



Ishtar Transition Housing Society

#101-6350-203rd Street, Langley, BC

TRANSITIONS

Aug '11-03

Join us for an evening of fun, laughter and spooky happenings!
Ishtar Transition Housing Society

Presents



October 28 2011

Our 2nd Annual

Spooktacular Fundraiser

PRIZES
Best Costume
And MORE...

SILENT AUCTION
Artwork generously donated by
local artists:

Tickets: \$75

Available at ISHTAR Call: 604.534.1011

Or visit: #101, 6350-203rd St., Langley

Music and Dancing to:

"Fab Fourever"

A Beatles Tribute Band

Coast Hotel and Convention Centre, Langley, BC

6:00 Reception

7:00 Dinner

All Proceeds Go to Programming

Board of Directors

President: Julie Toddington
 Vice President: Jane Gladman
 Secretary: Janette Kovacs
 Treasurer: Crystal Pudsey
 Directors at Large: Regula Baer
 Darlene Blackall
 Laurie Leach
 Rian Martin
 Carey Poitras
 Ken Baker
 Dr. Stephen Shore

Executive Director: Dorothy McKim

Ishtar Transition Housing Society Services

Ishtar House
 604-530-9442

Libra House
 604-857-5797

Stopping the Violence Counselling
 604-534 -1011

Community Outreach Services
 604-534 -1011

Community Based Victim Services
 604-534 -1011

Children Who Witness Abuse
 604-534 -1011

Volunteer/Donations
 604-534 -1011

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We would like to invite you to join us at our

7th Annual *Candle Light Vigil*



to bring awareness to the ***International Day for the Elimination of Violence Against Women*** on November 25th.

This date comes from the brutal assassination in 1960 of the three Mirabel sisters, political activists against the Trujillo's Fascist regime in the Dominican Republic, who were clubbed to death on a mountain road.

Please join us at 5:00pm at McBurney Lane where we will hold a short ceremony to honour women who have been victims of violence—in our families; among our friends; in our world and in our neighbourhoods.

WHITE RIBBON CAMPAIGN

November 25th – December 6th

"My Personal Pledge"

I pledge to never commit, condone or remain silent about violence against women and girls.

Wearing a white ribbon is a personal ***pledge to never commit, condone or remain silent about violence against women and girls.*** Wearing a white ribbon is a way of saying, "Our future has no violence against women."

White ribbons will be available in various places throughout the community or at the Ishtar office at 635-203rd Street. Please recognize this campaign and join the community in taking a stand against violence against women and children.



An Open Letter from a Client:

I am addressing this letter to every person of interest I can think of.

As a victim of crime, I believe Community based Victim Services offered in Langley BC through Ishtar Transition Housing Society is viable and relevant within today's matters of social crime and justice. It has been our experience as a small family in BC that offenders can often have more rights to protection than the victims themselves.

As a victim and a single mother of two, who has not previously been involved nor exposed to such circumstances, I felt overwhelmed and in shock. I did not know where to turn. So much pain and drama is in play. Often women and children who are exposed to violence, do not know what is available to them or what steps to take to find help; the services provided within many communities are not well publicized.

I've found the staff at Ishtar's Community Based Victim Services to be knowledgeable, unbiased, well spoken, articulate, direct, helpful, caring, empathetic and supportive regardless of the circumstances. Services offered include accessing criminal justice information (perhaps questions you may have about your rights), and financial aid access, as well as compassion, and support.

These individuals have walked my family through this very difficult time. I would not have known where to turn,



and may very well have given up. For example, many women turn to disability or social service benefits instead of feeling empowered and standing on their own feet. This service also provides a court liaison, which as seen in the media recently is vital to the wellbeing of all families within our communities. It is nice to know when an offender is released, in order to ensure precautions are being taken for protection. Victim services answers any questions, ensuring victim's rights are protected as well as safety. They are a source of information and referral to other services which may benefit your family.

On behalf of my teenage son and young daughter, I would like to let the people who work at the Ishtar Transition Housing Society's Community Based Victim Services know how much we have been positively impacted by your support. The support is much appreciated!

