



## GRANT SUMMARY

## MOVING WOMEN OUT OF VIOLENCE

Like you, we want to end violence against women and girls. In 2013, thanks to your generous support, we are investing \$929,972 in emergency services that help women move out of violence, supportive programs that help survivors rebuild their lives, and prevention programs that stop the violence before it starts.

### OUR APPROACH

**SHELTERS** – Through our annual campaign to end violence against women, we support 447 emergency shelters across Canada, that provide a safe place for women and children escaping domestic violence.

**VIOLENCE PREVENTION** – In 2013, we supported 67 violence prevention programs across Canada, reaching more than 23,500 women and girls. We invest in seven different types of programs:

- HR HEALTHY RELATIONSHIPS** - These school-based projects help to stop the intergenerational cycle of violence by teaching young people about dating violence, gender stereotypes, sexual harassment, and how to create safe and healthy relationships.
- RB REBUILDING LIVES** - Women who have escaped domestic violence begin to rebuild their lives through counselling, legal advice, and safety planning. They receive help finding a new place to live. Their children receive counselling that helps them cope with the aftermath of trauma and avoid becoming future victims or abusers.
- SS SECOND STAGE** - When women move out of an emergency shelter, they often need help to stabilize their life and become economically self-sufficient. These safe housing facilities are designed especially for them. Women and their children live in affordable apartments while attending free on-site services such as job search workshops and counselling. Typical stays range from six to eighteen months.
- LN LOAN FUND** - Many women stay with an abuser because they cannot afford to live on their own. With these small interest-free loans- often called “micro-credit”- women can pay first and last month’s rent, cover security deposits for heat, hydro, and phone, and cover other essential housing costs so they can escape the violence.
- EMP EMPOWERMENT** - These programs help women and girls who are at risk of violence or sexual assault to improve their safety and build their confidence. They learn about violence prevention strategies, setting personal boundaries, gender stereotypes, healthy relationships, body image and eating disorders, substance abuse, stress management, diversity, and media awareness.
- SE/ST SEXUAL EXPLOITATION / SEX TRAFFICKING** - Young women who are being sexually exploited can access services to improve their safety and make lifestyle changes. Groups working to address the growing problem of sex trafficking in Canada can offer educational seminars and create new community partnerships.

- COM** **COMMUNITY BUILDING** - A growing number of community organizations are building networks to help them coordinate the delivery of services, share their knowledge of promising practices, research new violence prevention approaches, and collaborating on strategies to end violence against women and girls.

## OUR DONORS AND PARTNERS

Our violence prevention work is made possible by the generous support of the following partners:

Annual Campaign to End Violence Against Women partners:

- Winners and HomeSense
- Rogers Media

Canadian Women's Foundation violence prevention fund partners:

- The Aimee Quitevis Memorial Fund
- The Avon Safe & Sound Program for Women and Girls
- Cenovus Energy
- Goodlife Fitness
- The Joan and Clifford Hatch Foundation
- Leacross Foundation
- Manulife Financial
- Preferred Nutrition
- The Paula Menendez and Julie Crocker Memorial Fund
- Proctor and Gamble
- RBC Foundation
- Reitmans
- The Royal LePage Shelter Foundation Fund
- The Scotiabank Fund
- Talisman Energy
- The Tony McNaughton Memorial Fund
- TD Bank Financial (supports our work with Aboriginal girls, teens and women)
- Via Rail
- Warehouse One

...and our many wonderful individual donors across Canada.

