



Discovery House Family Violence Prevention Society  
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FOR IMMEDIATE RELEASE

## Holidays at a shelter: “It was very hard to be there over the holidays, but it was safer,” says a former domestic violence shelter resident.

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**Calgary, AB** - This holiday season may look different for most but for some women and children, it will be even harder especially if it is their first Christmas living in a shelter after leaving their family home due to domestic violence. Many mothers and their children still miss their homes and some family members, but Discovery House makes holidays extra special.

“It was very hard to be there over the holidays. We had left our pets, our friends, our neighbours and our home, but it was safer, and I know it would have been extremely dangerous to still be living in our old home. I knew that I could never go back and that no matter how hard it was, I had to stay for myself and my children,” said Alison, a former resident at the Discovery House shelter. “Discovery House became a haven and a sanctuary, but it took a while. The counsellors were amazing and always there for support.”

Discovery House not only provides secure, long-term housing for women and their children leaving domestic violence, but also provides mental health care for both the mother and the child as support with their recovery from violence into independence. The organization operates a childcare development centre that uses trauma-informed approaches so that families can heal and prevent the cycle of domestic violence from repeating.

“The holidays are always a difficult time for the women and children we support. The increased isolation because of the COVID-19 pandemic, makes it even harder. However, the shelter teams make it very special and the mothers and children get the support they need including gifts, gift cards and a festive ambience around the shelter” says Leslie Hill, Executive Director for Discovery House. “Not everyone celebrates Christmas, but the mental health clinicians at Discovery House offer extra support for women and their children as needed at this nostalgic and sentimental time of year,” says Leslie Hill.

The annual [Gift of Hope](#) fundraising campaign supports the work Discovery House does with women and children affected by domestic violence. Discovery House was recently recognized as a Top Women’s Charity by Charity Intelligence and received a 5/5-star rating. Donors can feel confident that their donations are making a big impact.

### How To Help

Visit [discoveryhouse.ca/donate](http://discoveryhouse.ca/donate) to donate today.

### Discovery House Contact:

To interview Leslie Hill or to speak with Alison, a former client of Discover House, please contact Iboro Edem, Communications Specialist  
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### About Discovery House Family Violence Prevention Society

Discovery House is a non-profit providing a continuum of care to women and their children leaving domestic violence. The organization offers transitional, longer-term, safe housing for women and children to call home while they begin rebuilding their lives. Discovery House provides mothers access to counselling, support, and programs to ensure they never return to abusive partners and prevent the cycle from repeating.

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