



Sardis
Doorway

REPORT 2020

Relationships Matter

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Partner
with us



Sardis
Doorway

This year

40 families supported

1500 jugs of milk

520 meat hampers

520 fresh hampers

150+ referrals made

400+ hours of 1-1 counseling

and **30+** families on the waitlist





Our Mission

Walking with high-risk single mothers towards health and self-reliance as a reflection of God's love for us all.

Our Vision

That every family who comes to Sardis Doorway has the support and resources they need to live to their full potential

Contact Info

45625 South Sumas Road,
Chilliwack, BC V2R4M7

(604)-819-6556
sardisdoorway@shaw.ca

www.sardisdoorway.ca

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Sardis
Doorway

Sardis Doorway during a pandemic

When Sardis Doorway went on Spring Break 2020, we did not realize it would be the last day of our program year.

When Spring Break was extended we encouraged our families to use the time at home to complete some of the tasks they didn't usually have the time to do: clean out the closet, organize the toys or match all the lids to containers in the Tupperware drawer. We would be back together soon.

Then everything changed.

It became clear that we would not be all together again before the end of our program year in June.

We knew that the summer would be long for our participants.

How could we encourage them in a time when everyone is being told to stay apart and stay home in order to stay safe?

What could we say knowing that home is often lonely, isolating or sometimes not a safe place?

Knowing this, we had to make a new plan for Sardis Doorway.

- We started weekly video workshops that provided an opportunity to continue learning the Respectful Futures curriculum we had been working on as well as introduced new topics on 'how to survive being isolated with young children' and 'how to parent through these crazy times'.
- Fresh and meat hampers along with milk were delivered to the families.
- Weekly check-ins were done through Facebook or text.

As our program year was coming to an end, we knew that we couldn't take a summer break ~ after all, we are all in this together.

With Covid-19 relief grants we were able to keep offering support throughout the summer

We continued to offer food hampers and build on the relationships we had established.

- We added an outreach worker to connect with each mom weekly and give extra support to those who were struggling or in need of extra encouragement.
- We ran a small *When Love Hurts* group for women who have experienced abuse and continue a *Home Improvement* group for men that had started before everything was shut down. (www.whenlovehurts.ca)
- We delivered milk, gift cards and hampers. We added 'Cooking Class Hampers' so our families could keep learning and improving their cooking skills.

And then September came with no clear picture as to what the program would look like.

Again we asked:

"How do we serve those who are being told to stay apart and stay home in order to stay safe when our program is built on being together?"

We went back to our mission statement for guidance ~

Walking with high-risk single mothers towards health and self-reliance as a reflection of God's love for us all.

BUT -- how do we carry out this mission when we can't be together? When we can't chat face-to-face with participants as their children safely play with their Doorway friends? When we can't offer a hug when tears fall or a high five when good news comes? When we can't welcome our many volunteers who want to serve and also be together?

We adjust ~ we become creative and we carry on with what we are called to do.



- We call, text or use Facebook weekly to check in.
- We offer referrals and give encouragement.
- We offer over-the-phone or in-person counseling.
- We deliver milk and bread.
- We deliver fresh produce, frozen meat and our new 'Cooking Class Hampers'.
- We facilitate small *When Love Hurts* groups for women and *Home Improvement* groups for men.
- We offer a modified weekly in-person Doorway program to those women who would have graduated last June and those who will graduate this program year in order for them to move on encouraged. This is possible as their children are already in school.

And we plan for the day when we can be together again.

Doorway looks very different right now.

There is more planning involved as there is so much more to consider in order to comply with the Covid rules and regulations. But we continue to build on the relationships we already have with our families and volunteers.

We move forward together the best we can (while staying six-feet apart).

And we pray, leaving it all in God's hands.

Dawne's Story ~ back to school - Again

I began attending Sardis Doorway with my then 1 year old son in January 2016.

When I started at Doorway I was struggling with PTSD, past addictions and anger issues. I was unsure how to move forward and uncertain that I would succeed even if I tried.



From a young age, I had dreams of becoming a registered nurse. It looked like it would never happen.

At Doorway I was reminded that anything is possible when you put your mind to it, work hard and have a strong support system around you.

Because of the encouragement and resources at Sardis Doorway, I started on my journey to becoming a nurse. First I become a Dental Assistant through UFV. I graduated from the 10 month program on the Deans List! I was gaining confidence.

Through Doorway I was also able to receive multiple first aid certificates, my Foodsafe certificate and most recently my full Class 5 Drivers License.

In fall 2019, I went back to UFV and am now working towards becoming a Registered Nurse.

I have also returned to church because of the beautiful people we have met.

My sons (age 6 & 13) are doing well in school and in life. They are involved in sports and church.

I want to thank Doorway for holding my hand and encouraging me when I didn't have the courage or strength to keep going.

I know that Doorway will be here to cheer me on every step of the way and this gives me comfort knowing that I am not alone.

"God is good and even when times are hard, there are lessons in every experience".

