

Stepping Together

Adam Richards

One of my favorite words in The Cridge Centre mission statement is the word **TOGETHER**.

“Providing excellence in support, housing, education and community, we work together to restore hope and a future to those overcoming the challenges before them.”

By including the word together, we are acknowledging the reality that we cannot journey alone when it comes to the care of vulnerable individuals. Not only do we need each other to manage the care load, we need other partnerships to ensure we are hitting the target with our mission and intentions. Whether that is funders, governing bodies, donors, or experts, in every corner of our organization we recognize the value and need for partnerships.

We share the privilege of partnerships with local and provincial government support, though contract funding, housing supports, clarity of rules and regulations, accountability and resources. In all these ways, government partnerships are core to the work we do.

Professional agencies such as recovery services, brain injury societies, educational bodies, and field experts all contribute to the quality and breadth of care we can provide for our clients.

Local churches stand with us in prayer and volunteer time to enrich our program provisions. They supply our society membership and board

membership with those who share a deeper love and purpose for the mission of The Cridge Centre for the Family.

One of the most powerful partnerships we share in the community of care are those who come alongside to support us financially with their donations. I will often remark to a donor that while their money matters and makes a difference in our ability to do more for our clients, it is their

Working *together* to make
change



trust and affirmation that speaks volumes. It says we see you; we believe in you, and we want to prop you up in this work with our support. If you have been one of these partners, we are so thankful for you -- you spur us on in the mission before us.

Bottom line, it is the TOGETHER that has sustained this organization for over 150 years and it is this same TOGETHER that will propel us and sustain us in the years ahead.



Macdonald House

Stepping Into Change

Joanne Linka

When I tell the story of The Cridge Centre, I love to share anecdotes about Edward and Mary Cridge and how they came to start the BC Protestant Orphans' Home. I also love to talk about all the important work that is happening now and the stories of the people we serve.

However, the middle years – the time frame when we stopped being an orphanage and became a multi-service organization—have always been a bit blurry. How did we get involved in Brain Injury? Why did we open a Transition House? What was the impetus for starting our Respite and Young Parent Outreach programs? What was happening for the organization in those decades of change?

I had the great pleasure of speaking to a few of our former staff, to help fill in some of those years. This article will take a look at the origin stories of our Brain Injury program and how we came to offer services to women leaving violent relationships. In our November Messenger, I will share the origin stories of Respite & Respitivity, the Young Parent Outreach Program and Seniors Services.

When Colin Moorman became Executive Director of The Cridge Centre in 1982, the organization was essentially offering two services: childcare and housing for low-income families. The townhouses (Hayward Heights) had been built and were housing some of the last few orphans as well as low-income families. A few units were also used as a group home for people with developmental challenges. It was a time of financial instability, with no government funding, and the board was considering if it was time to close the doors of the organization.

In an effort to keep the organization afloat, a fundraising campaign was initiated in which community members became ambassadors for The Cridge Centre and advocated in their networks for donations and community involvement. Through one of those connections, the Deputy Minister of Social Services, Jim Carter, became a supporter of The Cridge Centre. When Jim heard about new funding for Second Stage Housing, he encouraged Colin to apply for it. The approval of that contract was the beginning of a long relationship with the provincial government to provide housing for vulnerable families.

With the successful approval of that contract, The Cridge Centre became known in government circles for Second Stage Housing and opened another door to apply for federal funding for a Transition House in the late 1980s. That opportunity was to build or purchase land for a house, but did not cover the cost of operating the services. Colin successfully negotiated with the provincial government to cover the cost of operations. So with both provincial and federal funding in place, Colin started looking for property to establish a transition house. In partnership with the District of Saanich, a property was identified that was already zoned for social services and had a large farmhouse and several acres of land.

The land was privately owned and used to support brain injury survivors. When The Cridge Centre purchased the land, an agreement was formed to provide an accessible house to continue to support the remaining brain injury clients. The old farmhouse was renovated and became Hill House, and later, The Cridge Transition House for Women. So in the span of a couple years, the organization was invited to step into two new program areas with full funding and support from government.

The addition of both these programs had a positive impact on the financial stability of The Cridge Centre and started the growth that would begin the process of meeting more needs in our community. With both of these programs, it is interesting to note that we were invited to apply for the contracts by government. Already then, our reputation as an organization that responded to community needs was established.

Stay tuned for the second installment in November!

Stepping Into Reconciliation

Joanne Linka

Over the past couple years, we have been working to step into a relationship of reconciliation and reciprocity with our Indigenous neighbours. With the recognition that our organization was formed during colonial times and has undoubtedly caused harm to Indigenous people, we are acknowledging the need to move into a new relationship. Without ignoring or minimizing the harm that has been done, we want to develop a new relationship of respect, reciprocity and reconciliation.

How are we doing that? Carefully and with a humble spirit! We are eager to learn and to promote reconciliation, but we recognize that relationship needs to be at the core of this work in order to build trust and mutual respect.

