

## Stepping Up

Adam Richards

At The Cridge Centre we have an unspoken motto that we concentrate on doing the work rather than talking about the work – that our actions will be the voice we carry into our community. However, there are times when we need to lift our actual voices too.

When I was 14 years old, I remember a life-changing moment when my pastor approached me about helping with our summer camp program as a young leader. He saw something in me that he wanted to encourage, cultivate, advocate for, and give opportunity to grow. I am convinced that if he had not stepped up in that moment to encourage and empower, that there is no way I would be in the CEO chair today.

So often in life we need others to believe in us, to see the potential, to empower, to advocate. In so many ways, The Cridge Centre is working to advocate for its clients, residents and families: For better care, for fair practices, and for justice. We do all we can to amplify the voices of the overlooked and underserved.

Some of the wonderful people we serve are facing significant challenges, often feeling voiceless, beaten down by systems that have barriers to justice. While we do all we can to walk alongside them in these times, we also choose to use our influence, expertise, and credibility to step up and advocate on their behalf.



Joanne Linka and Adam Richards receive an uplifting window visit from children in our child care.

Just in the past few weeks I have seen our team step up for:

- A parent who sustained a significant brain injury and was not receiving the care she needed.
- A client who is facing injustice regarding her abuser.
- A resident whose needs outweigh the care we can provide, needing increased support that will give her a better life.

In each one of these cases, we are speaking up for them, because our heart desires to see justice, and we choose to use our collective voice for change.

Thank you for supporting us as we step up. Let me encourage you to also choose to be an advocate, a helper, a voice, for those who are often unheard, and overlooked. That's what community is all about, when we are looking out for one another, and speaking up for health, care, and justice for all.

# Stepping Into Housing

Joanne Linka



The Cridge Centre provides support and housing to help those in need of a fresh start.

One of the big conversations in Victoria right now is about the lack of affordable housing and the rising number of unhoused people on our streets. At The Cridge Centre, it is not just a conversation – it is a grim reality that our programs face every day. Currently, our supportive housing program is turning away 90% of applicants because we simply do not have enough housing to meet the needs of our community. We know that women are making the brutal decision to return to their abuser simply because the alternative – living on the street – is unacceptable.

Needless to say, our concern for our clients is at the highest level and we are doing all we can to help them find housing.

The Cridge Centre is known as an organization that steps into the needs of the community – we've been doing it for 150 years and this community issue is no different. For the past couple of years, we have been working toward a solution for the lack of housing and we are excited to say that we have moved a few steps closer and hope to have a solid plan in place within the next few months. We have been working with several consultants and architects to assess our land and how best to utilize it for the purposes of the organization. We anticipate that, in partnership with various government entities, we will be entering into a three-phase project that will not only dramatically increase our housing stock, and provide us with much needed administrative space as well as some community programming space. We are excited!

As we move into this change, we look forward to sharing more details with you in the coming months. Stay tuned!

# Stepping into Community Needs (Part 2)

Joanne Linka

In the July Messenger we learned about how The Cridge Centre responded to needs in the community to create our brain injury and women's services. The origins of our Young Parent Outreach Program, Seniors' Village and Respite & Respite programs have a similar theme of stepping into the needs of our community.

In the 1990s, The Cridge Centre was invited to create a service that provided information about all the licensed childcare centres in the CRD. Mimi Davis was hired to do this work. During the early stages of developing this program, Mimi recognized that families who had children with special needs were very much in need of extra resources and support. In the mid-1990s, The Cridge Centre received a contract to assist those families in finding respite care. In partnership with other similar service providers, the idea was born to create a service that not only supported the families with respite care, but also gave each family a free opportunity to take a break. Respite was created out of that idea – the convergence of respite care and hospitality. Mimi developed relationships with local hotels and businesses to gather free opportunities for the caregivers to enjoy. What started with 10 families, quickly grew to what it is today – a comprehensive service that offers support and community engagement to almost 1000 families.

In the early 2000s, a government priority to create more seniors' assisted living beds in the province was implemented. At the time, The Cridge Centre had just completed building the new childcare centre and had an empty building that needed to be used. The board and leadership team recognized a gap in Cridge services in the



Our Young Parent Outreach Program supports families with outfits and supplies for school.

area of seniors' care. Partnerships with Island Health and BC Housing enabled The Cridge Centre to not only renovate the existing heritage building, but also to add an extension that became our Seniors' Village. It was opened in 2007 and has been providing a home and community for about 80 seniors at any given time.

In 2009, The Cridge Centre started the Young Parent Outreach Program as a response to government funding cuts for supported daycares in high schools. The daycare at Victoria High School was closed and The Cridge Centre created a portable and practical outreach service that would support young parents around the CRD. With a bit of funding from the government, a bit of funding from United Way and a highly motivated staff member (Nicole Andrews) the program started, supporting 35 families. In 2022 the Dad2Dad program was added to provide support to young dads. The YPOP program continues to be an essential service for at-risk families in the CRD.

Each of these programs illustrates how The Cridge Centre has responded to community needs, working together with other partners to provide essential services to the community. We are so proud of each of these programs – and the teams who work in them.

# Brain Injury Collaboration

Andrea Zeelie-Varga

Since 1988, The Cridge Centre for the Family has been a leader in brain injury services, offering compassionate, personalized care to survivors. We help survivors of brain injury rebuild their lives, empowering them to reach their fullest potential.

