

A LIFELINE FOR WOMEN IN THE FRASER VALLEY

INTRODUCING OUR CURRENT PROGRAMS
AND SERVICES



SARA
FOR WOMEN

Who is SARA?

SARA FOR WOMEN: SUPPORT, ACCEPTANCE, RESOURCES, ACTION

We are a feminist non-profit society providing safe refuge and community-based resources for women in the Fraser Valley. We promote and support women's efforts to achieve domestic, political, and social equality.

OUR MISSION

SARA supports and empowers women to realize their unlimited potential and to live free from violence.



OUR VISION

To be feminist leaders in a world where all women are respected, valued, and empowered.



Second Stage Housing



Christine Lamb Residence is a 41-unit second stage facility. The residence includes a range of units, from bachelor suites to 4-bedroom suites, accommodating larger families and single women. It features communal spaces for gatherings and weekly programming, promoting connections and trust among clients, support workers, and community partners.

Cheryl Smith Residence offers 12, 2- bedroom units and plays a vital role in our second stage housing programs, as it has a pet-friendly policy, which helps eliminate a significant barrier for women seeking safety.

All participants in the 18 month second-stage program receive on-site support.

Currently Housing

41

women housed at Christine Lamb Residence

47

children housed at Christine Lamb Residence

12

women housed at Cheryl Smith Residence

16

children housed at Cheryl Smith Residence

TRANSITION HOUSES

SARA’s transition houses are safe, confidential and supportive temporary housing for women — alone or with children. Women and their children can stay for up to 30 days with food and basic necessities provided. SARA’s transition houses are staffed by professional social services workers who can provide emotional support, advocacy, and referrals to local resources.

Abbotsford Transition House

1156

Turn away (women)

875

Turn away (children)

36

Intakes (women)

41

Intakes (children)

Mission Transition House

831

Turn away (women)

661

Turn away (children)

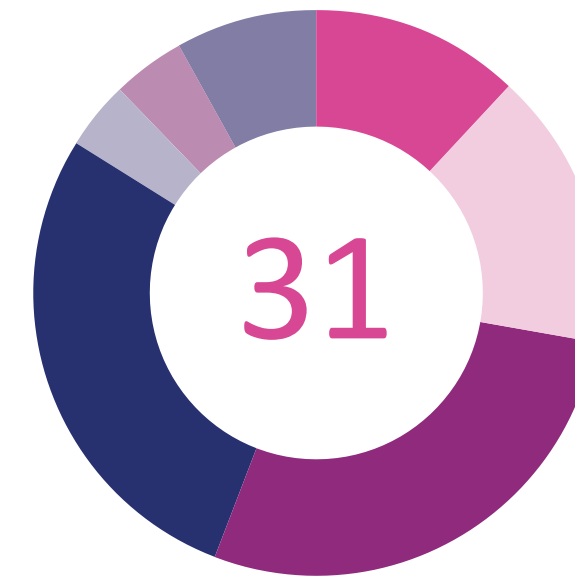
28

Intakes (women)

34

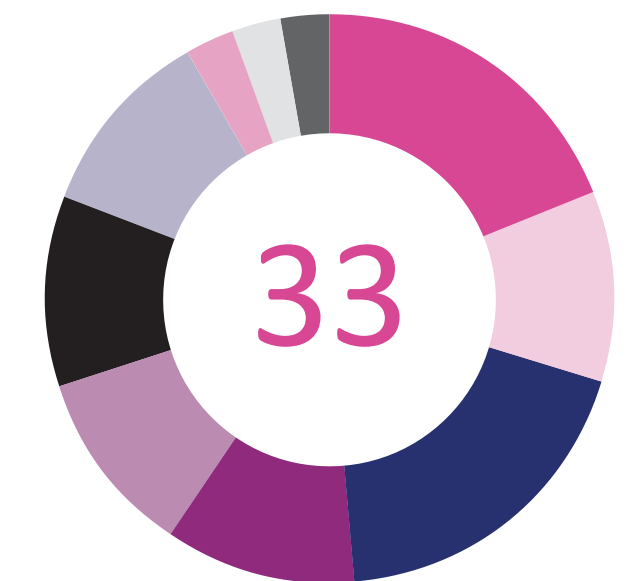
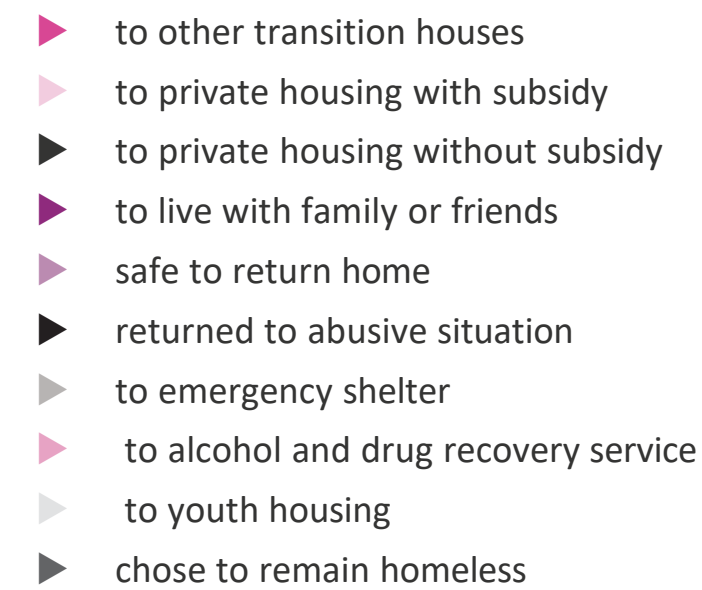
Intakes (children)

