



Women & Children's
Shelter of Barrie

NOVEMBER 2009

WCS Community Connections

NOVEMBER IS WOMAN ABUSE PREVENTION MONTH

We are firmly into the fall season, a time for reflection as we come to the end of another year. This is also a time for all of us to turn our awareness to the women in our society who are living with abuse and violence in their lives. November has been proclaimed by the Ontario Government as Woman Abuse Prevention Month and the United Nations has dedicated November 25th as the International Day for the Elimination of Violence Against Women.

Every woman and child has a fundamental right to safety and security, particularly in their homes. Violence against women is a gender-based reality for many women and their children who struggle to maintain their equilibrium in the face of abuse. Abuse is insidious and often hidden. Only those close to the couple are able to recognize signs that abuse or violence is present in the relationship. Others are prevented from taking action by a lack of information about what to do or how to help and the underlying belief that the family is inviolate and outsiders should not step between the couple.

There are ways that you can help a woman who you believe is living with abuse and violence. You can give her the number of the Women & Children's Shelter of Barrie and encourage her to call our 24-hour crisis line (**705-728-2544**). We will speak with the woman and provide her with options and strategies to assist her and her family.

The Neighbours, Friends and Families campaign (NFF) is part of a province-wide initiative to provide information about the warning signs of abuse, about how you can support the woman and her children and about what community resources are available to her. You can access their website for information and strategies to help at www.neighboursfriendsandfamilies.ca. You can also give the woman the number of the Assaulted Women's Helpline (1-866-863-0511) which is a province-wide 24-hour crisis line for women in Ontario. If she is a francophone woman you can provide her with the number of Colibri: Centre des femmes francophones du comté de Simcoe (705-797-2060) or femaide (1-877-336-2433), a 24-hour crisis line for francophone women in central and southern Ontario.

Abuse and violence against girls and women must end. Collectively we can make a change and improve the conditions under which gender-based violence continues to exist. We can speak up and insist that our politicians take steps to recognize and address inequities in our system that continue to oppress not only women and children but other marginalized groups on the basis of gender, race, age, class, sexual orientation and ability.

Message from Lynda Muir, Executive Director

LAUNCHING THE WINTER SPONSORSHIP PROGRAM

We'd like to invite you to participate in our Winter Sponsorship Program. Each year we serve over 1,200 women and children through our shelter and outreach programs. Women who leave abusive partners face many obstacles as they strive to establish a life for themselves and their children that is free from abuse. Poverty, homelessness and limited child care are barriers which restrict a woman's options and access to resources.

This program offers support to women and children at this very stressful and financially demanding time of the year. A donor is paired with a family in need and asked to provide food vouchers and gifts/gift cards for each family member. Through the generosity of our donors, women are able to provide a more enjoyable holiday season for their children.

Donors are asked to contribute a \$50 food voucher for a local grocery store and a \$50 gift or gift card for each member of the family. For those who would like to buy gifts for the family, information about the ages, sex, clothing size and gift ideas of each member will be provided.

If you would like to participate in the Women & Children's Shelter Winter Sponsorship Program, please contact **Deanna** at **705-728-6300 x247** or deanna@barrieshelter.com.



Photo's from WCS events 2009



Unveiling of our New Logo



Garage Sale Fundraiser,
hosted by Royal LePage
First Contact Realty



WCS Annual General
Meeting 2008/2009

Various donations being accepted by the staff of WCS



Art by a teenage client



Art from a child client



Take back the night 2009



**The Women &
Children's Shelter
of Barrie provides
a safe refuge and
emergency
support services
for abused women
and their children
in its commitment
to end the cycle of
violence**

OLÉ Outdoor Life Empowerment for Women *and their Children*

To empower women and their children who have experienced abuse to build upon their depleted resources and increase their self esteem, self image, and self talk

by discovering new skills and facing the physical challenges of the great outdoors.

The Women & Children's Shelter of Barrie Outreach Services was pleased to renew their partnership with the Barrie Canoe and Kayak Club. This year once again we offered the OLE Outdoor Life Empowerment for Women and their children. As defined by Outward Bound's Women of Courage course, our program "provides a time and a place for the next stage of healing where the women can explore who they are beyond being survivors". Six women and their children who were settled into the community joined us for a three day camping trip to explore their strengths and abilities while enjoying the beauty and serenity of nature. Julia Lawr, a BCKC volunteer, Alison Williams, a shelter volunteer/relief worker, and I met to develop the program and to provide support to the participants throughout an 8 week preparation process. Our Trip Leader, Marilyn from the BCKC, was a great role model for our women – for us all. She was responsive to the group's needs but gently challenged us to take risks, learn new skills and trust our abilities. The Board Members of the Barrie Canoe and Kayak Club have expressed their on-going commitment to the OLE program. They are pleased to support our work by offering free annual memberships to our participants. It is through programs like OLE that we can help women to develop strong community support systems and healthy family activities in their effort to build new lives free from violence.

"I found the OLE canoe course and trip to be a very empowering experience. I faced my fears of going out on the water each practice and the fear of camping ruggedly. It was a life changing experience. I would love to do it again." Stephanie

If interested, please contact Linda, Outreach Group Facilitator (705) 721-9977 Ext 25

"Voyage upon life's sea, to yourself be true, and, whatever your lot may be, paddle your own canoe" Sarah Bolton



PLAY DOUGH RECIPE

What you need:

- 2 cups of water
- 2 cups of flour
- 1/2 cup of salt
- 2 tablespoons of cream of tarter (optional)
- 4 tablespoons of oil
- 1 package of kool aid

HOW TO MAKE:

- 1) Mix dry ingredients in a container that fits into the microwave. Then add the water and mix until all lumps are out
- 2) Microwave for 2 minutes on high, then stir. (repeat this step 3 times)
- 3) Microwave for 1 minute on high. (repeat this step 2 times)
- 4) When done let the play dough sit for 10 minutes to cool down.