**Thank you for helping to stop the violence.**

## ALBERTA

<b>COM</b>	<b>Alberta Council of Women's Shelters</b> <i>Edmonton</i>	<b>\$25,000</b>
	<p>Second Stage shelters in Alberta provide safe, longer term (six months to two years) apartment-style residences that are part of the continuum of domestic violence shelter services; bridging the transition between an emergency shelter and living an independent, stable, violence-free life. Most of these shelters have been delivering services without core funding from the Alberta government, and as a result have not had the opportunity to develop shared processes and procedures required for collective advocacy, accountability and quality improvement processes. This project will build these shared practices by establishing a process for collective outcome measurement in Alberta second stage shelters.</p>	
<b>RB</b>	<b>Creating Futures with Hope through Outreach Services</b> Westlock Women's Association/Hope Resource Centre, <i>Westlock</i>	<b>\$28,000</b>
	<p>With the help of this program, women and their children are able to safely escape violence. Each woman is provided with confidential and customized long-term support, and education on types of abuse, safety planning, and practical action plans. Access and transportation to other supportive community resources, including shelter and legal appointments, are provided, and support during appointments is also offered.</p>	
<b>EMP</b>	<b>Girls Culture Club</b> Calgary Immigrant Women's Association, <i>Calgary</i>	<b>\$25,000</b>
	<p><i>Girls Culture Club</i> enhances the knowledge and skills of immigrant girls so that they are able to advocate against gender violence, balance cross-cultural differences, develop healthy relationships and become leaders in their communities. The program addresses specific and crucial concepts through culturally-sensitive education, leadership opportunities for youth to share their knowledge and experience, follow-up individual support for youth who choose to make their own mark in the community, and expressive arts therapy to raise awareness of gender violence. There is also a co-educational component (occasional sessions with male youth and joint male and female sessions) to raise awareness about the importance of including male youth in preventing gender violence.</p>	
<b>HR</b>	<b>Healthy Youth Relationships (HYR), and Beyond the Hurt (BTH)</b> Canadian Red Cross Society, <i>Red Deer, AB</i>	<b>\$100,000 over four years</b>
	<p>This program offers a series of interactive workshops for participants aged 12-17, held both during and after-school, and reaches both junior and senior high school students in Red Deer and the surrounding area (including Aboriginal and francophone communities).</p> <p>Volunteers facilitate the workshops, and also train adults and youth facilitators to deliver prevention education through the <i>Healthy Youth Relationships (HYR)</i> and <i>Beyond the Hurt (BTH)</i> workshops series. <i>Healthy Youth Relationships (HYR)</i> explores peer and romantic relationships and builds communication and abuse prevention skills. <i>Beyond the Hurt (BTH)</i> focuses on strategies that address and prevent bullying and harassment. Resources and understanding of the use and abuse of power, and issues such as racism and forms of discrimination are better understood through these workshops.</p>	
<b>EMP</b>	<b>RESPECT</b> Immigrant Services Calgary (ISC), <i>Calgary, AB</i>	<b>\$50,000 over two years</b>

*RESPECT* is an extension of the Mosaic Afterschool Program and focuses on healthy relationships for immigrant and refugee youth (ages of 11-13). Immigrant and refugee youth are often faced with confusing and difficult decisions as a result of their desire to "fit in". *RESPECT* helps address these challenges through a series of 12 workshop/activity sessions that explore bullying, gender stereotyping and sexism in a fun and safe environment.

The program is offered in two schools with high immigrants populations, and will extend to include a third school.

**EMP**     **Strengthening Our Spirit Program Phase 2**     **\$26,500**  
 Mountain Rose Women's Shelter Association, *Rocky Mountain House*

Strengthening support systems of women in Aboriginal Communities is the theme of *Strengthening our Spirit Phase 2*. The program increases the safety of women and girls in the communities by providing a place for women to gather, develop connections and mentorships, and empower themselves and each other. Participants explore the topics of domestic violence, healthy relationships, boundaries, sexual assault, addiction and breaking the cycle of violence. Healing is supported through cultural and traditional teachings.

**RB**     **The Camrose Women's Shelter Outreach Program**     **\$28,000**  
 Camrose Women's Shelter Society, *Camrose*

*The Camrose Women's Shelter Outreach Program* helps women and children locate affordable, safe housing after they leave the shelter, so that they can focus on rebuilding their lives. Over 50% of the clients identify as First Nations, and lack of housing in the neighbouring reserve poses risks to women escaping domestic violence. This program is designed to enhance services and support for these women; many of whom prefer to access support from nearby reserves. The program also provides meaningful cultural support such as connecting clients with Elders for counsel and prayer, and helping them access Sweat Lodges or Friendship Centres. In addition, clients receive guidance, support, advocacy, childcare and transportation.

