

TRANSITIONS

Committed to preventing, breaking and ending the cycle of abuse.

www.ishtarsociety.org

Ishtar Transition Housing Society Services

Ishtar House
604-530-9442

Libra House
604-857-5797

Stopping the Violence Counselling
604-534 -1011

Family 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

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
Terry Smith
Don Trusott
Executive Director: Dorothy McKim

**Ishtar Transition Housing
Society is a non-profit
organization.**

City of Langley Appreciation Banquet

On Friday, February 4th, 2011, Langley City Council hosted the City of Langley Volunteer Appreciation Banquet honoring the many individuals and volunteer organizations that passionately and selflessly contributed their time and energy in 2010 to making the City of Langley a better place. This event was held at the Langley Coast Hotel and Convention Centre and was attended by 210 volunteers representing 75 committees and organizations. Ishtar Society was represented by two Board of Directors, Ms. Darlene Blackall and Mr. Rian Martin. The City of Langley provided an evening of gratitude in gracious style where Mayor Peter Fassbender and his wife Charlene personally welcomed each guest as they arrived to the event.

Mayor Fassbender's opening comments before dinner held a special message to the volunteers "Before we lead into dinner, I would like to talk a little about how we feel about our volunteers in the City of Langley. Please turn your attention to the little gift bags you found at your place settings when you sat down this evening. The theme tonight is 'value'. Tom Brokaw said it well ... "It's easy to make a buck; it's a lot tougher to make a difference". The coins you'll find in your gift bag are a symbol of the value

you bring to our community. Your work is priceless and it is well known that if we had to pay you to do the work you do, it would cost hundreds of thousands of dollars a year. You are a group of shining stars that give of your time faithfully over and over again. Please enjoy this small gift and know that the appreciation we have for you is immeasurable and the work you do does make a difference!"

There was also this humorous poem that was read by Councillor Teri James:

Many will be shocked to find, when
the day of reckoning nears,
That there's a special place in
Heaven, set aside for volunteers.
They'll sit in big recliners, built
just to perfect size,
There'll be no committee chairmen,
no events to organize.
Not one thing to fold or mail, no
telephones to ring.
But a finger snap will bring cool
drinks and treats fit for a king.
You ask, "Who'll serve these people
who have volunteered for all
their worth?"
And serving them will be the ones
who didn't volunteer on Earth.

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Appreciation Banquet contd..

And then followed by this message from Councillor Rudy Storteboom that touched me deeply:

I'd like to add a few personal remarks to express my sincere appreciation for everyone here.

We know that nobody can do everything, but everyone can do something.-the spirit of our community,-the bond that keeps us connected.

Thank you for coming to the party. Thank you for looking out for us.

Like snow we are significant to each other by sticking together.

Each of us is like a unique piece in the puzzle of life and together, the picture gets bigger and clearer.

You get "it"; when you give yourself away. You know the value of being involved.

I'm proud to know you and you can be proud of yourself too.

No other person can do it the same as you. You are special.

No matter how effective a government can get, it can never take the place of volunteers.

Thank you for polishing up the rough spots and making Langley City shine.

Langley City is proud of you. I am happy to celebrate you, with you, tonight.

This grand event does express The City of Langley's appreciation for all the Volunteers' hard work. This event is a great example of how volunteers create and sustain a community. Keep up the great work and it was a pleasure representing Ishtar volunteers at this event.

Darlene Blackall

National Victims of Crime Awareness Week – 2011

April 10 to April 16, 2011

Many Voices, Many Paths

Tune in to Rock 101 and the Fox (99.3) between April 11 and April 17, 2011!

This year for National Victims of Crime Awareness Week, the Community-Based Victim Services program has partnered with the Langley RCMP Victim Services Program. We applied and were successful in securing funding from Justice Canada to promote the Victim Services programs in Langley.

Starting Monday April 11, 2011 until Sunday April 17, 2011, there will be a series of radio ads endorsing the benefits of Victim Services. The ads will be heard on Rock 101 and the Fox. The ads will be targeting Victims of all types of crime.

The ads will provide general information regarding the impact of crime as well as services available to all victims of crimes. Some ads will be targeting a multi-cultural audience and some will be more crime specific.

