



To whom it may concern:

It is an honour to recognize Tri-City Transitions, a fantastic non-profit organization dedicated to breaking the cycles of abuse. Founded in 1975, its philosophy is based on the principle that giving people the tools to build a bright future is an essential ingredient in the development of individuals, families and the community.

Tri-City Transitions provides emergency shelter and social support for women and children fleeing family violence and abuse in the Tri-City communities of Port Moody, Port Coquitlam, Coquitlam, Anmore and Belcarra. All services are free of charge for women, men and children in need. Each year it serves over 1,500 people.

The highly-trained and sensitive staff at Tri-City practice a trauma-informed approach to assisting clients, striving to move women forward without re-traumatizing them by over-exploration of their past. Its services are client-centered to build upon their strengths while helping them develop new strategies to overcome challenges and barriers. Tri-City Transitions strongly believes in the resiliency of women, children and families, and encourages the same mindset with their clients.

All clients create a safety plan, respond to a risk assessment, and complete a needs assessment with the assistance of staff. The information garnered from these assessments help discover their goals and outcomes. It is also reviewed on a frequent basis and adapted as needed. All of this is monitored and recorded by the experienced staff to ensure clients are continuing to move forward in their lives.

Tri-City Transitions is an important organization that offers vital services for women, men and children that have experienced domestic violence. I applaud Tri-City Transitions and its staff for the great work they do and their dedication to breaking the cycle of abuse.

Sincerely yours,

A handwritten signature in black ink, appearing to be 'BF', with a long horizontal line extending to the right.

Bjorn Frohnsdorf
Business Optimization Specialist
Schooley Mitchell