**HR**     **The Louise Dean Centre**     **\$24,714**  
 Catholic Family Service of Calgary, *Calgary*

This pilot program helps parenting and pregnant teens, within the student population, reduce and prevent violence in their lives. Participants develop knowledge and skills around healthy relationships, critical thinking, gender role expectations, and recognizing warning signs of abuse in all its forms. Data collected at the centre from 2010 - 2012 shows that between 40% -49% of pregnant and parenting teens attending the school program have experienced past and/or present violence. With this high rate of self-reported domestic violence, programming for this unique population has a pressing need as it not only helps prevent and reduce incidents of violence for the teens themselves, but also helps prevent the negative effects on their children.

The Centre currently serves a diverse group of teens: 26% Aboriginal, 25% immigrant and 60% with exceptional learning needs. Data in 2012 also shows 45% experienced problems with basic needs (shelter, food, finances); 32% faced relationship issues; and 32% suffered mental health issues. Given this unique population, specialized programming is essential.

**RB**     **The Musasa House Outreach Program**     **\$20,000**  
 Medicine Hat Women's Shelter Society/Musasa House, *Medicine Hat*

*The Musasa House Outreach Program* offers support to women with children after they leave the second stage shelter, and helps them transition to safe and independent lives in the community.

Women with children who have experienced family violence have a continuing need for support as they leave the secure environment of the shelter and establish themselves in the community. Knowledge and skills they attained while living in the shelter need to be honed and supported in the new environments they create for

their families. Many women and children feel a deep sense of loss as they leave the communal setting of the second stage shelter, and look to the Outreach Program for encouragement and support as they establish community living.

#### EMERGENCY GRANTS FOR FLOOD RELIEF

Emergency grants for flood relief were given to the following shelters in Alberta. This was in response to much needed support from these shelters after devastating flood damage:

**Rowan House** **\$5,000**  
*High River*

**YWCA of Calgary** **\$5,000**  
*Calgary, Alberta*

## BRITISH COLUMBIA

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**COM** **Ending Violence Association of British Columbia** **\$28,000**  
*Vancouver*

This program provides training workshops for Aboriginal community leaders (in six rural or isolated BC communities), to help them make their communities safer, and assist women and their children in keeping themselves safe, being aware of their legal rights, and accessing justice if they become victims of family or sexual violence.

Training focuses on criminal and family justice and child protection laws, policies, and practices that directly impact on police, government, and health care responses to violence against women and children; practical ways in which safety and access to justice can be increased for women and their children, including community safety plans; and the importance of working together on a local and regional basis to help to keep Aboriginal women and children safe.

**SS** **Fort St. John Women's Resource Society** **\$25,000**  
*Skye's Place, Fort St. John*

*Skye's Place* provides the essential resource of long-term housing for abused women, in this remote northern community. Women are provided with safe and secure accommodation for up to two years, and are also helped to achieve financial independence.

Fort St. John Women's Resource Society/Skye's Place is a second-stage transitional housing program that offers women with children who are fleeing abuse with safe and secure housing for up to two years in the remote, northern community of Fort St. John, BC. In 2012, this twelve-unit facility received over 30 applications and housed 16 families directly, including over 30 children. Funding from the Canadian Women's Foundation is allowing the organization to provide program staff who will maintain the improved, comprehensive, hands-on support base that's been established for tenants and applicants, so that Skye's Place can continue to provide attentive, dedicated and full transitional support.

**EMP** **Haven Society: Promoting the safety of women, children, youth and families** **\$25,000**  
*Nanaimo*

This program trains and empowers youth to take leadership on creating safer environments within their schools, and make them safer places to disclose sexual assault and harassment. Trained youth offer support to their peers, and help to create an environment free of sexual assault and harassment.