Letter has been edited for brevity; the original intent of the content remains intact.

PURPLE LIGHT NIGHTS

October is Domestic Violence Awareness month and in support of this Ishtar invites members of the community to let a purple light shine on their porch throughout October to promote the message that **"Domestic Violence Has NO place in our Community"**

Purple light bulbs will be available by donation from Ishtar's Administration Office,
#101— 6350 203rd Street, Langley.

ISHTAR TRANSITION HOUSING SOCIETY WELCOMES NEW BOARD MEMBERS

At the 37th Annual General Meeting in June, Ishtar Transition Housing Society accepted new members to its Board of Directors.

Three members left the Board to pursue other activities: Don Truscott, Terry Smith and Michelle Hawco, these members will be missed for their considerable contribution to Ishtar.

New members being welcomed in September at the first meeting after the summer are Ken Baker, Dr. Steve Shore and Carey-Ann Poitras.

After the AGM, the following members were elected to positions: Julie Toddington, President; Jane Gladman, Vice-President; and Janette Kovacs, Secretary, the position of Treasurer will be filled at the first meeting in September. Members at Large include Regula Baer, Crystal Pudsey, Darlene Blackall, Rian Martin and Laurie Leach.

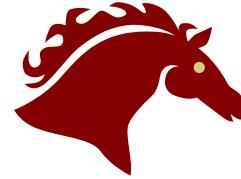
The next year promises to be a busy one, Ishtar's second annual fundraising "SPOOKTACULAR" to be held October 28th and the development of a social enterprise.

"The Board of Ishtar works hard to meet the needs of the community as we are constantly being called upon to expand services. With limited resources, non-profits now have to become more innovative and creative." said President Julie Toddington.

For more information contact:
Dorothy McKim
Executive Director

604-534-1011

CAMP COMMANCHE REPORT



Once again our sincere thanks to The Rotary Club of Langley Central for providing the funding for Camp Comanche again this year.

In July two, week long camps were held at Pacific Riding for Developing Abilities (PRDA). Each day at camp the groups had two hours of equestrian time. The balance was spent in group work, crafts, art activities, walks around PRDA and lunch break. Each week ended in a group hot dog lunch.

Our thanks go to the wonderful staff, volunteers and of course the amazing horses at PRDA. It would not be possible without all of you.

Rena Andronek
CWWA Program Coordinator

FALL PROGRAMS 2011

Please visit our website @ www.ishtarsociety.org to check on the programs that will be offered this fall by Children Who Witness Abuse, Community Outreach Services and Stopping the Violence Counselling.



STV ANNUAL REPORT

This report was inadvertently omitted from the Annual Report. Our apologies.

It has been a busy year for the STV program, marked by many changes. There have been a number of staffing shifts within the STV team over the past twelve months. In early July, Carly Dobson went on maternity leave, and Farah Haq was hired to fill Carly's position. At the end of July, the Family Counselling Pilot Project ended, and the counsellor from the project, Helga Weber, began working permanently in the STV program for 12 hours per week. Helga had previously assisted the STV program by seeing waitlisted clients as her schedule allowed.

This year the STV team has also been fortunate to have received support from some temporary staff members, including three volunteers. In January, Manijeh Ghaffari joined the STV team three days a week. Manijeh's position is funded by deferred revenue, and she is expected to be with us until December 2011. In January, three Masters of Counselling Psychology students also began internships with the program. Amy Glazema (TWU), and Sara Lin (TWU) co-facilitated the spring *When Love Hurts* group sessions with Farah. Lorena Borsato (City U) will be with the program until June. Lorena is seeing individual counselling clients, and she has also been co-facilitating the spring *Seeking Safety* group sessions with me. I am so thankful for the contributions that these students have made to the STV program!

In October I was hired as the new STV program coordinator at 21 hours per week. I have continued to work an additional 14 hours per week, funded by deferred revenue. I have enjoyed the challenge of shifting from full-time counsellor to part-time coordinator/counsellor.