Brain injuries are incredibly complex, and the challenges extend beyond the survivors themselves—affecting families, caregivers, and communities. Statistics show that brain injury significantly increases the risk of poverty, homelessness, addiction, and involvement with the justice system. At The Cridge Centre, we have witnessed firsthand the profound losses that survivors endure, particularly the loss of self-identity, which often leads to grief and mental health challenges throughout the recovery process.

To combat these challenges, we provide tailored support that focuses on daily living skills and meaningful community engagement. Our goal is to foster independence, helping survivors reintegrate into society and lead healthy, productive lives.

In our commitment to ensuring survivors receive the care and resources they deserve; we have formed strong partnerships at both local and national levels. Our collaborative work supports initiatives that enhance the understanding of the needs of individuals and families affected by brain injuries. In early October, we hosted our 10th Survive-Strive-Thrive, an annual conference dedicated to highlighting research and lived experience about life after brain injury.

We are active participants and supporters of the BC Consensus on Brain Injury, a participatory action research project by the CGB Centre for Traumatic Life Losses to identify concerns related to brain injury, including the intersections of mental health and substance use/addiction, intimate partner violence, homelessness, incarceration, and the opioid crisis.



CEO Adam Richard hosted a Q&A with brain injury survivors, advocates and You Can't Ask That participants Greg Goldberg and Robin Bienvenu.



Our full day event provided lots of opportunity for connection and networking.



Ann and Tony Mok jointly presented their journey navigating injury and illness.

# in our Community



Brain injury survivor Heather Williams told her journey of recovery and shared clips from the documentary *After Heather*.



Captain Trevor Greene and his wife Debbie Greene inspired the crowd by sharing the importance of hope in healing.



Attendees heard about breakthroughs in research, updates on policy, and personal accounts of brain injury.

*Thank you to our partners and sponsors for making this event a great success: BC Brain Injury Association, CGB Centre for Traumatic Life Losses, Connect, Cridge Family Pharmacy, Independent Living Housing Society of Greater Victoria, Sunwheel Rehabilitation Management, and Victoria Brain Injury Society.*

We are also working alongside brain injury survivors, families, service providers, researchers, and organizations across Canada to develop a national strategy on brain injury. This strategy aims to improve awareness, prevention, treatment, and rehabilitation for those living with brain injuries. Our collective efforts have resulted in the introduction of Private Members' Bill C-277, which has gained strong, non-partisan support from MPs across Canada, including those from the Liberal, NDP, Conservative, and Green parties. On June 12, 2024, the House of Commons voted unanimously in favor of the bill—a significant milestone in the journey toward a comprehensive national brain injury strategy.

To stay informed on the next steps of the bill or to learn how you can advocate for this cause, visit our website and explore ways to get involved.

IN A WORLD THAT SEEMS TO BE  
FALLING APART, WE SEE



YOUR SUPPORT MAKES THIS POSSIBLE



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or call 250-995-6427

YOUR DONATION IS A GIFT OF HOPE

Your gift will be matched  
for **double the impact!**



WITH YOUR SUPPORT WE CAN DO MORE

# Shortbread Cookies



## A Christmas classic!

Yield: 50 Cookies

Bake at 300°F

### Ingredients

450g unsalted butter room temperature  
 4g salt  
 215g icing sugar  
 15ml vanilla  
 345g all-purpose flour  
 230g arrowroot flour (starch)

### Method

Using the whisk attachment to cream the butter with the salt for a few minutes. Then add the icing sugar and cream until well blended. Add the vanilla and mix in. Sift the flour with the arrowroot and add into butter mixture combining thoroughly. Whip until the color changes to white and the batter is light and fluffy, about 5 minutes. Scoop out, and press down with a fork on a parchment lined cookie sheet and bake for about 25 to 30 minutes, do not brown.

### Variations

- Add the zest of 2 oranges into the creaming portion for orange shortbread.
- Add the zest of 2 lemons into the creaming portion for lemon shortbread.
- Add 2 cups chocolate chips for chocolate chip shortbread.
- For cinnamon, cardamom or ginger shortbread add 50 ml ground spice.
- For candied ginger shortbread add 2 cups finely chopped candied ginger and 15 ml ginger powder.

# Donation Form

2024 - 11

Single gift amount: \$ \_\_\_\_\_

Cheque enclosed

Monthly gift amount: \$ \_\_\_\_\_

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**Gift End Date:** \_\_\_\_\_ or until further notice

Please use my gift as follows:

[ ] Where needed most

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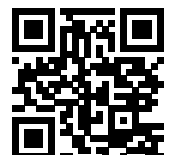
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The Cridge Centre for the Family collects personal information on this form for reasonable and obvious purposes that meet with regulatory requirements. This information will never be shared, and will never be used for purposes outside of the obvious 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](mailto:jlinka@cridge.org)**

**If you wish to donate with your credit card, please go to [cridge.org/donate](https://cridge.org/donate) or use this QR code:**



**Or call 250-995-6427 to speak with our Donor Specialist, Sharon.**

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.



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## YOUR WILL IS POWERFUL

Impact your community with a charitable gift in your Will, while still supporting those you love.



[cridge.org/willpower](http://cridge.org/willpower)

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