

# Harvey believes in the work we do

If there is anyone who can understand the impact that the Chinook Sexual Assault Centre (CSAC) can make, it would be Tracy Harvey. And it's a big reason why she chooses to support the organization.

Tracy, the owner of Refresh Centre for Health and Wellness, has spent much of her career working with individuals that have been impacted by traumatic experiences like sexual violence. She says treating the effects of trauma can be more difficult when they are not supported properly.

"It makes treatment so much harder," she states.

On the other hand when individuals are believed, supported and encouraged, the results can be much better.

"They don't feel like the process itself is traumatizing and treating them is much easier, so we need to do better. Sexual assault centres and especially child advocacy centres do better. For people that have these terrible, horrible experiences, if their point of contact and process is through the Chinook Child and Youth Advocacy Centre (CCYAC) and the Chinook Sexual Assault Centre, they are very well supported," she says.



**Chinook Sexual Assault Centre donor Tracy Harvey.**

Centre. But, it is not the only one. The leadership of CEO, Kristine Cassie and CCYAC Manager, Cheryl Patterson also brings confidence that her contributions will make a difference.

"There is really good leadership within the organization. But, if I'm uncertain about leadership within an organization, I might hesitate to donate or consider how I want to support them, Kristine has been in the community for so many years and she's been an outstanding leader and a pillar of the community for many years. Cheryl I've known for years and I have confidence in her as well."

Of course, the Chinook Sexual Assault Centre is not the only organization Tracy supports.



**A recent donation of toys and art supplies from Refresh Centre for Health and Wellness.**

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## Donor profile

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As the owner of a wellness business, she feels like she has a responsibility to support community organizations.

“My hope is that it also inspires other businesses to contribute to causes ... just contributing to the community in a way that’s meaningful to them.”

Plus, she says it is just good business since the people she serves tend to be more community minded.

“I think we reach the audience that we want to reach,” she explains. “It has allowed us to let people get to know us. I decided I was way better off using my money, instead of paying for advertising, to donate to different events and causes.”

Tracy, who has a Masters in Social Work and is a Licensed Clinical Social Worker has long had an interest in trauma therapy solutions and a belief that people can heal and overcome traumatic experiences.



**Refresh Centre for Health and Wellness has grown into a very successful business.**



**Refresh Centre for Health and Wellness celebrated their fifth anniversary, by presenting a \$5,000 donation to the Chinook Child and Youth Advocacy Centre. Refresh also donated stuffed toys and gift cards which are used to support children and families in times of need. On hand for the presentation left to right are: Tracy Harvey, owner of Refresh Centre for Health and Wellness; Liam Nixon, Board Vice Chair of Chinook Sexual Assault Centre; Cheryl Patterson, Manager of the Chinook Child and Youth Advocacy Centre; and Kristine Cassie, CEO of the Chinook Sexual Assault Centre.**

She has been working, teaching and facilitating in the field of addiction and mental health since 2001. Tracy decided to create the Refresh Centre for Health and Wellness when she went into private practice. Her vision was to create a holistic approach to wellness with a model that supports the individual practices of its team members.

“There’s 11 of us therapists, including myself. Plus, we’ve got an acupuncturist and a massage therapist, and almost everybody is really busy which is great. And, everybody here is completely independent.”

“I set it up in a way that I appreciated when I was doing some dabbling in private practice. I found a model that I liked working in and that’s what I wanted to create for other people.”