The ads will run from Monday to Sunday, starting at 05:00 until 01:00, each week, for a total of 136 x 30 second spots. Additionally, we will run ads in the three local newspapers promoting the upcoming National Victims of Crime Awareness Week. These ads will encourage readers to look for the editorials that will also discuss the impact of crime and the services available to victims of crime in the following week.

We have also been invited to go to the radio stations (Rock 101, The Fox and CKNW) for short live interviews. The dates are to be confirmed at a later date.



Community Outreach Winter Programs

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Are you a woman who has left, or is thinking of leaving, an abusive relationship?

Are you interested in finding out about your legal options? Rights? Resources?

Are you feeling confused with the Court process?

We have information and resources that can help

- ◆ Videos
- ◆ Court forms
- ◆ Legal Rights Guides



Where: Ishtar Transition Housing Society, #101 6350 203rd St. Langley

When: Wednesday mornings
9:30am— noon
Until March 31st 2011

For more info or to arrange for child minding call Jenni at 604-534-1011

Community Drop-In Group

WHO: Women who have experienced, or who are experiencing, any type of abuse in any relationship

WHY: To provide women with the opportunity to experience a safe space to connect with other women, as well as providing women with free and confidential support and information.

WHERE: Ishtar's Group Room
#101—6350—203rd St., Langley

WHEN: Every Monday until June 20th from 9:30am to noon., excepting Statutory Holidays.

For more information on the Langley group, please call Jenni or Ronnie at 604 534 1011

OR

WHERE: 26970 Fraser Highway, Aldergrove

WHEN: Every Tuesday until June 20th from 5:30pm to 7:30pm.

For more information on the Aldergrove Group please call Mardel or Dana at 604-534-1011

- ⇒ Refreshments will be provided for group members.
- ⇒ Groups are facilitated by Ishtar Transition Housing Society's Community Outreach Workers
- ⇒ Childminding is available at the Langley location only, but you need to book at least two weeks in advance.

Children Who Witness Abuse Program

PARENT CHILD CONNECT

Join us for a morning filled with crafts, games and stories for all ages.

TIME: 10 am to noon

PLACE: Ishtar Office
#101 - 6350 203rd Street, Langley.

Saturday February 12th: Theme: Valentine's Day
Saturday March 12th: Theme: Spring
Saturday April 16th: Theme: Easter
Saturday April 30th: Theme: Mother's Day
Saturday June 11th: Theme: Father's Day and Summer

To register or for more information please contact Rena at 604-534-1011.



CWWA is also offering the following after school groups this winter:

- ◆ CWWA Group for 5—7 year olds on Wednesdays
- ◆ Go Girls for 10—12 year olds on Mondays
- ◆ Go Girls 2.0 for 13+ on Thursdays
- ◆ Guys Group for 8—12 year olds on Tuesdays
- ◆ Guys Group for 13—17 year olds on Tuesdays

Topics for the Guys Group include abuse, anger management, self-esteem, stereo types and society's view on guys.

We are taking names on a waitlist for all the above Groups. For more information contact Rena at 605-534-1011 ext. 234.



THE PAIN AND PLEASURE OF PARENTING

Dates: Wednesday February, 9, 16, 23 and March 2, 9 and 16

Time: 11:30 am to 1:00 pm

Session 1— Introduction

Session 2— The effects of witnessing abuse on children

Session 3— Parenting styles, what's yours?

Session 4— Changing behaviours

Session 5— Routines and Resources

Session 6— Group choice

Each session will have a check in, session topic instruction and discussion, followed by check out.

Snacks and beverages provided.

For more information or to register call Rena at 604-534-1011 ext. 234

Stopping the Violence Counselling Program

Starting March 23rd, 2011

“Women’s Circle Drop In Group”

When: Every Wednesday from 9.30 to noon

Why: To reduce wait times for accessing STV services, reduce isolation and encourage community among women survivors, provides psychoeducation about the topic of violence and related trauma responses and provide referrals to other supports.

Facilitated by rotating STV Counsellors.

For more information please call Manijeh at 604-534-1011 ext 240



“WHEN LOVE HURTS”

THERAPEUTIC DISCUSSIONS ON RELATIONSHIP VIOLENCE AND COPING

Who: *For women who have experienced or are experiencing any type of abuse in any relationship*

Why: *To provide women the opportunity to understand the dynamics of a violent relationship, in a safe and supportive atmosphere. There will also be discussions around coping, safety, grounding and emotional containment.*

When: *Every Monday from 1:00pm to 3:00pm for eight weeks.*

Groups are facilitated by Ishtar Transition Housing Society’s “Stopping the Violence” Counsellor.

