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EMPOWER

Please **share our free newsletter** with your colleagues and friends or sign up to receive it directly by clicking [here](#).

We respectfully acknowledge the CRCVC office is located on the traditional, unceded territories of the Omàmiwininiwag (Algonquin peoples) Nation.

Text: Our number is 613-208-0747

Chat: Please access through our [website](#).

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Heartfelt Gratitude for 30 Years of Support

As we celebrate the 30th anniversary of the Canadian Resource Centre for Victims of Crime, we are compelled to express our deepest gratitude to every one of you who has been an integral part of our journey.

To our valued stakeholders and partners, your unwavering commitment to our mission has been the bedrock of our success. Together, we have been able to make a meaningful impact on the lives of victims and survivors of crime across Canada. Your dedication to fostering a safer and more supportive environment has not gone unnoticed, and we are truly grateful for the collaborative spirit that defines our

partnerships.

A special note of appreciation goes out to our cherished donors. Your generosity has been the driving force behind our ability to provide vital assistance and support to those in need. Without your financial contributions, we could not have undertaken the crucial work of helping victims and survivors rebuild their lives. Your belief in our cause has made a profound difference, and for that, we extend our heartfelt thanks.

It is through the collective efforts of stakeholders, partners, and donors like you that the CRCVC has been able to serve as a beacon of hope for the victims and survivors of crime. Your support has allowed us to advocate, educate, and provide essential resources that empower individuals on their journey toward healing.

As we reflect on the past 30 years, we do so with immense gratitude for the collaborative spirit that defines our community. Your support has not only shaped our organization but has touched the lives of countless individuals who have found solace and strength through the services we provide.

Thank you for being an invaluable part of the CRCVC family. Your commitment to our cause has made a lasting impact, and we look forward to continuing this vital work together in the years to come.

With sincere appreciation,

Aline Vlasceanu
Executive Director



Happy Holidays from the CRCVC Team! Wishing you a safe and happy holiday!
**Please note that the office will be closed starting on Friday, December 22, 2023, until January 1st, 2024.
We will re-open at 8:30 am EST on Tuesday, January 2nd, 2024.**

Embracing Wellness: A Heartfelt Guide for Crime Survivors during the Holidays.

As the holidays approach, filling the air with joy and warmth, we understand that for those who have faced the profound impact of crime, this time of year can bring a unique set of challenges. In this heartfelt blog post, we extend our support and offer guidance to victims and survivors, especially those who have lost loved ones to violence or are wrestling with mental health issues like PTSD. Let's navigate the holidays together, with a focus on compassion and wellness.

Grief and Loss During the Holiday Season

Losing a loved one is difficult any time of year but feelings of grief and loss can intensify around the holidays. Navigating the holidays when you are living with grief, loss, and trauma can seem overwhelming and may increase feelings of loneliness and sadness.

[Verywellmind](#) provides ways to help you process your grief during the holiday season:

- Acknowledge your grief: Do not try to bottle up your feelings and pretend everything is alright. It is alright to feel sad during the holidays.
- Talk about your loved one: Talking about your loved one and keeping their memory alive can be comforting.
- Talk to someone who understands: Talking to friends and family who have been through similar experiences can be a helpful way to cope with your grief.
- Take things one day at a time: Do not try to rush the grieving process. Grief is a process that differs from one individual to another. There is no right way to grieve.
- Take care of yourself: Practice self-care. Take care of both your physical and emotional health by eating healthy meals, trying to get rest, and finding ways to relax that work for you.

- Do what feels right for you: Do what you feel comfortable doing, whether it's being with people or spending time alone. There is no right or wrong way to cope with grief. Grief is a normal response to loss.

If observing holiday traditions does not feel right to you, do not force yourself to do so. It is important to check in with yourself, let your loved ones know how to support you, or check in with support services and groups.

CRCVC can help support you as you deal with the loss of a loved one. The Homicide Support Group offers a virtual monthly meeting to help you through the grieving process. You can contact CRCVC at crcvc@crcvc.ca

Taking Care of Yourself During the Holidays

1. Embrace Your Emotions:

During this festive season, emotions may surge, ranging from grief to anger. It's important to acknowledge and honour these feelings. Remember, it's perfectly okay not to feel the holiday cheer. The holidays may trigger memories or stressful patterns which may increase stress levels. Identifying and validating the triggers that affect you may help reduce stress and anxiety. Reach out to your support network, where understanding and compassion create a safe space for your unique journey.

2. Craft New Traditions:

Traditional celebrations may evoke painful memories. Consider weaving new traditions that pay tribute to your loved ones or cater to your specific needs. A memorial ceremony, a cherished activity, or a quiet day of self-care can become meaningful touchstones during the holidays.

3. Connect with Professional Support:

For survivors dealing with the aftermath of crime or managing mental health challenges, seeking professional support can be a lifeline. Therapeutic sessions, counselling, or support groups offer a safe haven to share your experiences and gain insights into personalized coping mechanisms.

4. Prioritize Self-Care:

Amid the hustle and bustle, make self-care a priority. Engage in activities that bring comfort and tranquillity. Be it meditation, exercise, or creative pursuits. By nurturing yourself, you contribute to your well-being, creating a resilient foundation for the holiday season.

5. Cultivate Connections:

Combat isolation by reaching out to supportive friends, family, or community groups. Connecting with others who share similar experiences provides a sense of camaraderie and understanding, easing the burden of loneliness.

6. Set Gentle Boundaries:

Feel empowered to set boundaries during the holidays. Communicate your needs openly and with kindness. Prioritizing your emotions and needs is okay. Setting limitations, saying no and taking space from conversations or gatherings are examples of healthy boundaries for oneself. By doing so, you honour your well-being and create a space for understanding among those around you.

7. Celebrate Your Achievements:

As the year draws to a close, take a moment to celebrate your personal triumphs. Recognize the progress you've made in healing, the coping strategies you've embraced, and the moments of resilience that have defined your journey. Be proud of yourself and all your achievements!

Embracing wellness during the holidays is a tender and personal endeavour, especially for those who have experienced the impact of crime. As you navigate this season, remember to approach it with patience, self-love, and an understanding that healing is a unique journey. May your holidays be filled with warmth, compassion, and moments of peace.

New 9-8-8 Crisis Helpline

The new [9-8-8 Suicide Crisis Helpline](#) for mental health and suicide prevention was launched on November 30, 2023. The 9-8-8 number operates 24/7, 365 days a year and is a toll-free number. You

can also text 9-8-8 however texting may be subject to SMS charges.

If you or someone you know is struggling, losing hope, dealing with suicidal thoughts or ideation, or simply looking for emotional support, you can now call the 9-8-8 crisis line.

Quebec residents can call: (1-866-277-3553)
Text: 1-855-957-5353

Help is also available at:
[Kids Help Phone](tel:1-800-668-6868):(1-800-668-6868)

[Help for Wellness Helpline](tel:1-855-242-3310): (1-855-242-3310)
Support for all Indigenous people across Canada

Upcoming Events

Homicide Support Group

Our [Homicide Support Group](#) is for family members, friends, and close loved ones of homicide victims and is intended to offer peer support to those dealing with violent loss. This support group is offered nationally meaning that we can connect with and support survivors from across the country. *English only.*

When: January 25, 2024 at 6:30 PM EST

Where: Virtually

To RSVP: email us at crcvc@crcvc.ca or call us at [1-877-232-2610](tel:1-877-232-2610)



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