

**From:** [Jenn Matthews](#)  
**To:** [mayorandcouncil](#); [cityclerk](#); [Quinn Matthews](#); [office@trinitypg.ca](#); [Community Relations](#)  
**Subject:** Support for Zelkwas Harmony House -- Please include in tonight's meeting  
**Date:** Monday, February 22, 2021 9:22:09 AM

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We live one block away from the proposed Harmony House on Zelkwas. My children attend music lessons at the conservatory.

Our family would be proud to have the kind of services offered by a transition house in our community. We know that these services should take place within safe neighbourhoods, and that the people who require them are at risk of violence and exploitation. Zelkwas Ave is in walking distance to 3 elementary schools, essential stores, and central bus lines, making it an ideal location. We know that by providing these types of services we are contributing to breaking the cycle of violence and trauma, preventing children from ending up in foster care (or reducing the likelihood), and showing compassion to people when they need it most.

I am asking my neighbours, mayor, and counsel to imagine a woman or girl they care about in a violent relationship. I am asking my neighbours to consider a child they love, and imagine that child's mother needing some help to provide a safe home for her children. I'm asking you to consider a child who needs a mother to learn how to take care of them and have a safe space for attachment to happen. Where else would we expect them to go? Downtown? In someone else's neighbourhood? Nowhere at all? Would we rather see these children in foster care? Or in shelters that are not safe / healthy for families?

COVID-19 is showing us the cracks in our communities and culture. Before the pandemic, 1 in 3 women experienced physical or sexual violence, mostly by an intimate partner. Data collected so far show an increase in calls to domestic violence helplines since the outbreak of COVID-19. The UN is calling this a Shadow Pandemic (you can learn more at <https://www.unwomen.org/en/news/in-focus/in-focus-gender-equality-in-covid-19-response/violence-against-women-during-covid-19>). We all know that attachment is the foundation of all relationships. There is good research showing that poor attachment and trauma is at the root of challenges like addiction. Places like Harmony House, where women can learn how to parent and can attach + bond with their children in a safe environment, are important in breaking the cycle of intergenerational trauma.

More than ever our community needs these services. We would be honoured to share my neighbourhood with women and children trying to make a stronger and safer life.

Warmly,

Jenn and Quinn Matthews

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