For more details, please contact Farah
at 604-534-1011

Seeking Safety

Purpose: To provide psychoeducation about post-traumatic stress responses, and to support women in developing safe and healthy coping strategies.

When: Every Thursday from 9:30 to 11:30 am for 8 weeks

Group is facilitated by STV program coordinator and counsellor Angela Johnson. Please contact Angela for more information.

What lies behind us and what lies before us are small matter compared to what lies within us.

Ralph Waldo Emerson

Volunteer Opportunity:

**We are looking for
VOLUNTEERS
to help in the Donation Room
and with grocery shopping.**

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 or
debbie@ishtarsociety.org**



Easter

April 24th

We are looking for donations of goodies to fill the Easter Baskets for the children. If this is something that you would be able to help with, please contact Debbie at 604-534-1011 or email: debbie@ishtarsociety.org.



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.

We accept the following donations:

- ◆ Items which are clean and in good condition
- ◆ Seasonal clothing for women, children and youth
- ◆ Clothing for boys aged 8—14 is in high demand
- ◆ Pyjamas, slippers, housecoats and cosy clothing are always in high demand in our transition houses
- ◆ Hygiene products—unopened (i.e. soap, shampoo, feminine products, toothpaste and toothbrushes)
- ◆ New toys in the original packing
- ◆ Small household items including bedding, cook-safe pots and pans, cutlery etc
- ◆ Furniture and larger household items are accepted, subject to inspection, if they can be delivered to our storage unit on 56 Ave

Thank you for your cooperation and support of the Donation program.



Christmas Thank You



Dear Friends

As we plan for 2011 at Ishtar we would also like to take a moment to look back at Christmas 2010 and share some of our thoughts with you, our supporters. Christmas at Ishtar was wonderful for everyone because of your generosity and kindness. The houses looked so festive from the wreaths on the front door to the sparkling decorations and beautiful trees. Santa arrived and the stockings were filled, tables were laden with goodies and laughter filled the houses. The mothers in the houses were especially grateful that their children should have such a wonderful Christmas experience that surpassed their hopes and expectations.

The second annual Ishtar Christmas party for all our clients was also a great success. The room was packed to capacity, with over 170 mothers and children sharing good food and good times. Everyone was so touched by the generosity of our supporters. Santa was able to attend, carols were sung, cookies decorated, stories read and friendships renewed.

All of this was possible because of your generosity. We continue to be amazed at the support of our community and we look forward to continued partnership in 2011. Thank you from the bottom of our hearts.

Sincerely

Debbie



As always we would like to express our sincere thanks to all our wonderful volunteers who continue to amaze us with their hard work, dedication and commitment.



We would also like to extend a warm welcome to our newest volunteers:-
Margot, Michelle, Jane, Gail, Carol, Marti and Edris.

We are so glad to have you with us!

May we email you...?

With rising costs we are always trying to find ways to make our dollars stretch further. If you would be able to receive your copy of "Transitions" by email you would be saving the environment and helping Ishtar at the same time! Please send your email address to us at reception@ishtarsociety.org.

I have found that among its other benefits, giving liberates the soul of the giver.

MAYA ANGELOU

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.**

Please complete and return to:

ISHTAR TRANSITION HOUSING SOCIETY
#101 – 6350 203rd Street, Langley, BC V2Y 1L9

Name _____ Phone: _____

Address _____ Postal Code _____

Email: _____ Membership Fee enclosed \$ _____

Signature _____ Date: _____

Membership accepted: _____ Date: _____

It would be helpful if you could state your reason for applying for membership in our Society: _____

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.

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

First Name: _____ Last Name: _____

Address: _____

Province: _____ Postal Code: _____ Telephone: _____

I WOULD LIKE TO DONATE \$ _____ Immediately to ITHS: _____ Monthly: _____ # of times per year _____

I authorize ITHS to charge \$ _____ to my credit card on the _____ day of each month or _____ times per year.

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

Name of cardholder: _____ Credit card #: _____

Cardholder signature: _____ Expiry Date: _____