

CYTHERA TRANSITION HOUSE SOCIETY



CYTHERA TRANSITION HOUSE

Cythera's transition house provides a safe refuge for up to 30 days for women and their children fleeing abuse. Staff are at the house 24 hours and provide emotional support, practical information and help linking families to other services and community resources. A Children's Support Worker is available to help the children deal with the trauma and change in their lives

CYTHERA PROGRAMS ARE FREE

The cost is covered by:
 Public Health Agency of Canada - CAPC
 Ministry of Public Safety and Solicitor General
 BC Lottery Corporation
 United Way of the Lower Mainland
 Community donations
 Cythera Thrift Store

Cythera Thrift Store offers gently used clothing and household items to the community. Because most of the staff at the store are volunteers and the stock is donated, prices are very reasonable. All proceeds from sales go towards Cythera programs.



CYTHERA COUNSELLING CENTRE

A variety of programs are available at the counselling centre:

Step 1 resources include individual counseling and/or the '1 Can' Abuse Awareness Group. '1 Can' is an introductory group for women who are beginning to access services.

Step 2 resources include the 'Adult Survivors of Sexual Abuse' 12 week group and the 15 week 'Pattern Changing' group.

Step 3 is the Community Coffee Group. This self-led social group is for women who have accessed Cythera's programs and are ready to start connecting in the community. It offers continued mutual support with friendly, familiar faces.

Some family counselling is available for women and children.



CYTHERA TRANSITION HOUSE SOCIETY - 27 years of supporting women in the community

"Chances are you know a woman who has been abused, or a child who has witnessed abuse. They may need some help and they deserve support."

Cythera has been providing that support and a refuge for women and children, and much more.

CYTHERA UNIQUE BOUTIQUE

Cythera is opening a new store with unique donations such as art, collectibles, dishes, handbags, shoes and other designer items. Along with Cythera Thrift Store, proceeds from Cythera Unique Boutique will enhance programs for women and children.



CHILDREN WHO WITNESS ABUSE PROGRAM:

This is a program for children ages 3 to 18 years who are not currently living in the abusive situation. The program includes some short-term individual counselling as well as children's 8 to 10 week counselling groups.

Staff will work with the mothers with very little children or work with the younger children through play.

Parenting After Domestic Abuse Group (PADA) is a 10-week program that focuses on understanding woman abuse and its effects on children. Topics include: What's Going On for the Kids; Boundaries and Respect; and more



HEALTHY LIFESTYLE PARENTING PROGRAMS for women with children from birth to 6 years

Parenting Dinner Program, women make and enjoy a healthy dinner, participate in the Parent/Child Mother Goose Program, and have some time for parenting support and social connection while the children have some time with on-site child minders.

HeLPP Connection Group is an 8 week play/coffee group for moms with children from birth to age 6. Children stay with parents during the group and socialize with other children. Two community field trips are included during the 8 weeks.

Parent/ Child Mother Goose is a group for women and their babies or young children that helps nurture the relationship between mother and child. Mothers learn to share songs, rhymes and stories with their little ones.



MORE PROGRAMS

School and Community Outreach - healthy relationships and violence prevention

Multicultural Outreach - culturally appropriate support, education, advocacy, accompaniment, referrals and individual counselling.

For more information on these and other programs, call 604-467-9939



22318 McIntosh Avenue
 Maple Ridge

In crisis or needing support:
 604-467-9966

Program registration and information:
 604-467-9939 (ext 230)

