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WOMEN'S
RESOURCES

Women's Resources Newsletter

Working Together ~ Supporting Women ~ Building Community

Working Together



Women's Resources has been working in this community since the late 1980's. We were incorporated as a not for profit agency in 1989. One of the most important ways we work together to achieve our mission is by having a local, community-based Board of Directors.

Our Board members play a very critical role in making sure that we are accountable to our community, our funders, our donors and to the women who come to us for help.

We have been extremely fortunate over the years to have incredibly talented and dedicated women from our community serve on the Board. These positions are unpaid, volunteer positions but the scope of the responsibility to oversee the business of this agency is significant. Board members ensure that the agency is managed in accordance with funding requirements and relevant legislation such as the Canadian Charities Act, Human Rights Act and Employment Standards Act (to name only a few of many).

We recruit Board members who have skills in the areas of financial management, human resources, organizational development and fundraising. The Board and its three subcommittees meet monthly. The Executive committee is responsible for Board recruitment, selection, training

and development as well as overseeing risk management in the agency. The Personnel committee is responsible for personnel policy development and overseeing human resources management. The Finance committee is responsible for developing financial policy and practices and monitoring those practices. In addition, our financial statements are audited each year by an independent firm.

This year's Board members are: Kim Thompson (Chair), Patti Siegel (Treasurer), Teresa Rye (Vice Chair – Board Development), Brenda Robinson (Vice Chair – Audit), Paula Newman (Secretary), Gayle Galbraith, Lynne Manning, Kaca Henley, Pat Hope, Nancy Newton and Roberta Fuller. We thank them for contributing their time, expertise and commitment in the best interests of the women we work with and our community of supporters.

Our mission - working with the community to provide services and support for abused women and their children and to provide opportunities to end violence against women - guides the work that we do. As a New Year approaches, we look forward to continuing to work with you, our community, to help abused women and their children.



Lori Watson, *Executive Director*

Shelter, support and referral for abused women & their children

Since 1989, volunteers have contributed over 100,884 hours of time to Women's Resources

Gift Baskets for Women

Our volunteers make up gift baskets of donated personal care items for special occasions. Small gift items welcome.

 For information  call 878-4285.

Vigil Ceremony

Fleming College
Glenn Crombie Theatre
December 6th - 12 noon
Memorial Exhibit
Discovery Walkway
10:00 am - 2:00 pm

Vicky's Values

Gently Used Clothing Store
Now open Saturday's
10:00 am - 4:00 pm
for your shopping
convenience
50 Mary St. W. Lindsay

Supporting Women

Breaking the Silence

When women make the first step to call our 24 hour support and crisis line, they have broken the silence. To be able to talk about the abuse and share their feelings with someone else takes immense courage. Counsellors respond empathetically and with understanding and help women to see that there is hope for a better, brighter future. Breaking the silence is the first step that brings women to our doors.

Many women find inspiration in sharing their experiences with others - that there is hope beyond today.

Mary's Story

Growing up I had a family member who was very controlling and at times abusive. Wanting to get out of the house I married a controlling, abusive man at sixteen. I stayed in the marriage for 20 years, mostly because he had me convinced that he would get custody of the children if I left him.

Looking back I realize that from the time I was a child I had learned how to be the victim. I became the victim to every controlling, abusive person who came into my life. I was convinced that the problems were my fault.

When I was 46 I hit rock bottom and found myself homeless after being abused, yet again. I heard of Amy's, run by Women's Resources. They gave me a safe place to live for a year so I could figure out where to go from there.

I participated in the counselling services offered and worked on what I could change in me to improve my life. It was at this time that I decided it was time to take

control of my life and not be the victim any more. With lots of support I became healthier, and learned that I do matter, and that I can say no to abuse.

That was when I decided that I wanted to give back some of what I had been given. So, I enrolled in school and now work in the social service field. I have lived an abuse-free life for the past six years.

I have the power over my life now and I cannot explain the freedom and serenity that this has given me. The support I received was life-changing and I will forever be grateful.

June's Story

I was a single mom with two children, ages 14 and 11 when I met and married Patrick. This was to be a new start for me and the children and I was ecstatic. Once I gave birth to our daughter Amy, our lives became filled with physical and verbal abuse. Patrick's horrific act of shooting the family dog in a fit of rage in front of me and Amy was the final straw. In 2002, I fled, bringing my children to safety at Victoria's shelter.