LN	<b>Loans for Life</b> Northern Society for Domestic Peace, <i>Smithers</i>	<b>\$16,500</b>
	<p><i>Loans for Life</i> provides vital small loans to women who have left an abusive relationship. This financial assistance allows women to start new lives, free from violence. Priority is given to women who are fleeing abuse, have children and are current or past clients of Passage Transition House, Second Stage Housing or NSDP Counseling Services.</p>	
HR	<b>*Project Respect</b> Victoria Women's Sexual Assault Centre, <i>Victoria, BC</i>	<b>\$100,000 over four years</b>
	<p><i>Project Respect</i> was collaboratively designed by youth leaders and program staff, and engages youth of all genders in a participatory, arts-based process of critical engagement and transformative change. Participants explore topics like gender expectations, intersecting identities and constructions, power, oppression, inequity, privilege and responsibility, and how these social contexts shape their personal lives (including dating, relationships and sex). They also learn about non-violent alternatives, and are empowered to take responsibility for creating change that promotes respectful relationships and inclusive communities.</p> <p>Participants from each year of the program can become youth facilitators for the program in the following year.</p>	
RB	<b>Rebuilding Lives</b> Alberni Community and Women's Services Society, <i>Port Alberni</i>	<b>\$28,000</b>
	<p>The focus of this work is on rebuilding the lives of Aboriginal women in the Port Alberni district who have experienced violence and helping them reconnect with Aboriginal culture from the perspective of the seven sacred teachings. These teachings are: Wisdom, Love, Honesty, Humility, Bravery, Courage, and Truth. They will be applied to deal with physical, emotional, intellectual and spiritual aspects of each woman, applying them to their home environment and place in society, job search and retention, social networking, family and friends, spiritual connectivity to culture and healing from shame.</p>	
HR	<b>Respectful Relationships (R+R)</b> SWOVA Community Development & Research Society, <i>Salt Spring Island, BC</i>	<b>\$160,000 over four years</b>
	<p><i>Respectful Relationships (R+R)</i> is an award-winning program that has been adopted in different communities and has received UN recognition for youth violence prevention. All students in grades 7-10 in the school district participate in 12 workshops, which are repeated in each grade with tailored age-appropriate content (there are a total of 48 workshops in the curriculum).</p> <p>This program provides youth with the awareness and skills to develop and maintain healthy, respectful, and safe interpersonal relationships. This includes creating awareness around dating violence, systemic violence, bullying, racism, homophobia, influence of the media, roots of violence, restrictive gender norms, and peer pressure.</p> <p>Through the encouragement of self-respect, assertiveness, empathy and positive two-way communication, students gain the skills to deal with anger, to think critically, and to resolve conflicts. Trained community-based adult facilitators, comprised of a female and male team, bring these interactive workshops into school classrooms, and provide a model of healthy and respectful gender relationships. High school students are also trained and mentored to co-facilitate the workshops and become peer leaders.</p>	
RB	<b>Strengthening Parenting Group</b> Cowichan Women Against Violence Society, <i>Duncan</i>	<b>\$19,557</b>
	<p>The <i>Strengthening Parenting Group</i> creates a safe and therapeutic environment for women with children who have experienced violence. Using a mix of discussion and experiential exercises, participants find alternative and positive ways to parent. This is achieved through exploring the impact of violence on themselves and their children, child development stages, discipline vs. punishment, sharing custody/co-parenting with someone who uses abuse, family of origin and current family dynamics that have included</p>	

violence and abuse, nurturing and self-care, healing from trauma, goals, challenges and strategies for change.

**HR \*Strengthening Youth** **\$100,000 over four years**  
Cowichan Women Against Violence Society, *Duncan, BC*

*The Strengthening Youth Initiative* helps prevent violence against young women and girls by creating a culture of healthy relationships. Through partnership with local secondary schools and Cowichan Tribes, participants receive a 12-week, youth-directed, interactive curriculum. Topics explored include gender violence, systemic power, violence in relationships, cyber safety, healthy relationship skills, managing stress, emotions and global peace.

The program builds upon recent initiatives of Cowichan Women Against Violence Society that have undertaken extensive youth consultation, dialogue, partnership building and education for youth on violence prevention and healthy relationships. Youth leaders are identified in the first program year to assist the healthy relationship programming in the following three years of the program.

