

WRWOMEN'S
RESOURCES

Words Newsletter

WOMEN'S RESOURCES | SPRING 2007

Working Together Supporting Women Building Community



Remember when drinking and driving was a common occurrence? Today, thanks to the very successful and widely promoted MADD campaign, drinking and driving is no longer acceptable. Through an extensive public awareness campaign, MADD has been effective in changing people's behaviour and attitudes; we haven't stopped drinking and driving completely, but we are certainly more aware than ever before.

Public awareness, education and communication are very important if we are going to work together to end violence in our communities.

This past winter, Women's Resources through the support of the *Ministry of Community and Social Services* and *Kawartha Lakes Community Futures Development Corporation* engaged in a community consultation process to look at ways in which we could improve our communication and education strategies. *The Dijon Group* was hired as the consulting firm for this project.

The consultants talked to men and women, to community members, service users, donors, funding agencies and service partners to find out what they knew and what they didn't know about us and *most importantly* what has to be done to reach out to more people in our community. The feedback we received has been very helpful and over the next year we will be implementing a comprehensive communication plan.

There is also a new awareness program being launched in the City of Kawartha Lakes ~ *Neighbours, Friends & Families*. The campaign is to help individuals learn how to identify and respond to women in their lives who may be victims of domestic violence and how to encourage men who are abusive to get help.

This initiative is the result of findings of the *Domestic Violence Death Review committee*, which reports on domestic violence fatalities in Ontario. From their research, it was clear that there was someone in each woman's life who knew that she was being abused but often didn't know how to help.

Women's Resources 24-hr toll free support line 1-800-565-5350 is included in the *Neighbours, Friends & Family* promotional material and we are ready to help anyone who may have questions about how to respond when they know someone is being abused.

Together we can make a difference in ending violence in our communities and homes.

Lori Watson, *Executive Director*

Healing Spirits

Women's Resources is again entering Healing Spirits into the Dragonboat Festival to raise awareness and funds for local breast cancer research and treatment.

16th Annual Toy Ride Sunday, August 12

Riverwood Park
All Welcome
Motorcyclists Raising
Toys & Donations
for children's
programs.

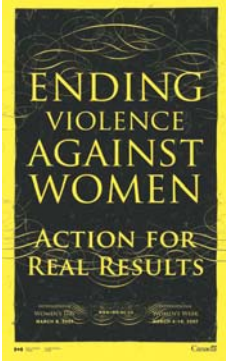
Coming this Fall

Thrifty Threads Afternoon Tea
Showcasing Vicky's Values & local thrift store Fall Collections
Calvary Pentecostal Church
125 Victoria Ave. N. Lindsay
A Kawartha Lakes
Food Source Benefit

Vicky's Values Expands Hours

Drop by Vicky's Values
50 Mary St. W.
Mon-Sat, 10-4 p.m.
This spring will be the first
blooming of 300 pink tulips
donated by Avon to promote breast
cancer awareness at the store.

30th International Women's Day



The heartbeat of International Women's Day was heard throughout the community with a series of events marking its 30th anniversary by the United Nations. This year's national theme was 'Ending Violence Against Women: Action for Real Results'.

Three workshops by *Beautiful Women Project* artist Cheryl-Ann Webster were hosted by *The Lindsay Gallery, Canadian Mental Health Association, Body Image Coalition* and *Women's Resources*. The exhibit and workshops aim was to challenge the physical perceptions of women.

'Eloquent, passionate, funny and fearless' was how local reporter, Deb Bartlett, described Raheel Raza, who spoke on *Women in Islam, Myth versus Reality*. It was standing room only for the Women's Resources

hosted event. Raheel Raza is an award winning journalist, interfaith and human rights activist.

At Fleming College, Professor Paula Sherman spoke about Indigenous women as the symbols of creation and the traditional knowledge they possess about protecting the environment. The *Unity Singers* shared their culture through music and drumming.



Raheel Raza

The final event, a Flamenco Show with Tapas, sponsored by Sweet Annie's, brought women together in celebration.

This is the first year Women's Resources presented, along with community partners, such a wide range of speakers and events and we are looking forward to next year.



Cheryl-Ann Webster speaks on *Body Image & Self-Esteem*

Light at the End

This beautiful daylily is a shining light in the garden and is a special creation that Anne & Don Martin of Cedar Ridge Gardens has hybridized for Women's Resources. For Anne, it was 'a real joy to do this and hopes the women we help every day, find their light at the end of the tunnel.' We are touched by the beauty and hope that *Light at the End* daylily brings. All sale proceeds will go to Women's Resources. For information contact: Cedar Ridge Gardens 705-738-1159 www.cedarridgegardens.com



Women's Words

"It's been a long time for me to get into a place and settle with my child. I was helped by my stay at Amy's. We had a very lovely little apartment to live in. I wish there were more places like this because it gives people in need the chance to grow and get on with their lives."

