



Women's Resources Newsletter

Working Together ~ Supporting Women ~ Building Community

Sexual Assault Prevention Month

May has been provincially designated as Sexual Assault Prevention month and across the province, women's organizations focus on raising public awareness of the serious issue of sexual violence against women and girls as well as how to take action to prevent sexual assault.

Sexual assaults are the most underreported violent crime in Canada. Less than 10% of sexual assaults in 2004 were reported to the police. Women and girls represent the majority of sexual assault victims, and young women between the ages of 15-25 experience the highest rates of sexual assault.

One of the most difficult things to accept about sexual assaults is that they are most often committed by someone the victim knows, trusts, or loves. It is upsetting to think that someone who is known and trusted could behave in this way. But research shows that:

- Women are twice as likely to be sexually assaulted by a man known to them, than by a stranger.
- Girls and young women are sometimes sexually assaulted in their own families, by a father, brother, uncle or other family member. In one study, 17% of women interviewed reported that they had been sexually abused by a male relative before they reached the age of 16.

(Source: Randall and Haskell, 1995 p. 19. Ontario Women's Directorate website www.gov.on.ca/citizenship/owd/index.html)

The long-term effects of sexual assault are so much more than physical. The emotional consequences can be devastating, leaving invisible scars that never go away and should be dealt with professionally. Feelings such as anger, worthlessness and self-blame may escalate into nightmares, flashbacks and emotional numbness even to the point where the victim may want to do harm to themselves. In our community, Women's Resources is there when help is needed.

At Women's Resources we provide outreach and counselling to teens who have been victims of abuse, including sexual abuse. Due to the difficulty that teens living throughout City of Kawartha Lakes have with transportation, we have opened a small satellite office in Fenelon Falls to be able to provide counselling and support to teens in the Fenelon and surrounding area as well as in our Lindsay office. The response from teens for counselling has been overwhelming.

If you know of someone who has been a victim of a sexual assault, get medical attention as soon as possible and encourage them to speak with someone about the assault. In addition to calling Women's Resources, teens can call the Kids Help Phone for confidential support at: 1-800-668-6868.

Lori Watson,
Executive Director

Shelter, support and referral for abused women & their children

May is Sexual Assault Prevention Month

City of Kawartha Lakes
Police Service
2008 Annual Report
27 Sexual Offences

The Toy Ride

August 8, 2010
Riverwood Park, Lindsay

Donations go to
Children's Programs
All are welcome!

Tag Days

August 20 & 21

Volunteers are welcome!

Call Kathleen Wild at
878-4285 ext 223

Vicky's Values

Gently Used
Clothing Store

50 Mary St. W. Lindsay
Mon – Sat 10 – 4 pm

Supporting Women

A Woman's Story

Unless you have had to take a similar journey, you will never understand how hard it is to leave your familiar, yet unsafe world behind.

I had to leave my whole world behind to enter a world of the unknown when I left my abusive husband. I didn't know what to expect or where to go when I left home with my three children.

A friend told me about Women's Resources. When we first entered the shelter, we were so afraid of everything. The counsellors worked with me and my kids to help us through our fears.

I had little or no self-esteem when I got to the shelter. I now know that I am a woman who deserves all of the happiness in the world. I am going to follow my dream and go back to school to upgrade from a Personal Support Worker to a Registered Practical Nurse.

My kids and I now look forward to living each day to the fullest. We are so grateful to all of you for being there for us when we needed you!

Thank you.

Caring & Sharing

The week of April 18th to 25th was National Volunteer Recognition Week.

Women's Resources has many volunteers to thank for the resources and talents they have shared with us. We have over 90 direct service volunteers sharing 'helping hands and caring hearts.'

Volunteers support library services, the food cupboard, reception and administration, public education and special events, child care, recreational outings, transportation services, food shopping and meal preparation in the shelter, our community kitchen program, and 'pamper her' programs for women, gardening, and sales and sorting at Vicky's Values our 'Unique Boutique.'

Training is underway right now introducing new volunteers to Women's Resources about how we work with women and their children when they come to us for help.

We recognize the important and irreplaceable role that volunteers play in our organization. A heartfelt 'thank you' to each and every one.

Survivor's Voices

A woman who is a victim of abuse is the 'expert' of her own situation. Women want to make changes for themselves and for other women in the future. They have good ideas about what services they need, what works and what doesn't. But it is difficult for women to find ways to put their experiences and knowledge into action.

Now there is an opportunity for women to help us improve the service network for abused women and their children.

The Kawartha Lakes Haliburton Domestic Violence Coordinating Committee is committed to providing opportunities for survivor's to provide feedback and input into the current service delivery system. The KLHDVCC is currently inviting survivor's to share their feedback through surveys and focus groups with regard to how we can more effectively and responsibly include survivor's voices in the work to end violence against women.

Focus groups are scheduled for June 7th at 1:00 pm and again at 7:00 pm at Women's Resources. Surveys are available online at klhdvcc.ca and in paper format at Women's Resources. If you wish to attend a focus group or for further information please contact: vwallis@womensresources.ca or call (705) 878-4285.

