

Discovery House

domestic violence ends here.



Discovery House is a non-profit organization providing a continuum of care to women and their children fleeing domestic violence. We facilitate transitional housing – offering longer-term, safe places for women and children to call home while they begin rebuilding their lives. We provide mothers access to counselling, support and programs to ensure they never return to abusive partners. We work directly with children, to mitigate the effects of trauma and prevent the cycle from repeating. **Discovery House is about hope.** From the moment women and their children walk through our yellow door, their lives are changed, forever.

PROGRAMMING & SUPPORT

We offer hands – on, in home support to clients both at Discovery House and living in the community. We ensure basic life skills are achieved so women can provide for themselves and their children and live independently. Everyone has individual needs and therefore the services are client-driven and individualized. Counselors complete an assessment and a service plan is developed for each client, even the youngest non-verbal child.

Our trauma-informed support team includes -

- Case Managers
- Mental Health Specialists
- Intake Worker
- Community Engagement & Volunteer Coordinator
- Child and Youth Workers
- Housing Liaisons
- Client Services Administrators

We make innovative therapies, one-on-one counselling and group programming available to women and their children so they have the foundation they need to participate confidently in society and live a life free of abuse.

Core Program Offerings

In addition to case management and mental health and wellness support, our core program offerings are evidence-based, best practice interventions, designed to reduce the negative impact of abuse. Established programs like *Triple P Parenting*, and *Kids Club* and *Moms Empowerment*, are part of our standardized support.

Child & Youth Support

We've created a developmental checklist that is used with children who have been impacted by domestic violence. We assess their stages of development, determine the gaps, and provide services that help close those gaps and contribute to health and well-being.

Kids under 6 years of age can access the child development centre, where trauma informed specialists focus on building connections and meeting developmental milestones through sensory play and attachment-based therapies.

Kids 6-17 are provided one-on-one counselling and group programming, with a focus on communication, socialization and healthy relationships.

*After two weeks in an emergency shelter,
I moved into Discovery House. I found hope.
I felt at peace. I knew I was safe.
I gained confidence and found my voice.
My husband used to call me a nobody,
now I know I am a somebody.
I am worthy.*

~Sadia

Innovative Programming Offerings

We offer new, innovative programming to help our clients develop resilience, reduce stress and increase self-awareness and confidence. From Yorticulture to Match Savings to Equine Assisted Learning, we work to bring wellness and healing.

90% of women participating in DH programs say they felt supported in addressing their emotional and practical needs and agreed they knew more about community resources they could access to help provide for their families.

With support, 85% of children and youth moved through developmental milestones at an age appropriate rate

Our **Hands Up Bursary** is designed to remove barriers to education. The bursary covers post-secondary education programs, including tuition, living expenses, transportation, housing and child care. Since its inception in 2007, bursaries have been provided to 17 clients and we've awarded a total of over \$420,000.



To learn more about the work we do, or to find out how you can support our work, please contact us:

DISCOVERY HOUSE | PO Box 85058, Albert Park PO | Calgary, AB T2A 7R7 | 403.670.0467 | info@discoveryhouse.ca | www.discoveryhouse.ca