"Playroom was an excellent idea. Many hours of enjoyment came from the playroom."

"All of the children seem to be very happy here."

"Caring & genuine concern for my wellbeing."

"They provided me with information instead of providing answers."

"I always felt safe."

Celebrating at Women's Resources

Celebrations such as Easter and Mother's Day can be difficult for women who are staying at the shelter. We are always so thankful when a community group or individual gets involved in making a holiday special. 'It's the thought that counts' holds true when it comes to lifting a woman's spirit during a holiday. If you or your group can donate for a celebration, please give us a call.

PORTRAIT OF VIOLENCE AGAINST WOMEN

Almost forty per cent of women assaulted by spouses said their children witnessed the violence against them, directly or indirectly. In half of the cases, the woman feared for her life.

Young women experience the highest rates of violence.

Violence and homicide rates are higher for women in common-law relationships and for those who have separated.

Stalking by ex-partners raises the risk of violence.

On March 31, 2004 52,127 women and 26,840 children were admitted to shelters for abused women across Canada.

It's estimated that only fifty percent of the women who experience violence and abuse in a relationship seek help by contacting available services such as shelters.

Spousal violence makes up the single largest category of convictions involving violent offences in adult courts in Canada over a five-year period, ending in 2002.

"Measuring Violence against Women: Statistical Trends 2006"
Statistics Canada



Trish Campbell, Volunteer & Housing Coordinator & Lori Watson, Executive Director are all smiles at receiving the Excellence in Volunteer Leadership Award presented by the Kawartha Lakes Association of Volunteers, United Way for the City of Kawartha Lakes and the City of Kawartha Lakes.

It was all laughter and smiles at the Volunteer Appreciation Night held April 18th at Queen St. United Church. Staff entertained volunteers with music, skits and a fun Vicky's Value's fashion show. Volunteers often say they love the sense of belonging they feel at Women's Resources. In turn, their contributions make so much possible. We are all deeply enriched by volunteers.

Each fall there is a training session for women interested in volunteering. For information and an application contact Trish Campbell, or go on the website: www.womensresources.ca.

Neighbours, Friends & Families

Are you concerned about someone you think is being abused, but don't know what to do?

Neighbours, Friends & Families is a campaign to help raise awareness of the signs of woman abuse so that people who are close to an at-risk woman or an abusive man can help. Everyone in the community has a role to play in helping prevent woman abuse.

We know that neighbours, friends and family members may suspect abuse is happening, but do not know what to do or how to talk about it. They may worry about making the situation worse, or be concerned about what to do.

It's natural to have these concerns and hesitation. A common response is that it's none of our business. Consider however, that the signs of abuse are warnings and the situation will

only worsen over time.

You may not know what to say but by just saying you are concerned is a good start. You may

think that you might make things worse. Consider instead that by doing nothing, you could make things worse.

There are ways of overcoming the hesitation to help and to offer support and there are ways to determine the warning signs of abuse and of high-risk situations. The information is in three brochures, *How You Can Identify and Help Women at Risk of Abuse*, *Safety Planning for Women who are Abused* and *How to Talk to Men Who are Abusive* and are available at Women's Resources.



Neighbours, Friends & Families

Women's Resources

Shelter, support and referrals 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.

Women's Resources
22 Russell St. E., Lindsay, ON K9V 2A1

Resource Centre: (705) 878-4285

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

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



Shelter from the Storm is an annual national campaign by the Canadian Women's Foundation. Funds raised will go to shelters, including Victoria's, and community prevention programs.

In one hour at Victoria's Shelter...

- A woman is given information and assistance, from a counsellor, on filling out a local affordable housing application. They chat about her upcoming meeting with a lawyer. Because she needs to travel outside of the community for a legal aid lawyer, her counsellor makes suggestions about where she may be able to find help with transportation.
- Another resident is given several referrals and the option of having Homecare.
- Several telephone calls come in; one from a neighbouring shelter checking if Victoria's has space available.
- A mother has been up most of the night with her teething baby and is close to tears with exhaustion and stress. She needs to go out for the morning. Arrangements are made with the children's counsellor to care for her child. Everyone is rewarded with the child's bright happy smile.

Victoria's is a warm, inviting and secure shelter from the storm for local women in need.

Women's Resources is a member agency of:



Kowartha Lakes & Haliburton
Domestic Violence
Coordinating Committee

Working together to promote healthy relationships



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



Kowartha Lakes Food Source
Hunger is Everyone's Concern

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.