*Women are experts
in their own lives*

Within A Caring Community...

Women's Resources received \$96,758 in donations from members of the community in 2009, our 20th year of dedication to women.

We wish to acknowledge and thank all who have supported Women's Resources.

WR Community Leaders: \$5,000 +

Lindsay Creative Quilters Guild
Lloyd Carr-Harris Foundation
Ooh-La-La Lingerie

WR Community Builders: \$2,500 +

Kirkfield & District Lions Club
Kiwanis Club of Lindsay

WR Community Supporters \$1,000 +

Canadian Women's Foundation
CAW Social Justice Fund
Estate of Belle M. MacMillan
Fashion Plus
Gowns for Girls,

- Yvonne Durand & Sandra Stubbings
- TD Caring Together Volunteer Grant Program
- Kent Cleaners and Lindsay Dry Cleaners

Jo-Anne's Place Health and Beauty
Kawartha Credit Union
Kinette Club of Bobcaygeon
Lindsay Farmer's Market Christmas Market
St. Andrew's Presbyterian Church, Lindsay

- Choir's 28th Annual Living Christmas Tree Proceeds

Sturgeon Point Union Church
Toy Ride

- Dave and Lynda Chessman

Woodhaven Country Lodge
Christine & Stefan Karpazis
Lynne Manning
Marion Stainton

WR Community Friends \$500+

Bell Canada Employee Volunteer Program
Cameron United Church Women
Elementary Teachers' Federation of Ontario
Fenelon Falls District Lions Club
Investors Group
Just Us Women – Women's Justice Group
Omeme & District Lions Club
St. Andrew's Presbyterian Church (Bolsover / Kirkfield)
Sunderland United Church Women
The Clearing House
Trinity Church United Church Women (Bobcaygeon)
Wolf Run Golf Club

- Sandra & Dave Clayton

Wood-Mizer Canada
Kathy & Dr. Peter Anderson
K. Cochrane
William Harper
Maureen and John Jones
Anne & Don Martin
Donna Chambers & Ron Martin
Kimberly O'Neill
D. Bourque & J. Saunders

In addition, just over 400 donors contributed toward the \$96,758 raised for which we are very grateful.

Your donation allows us to provide shelter, support and referral for abused women and their children and to work toward ending violence against women.

In Memory of Wendy Murray

Wendy worked tirelessly as a volunteer on behalf of the agency. Her special interest was public education. We were all very saddened by her passing on January 22, 2010. In keeping with Wendy's generosity of spirit her family requested memorial donations be directed to Women's Resources.



Shelter, support and referral for abused women & their children

Victoria's Women Shelter: 18-bed emergency shelter for women and their children.

Crisis Support Line: 24-hour local 878-3662 & toll free line 1-800-565-5350

Resource Centre: information and education on women abuse and women's issues. The library is open to the public Mon-Fri, 9-4.

Outreach Services: supportive, one-to-one counselling for women who are experiencing abuse or issues of past abuse.

Community Support Program: connecting women with necessary community resources and housing.

Support Groups: for women who have experienced violence in their lives.

Amy's Next Step Housing: short-term supportive and affordable housing for women and their children.

Child Witness Program: groups for children who have witnessed or experienced abuse or violence in their homes and parenting groups for the mothers

Vicky's Values Unique Boutique: volunteer run gently used clothing store open to the public 50 Mary St. W., Lindsay - Mon - Sat 10 - 4 pm. Gift Certificates are provided to the women using our services for clothing and housewares for their family when setting up new home.

Volunteer Program: volunteers are always welcome and work in a supportive environment with training sessions provided.

All programs are free and confidential.

A Community Resource The Resource Library

We are pleased to announce Women's Resources has received a Trillium Foundation grant to update the agency's library with books and dvd's on woman abuse and women's issues. We will also be purchasing two computers to improve internet access opportunities for women using our services.

For women who have experienced abuse, the opportunity to educate themselves through the various resources at Women's Resources library has proved very effective. Counsellors will often recommend books, websites, video or dvd's to help women move forward in their healing.

The library is open to the public and is used by students, individuals and community agencies. Video's and dvd's are often used in volunteer training. The Trillium grant will ensure that we can update our materials on women's issues, a valuable resource to our community.

It is part of the agency's mission to 'provide opportunities to end violence against women'. Education can play a key role in ending the cycle of violence against women and children. An updated, comprehensive resource library means that women can access the information they need, when they need it.



Women's Resources library is open 9 - 4 Mon - Fri.

Women's Resources ~ 22 Russell St. E., Lindsay, ON K9V 2A1 ~ www.womensresources.ca

Women's Resources

Resource Centre: (705) 878-4285

Amy's Next Step Housing: (705) 887-9806

Victoria's Shelter & 24-hour Line: (705) 878-3662

Vicky's Values: (705) 878-5938

Mailing Information:

Do we have your complete mailing address including your green sign number? Please forward any address changes/updates or call the Resource Centre at 878-4285.

Women's Resources recognizes the importance of privacy and is committed to handling contact information in a respectful manner. Personal contact information will not be shared or sold to any other organization.

Donate online at www.womensresources.ca