The demand for STV services once again increased this year. During the 2009/10 fiscal year, 205 new clients, an average of 17 women per month, contacted the STV program for service. Over the past year, 253 new clients, an average of 21 women per month, contacted the STV program to complete an intake for counselling services. This represents a 23% increase in demand for services over the previous year. This year in December, Ishtar's STV waitlist reached an all-time high of 114 women waiting for individual counselling, and 53 women waiting for group counselling. By the end of March, the number of women waitlisted for individual and group counselling had dropped to 71 and 3, respectively. Notably, these waitlist numbers are lower than they have been in almost 18 months.

STV counsellor Anne Davies enjoys being Ishtar's representative at the STV Networking meetings that occur every few months. She has reported back that similar increased demands for service are being seen by STV programs throughout the Lower Mainland, and some programs are estimating a two year wait for STV counselling services. At the March networking meeting,

there was discussion about the pressure being placed upon STV programs as a result of changes and cuts to mental health services. Over the past year, the majority of external referrals to the STV program have come from Langley Mental Health and local psychiatrists. The clients being referred often present with complex mental health diagnoses, and they are also frequently assessed at the point of intake as "high risk" because of chronic suicidal or self-harming behaviours.

In an effort to manage the demand for services, the STV program has expanded its group programming this year. In addition to offering short and long-term individual counselling, the STV team has offered four different groups at multiple times throughout the year. In April, Carly and I co-facilitated the *Boundaries and Beginnings* group program; the only group that the program has historically offered up until last fall. Farah began facilitating the 8-week *When Love Hurts* group program in September. This group was designed to meet the needs of those women currently in abusive relationships, or those women who have recently left an abusive relationship. This group was well-attended, and the success of the group resulted in it being offered three more times throughout the year. In October, I began facilitating the 8-week *Seeking Safety* group program. This group cycles through the same 8 topics, and it is designed to provide information about the long-term impacts of trauma, and to support women with developing healthy and alternative coping strategies. This group was also intended to meet the needs of those "higher risk" clients who could not realistically wait for individual counselling without some support. Three sessions of the *Seeking Safety* group have been offered this year. Finally, in March, Manijeh began facilitating the *Women's Circle* drop-in group program. The purpose of this group is to provide an immediately accessible STV service to women looking for emotional support around current and historical abuse and violence.

I would like to take this opportunity to acknowledge the dedicated team of STV counsellors that I have the privilege of working with. I appreciate the warmth, compassion, wisdom, humor, and flexibility demonstrated by Anne, Helga, Farah and Manijeh on a daily basis. I am also grateful for the initiative taken by our two temporary counsellors, Farah and Manijeh, to develop the *When Love Hurts* and *Women's Circle* group programs. I would also like to thank all the staff from the administrative office, the transition houses, and the tireless volunteers, for the many ways in which you support the work of the Stopping the Violence against Women Counselling Program!

Respectfully submitted,
Angela Johnson
STV Program Coordinator



A GLIMPSE INTO A H.E.A.L. SESSION (HORSES EMPOWERING AUTHENTIC LIVING)

"Breathe and allow yourself to feel what wants to be felt. Breathe and allow whatever part of you wants to be healed", facilitator Linda-Ann Bowling says. Softly and reverently the breath becomes deep, the tears begin to cleanse the soul, the nakedness of the human experience is felt by everyone. Vulnerability is honoured and the release begins. No, not by the women...but by the horses who stand in the circle patiently waiting, accepting unconditionally the heartbeat of these previous women. The heart space of the horses is big, a container of emotion does not overwhelm them, for they have learned how to interpret the messages behind the emotions.

H.E.A.L. is a four-week program designed to help participants use the intuitive power of horses to help them learn to trust themselves and others again, to stand strong in their convictions, listen to their intuition and to replace any negative self-talk with stories of worthiness, love and wholeness. The program is facilitated by Master Coach and Intuitive Healer, *Linda-Ann Bowling* out of her Healing Heart Sanctuary in Langley. It uses her herd of gentle and kind horses, couples with respectful coaching designed to develop trust among participants in the program.