**SS TR Cares** **\$18,000**  
Tumbler Ridge Community Association for Extended Services, *Tumbler Ridge*

*TR Cares* is the only program in Tumbler Ridge that provides a safe home/safe shelter/second stage housing for women and children leaving domestic violence. The primary concern for women accessing the safe home is housing, food and clothing. Affordable second-stage housing is provided so that victims can remain in the community they are comfortable in. Training and daycare provides an opportunity for survivors to become self-sufficient and regain dignity and confidence. The program also provides funding for legal services and other supports to help women regain their confidence and independence, and rebuild their lives.

**EMP Youth & Gender Media Project** **\$20,000**  
Check Your Head: The Youth Global Education Network, *Vancouver*

The *Youth & Gender Media Project* trains a diverse group of youth as peer educators to raise awareness about gender stereotypes and violence in the media. Teens are provided with intensive facilitation training, regular skills-building workshops, and mentorship by women leaders in the community while also being provided with opportunities for peer education. Trained educators build strong gender analysis skills and can effectively engage their peers through classroom workshops, social media and community events, and encourage them to challenge the status quo.

*\*These grants will be increased from \$25,000 to \$40,000 funds permitting.*

## MANITOBA

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**HR Newcomer Youth & Healthy Relationships** **\$157,190 over four years**  
Sexuality Education Resource Centre, *Winnipeg, MB*

*Newcomer Youth & Healthy Relationships* offers a co-ed, school-based healthy relationships program targeted to newcomer refugee youth (aged 12-17). Project partners include two inner-city schools in Winnipeg and the innovative Peaceful Village Program, which provides after-school supports for newcomer youth and families. Core program components include 12 weekly in-depth educational workshops on healthy relationships. Graduates can then attend 10 workshops to develop peer-led projects which they will present to classmates.

Parents receive three presentations yearly to help build their trust and support for youth participation. The program also works to help families negotiate their different roles in their community, with the aim of

diminishing the difficulty of youth being put in the position of cultural translator for parents. Following Year One, a multi-generational group of daughters, mothers and grandmothers is started to build solidarity for violence preventions in families and the community. An Advisory Committee including partners and youth reps guides the project.

**SE/ST Ndinawe Transitions Program** **\$28,300**  
 Ndinawemaaganag Endaawaad (Ndinawe), *Winnipeg*

Ndinawe operates an “alumni” program for women who were trafficking and sexually exploited as children or youth, who have participated in and graduated from an accredited diploma program in child and youth care. This program addresses the personal and systemic barriers that survivors of sexual exploitation can experience, and offers support and counselling so that women can retain employment, get back on their feet, and rebuild their lives. There is no other program in Canada offering long term aftercare supports of this kind.

**RB Oyate Tipi Cumini Yape Inc.** **\$25,000**  
*Winnipeg*

*Oyate Tipi Cumini Yape* provides a volunteer program that helps women who have escaped violence to overcome barriers and develop new employment skills that allow them to move toward an independent life. The agency also provides women with gently-used furniture for their home. The volunteers are past clients and community members who are seeking opportunities to move forward.

**HR Sacred Seven Healthy Relationship Program** **\$50,000 over two years**  
 Wii Chiiwaakanak Learning Centre, The University of Winnipeg Foundation, *Winnipeg, MB*

The *Sacred Seven Healthy Relationship Program* serves 320 youth and reaches out to hundreds more each year. This after-school program uses culturally-appropriate teaching tools to explore cultural identity, increase engagement, foster empowerment and establish healthy relationships.

Using culturally-appropriate teaching tools (e.g. seven sacred teachings and medicine wheel teachings), youth are empowered to develop their own code of honour principles that focus on violence prevention, building confidence, self-esteem and discovering their cultural identity, so that they can embrace relationships with renewed hope and optimism. Youth are also offered leadership development training so they can share their code of honour with partnering schools.

## NEW BRUNSWICK

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**COM Fundy Region Transition House Inc.** **\$19,000**  
 St. Stephen

Lack of funding has prevented New Brunswick’s women’s shelters (13 transition houses and five second-stage facilities) from meeting in the past 10 years. Instead they meet in two coalitions based on language and geography. All of the member organizations are struggling with increasingly complex issues, and while the demands continue to grow, resources continue to dwindle.

