

**IN CASE YOU MISSED OUR HOLIDAY NEWSLETTER, MAKE SURE TO CLICK [HERE](#) FOR AN INSPIRATIONAL STORY!**



SARA's Board of Directors

## Statistics and Program Good News

### Housing and Outreach

<b>1,745</b> women accessed Housing services	<b>600</b> women have accessed Outreach Services
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### Harm Reduction

<b>4060</b> Needles Distributed	<b>476</b> Naloxone kits provided to clients	<b>146</b> Services and referrals provided
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### Counselling

<b>215</b> Women seen in our STV program	<b>93</b> Kids seen in our P.E.A.C.E program
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### Pregnancy Outreach Program (POPs)

<b>71</b> Women ongoing in the program	<b>115</b> Mothers + Children attending lunches
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#### MULTICULTURAL OUTREACH

In this quarter, an outreach worker played a pivotal role in assisting a client and her children as they fled their family home. The worker secured support from Northview Church for the first month's rent and Central Heights Church for household items. Additionally, the worker facilitated the transfer of the child's tax benefit to the client's bank account, addressing security concerns by helping her create a new my CRA account that her abuser couldn't access. The client continues to express gratitude for the invaluable support during this challenging transition.

**"I could have not have done this on my own. Thank you for giving me hope and a new beginning."**

Staff reported a client at risk of having to move back to the community where she escaped from her abuser and was granted the ability to stay in Abbotsford, where the client had settled with her children. She was very appreciative of the support and advocacy from the Outreach program.

**"Thank you for your advocacy and support in helping me and my children through the court process. I feel relieved that I can continue residing in Abbotsford with my children and don't have to return to the community we fled from."**

#### HARM REDUCTION & OVERDOSE PREVENTION SITES PROGRAM

Two clients have achieved six months of sobriety and are currently at the 190-day mark in their recovery journey from alcohol addiction. The support worker played a crucial role in helping them obtain dentures to address the impact of drugs on their teeth.

#### HOUSING

We aided a recent immigrant woman facing domestic violence, helping with legal matters, reuniting her with her child, and facilitating a transfer to ATH for better community connections. Our collaboration with ATH staff ensures continued support for her.

#### PREGNANCY OUTREACH PROGRAM (POPS)

The POPS Christmas Lunch was a complete success. A variety of community partners helped by decorating the All Saints Anglican Church and offering to help out at the program. An abundance of gifts were donated to the program which encouraged the women and enabled them to provide a good Christmas celebration for them and their children.

#### COUNSELLING

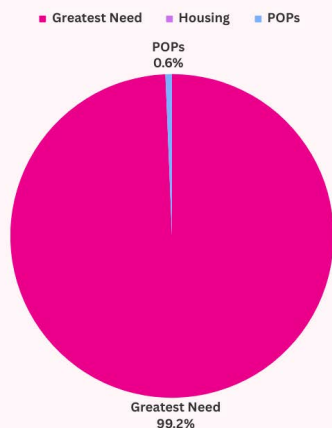
##### PEACE:

One client at the initial session would not make eye contact with staff. Gradually the client felt safe in the counselling room and with staff. The client gained so many skills and tools around communication and healthy relationship building, which has been reflected in her improvement of positive peer relationship in school and increased academic success.

##### STV:

A client presented with anxiety and abandonment issues due to the intimate partner violence and trauma in her life. Using a variety of counselling tools the client learned to be more present with herself, learned self-compassion. Her energy level increased, and her anxiety decreased impacting her relationship with her son. She now has a number of tools to manager her self-doubt and anxiety.

## WHERE HAVE YOUR DONATIONS GONE?



[Donate Now](#)

**Greatest Needs:** winter clothing and accessories (women and children), diapers, baby formula, baby/adult hygiene products, and household items!

### WHY DONATE?

When you donate to SARA for Women you make a direct positive impact in the lives of vulnerable women and children in your community. And there are a number of ways that you can make that difference.

#### WHERE DO MY DONATIONS GO?

Your donations are distributed where they are needed most to achieve maximum effectiveness for the most vulnerable members of our community. Your donations could go to needs such as;

- Newborn babies to Toddlers – your donations can help buy things like diapers, formula, gifts during holidays, lunches, and more.
- Women escaping violence to overcoming addictions – your donation can go to providing a hot meal, clothing for extreme weather, harm reduction supplies to save a life, a safe place to rest their head, and more.
- Your donations can also help us create more programming, expanding our reach within the Fraser Valley, providing extra support to women and children in need, and so much more.

# Candlelight Parade 2023

On December 2nd, the Mission community came alive with the enchanting glow of the Candlelight Parade. Bubbles, lights, balloons, and sweet treats filled the air as dazzling floats paraded through our streets, creating an unforgettable evening!

A big thank you to the Mission Regional Chamber of Commerce for orchestrating this spectacular event. Your efforts made it a night of joy, laughter, and community connection.

We hope everyone enjoyed the festivities as much as we did! Mark your calendars for next year's Candlelight Parade—we can't wait to create more magical memories together.



# Board Corner What is your "Why"

"The women and children in our transition houses have hope!

My vision is that every woman fleeing violence will grow to be strong and independent - setting her on a path towards her goals and modeling that behavior for her children. I know that being supported by SARA makes that future ever more possible.

I am confident that with the support of SARA and your generous donations, these women and mothers will be able to turn their hopes and dreams into action."



- Colleen Walker, Board of Directors

# SARA IN THE COMMUNITY

RRT North American - Food Hampers & Pizza Lunch



POPs Christmas Lunch

Mission Customer Appreciation Night



Second Stage Housing Christmas Mingle



Touching Lives Foundation Fundraiser



Mission Downtown Trick or Treat



Loft Tan & Wellness Donation