

# Supporting Women



January 19, 2009 is the 20th anniversary of WR.

Twenty years... of providing education, services, shelter and support to abused women and their children. Since then 1,851 women and 1,879 children have sought refuge in Victoria's shelter and Amy's Next Step housing programs. We've answered 17,725 phone calls from women who were in crisis and provided counselling and safety planning to over 1,405 women through Outreach Counselling and Community Support.

Women's Resources began in the early 1980's when a group of local women was concerned about the issue of woman abuse. As those women went out and spoke with women in the community, they heard more and more stories of women being abused. They realized that we needed services and support for those women. So, over dining room tables, the first proposal for funding for the shelter was created and Victoria's opened its doors in 1991.

It was a difficult time back then as abuse was not openly spoken about and many did not want to believe that abused happened 'here' – in this beautiful rural community, among our friends and neighbours. It was a common belief among women's agencies that one day violence against women would end and shelters would no longer be needed. Now however, we know that abuse is a complicated and tragic social issue that will always be with us. The shelter now provides a safe haven for some of the daughters of the women we worked with in those early days.

If we want to change behaviour and attitudes about abuse, we must work with the children who witness violence in their homes. In 2000, we began a group program for children who witness abuse and we provide individual counselling to teen victims of violence. Through these programs, we have reached 486 children, teens and their moms.

We wish our services did not have to exist. Nevertheless, we are grateful that they are here for those who need them. With the uncertainty of government policy and funding around services for abused women, we are grateful for the ongoing and consistent support we have received from you. Your donations of clothing and small house wares to Vicky's Values, quilts and baby clothes for the shelter, hand made mittens and hats and all the other wonderful gifts we receive are truly appreciated. These gifts let the women know that they are not alone. Your financial support is invaluable and helps us to provide services that are not government funded, like Amy's Next Step Housing; School Based Services and our Public Education Program. And, many of you over the years have chosen to volunteer at WR and have contributed over 110,500 hours in time and support.

Throughout the upcoming year, you will hear more about our 20th anniversary celebrations. Please celebrate with us knowing that without your commitment, we could not have made such a difference in the lives of these women and children. Thank you all!

Lori Watson, *Executive Director*

## *Shelter, support and referrals for abused women & their children*

**December Vigil**  
 Friday, December 5th,  
 12:00-1:00pm  
 Crombie Theatre  
 Fleming College  
 Memorial Exhibit  
 10:00am-2:00pm

**NOVEMBER IS  
 WOMAN ABUSE  
 PREVENTION MONTH**

Shelters rebuild lives ~  
 Education changes the world  
*(see article, page 3)*

**International  
 Women's Day**  
 March 2-6, 2009  
 Focus on Africa  
 Guest Speaker  
 Visual Presentations  
 After Hours Social

# WR needs you... the women and children need you. Here's how you can help.

## *Gifts of Kindness*

Imagine what it must be like to leave your home and all your belongings because you fear for your life? Imagine how nervous you would be to go to a shelter, not knowing what it was going to be like? And then imagine how comforted you would feel when you saw a room at the shelter with a lovely handmade quilt on the bed, a gift basket full of toiletries on the dresser, new comfy pajamas and slippers and a beautiful teddy waiting for a child's arms. At a time of crisis and distress, these small gifts from the community help to reassure women and let them know they are not alone... someone out there cares about them and we are here to help. Or donate your gently used clothing, household items or gift supplies to Vicky's Values to help women rebuild their lives. Your donation of personal care items, hand made mittens, hats, slippers, or quilts and cuddly toys mean so much. For more information on the kinds of items we need, please contact Sharon Benoit at 878-4285.

## *Gifts of Time*

Become a volunteer. Women's Resources has over 60 active volunteers, and we always have room for more! Our volunteer coordinator will assist you in finding just 'the right spot': answering phones, cataloguing library resources or helping with fundraising events at the Resource Centre; cooking, gardening, or providing transportation for Victoria's Shelter or Amy's Next Step Housing; sorting, ironing, and serving customers at Vicky's Values Gently Used Clothing Store; planning future directions for the agency as a member of the Board

of Directors. For more information about volunteer opportunities, contact Trish Campbell at 878-4285.

Organize a third-party fundraiser. Women's groups, church groups, high school students and motorcycle enthusiasts have helped raise funds for Women's Resources through a variety of creative events: the annual Toy Ride, Gowns for Girls, pottery sales from Four Play with Clay, Mary Kay hand cream promotions, and in-house competitions and pledges. For more information on third party events, contact Kathleen Wild at 878-4285.

## *Gifts of Financial Support*

Women's Resources must fundraise a minimum of \$100,000 every year to

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maintain the range of services we provide. And with the increased prices for heat, hydro, gas and water, our costs are also increasing steadily. We depend on the success of our annual fundraising strategies – Tag Days in the spring and summer and the Newsletter Mailout Campaign in May and November – to maintain a high level of service to the community.

