



Women's Resources Newsletter

Working Together + Supporting Women + Building Community

An evening with Arlene Dickinson

CEO of Venture Communications and Co-star of CBC's Gemini award-winning Dragons' Den



WOW... what a fabulous International Women's Day celebration. The night was a huge success with a sellout audience at the Academy Theatre for Performing Arts in Lindsay.

Arlene Dickinson's ability as a speaker to reach out and inspire every audience member was phenomenal.

Everyone was touched by some aspect of her talk as well as by her humble and down-to-earth personality.

Dickinson disclosed that she was a victim of both emotional and physical abuse and advised the crowd that there is no shame in it. There was a point in her life when she knew she had to break free and faced many challenges before finding success. The candour with which she spoke about her experiences was both impressive and courageous.

We were overwhelmed by the support from our community surrounding Women's Resources first Marquee fundraising event that also celebrated 100 years of International Women's Day.

Thank you to one and all.



Lori Watson, Executive Director and Lynne Manning, Board Member pause to have their picture taken with Arlene Dickinson.

A special thanks to the Community Sponsors for helping to make this event such a success.

Community Leader



Corporate Community Builder



Community Supporter



Media Sponsor



Watch for announcements on next year's not-to-be-missed event!

MAY IS SEXUAL ASSAULT PREVENTION MONTH

“Sexual violence is about power and control, not sexual desire. It is about exerting power and aggression over someone else.”

It takes a great deal of courage for a woman who has been sexually abused to speak out, especially when that abuse has been committed by a known and trusted family or community member.

One in three women will experience some form of sexual assault in their lifetime. It is twice as likely they will be sexually assaulted by a man known to them rather than a stranger. Anyone can be a victim, and the majority of sexual assaults goes unreported.

There are many myths surrounding sexual abuse and because of this, victims may blame themselves for what happened, wonder if they were responsible and worry that they won't be believed. Their credibility is often called into question, particularly if they were using drugs or alcohol, were in a relationship with the perpetrator, or were reporting historic childhood sexual abuse. Feelings of guilt and shame are fed by the reaction of others. This is unacceptable.

Women's Resources receives funding to provide counselling to women who have been victims of adult or childhood sexual assault. Through individual and group sessions, our counsellors provide emotional support, helping them heal from past abuse.

We have established partnerships with the local Police Services, Ross Memorial Hospital, Women's Health Care Centre in Peterborough and Kawartha Sexual Assault Centre to ensure that women who have been sexually assaulted get the treatment and immediate care they need.

Lori Watson, Executive Director

For more information call, **705-878-4285**



Survivors' Voices Someone is listening to you!

Much work has been done over the past year to provide women who are victims of abuse with opportunities to give suggestions for improving services. Recently, a one-day forum was held at Wind Reach Farms with representatives from five regional Domestic Violence Coordinating Committees and twenty-five survivors. The theme for the day was “We're Listening.” Survivors suggested ways that the agencies can improve the assistance they give to help those in need.

For Lynne, a survivor, the day was “like a retreat, a refreshing, replenishing day. It was a safe place for us to speak about our experiences. We learned that we are not alone.”

Women and Poverty

Women continue to be among the poorest of the poor in Canada. The risk of poverty is greatest if you are an Aboriginal woman, a recent immigrant, a woman living with disabilities, a single mother, or a senior woman living alone. Almost half (46.5%) of senior women living alone are poor.

Paid work is not yet a reliable pathway out of poverty for women. In 2007, a Canadian woman's annual income was only 63% of that of a man's. In 2008, on average, a Canadian woman earned 71 cents for every dollar a man earned, a decrease of 7 cents since 1999.

Ad Hoc Coalition for Women's Equality and Human Rights

WITHIN A CARING COMMUNITY



HEALING SUPPORT HOPE

Women's Resources received \$115,807 in donations from just over 400 donors in 2010. We wish to acknowledge and thank all who have supported our work.