One of the first initiatives we undertook was to make our property more welcoming to Indigenous people, knowing that our beautiful heritage building has strong visual similarities to residential schools. We commissioned a local artist, Andrea Fritz, to create some welcome banners that line our driveway. They have figures of women, children and local animals, with hands raised in welcome to everyone who enters. We have also commissioned and purchased a variety of artwork from local artists to display in our public

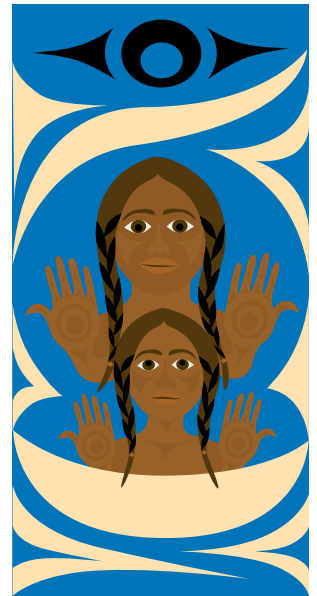
places to offer a place of safety and belonging.

While those are fairly easy ways to offer welcome, we are also working to develop and deepen our relationships with local First Nations through attending their events, amplifying their voices on our social media platforms, partnering with them on initiatives (like the Moosehide Campaign) and welcoming Indigenous knowledge keepers and elders into our program spaces to meet with staff and clients.

Maybe you are asking WHY is this important to us? As an organization that values human life and works to serve people who are facing challenges, we recognize that our ability to serve and work with our First Nations neighbours needs to be based in a relationship of care, trust and reciprocity. We have so much to learn from them and a desire to be part of a community that values and partners with them.

Reconciliation has been described as “the truth that I walk in.” The Cridge Centre believes in walking alongside all people with love, mercy and justice. That is the truth that we walk in.

Andrea Fritz is a Coast Salish artist and author from the Lyackson First Nation of the Hul'qumi'num speaking Peoples on the West Coast of Canada





The team at Second Chance Cafe

Community Partnerships: Brewing Success at the Second Chance Café

Rachel Simmonds

What does an empty café space in a community rec centre look like to you? Would you even notice it as you're rushing through the lobby to your drop-in spin class? Maybe you'd pass by and think, "Wow, I really could go for a muffin and a coffee right now." To Deanna Roch, the Arts and Wellness Programmer at Cedar Hill Rec Centre, and to the management team at The Cridge Brain Injury Program, it was much more. They saw it as a space for community, opportunity, and partnership.

The Second Chance Café at Cedar Hill Rec Centre is more than just a spot for a quick bite. It's a social enterprise, with all staff fully trained and supported through our Brain Injury Employment Program, and supported by Cedar Hill Rec. This environment is specifically designed for brain injury survivors to gain employment skills and become active members of their

community. Bryan Rowley, the Employment Development Coordinator for the Brain Injury Program, is passionate about helping the staff find success. He focuses on providing structures in the workplace that set them up for success in running the café and in their lives. Bryan sees the café as a place of hope, demonstrating to brain injury survivors what they can achieve with proper support. He also views it as an educational space for the larger community, challenging the stigma surrounding brain injuries.

The partnership between the café and Cedar Hill Rec is integral to its success. "My dream for this space is to invite our community in. I'm a big believer in food being something that draws people together," says Deanna Roch. She knows from personal experience that rec centres can be places to foster a deep sense of community and friendship when good food and good intent are involved. Deanna aims to foster this sense of community alongside the café employees, creating layers of connection through weekly activities and events, and through further partnerships with other parks departments.

Both Bryan and Deanna feel that there's an air of camaraderie, an openness to learning, and a space for professional communication. Most importantly, there's a friendly and symbiotic nature to the partnership. Both sides are committed to the café's success. When an issue arises, solutions are found and worked through together.

Looking to the future, Deanna and Bryan see growth on the horizon. By transforming an empty space into a vibrant community hub, they envision a place not just for the staff but for everyone. Whether it's the weekly squash players, the kids in the after-school art program, or the harried moms finally taking a breather after dropping their kids off at tennis lessons, the café is set to become a cornerstone of community life.

Through partnerships like this, The Cridge Centre continues to build strong, supportive communities, one cup of coffee at a time.

The Power of Partnership: The Cridge Centre and The Royal LePage Shelter Foundation

Rachel Simmonds

When Marlene Goley tells people she manages a shelter for abused women, the first question they usually ask is: “Do we still need that in 2024?” Sadly, the answer is yes. More than ever.

For over 30 years, Marlene has been trying to work herself out of a job, but the need keeps growing. In our Cridge programs alone, we provide emergency shelter for over 150 women and children each year. Our Outreach program helps over 100 women with safety planning and support, and our second stage program, The Cridge Supportive Transitional Housing, houses over 65 women and 95 children every year. We are just one agency. The same kind of numbers are a reality for the Sooke Transition House Society, the Victoria Women’s Transition House Society, and Margaret Laurence House. The need is staggering.