Abbotsford Moveout Breakdown



- ▶ to other transition houses
- ▶ to private housing with subsidy
- ▶ to live with family or friends
- ▶ to second stage housing
- ▶ to an affordable housing unit
- ▶ safe to return home
- ▶ unknown

Mission Moveout Breakdown



SARA'S PROGRAMS AND SERVICES

SHELTER



Shelter

Penny's Place Shelter

Penny's Place is Abbotsford's only women-only shelter, providing a vital refuge for women in need. We currently have six shelter spaces and are working to double that capacity.

Our low-barrier shelter supports women facing mental health and substance use challenges, offering a safe and stable environment for those escaping abusive situations within the street community.

With a harm reduction and trauma-informed approach, our staff prioritize the safety and dignity of the women we serve, fostering trust and empowering them to set their own goals at their own pace.

648

Turn aways/ inquiries for
a bed

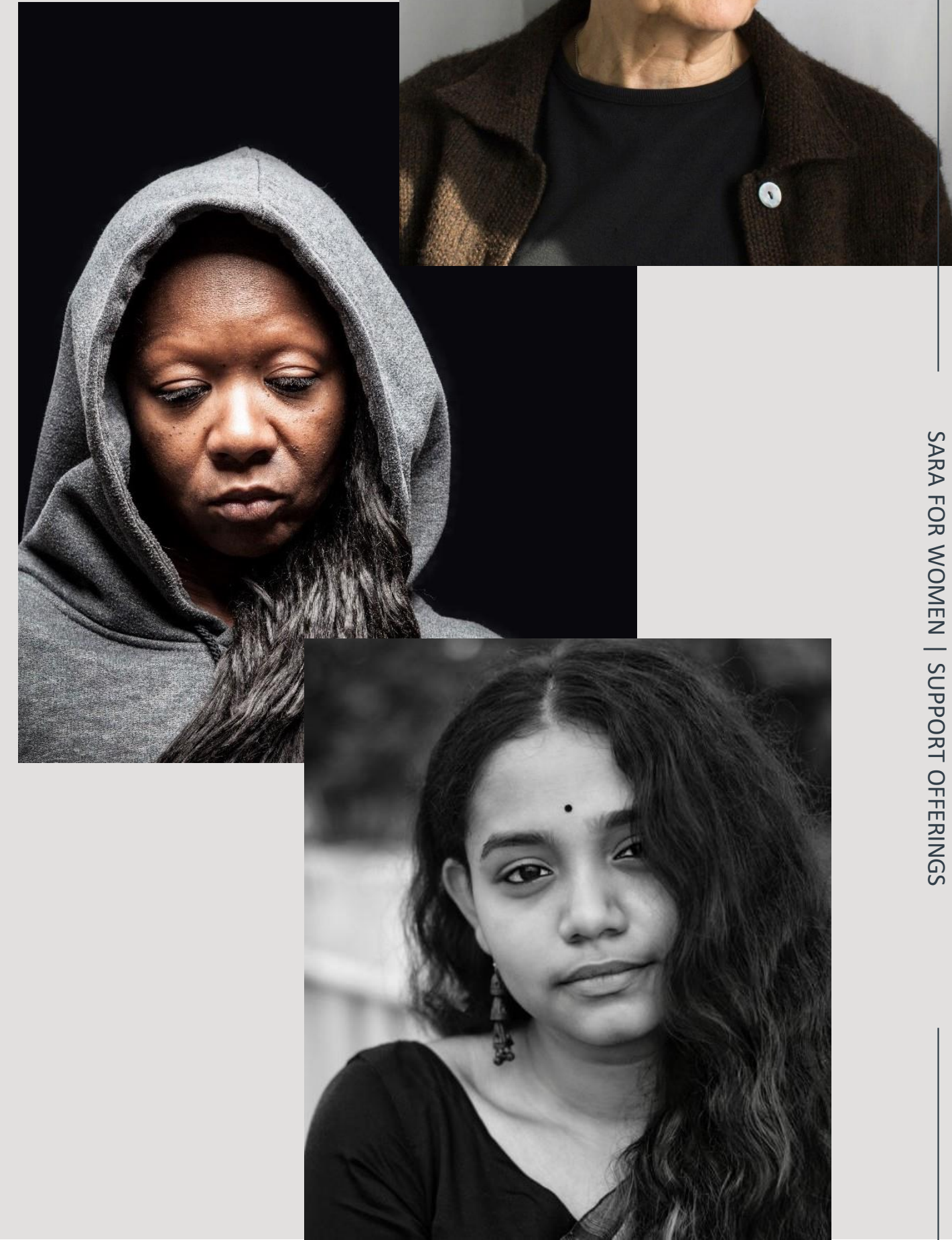
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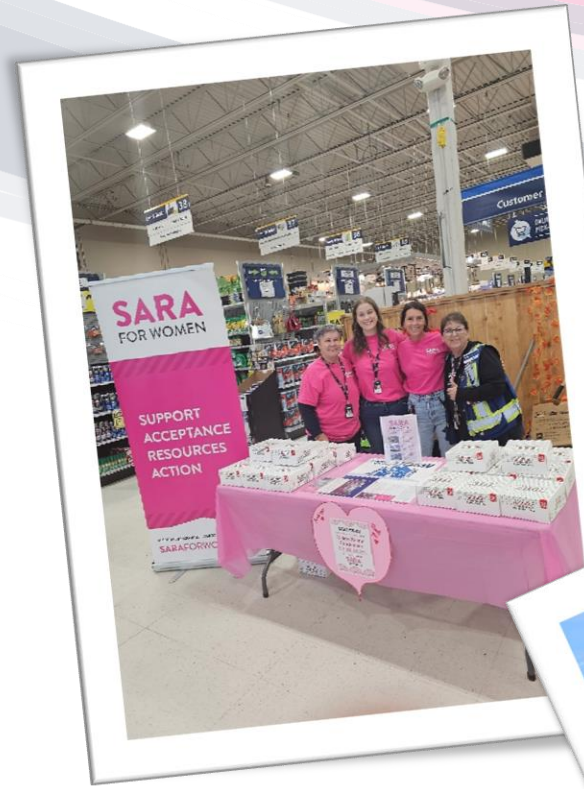
Intakes

SARA SUPPORTS

WHAT WE OFFER TO WOMEN

- Emotional and practical support
- Walk in Crisis Support
- Aboriginal Women's Support
- Referral Support to other agencies
- Individual or group support in both English and Punjabi language
