with her child again. There is no greater way to enrich the lives of our clients than to give them more time to spend with the people they love. The efforts of the government to make childcare both affordable and accessible are bearing fruit, and for that we are truly grateful!



\$10/day is opening doors and quite literally changing the lives of our children and families!



Opening the Door of Employment

by Geoff Sing and Bryan Rowley

Second Chance Café Team ready to welcome you!

The Cridge Centre for the Family's Brain Injury Program has developed Second Chance Café – a social enterprise project operated by survivors of brain injuries. The goal of Second Chance Café is to build successful and accessible employment opportunities and skill development, while creating increased opportunities for community participation for the employees.

Programs such as these are vital in supporting survivors of brain injury in their recovery journeys. Much of the work The Cridge Brain Injury Program (BIP) does is supporting survivors along the continuum; transitioning them from higher levels of support into lower levels where they can be more independent in their lives. This program provides a safe, warm, and welcoming place for our survivors to gain, build upon, or refine their employment skills as they return to meaningful employment and/or life activity.

Bryan Rowley, the Employment Development Coordinator for BIP, has an important role in overseeing this program, while also being a survivor of a brain injury himself; an injury he suffered in 2018 while in the middle of his graduate school program. While he is working full-time currently with The Cridge Centre, he recalls that there were many challenges and pressures he felt while trying to return to work. Bryan was unemployed for three years following his brain injury, while having to also navigate the added challenge of the rapidly changing

employment landscape that was brought about by the COVID-19 pandemic.

We celebrate that Bryan eventually was able to return to work when he was offered employment from the Victoria Native Friendship Centre as a gardener. "I'm in many ways trying to recreate this experience for our survivors and replicate the successes from my journey for all of us here at the café. I wish programs like this were available when I was in the early stages of my recovery, and I hope projects like this continue to pop up for survivors moving forward."

The Cridge Brain Injury Program is mandated to provide meaningful employment and/or life activity for all its survivors. We believe, along with Bryan, that the café is an important starting point for achieving this vision. Sometimes you have to build the doors of opportunity yourself, before others can walk through them. So far in the early stages of its inception, the café has provided the survivors with ample opportunity to practice their culinary, cleaning, and customer service skills. Further, survivors are given the chance to offer recipes to bake, music playlists to listen to while working, and even had a profound influence in the development of training materials and policies for the café. Without a doubt, however, the best part is that the food is VERY TASTY!

The Second Chance Café will be open Wednesdays, Fridays, and Saturdays from 9:00am-1:00pm. We look forward to seeing you there!

You can Open Doors of Opportunity!



The Cridge
Centre for
the Family



This fall, we are asking for your help to provide life changing opportunities for our families. Your donation can open all kinds of doors for our clients.



Would you consider making a **generous** gift to support our families, our children, our seniors, our survivors... all of the precious people who desperately want to be safe and supported.



Your donation will be matched 1:1 up to \$25,000! Donate today to double your impact!

For more information or to make a donation, call Sharon at 250-995-6427 or donate at cridge.org/donate



Cridge News

Second Chance Café

The Cridge Brain Injury Program has opened Second Chance Café, which is operated by survivors of brain injury! Come and visit the team at Cedar Hill Rec Centre, grab a coffee or a delicious homemade cookie! They're open Wednesdays, Fridays, and Saturdays from 9:00-1:00.



The Cridge Brain
Injury Program



Historical Showcase

On Sept 5, 2023 we removed our cornerstone to unearth the time capsule originally placed there during a ceremony in June 1893. Found inside were an invitation and program for the cornerstone service, a list of the workers present, the speech given by Bishop Cridge, coins and newspapers of the day, Annual General Meeting Reports and a business directory among other things.

The time capsule was opened previously for the 100th anniversary. The cornerstone is currently being refurbished and new items will be added to the time capsule before it is closed again for the next 50 or 100 years. Come by and check it out!

New Book

We're creating a special 150 yearbook to commemorate our milestone anniversary. Enjoy stories from original orphanage residents, past staff, and see how our programs are continuing to grow today! Watch our website for ordering information, or email rsimmonds@cridge.org to put your name down for a copy!



Second Chance Café: Gluten Free Peanut Butter Cookies



PHOTO FROM BETTY CROCKER

This recipe comes straight from The Second Chance Café! Enjoy making these fast, easy, and delicious gluten free cookies this fall. Once you've made your own, come on down to the café and try out all the other baked goods being served up!

Ingredients:

- 4 cups creamy peanut butter
- 2 cups sugar
- 4 eggs

Prep Instructions:

Mix together peanut butter, sugar and eggs until light and fluffy.

Baking Instructions:

- Preheat oven to 325°F.
- Scoop cookie dough onto parchment 2 inches apart.
- Bake at 325 F for 8-10 minutes or until they begin to spread.
- Turn down heat to 275°F for 12-15 minutes.



Donation Form

2023 – 11

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

Please use my gift as follows:

- Where needed most
- With the following designation

Mr Mrs Ms Other _____

First Name _____ Middle Initial _____

Last Name _____

Address _____

Phone _____

Email _____

With credit card and identity fraud on the rise, we have measures in place to keep your information safe. Please choose from one of the following options:

- **Donate online at cridge.org/donate/**
- **Call 250-995-6427 to speak with our Donor Specialist**

Sign also to authorise bank withdrawals.
 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 Linka, Manager of Communication
 & Fund Development 250.995.6419 Email: jlinka@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 certified by the Canadian Council of Christian Charities and is accredited by the Imagine Canada Standards program.



Let's Connect

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How do you want to receive The Messenger?

We would like to start sending The Messenger to you by email.

If you don't have email, don't worry, we will continue to send it in the mail.

If you would like to receive it by email, please let Sharon know at scrozier@cridge.org

NOTE: Please double check the accuracy of your name and address and notify Sharon Crozier of any changes via email to scrozier@cridge.org or by phone at 250-995-6427.

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