

A SUCCESSFUL SPRING CAMPAIGN!

ChezRachel

Thanks to your generous donations we have surpassed the 32 625\$ needed to renovate our apartments. ChezRachel residents thank you for your incredible generosity that has allowed us to purchase new furniture, appliances and carry out necessary repairs. The work has already begun and the results are immediate. Your caring gifts have made it possible for ChezRachel families to live in fresh and functional spaces that promote healing and peace.

A BIG THANK YOU TO ALL OUR DONORS!



One of our younger residents drew you a picture to say thank you for your kindness



Our young residents built their beautiful homes

**Rolf Gretschrman
Blake Fitzpatrick
Douglas Harvey
Madeleine & Raymond
Lafond
Jean-Pierre Parenty &
Michelle Smith**
**HAVE ALL SPONSORED AN
APARTMENT, THANK YOU VERY
MUCH!**

Follow us on Facebook
& Instagram!



To provide a
continuous support
please make a
monthly donation:
[https://chezrachel.ca/
en/make-a-donation/](https://chezrachel.ca/en/make-a-donation/)

NEW ACTIVITIES FOR CHILDREN

During the difficult months of the pandemic lock down in Manitoba, families at ChezRachel were able to keep active thanks to federal grants and your kind generosity. In the winter, we were able to hire a child animator who focused on creating zoom activities for children. These activities were then turned outdoors with the easing of restrictions. Mothers joined organized excursions to the zoo and the art gallery. Federal grants and your generous donations allowed us to purchase educational games, arts and crafts, and sport equipments.

Children and their mothers were thus able to combat social isolation through regular social interactions during the difficult months of school closures and restrictions. We now plan to include these fun social activities into our regular family programming. We will continue to count on your generosity to support a program that improves the well-being and mental health of both children and their mothers for years to come.

Thank You!

One woman, one child, one life at a time

Please pass this newsletter along if you know someone who would like to learn about ChezRachel! Or, let them know they can be added to our updated list by sending a request to admin@chezrachel.ca

A CHEZRACHEL RESIDENT'S STORY

"I was introduced to ChezRachel through a counsellor that I had been working with at the time. She had helped me in leaving the relationship that had taken my hope and my confidence away and she guided me towards a place that would give me a new chance at life. I had been in a place where I had lost myself; I looked at my child and I knew that this wasn't the best life for us. I knew that by staying in the relationship, I would be taking future opportunities away from both myself and my child.

"I feel a new sense of confidence and contentment"

Coming to ChezRachel, I quickly realized that this would be a place where you can feel safe, encouraged, and supported. At first, the meetings were frustrating to me - I wanted to be alone, and I didn't feel like interacting with anybody. I was so tired after leaving my relationship that I would struggle to stay awake during the day and I would find it difficult to complete my usual daily tasks. After about a week, things started to get a little easier for me. I got to know the other women in the building and I felt a sense of community, almost like I was around family.

I began to recognize my strengths thanks to others pointing out what they saw in me, and it began to take away the self-doubt that I had. The apartment that I lived in quickly made me feel at home. It was clean, bright, spacious, and welcoming and both me and my child felt at peace living there.

I would describe my time in counselling as a victory. It wasn't always easy but, in the end, I learned a lot. I was able to begin rebuilding myself and my life and I knew that there were more positive things coming my way. I now feel comfortable and confident in who I am and through it all, I was accompanied by the staff and other residents at ChezRachel.

I felt acknowledged and affirmed as a person and I was always respected and valued by those around me in the shelter. I had been belittled for so many years.

Nobody comes to the shelter with their lives in order but over time, with the help of others, they regain the hope they once had. They begin to see the value that they have, and their skills and strengths are brought to the forefront.

Throughout my stay at ChezRachel, I truly felt like I was among family, and I will never stop thanking everyone for the way they welcomed me and my child this past year. I am now in my new home and back at work and I feel a new sense of confidence and contentment that I haven't felt in a long time. My strength is back, and we are well. Thank you."

Follow us on Facebook & Instagram!



You can help women and children by donating at:
<https://chezrachel.ca/en/make-a-donation/>

SOME STATISTICS:

- 67% of Canadians know a woman who has experienced physical or sexual abuse.
- Indigenous women are killed at six times the rate of non-Indigenous women.
- More than 6000 women and children sleep in shelters because it isn't safe at home.
- One in three adults report experiencing child sexual abuse or physical abuse and/or exposure to intimate partner violence.
- Beyond the human consequences, it is estimated that gender-based violence costs Canada \$9 billion per year.

Source: Canadian Women's Foundation

HOW TO REACH US

Share your story, give online, add a name or receive our info by email.

C.P 183
WINNIPEG, MB
R2H 3B4

Monday – Friday
9h30-17pm

204-925-2550
1-800-668-3836 (Toll Free)
Email: admin@chezrachel.ca
Website: www.chezrachel.ca

The Women of ChezRachel depend on support from our caring community.



FOR EMERGENCY ASSISTANCE:

If you or someone you know needs to leave a violent home environment, there is help available 24/7:
1-877-977-0007

Providing information and referrals to emergency shelters and other appropriate services.

FOR LONG-TERM HOUSING:

For safe longer term housing, support and counselling for women and children in French and English, you can call us directly.

Charitable Registration Number: 135856375RR0001

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