A message from a teen that stayed at WCS

My Experience as a Teen at the Women & Children's Shelter

Last year, when my mother first told me that we were going to stay at a shelter I felt very nervous and scared of what the whole experience would be like. I didn't know what to expect but of course as a teen I expected the worse, I thought it was going to be a place that I hated, but it ended up not being that at all. The shelter was nothing that I thought it was going to be, my family had our own room so that we could have our privacy, but there was also a lot of people there that we could talk to if we felt the need. The Shelter was a safe place that me and my family could heal while we were going through some tough times.

When we arrived at the shelter the staff was very welcoming and they did all that they could to help comfort my mom, my sister and me. After a few days I was starting to feel more comfortable with the shelter itself and the people there. The staff was extremely supportive and understanding, they all were very kind to me and my family. Throughout my time there I made some new friends and I became a lot closer to my mother and sister. My experience at the Shelter was not bad at all, it was a life changing time for me. I am now taking a program at college so that I can become a social worker like the ones who have helped me through my difficult times.

My time at the shelter was a good learning experience, I grew a lot as a person during my stay. I hope that I will never come across a situation that would make me have to return, but if I do, I would not hesitate to go back to the Shelter.

Anonymous, 18.

Thinking of volunteering at the Women & Children's Shelter?

We have volunteer opportunities in administration, event participation and assisting the shelter coordinator with donation.

If you would like to volunteer in one of these areas or if you have a particular skill or service that you think might be of help to the Women & Children's Shelter please

call: 705-728-6300 x224

705-721-9977 x25

A heart felt 'Thank You' goes out to 3 lawyers that volunteered their time and knowledge in 2009 to assist WCS clients with their legal issues.

Paul Dusome
Anne-Marie Langan
Karen O'Keefe

DATES TO REMEMBER

Dec 6 2009

National Day of Remembrance & Action on Violence Against Women at the Downtown Community Theatre

February 20, 2010

Chase McEachran Night Fundraiser for the Women & Children's Shelter at the Mansion Night Club

March 8, 2010

International Women's Day

June 11, 2010

Golf Tournament
Innisbrook Golf Club
In support of WCS

We Still Remember...20 years later

Nous nous souvenons encore...

20 ans plus tard



Helene Colgan
23

December 6, 2009 marks the 20th anniversary of the Montreal Massacre, when 14 young women were murdered at École Polytechnique. This gender-based act of violence became a call for action to end all violence against women.



Sonia Pelletier
23



Ann-Marie Edward
21

We continue to remember and to honour women and children throughout the world whose lives have been affected by violence.



Maryse Laganiere
25

The Women & Children's Shelter and Colibri invite you to join them as they commemorate this National Day of Remembrance & Action on Violence Against Women.



Barbara Klucznik Widajewicz
31

Sunday Dec 6, 2009

2:00pm-5:00pm

Downtown Community Theatre (One Dunlop Street Barrie)

Refreshments will be provided



Annie Turcotte
21



Nathalie Crouteau
23



Michelle Richard
21



Barbara Daigneault



Annie St-Arneault
23



Genevieve Bergeron
21



Maryse Leclair
23



Maud Haviernick
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Ann-Marie Lemay
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We are on the web!!

www.barrieshelter.com

Supporting the Women & Children's Shelter of Barrie

WCS has been generously supported throughout the years by the citizens of Barrie and surrounding communities. Our agency would not be able to provide the quality services and programs that we do without such support. Violence against women shelters are funded through the provincial government but the reality is that we are not able to cover all of our expenses and keep up with the continual cost of inflation. All of us at the shelter – staff, Board of Directors, volunteers and especially our women and children – thank you from the bottom of our hearts. We couldn't do it without you!

Violence against women is not going to go away quickly and easily because it is contextualized in the very fabric of our society. The pressures upon us financially have increased and we need, now more than ever, to turn to the community for support. We have opened up six more beds for women and their children and find that we're full most of the time. If you would like to continue to donate to the Women and Children's Shelter or are thinking of donating there are a number of ways you can do so.

Cash

In-kind donations (refer to the list at bottom of page)

Support a Family Program – support a woman and her child or children while they are in the shelter.

Winter Sponsorship Program (refer to page 2)

Planning a third party event

Planned Giving

- * Bequests - Remembering WCS in your will
- * Life Insurance or RRSP – making WCS a beneficiary
- * Stocks or securities – gift of stocks or securities to WCS
- * Tribute or memorial – making a gift to WCS in memory of a loved one

For all financial donation inquiries contact 705-728-6300 ext. 225. or ana@barrieshelter.com

For all In-Kind donation inquires contact 705-728-6300 ext. 224 or coordinator@barrieshelter.com

We are a registered charity #12995 1588 RR0001

Once again – Thank you for your past support!

In Kind Donation List Ideas

- Children's lunch items, Non perishable food items
- Diapers, wipes, baby powder, shampoo, rash cream, baby oil, crib sheets, baby monitors
- Personal & Feminine hygiene products
- Laundry soap, dish soap, laundry fabric sheets, javex,
- Pajama's, house coats, slippers, underwear
- Kitchen items, Bathroom items, Bedroom items
- Gift certificates of any kind
- Life jackets for children, sleeping bags, tennis rackets, badminton rackets, toys, board games, sports items.
- Tools, DVD's, CD'S
- Gift baskets of all kinds

Due to health & safety reasons, we can only accept new items

We thank you for thinking of us. It is kind generous people like you, who support us, that make it possible to continue to offer our services to abused women & children. We are truly grateful.