

Chrysalis House

Happy New Year! As we at Chrysalis House begin a new year we want to take a moment to thank Beyond Yoga and all their wonderful patrons for the generosity we have experienced throughout the year.

Beyond Yoga has supported Chrysalis House in a number of ways this year including:

- Chrysalis House residents have been able to attend yoga classes free of charge
- Donations of gently used yoga clothing have enabled residents to do so in appropriate clothing
- Chrysalis House staff were welcomed for a work meeting in a wonderful, restorative space at Beyond Yoga
- Christmas gift cards and wellness items were provided to the house in order to help us ensure that women (and their children) each received a basket of gifts for the holiday season

In 2015 Chrysalis House supported over 80 women and over 60 children in our shelter and accepted over 500 Crisis calls from women seeking emotional support and/or enquiring about space at a Violence Against Women Shelter. While funded by the Ministry of Community and Social Services, we could not do all the work that we do without the generous assistance of community partners, such as Beyond Yoga.

As women leave an abusive relationship they are often so focussed on meeting basic needs, that emotional, spiritual and physical wellness can be neglected. The support of Beyond Yoga contributes to women's wellness as they journey beyond abuse into a healthier, happier life. Thank you, one and all, for being part of that journey, and all the best for 2016!