

## How you can help



A big part of the success of Pacific Centre Family Services Association comes from the support that we get from individuals, groups and businesses in the community. One major thing that helps our programs help people is cash donations. Here's a few examples of how your hard earned money can go a long way:

A donation of only \$5.50 per pay period, \$12 per month, or \$143 per year will pay for a risk assessment of a man's violence in his family, which will help to determine if it is safe enough for him to remain living with his children.

A donation of only \$10 per pay period, \$22 per month, or \$260 per year gives a couple four sessions of professional joint counselling, which could help them to reduce conflict in their relationship and create harmony at home for their children.

A donation of \$20 per pay period, \$43 per month, or \$520 per year allows us to respond to 10 email queries from youth seeking help via the internet, which may help those youth to reach a safe solution to a problem or find

the intervention they need.

A donation of \$35 per pay period, \$76 per month, or \$910 per year purchases the supplies and guest speakers for a whole program of a girls' group. This group helps girls find educational and support group and enhance their self-esteem.

A donation of \$50 per pay period, \$108 per month, or \$1300 per year helps a child recover from the trauma of child sexual abuse through almost 5 months of individual therapy. This therapy helps them recover from their trauma, increases their resiliency, and improves their chances of long term safety and emotional health.

A donation of \$200 per pay period, \$434 per month, or \$5200 per year assists us to deliver additional Seeking Safety group interventions in rural communities for women recovering from the trauma of violence and concurrent addictions issues. This support increases women's self-esteem and self-determination and improves their chances of long term personal and family safety.

*Tax receipts will be issued for most contributions (there are certain exceptions, contact us for more info). Please make contributions to Pacific Centre Family Services Association and mail or deliver to #200-324 Goldstream Ave, Victoria BC V9B 2W3. Your support is appreciated!*

