

PRESS RELEASE

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FOR IMMEDIATE RELEASE



CELEBRATING TWO DECADES OF IMPACT: TRANSITIONS' RAISES OVER \$93,000 FOR LOCAL WOMEN AND CHILDREN

Spokane, WA: On October 13th, 606 guests came together and celebrated Transitions 20-Year Anniversary! Guests celebrated at both a breakfast and a lunch. The keynote speaker was Stephanie Regalado, the editor of Spokane Coeur d'Alene Woman Magazine and co-founder of 100 Year Body. Her talk, and all other talks, focused on the importance and benefits of support systems both for Transitions and for all people.

Lyn Vital, an alumna of Miryam's House shared her story. Lyn thought this was a great opportunity to share an unlikely story of homelessness. Lyn joined the Navy directly from high school after a rough upbringing highlighted by neglect. With no experience of chemical dependency or ongoing mental health issues – Lyn's primary obstacles to stability were these early untreated experiences of trauma and being over-qualified for available work.

Transitions is proud to have raised \$93, 324 in support of our mission. If you'd like to get more involved in our mission please consider a financial gift towards the People Who Care 20-Year Anniversary or email us at info@help4women.org or call (509)328-6702.

Transitions: Since 1995, Transitions has been helping women, children, and families rebuild their lives affected by abuse, addiction, mental illness, poverty, and homelessness. Transitions administers five programs: Women's Hearth, Miryam's House, Transitional Living Center, EduCare and New Leaf Bakery Cafe. For more information about how you can work to end poverty and homelessness for women and children in Spokane, call 509-328-6702, email mtracey@help4women.org, or visit our website at help4women.org

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