Our divorce was complicated by Patrick's lack of co-operation fuelled by his attempts to be in control and my legal fees ran into thousands of dollars. Patrick has unsupervised visits with Amy and still I fear for her well being when she is in his care.

The wonderful staff at Women's Resources, supported, guided and nurtured me through this devastating process.



Community Support Spotlight

Recently, the Outreach Committee of Cambridge St. United Church appealed to their congregation for donations of sleepwear to fill the cupboards at Victoria's shelter. "If you could just imagine fleeing from your home with only the clothes on your back for yourself and your children how would you feel" was their challenge. Each Sunday for one month, members took turns greeting the congregation in their pajamas to help promote the project. The response was overwhelming with donations of 35 infant, children and youth pajamas, 59 women's pajamas, 9 housecoats, 23 pairs of slippers, 5 teddy bears, socks, towels, twin sheets and soaps.

We appreciate the tremendous support we receive from our community. We wish to thank every individual who has stepped forward on our behalf, as a helping hand is never too big or too small.

December 6th Vigil

National Day of Remembrance and Action on Violence Against Women

Please join together to honour the lives of the women and children who have lost their lives to violence and to remember the 14 women murdered at L'École Polytechnique in 1989

December 6th - 12:00 noon
Fleming College - Glenn Crombie Theatre
(Room 250)

Emcee:

Lori Watson, Women's Resources

Presenter:

Liza Hancock, Neighbours, Friends & Family

With Music performed by:

Chosen Sisters

Laying of Roses in Remembrance

Memorial Exhibit:

Discovery Walkway, Fleming College
10:00 am - 2:00 pm

Building Community Taking Action

The month of November marks Woman Abuse Prevention Month, which presents an opportunity to raise awareness about violence against women and its prevention.

This year in Ontario, nineteen women have been murdered by their intimate male partners. Three children and the mother of one of the women were also murdered bringing the total that we know of to twenty-three. These statistics underscore the need for awareness and action against woman abuse.

Throughout November, Women's Resources participated in a number of awareness activities in the community including *Neighbours, Friends & Families* public information sessions; training sessions for justice, health and social service providers on best practices for victims of partner abuse and distributing information to over 150 agencies.

The month's activities concluded with *Repairing the Bridge* – building more inclusive services for native women and women of colour workshop with presenters Audrey Huntley and Zahra Dhanani.



Modelling outerwear and skates as an example of what you can find at Vicky's Values



Our youngest volunteer steals the show



Volunteer showcasing her selections from Vicky's Values

Celebrating Success Fall Collection Showcase

Together, the Dream Centre and Vicky's Values gently used clothing store, presented *Thrifty Threads Continental Tea and Fall Collection Showcase* for the Kawartha Lakes Food Source.

Volunteers were excited about modeling the range of quality clothing on sale at Vicky's. Since holding the showcase, the store is experiencing many new customers who otherwise may not have thought to shop at a gently used clothing store.

In addition, the event raised over \$1,000 for the Kawartha Lakes Food Source. As member agency, Women's Resources runs a weekly food cupboard for women who are receiving service. In one month, 45 women and 40 children accessed the cupboard.



Laurie Scott shares a cup tea with friends

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 toll free line 1-800-565-5350

Resource Centre: information and education on women abuse and women's issues. The lending 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 such as housing, legal aid, and parenting support.

Workshops: Are open to all women in the community and provide information on a variety of issues affecting women.

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

School Based Services: workshops on bullying, sexual harassment, dating violence and healthy relationships.

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

Vicky's Values: volunteer run gently used clothing store open to the public at 50 Mary Street W., Lindsay. Hours: Mon-Sat, 10:00-4:00.

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

All programs are free, confidential and provide safety planning.

Thank you



I am the woman Women's Resources serves and would like to assure you that donations from you do go to supporting abused women and their children. I wouldn't be where I am today if it wasn't for the public supporting such an excellent program.



Sincere thanks for providing me with a safe home during my stay at Amy's and the opportunity to start a new life.



Thoughtfulness such as yours warms the heart and is truly appreciated.



I am sure from now on I'll always be safe.



Thank you.

Women's Resources is a member agency of:



Kawartha Lakes & Haliburton
Domestic Violence
Coordinating Committee

Working together to promote healthy relationships



United Way for the
City of Kawartha Lakes
Hope Vision Impact
Together we care



Kawartha Lakes Food Source
Hunger is Everyone's Concern

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

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MAILING INFORMATION:

Do we have your complete mailing address including your "911" 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.