



"This program has positively affected my life. They're helping me learn to parent a child suffering from trauma, as well as ensuring my child receives the therapy needed.

This program is a God send!"

- Sonshine Children's Centre parent

"Behavior is the language of trauma. Children will show you before they tell you that they are in distress."

– Micere Keels

For decades, research has shown that children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems, and may become perpetrators of violence later in life¹.

With Family Day taking place this month, we encourage our community of supporters to be mindful of the generational impact of domestic violence and to be informed about signs of childhood trauma and available resources.

Children living with domestic violence may exhibit:

- Anxiety or general fearfulness
- Aggressive behaviour or bullying
- Low confidence
- Withdrawing
- Delayed development
- Physical injuries
- Digestive problems, headaches, difficulty sleeping

The Alberta Family Violence Information Line can provide advice and support, including referrals to programs, resources, and services. The 24/7 toll-free line is 1-780-310-1818.

The [Sonshine Children's Centre](#) works to provide intervention and prevention resources for parents and children impacted by domestic violence and other forms of childhood trauma. Our staff are highly trained in trauma-informed practices that benefit both typically developing children as well as those who have been exposed to family violence.

Since opening in 2015 as the first trauma-informed children's care centre in Canada, our clients continue to report improvements in their child's development and wellbeing as well

as improved family cohesion.

[Learn more about the Sunshine Children's Centre services and how you can support our pioneering work in trauma-informed and prevention practices on our website.](#)

Inspired Albertan: Klaas DeBoer

Last month, we were thrilled to see longtime Sunshine donor and support Klaas DeBoer profiled on CTV News as an Inspiring Albertan.

After finding a new passion in building beautifully imaginative birdhouses in 2020, Klaas has made and sold 423 to his neighbours, friends, and customers across the province.

Dedicated to making a difference in his community, Klaas donates all proceeds from his birdhouses to Sunshine, totalling \$25,000 to date! We are so grateful for Klaas' support.

[Find the Inspired Albertan feature and a link to Klaas' birdhouse shop on our blog!](#)



Volunteer Opportunity: Board Member

The Sunshine Community Services Board of Directors is **seeking a seasoned accountant who is passionate about making a difference** in the lives of women and children impacted by domestic violence.

If this sounds like you or someone you know, please send a brief expression of interest, resume, and contact information to tlonnen@sonshine.ca

Lace up for Sunshine!

You can now **sign up to support Sunshine** for the Calgary Marathon Charity Challenge!

With so many ways to participate, **you don't have to be an accomplished athlete** to join the fun.

[Use our unique link](#) when you register for any event and we'll earn an additional \$5!

Register today before registration prices increase!

Articles of Interest

- [**YW announces new affordable housing in Inglewood for women fleeing domestic**](#)

violence

- [The Silent Ways Abusers Control](#)
- [Woman ticketed while staying at YWCA shelter says city could do more to help](#)
- [Indigenous community services, 211 get funding to address gender-based violence in Alberta](#)
- [A Guide to Coercive Control](#)
- ['Homicide in slow motion': Police urged to tackle stalking amid rise of tracking tech](#)

More Ways to Support Sonshine

[SkipTheDepot](#)

Have your recycling picked up from your home and donate to Sonshine at the same time with [SkipTheDepot](#).

[TruEarth](#)

Shop eco-friendly goods from Vancouver's [TruEarth](#) and 20% from your order will be donated directly to Sonshine.

[Sisters' Story Coffee](#)

[Stock up](#) on organic, Fairtrade coffee from farms exclusively owned and operated by Indigenous women in Peru.

[Donate](#)



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