But we also rely on the financial donations from our supporters.

We've tried to make it easier to give by providing the following options:

Monthly donations through direct debit – all you do is send us a voided cheque and let us know how much you would like to donate each month and we will set it up.

Visa, Mastercard and American Express – you can also make a monthly or one time donation by using your credit card.

Personal cheque – just mail in a cheque in the amount of your choice along with the donation slip on our direct mail campaign.

Online giving – Beginning this month, it will be easier for you to make a donation to Women's Resources online. Visit our website at [www.womensresources.ca](http://www.womensresources.ca) and click on Donations to get to the CanadaHelps page.

Investments – Changes made to the federal tax rules in 2006 have created an attractive alternative for some of our supporters. Donating securities or shares to a registered charity has two direct benefits: the full tax credit for the value of the contribution; and the elimination of the capital gains tax when the shares are transferred in kind.

Women's Resources provides a charitable tax receipt for financial donations over \$20.00.

For more information on making a financial donation, check out our website or call Kathleen Wild at 878-4285.

Women's Resources offers many ways for our community to work with us to end abuse. However you choose to become involved, your support is always needed and greatly appreciated!

# Woman Abuse: A National Crime, A Global Human Rights Violation

## *The Reality:*

- A Lindsay woman was found shot to death at the hands of her estranged husband in September 2008.
- As of September 30, 2008, 14 women have been murdered by their partners this year in the province of Ontario.
- Almost 40% of Canadian women assaulted by their spouses said their children witnessed the violence against them.
- Six in ten homicides against children and youth in Canada were committed by family members, where the father is more likely to be the perpetrator than the mother.

Source: StatsCan and OAITH, Ontario Association of Interval and Transition Houses

## *So Why Would a Woman Stay in an Abusive Relationship?*

- Leaving a violent relationship is the most dangerous time for a woman; she may fear for her safety or her children's safety if she leaves.
- She may be economically dependent

on her partner and fear poverty for herself and her children.

- She may live in an isolated area, or be socially-isolated, and lack access to information, resources and support.
- She may face communication, language, or cultural barriers.

Source: Canadian Women's Foundation

## *The Education and Action:*

- Abused women need to know that they are not alone, that there are people who care about their well-being and are willing to help. Family, friends, and community services are vital lifelines for women trying to free themselves from abusive relationships. Women's Resources is one of 43 member service providers that make up the Kawartha Lakes Haliburton Domestic Violence Coordinating Committee. The 'KLHDVCC' has developed a protocol for working together to more effectively respond to victims of abuse.
- Many levels of government in Canada fund media and community action campaigns. November is design-

nated as Woman Abuse Prevention Month in Ontario; the federal government asks all Canadians to mourn the deaths of 14 young women killed in Montreal in 1989, and to work for social change as we commemorate the National Day of Remembrance and Action on Violence Against Women on December 6 each year. More information about provincial and national movements to end violence against women can be found on the websites of the *Ontario Women's Directorate* and the *Canadian Women's Foundation*.

- Men and women come together to challenge the present reality of woman abuse through non-governmental groups around the world. The White Ribbon Campaign (Nov.25-Dec.6) is the largest effort in the world of men working to end men's violence against women. Sixteen Days of Activism Against Gender Violence (Nov.25-Dec.10) constitutes a global campaign to link woman abuse to human rights violations, and to bring these issues to the attention of governing officials, the world media, and the public.



## Community events support Women's Resources

During the 2007-2008 school year, Kyna Rowbotham's grade 6 class at Parkview School prepared hot chocolate for the other classes in the school as a leadership fundraising project. By the end of the year, they had collected \$500 and decided that they wanted to donate their proceeds to Women's Resources.

On September 16, the residents of Lakelands Village on Colborne Street raised \$300 in pledges through an in-house walkathon. They also chose to honour Women's Resources with their donation.

We would like to extend our thanks to both groups for their creative efforts and their contribution to building a healthier, safer community.

# Women's Resources

*Working with the community to provide services and support for abused women and their children and to provide opportunities to end violence against women.*

**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.

**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.*

## Board of Directors: 2008-2009

Chair: Kim Thompson

Vice Chair: Lynne Manning

Vice Chair: Patti Siegel

Secretary: Laura Edmonstone

Treasurer: Gayle Galbraith

Janice Barber, Carolyn Fox, Linda Hilton  
Pat Jensen, Nancy Newton, Marlene Simpson

## VOLUNTEERING... a great way to grow

We are currently seeking women interested in women's issues to serve on our volunteer  
**BOARD OF DIRECTORS**

Contact Lori Watson at:  
lwatson@womensresources.ca  
for further information.

## Gift Baskets for Special Occasions

Filled with your donations and assembled by Women's Resources volunteers. Cherished by women and children on birthdays, arrivals, departures, and feeling bad days.



Women's Resources is a member agency of:



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](http://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

*Working Together ~ Supporting Women ~ Building Community*

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.*