- Punjabi Speaking staff-bridging language barriers
- Pregnancy Outreach
- Parenting Support/Information
- Support in securing safe housing (Transition and BC Housing)
- Legal Advocacy and Accompaniment (support with family law issues/ applying for Legal Aid, and support in accessing victim services)
- Support with applying for Financial Assistance (Income Assistance, Rental Assistance and Child Care Subsidy)
- Support with case conferences with Ministry of Children and Families Development
- Public education and presentations
- Job Skill & Re-entering the work field (access support)





Challenges & Future vision

You'll find SARA's staff out and about in the community at events, donation drives, and information sessions.



THANK YOU



SARA FOR WOMEN

CONTACT SARA TODAY AT

Mission

102 – 33070 – 5th Avenue,
Mission, BC

Tel: 604.820.8455

missionadmin@
saraforwomen.ca

Abbotsford

203 – 2825 Clearbrook
Road, Abbotsford, BC

Tel: 604.855.3363

abbotsfordadmin@
saraforwomen.ca



We acknowledge that we gather and work on the traditional, ancestral, unceded and shared territories of the STÓ:LŌ people, particularly the Semà:th, Kwantlen, Sq'ewlets, Màthxwi and Xwchíyò:m first nations.

We acknowledge our traditional hosts and thank them for their graciousness in allowing us to carry out this work on their lands.