Find Dawne's full story on our blog www.sardisdoorway.com/our-stories

Thank you **Vancity Community Foundation**
for the funding to help participants like Dawne
reach her educational goals

Vancity
Community Foundation

Julie's Story ~ finding confidence for a brighter future

I heard about Sardis Doorway from a friend and started attending in the spring of 2019 while my youngest son was in daycare.

When I came I was excited to meet new moms.

At Doorway I learned a lot about the abusive relationship I came out of 9.5 years ago. I realized that keeping all my feelings inside and not dealing with them was not healthy. I saw how it was effecting me and my relationships.

At Doorway I always felt welcomed by the volunteers and the other moms that attend with me.

Slowly I started to see a brighter future for myself and my children.

As I graduate from Doorway in December I am feeling confident that I will do well for myself and for my kids. I am confident in a bright future.

I will remember all the that I have learned in the *When Love Hurts* and *Respectful Futures* groups, the lessons on boundaries and how to have healthy friendships.

Thank you Sardis Doorway.



\$1000 provides for 40 hours of counseling
(this amount is greatly discounted by the counselor)



Thank You **Lobstick Foundation** for supporting
Sardis Doorway

Megan's Story: Milk, meat, veggies & learning to cook



I have been coming to Doorway with my 3 children since September 2017.

Each week from Doorway we receive fresh vegetables and milk, as well as the "Cooking Class Hamper".

This food helps me keep my kitchen stocked with good food for my kids and allows for a bit of extra money for grocery shopping, so that I can buy healthier foods for my kids, instead of sugary, over-processed, cheap junk food.

The Cooking Class Hampers have helped enormously with my cooking skills and my mindset about cooking. I used to look at it as a laborious time-consuming task.

The Cooking Class Hamper has shown me that it doesn't have to be that way, Tasty Healthy food can be quick and easy. Cooking at home from scratch, has saved us lots of money that I can now save for our future or put towards my children's needs.



\$ 50 buys Cooking Class Hampers for 5 families



Thank you **Mazon Canada** and the **R.Howard Webster Foundation** for providing funds for fresh fruits and veggies for our families.



CANEX
BUILDING SUPPLIES LTD.

Thank you **Canex** for being our 'meat guys' and supplying meat to our families and for our program lunches.



R. Howard Webster Foundation
Fondation R. Howard Webster



Thank You **Sardis Kiwanis Club** for more than 30 years of providing weekly milk to our families



\$ 1,000 pays for 1 facilitator for a 10 week *When Love Hurts* group for 12-18 women

\$ 300 supplies thier course materials

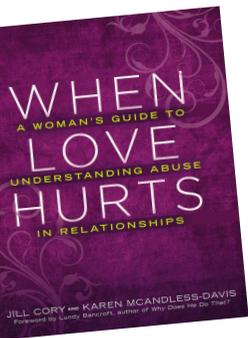
Sardis Doorway offers the

MCC End Abuse Programs

Even through covid, four women's *When Love Hurts* and one men's *Home Improvement* groups are running in Chilliwack.

These groups offer hope and opportunities for change to 52 families.

For more info visit www.whenlovehurts.ca or Sardis Doorway. New groups start throughout the year and are open to the community.



main street
CHURCH.CA

Thank You **Mainstreet Church** for supporting the End Abuse work in Chilliwack this past year.



"One of the best things about Doorway is the meals!"



\$ 325 provides breakfast and an amazing lunch for 40 participants, 46 preschoolers & 60 volunteers each week (with dessert!)

THANK YOU FOR HELPING US GIVE OUR FAMILIES EXTRA SUPPORT THROUGH COVID



United Way
Lower Mainland



**Menonite
Disaster
Service**



**CANADIAN
WOMEN'S
FOUNDATION**

vanouer
foundation

Vancity

Community Foundation



Thank you Chilliwack !



Shauna Erler

Century 21 Creekside Realty Chilliwack

604-846-7355

shaunaerler@shaw.ca
shaunaerler.com

Proudly supporting
Sardis Doorway

Let's work together!

Receive \$500.00 upon every completed referral with an additional \$500.00 donated to Sardis Doorway

Not intended to cause or induce breach of any existing agency agreement. Offer ends June 30, 2021.

Thank you to the businesses who support Sardis Doorway



KAURI
CHIROPRACTIC



\$ 1,284 pays for the Doorway cell phone, fax line and zoom account for the coming year



Would you partner with us?

VOLUNTEER

- to work in the kitchen preparing breakfast, snacks and lunch
- to love and care for infants & preschoolers
- to serve on the Board of Directors

DONATE

- To the ongoing work of Sardis Doorway. Every dollar helps us to do the work we have been called to do.
- All donations over \$25 are tax receiptable

PRAY

- for the volunteers as they serve
- for the Board of Directors as they lead
- for the families as they move towards health and self reliance
- for the Doorway program - that it would be sustained with adequate funds and volunteers

Donate Today



- cheque made out to Sardis Doorway
- etransfer to sardisdoorway@shaw.ca
- paypal to www.sardisdoorway.ca

Thank You for supporting the work of Sardis Doorway for Mothers & Children Society in Chilliwack.



We want to see families thrive as they become healthy and self-reliant.



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