Let’s talk about Tabitha, a woman we recently helped through our Outreach Program. The Regional Domestic Violence Unit (RDVU) reached out to us after helping a woman whose husband was jailed for beating her and their oldest child. She was left with three small kids, little English, and no idea how to get help. Her husband’s short sentence meant he’d be out in less than six months, so she needed a solid safety plan.

This is where the Royal LePage Shelter Foundation steps in. Since 1998, they’ve been raising money to help women and children escape abuse. They’ve been amazing supporters to us for years, and thanks to their donations, we can provide more than just the basics. We cover moving and storage costs, grocery and gas cards, new phone plans, damage deposits, first months’ rent, dental bills, daycare and summer camp fees, translation services, and more. The list goes on, just like the stories of the women and kids who find safety and a fresh start



Cheque presentation from the Coast
Capital Realty Team

because of this support.

Our Outreach Worker helped Tabitha navigate support systems. Shelter Foundation funds provided grocery cards, diapers, rent assistance, and legal advice. Thanks to Shelter funds, we can have an Outreach Program to support women outside our shelter walls. When Tabitha’s husband was released and tried to abuse her again, our

Outreach Worker helped her go back to court and stand up to him. It’s unbelievable that this kind of violence still happens, but it does. And because of the Royal LePage Shelter Foundation, we can provide this crucial support.

The Royal LePage Shelter Foundation supports women’s shelters and domestic violence prevention across Canada. They’ve raised over \$46 million to date. Realtors donate part of their commission and often host fundraising events. Saira Reynolds, owner of the Modern Real Estate Team and a supporter of the Foundation, fell in love with the cause after her first fundraiser. She sees that helping fund local shelters gives a voice to the voiceless.

A Future of Hope and Safety

The partnership between The Cridge Centre and the Royal LePage Shelter Foundation shows how powerful community support can be. Without their help, many vital services wouldn’t be possible. Together, we’re not just meeting immediate needs but also building a safer future for women and children escaping violence.

From all of us at The Cridge Transition House for Women, thank you to the Royal LePage Shelter Foundation and its supporters. Your dedication and kindness make the impossible possible every day!

JOIN THE MOVEMENT:

Become a Monthly Donor Today!

Sustainability: Monthly donations provide a reliable source of income, allowing us to plan for the future with confidence. Your consistent support ensures we can continue our vital work without interruption.

Maximized Impact: Even small contributions add up to make a big difference. By spreading your support across the year, you amplify your impact, enabling us to reach more individuals, communities, and causes in need.

Empowerment: As a monthly donor, you're not just giving; you're empowering change. You're investing in the long-term success of our initiatives, empowering us to tackle challenges head-on and create lasting solutions.

Convenience: Set it and forget it! Monthly donations are hassle-free and convenient. Once you've signed up, your contribution will be automatically deducted each month, saving you time while making a meaningful difference.

Community: Join a community of like-minded individuals dedicated to making the world a better place. As a monthly donor, you'll be part of a network of passionate supporters, all united by a shared commitment to positive change.



Your decision to become a monthly donor is a powerful statement of your values and your belief in the potential for a brighter future. Together, we can achieve incredible things. Join us today and be a force for good in the world!

Contact Sharon Crozier at scrozier@cridge.org or 250-995-6427 if you're interested in becoming one of our monthly donors!

Peach Cobbler



PHOTO BY CLEO STRACUZZA ON UNSPLASH

When it comes to food, nothing says summer more than peaches do. I enjoy eating them fresh as they are in their natural state, tossing them in a salad, or adding them to some baking. Peach Crumble is another way of enjoying the flavours of summer. Makes one generous casserole dish.

Peach Crumble

2 kg fresh peaches skinned and sliced
150 g sugar
15 g tapioca starch
10 ml lemon juice

Crumble

230 g unsalted butter cold cut into small cubes
190 g flour
300 g rolled oats
400 g brown sugar
10 ml cardamom
Pinch of salt

Method:

Preheat your oven to 350°F. Combine crumble ingredients in a mixer with paddle attachment or by hand and mix into a coarse meal. To skin a peach make a cross mark on the bottom end of the peach. Bring a pot of water to a simmer add the peaches and let swim in the water for a minute. Take out with a slotted spoon and let sit on a plate. If you're in a hurry, run them under cold water. When cool enough to handle, peel skin off using a paring knife if necessary. Slice the peaches add the rest of the ingredients and combine gently. Lightly butter a deep casserole dish and add the peach mixture topped with the crumble mixture and bake on a cookie sheet until nicely browned and just bubbling on the sides. Serve with vanilla ice cream for a decadent dessert. Can also be made in individual ramekins.

Donation Form

2024 - 07

Single gift amount: \$ _____

Cheque enclosed

Monthly gift amount: \$ _____

Void cheque enclosed

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 ____

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Address _____

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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

If you wish to donate with your credit card, please go to cridge.org/donate or use this QR code:




Or call 250-995-6427 to speak with our Donor Specialist

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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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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The Cridge Centre for the Family
1307 Hillside Avenue
Victoria, BC V8T 0A2
Phone: 250-384-8058
Fax: 250-384-5267

scrozier@cridge.org
www.cridge.org