WR Community Leaders: \$5,000+

Fashion Plus
Lloyd Carr-Harris Foundation
Lynne Manning
Prism Embroidery

WR Community Builders: \$2,500+

Bobcaygeon Cares Charity Bonspiel
Canadian Women's Foundation
Heather Provost

WR Community Supporters \$1,000+

CAW Social Justice Fund
Elementary Teachers' Federation of Ontario
Jo-Anne's Place Health & Beauty
Maureen & John Jones
Kawartha Credit Union
Kinette Club of Bobcaygeon
Lindsay Farmer's Market Christmas Market
Marion Stainton
Sturgeon Point Union Church
St. Andrew's Presbyterian Church (Lindsay)
- Choir's 29th annual Living Christmas Tree
The Clearing House
19th Annual Toy Ride
Woodhaven Country Lodge

WR Community Friends \$500 +

Kathy & Peter Anderson
Bell Canada, Community Investments
COHPA
Sunderland United Church Women
Donna Chambers & Ron Martin
TD Bank Financial Group
Fenelon Falls Secondary School
Lynne & John Glenney
D. Bourque & J. Saunders
Janis & Philip Niblett
Susan Lough

An Evening with Arlene Dickinson

Friend Sponsors

Fraternal Brotherhood Association, Rockwood Forest Nurseries, Case Manor, Mariposa Creek Estates, Olympia Restaurant, Pane Vino, Robinson Contracting (Lindsay) Inc., Rotary Club of Lindsay, Sweet Annies, The House Next Door Bed & Breakfast, Pamela Todhunter, Allan and Lori Watson

Bobcaygeon Cares

The Bobcaygeon Curling Club took on a much needed cause at Victoria's Shelter – refurbishing one of the bedrooms, an ongoing need for health and safety reasons. The existing furnishings have withstood over twenty years of use by 1,803 women and 1,762 children.

Plans are underway to refurbish the bedroom with funds raised from the Bobcaygeon Cares Charity Bonspiel and a plaque will commemorate the event.

A plaque in your name is waiting to be hung in our Shelter with seven more bedrooms requiring refurbishing at a cost of \$5,000 each. Contact Lori Watson, 705-878-4285 Ext. 217 for details.

Upcoming Events...

Volunteer Training :

Women's Resources, Lindsay

May 5 - June 9 2011

Lilac Festival Community Showcase :

Logie Street Park, Lindsay

May 28 2011

Seniors Health and Information Fair :

Adelaide Place Retirement Community, Lindsay

June 15 2011

20th Annual Toy Ride :

Riverwood Park, Lindsay

Aug 7 2011

Tagging Events :

Bobcaygeon, Fenelon Falls, Lindsay

Aug 26, 27 2011

WOMEN'S RESOURCES

Shelter, support and referral for abused women & their children

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

Crisis Support Line: 24-hour local 705 878-3662 & 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.

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

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

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

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

All programs are free, confidential and provide safety planning.

The Resource Library

Last spring we announced the receipt of Trillium Foundation funding to update the agency's library. The project was expanded with funding from the Kawartha Lakes Community Futures Development Corporation for a Youth Intern, Becky Graham, who worked with volunteers to enhance the library. New resources include 100+ DVDs', ten audio books and thirty-five new books. Resource users now have access to two computers with on-line capacity.

Women's Resources library is open to the public **Monday – Friday, 9 am – 4 pm.**



Becky Graham, Youth Intern and volunteers Bernadette Tamlin & Deb Smith work on shelving new resource materials.

Women's Resources is a member agency of:

Kawartha Lakes Food Source
Kawartha Lakes & Haliburton
Domestic Violence Coordinating Committee
United Way for the City of Kawartha Lakes

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

Women's Resources

Resource Centre: (705) 878-4285
Victoria's Shelter & 24-hour Line: (705) 878-3662
Amy's Next Step Housing: (705) 887-9806
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.

Charitable # 12981 8613 RR001

Donate online at www.womensresources.ca