Horse therapy is gaining ground amongst difference agencies in our sector. Horses are incredibly intuitive and sensitive. They understand the importance of connecting on a different level with humans and once you let them in, unbelievable things happen.

The H.E.A.L. program is very successful. The responses we receive from participants identify that the horses "knew how they were feeling". The program enables them to look deep inside themselves and find a strength they didn't know they had. It also allows for incredible healing to start happening.



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**We are looking for
VOLUNTEERS**
to help in the Donation Room

Training will be given and groups or individuals are welcome. There are flexible daytime shifts available.

The Donation Room is located at #101-6350 203rd Street, Langley.


For more information please contact Debbie at 604 534 1011

DONATION ROOM

Regular Hours of Operation

Tuesdays 11:00 am - 2:00 pm
Wednesdays 11:00 am - 2:00 pm
Thursdays 11:00 am - 2:00 pm

We are a safe drop-off site for both our transition houses and for the many clients that access our services. We are a volunteer operated program and volunteers must be present to accept your donation. Please do not leave items at the door.

Spooktacular 

If you have an idea, a donation or a service for our Silent Auction
Please contact Debbie
We would like to thank everyone for their generous donations.

In preparation for the next school year, we are looking for the following new items:

1 x **Child's Back Pack** containing:



- ♦ 1 x 16 pack crayons
- ♦ 1 x 12 pack pencil crayons
- ♦ 1 x 12 pack felt pens
- ♦ Erasers
- ♦ 1 bottle glue, white bond fast
- ♦ 1 glue stick
- ♦ 1 box Kleenex
- ♦ 3 blank notebooks
- ♦ 2 half blank half lined notebooks
- ♦ Pencils
- ♦ Scissors for young child
- ♦ 1 plastic ruler
- ♦ 1 scrapbook
- ♦ 1 pencil case

Still want our Newsletter? 

Due to our green approach we will be ceasing the non-electronic mail out of our Newsletter. If you would like to continue receiving Transitions by email, please forward your email address to: reception@ishtarsociety.org

We would like to have the items collected as soon as possible so that we are able to give them out in good time for the school year.

If you are able to help please call Debbie, Donation Coordinator, at 604 534 2602. Thank you!

APPLICATION FOR MEMBERSHIP

Ishtar Transition Housing Society welcomes support from the community for the work that we do. We are committed to working with all victims/survivors of domestic violence and abuse. Our programs include safe accommodation at transition houses, support and counselling. Whenever possible we go into the community to educate the public and to help people become aware of the impact this abuse has on many peoples' lives. Our goal is to help prevent this abuse and violence from happening.

Membership is **\$5.00** per year. If you feel able to contribute any additional amount, it would be very much appreciated. Ishtar is a Registered Charity and can issue tax deductible receipts for donations of \$5 and over. Please make your cheque payable to **Ishtar Transition Housing Society.**

When the Board of Directors considers your application, it would be helpful if you could state your reason for applying for membership in the Society. _____

Please complete return to: ISHTAR TRANSITION HOUSING SOCIETY
#101—6350 203rd Street, Langley, BC V2Y 1L9

Name _____ Phone: _____

Address _____ Postal Code: _____

Membership Fee enclosed \$ _____ Email: _____

Signature _____ Date: _____

Membership accepted _____ Date: _____

Ishtar Transition Housing Society respects and upholds an individual's right to privacy and to protection of her/his personal information. Ishtar Transition Housing Society is committed to ensuring compliance with applicable privacy legislation.

Ishtar Transition Housing Society does not sell, trade or rent mailing lists. If you wish to be removed from any of our lists, please contact us by phoning 604-534-1011.

DONATION FORM:

I would like to support Ishtar Transition Housing Society. Please print your name and address below:

Name: _____

Address: _____

Email: _____ Phone: _____

I WOULD LIKE TO DONATE \$ _____

PAYMENT METHOD: By cheque _____ Money order _____ By Visa _____

Name of cardholder: _____ Credit card # _____

Cardholder signature: _____ Expiry Date _____