



PRESS RELEASE  
Contact: Mary M. Tracey  
Development Director  
[mtracey@help4women.org](mailto:mtracey@help4women.org) - (509) 328-6702  
FOR IMMEDIATE RELEASE

## **AFFECTING GENERATIONS: THE LEGACY OF TRANSITIONS**

**SPOKANE, WA October 16, 2014** – 624 philanthropic Spokane citizens came together on October 9, 2014 and raised \$170,000 to invest in Transitions' work to end poverty and homelessness for women and children . Event highlights included participant speakers, a video and keynote speech from a former participant, now a professional.

The theme of the event was growth and wholeness and focused on the growth that happens for women and children served at Transitions as they recover from traumatic experiences. One former participant shared "People in poverty who are hopeless need people to inspire them. To show them. To help them understand that poverty can be temporary and they can overcome this challenge. That is the great legacy of Transitions. At Transitions, I found growth, safety and a way to make myself whole again. That kind of transformation took just over a year. In one year, I went from abused and homeless to free and whole. That would never have been possible without Transitions."

Transitions also awarded the 2014 Marie Pizelo Award to long –time volunteer Sonya Rose. Sonya ran a grief support group focused on healing and moving forward from traumatic events. Upon receiving the award Sonya stated "volunteering at Transitions' Women's Hearth was like seeing magic every day."

**Transitions:** Since 1995, Transitions has been helping women, children, and families rebuild their lives affected by abuse, addiction, mental illness, poverty, and homelessness. Transitions is made up of 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](mailto:mtracey@help4women.org), or visit our website at [help4women.org](http://help4women.org)

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