Funding from the Canadian Women’s Foundation is being used to hire a coordinator who will carry out consultation, and coordinate collaboration amongst the shelters, and training, leading to better service for the women and children who access the shelters. The coordinator position will also support the South Central Coalition of Transition Houses and Second Stage Facilities’ efforts at spearheading the development of a province-wide Coalition of shelters to strengthen their voice for positive change.

**HR Making Waves/Vague par vague** **\$160,000 over four years**  
 Partners for Youth Inc., *Fredericton, NB*

*Making Waves* is a youth-driven dating violence prevention program that reaches all schools in New Brunswick. This innovative and successful program (which has been running since 1995), is guided by principles of equality, equity, and diversity, and engages young people as leaders and active partners in creating a world in which violence is not tolerated.

An intensive training weekend is the starting point for this program, in which a year-long action plan is developed for each separate school. Youth run, develop, and create the retreat curriculum and also select the next team of youth leaders who will run the next education sessions.

Partners for Youth is also working with New Brunswick First Nations communities to customize the program. They hope to have six First Nations communities involved in the program over the next four years.

## NEWFOUNDLAND AND LABRADOR

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**RB**     **The Safe and Healthy Project**     **\$16,632**  
Stella's Circle, Stella Burry Community Services, *St. John's*

Stella's Circle supports at-risk women between the ages of 16 and 19, many of whom are current or former residents of Naomi Centre, an emergency shelter for young women. These young women are living in poverty, and most have a history of experiencing abuse and trauma (and may not have access to suitable health care, mental health services or financial support). They may also be in situations where they engage in 'survival sex' (being sexually coerced or exploited in exchange for housing or food). The program offers group sessions, mentoring, and support services to increase the self-care capacity of young homeless women, helps them build skills to navigate support systems, and teaches leadership skills for self and peer advocacy.

## NORTHWEST TERRITORIES

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**COM**     **Northern Shelters Advocacy and Support Network**     **\$14,291**  
YWCA of Yellowknife/NWT, *Yellowknife*

The *Northern Shelters Advocacy and Support Network* connects 11 shelters in the Yukon, Northwest Territories, and Nunavut. Funding from the Canadian Women's Foundation is allowing them to hire a part-time project coordinator. A coordinated northern shelter advocacy and support network will significantly increase the sharing of support, resources, best practices, training and advocacy by northern shelters and their partners, thereby increasing their capacity to respond to violence. A strong shelter voice within each territory and pan-territorially will also have more success impacting public policy and community attitudes.

## NOVA SCOTIA

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**RB**     **Avalon Sexual Assault Centre**     **\$25,000**  
*Halifax*

Avalon Sexual Assault Centre helps sexual assault survivors (and non-offending parents of child victims) navigate the legal system. This includes clarifying the reporting/legal processes for women and supporting them in making decisions about their options, reporting to police, and going through the court process. This helps prevent or minimize re-victimization/re-traumatization that many women can face in the legal system.

To further reduce the barriers for women/non-offending parents to access the criminal justice process the Centre also works with community partners, legal/law enforcement professionals, other service providers, and the general public.

\*An additional \$25,000 was given to Avalon in response to the death of Rehteah Parsons. These funds were specifically designated to help Avalon's legal and emergency counsellor deal with the increase in calls to their centre that followed Rehteah's death.

**EMP**     **GirlSpace Circle: Aboriginal Young Women Empowerment Project**     **\$28,000**  
YWCA of Halifax, *Halifax*

Through a partnership with the Mi'kmaq Native Friendship Centre, the YWCA Halifax has drawn from the existing *GirlSpace* program to create a culturally-relevant, gender-based program for Aboriginal young women in the Atlantic region. Working with a group of off-reserve young women (aged 12-17) and a group of young women living on-reserve, the Aboriginal Young Women Empowerment Project provides a vital opportunity for young women to explore the root causes of violence and the means for their own empowerment through gender-based culturally relevant modules and activities.

**HR**     **Healthy Relationships for Youth**     **\$160,000 over four years**  
Antigonish Women's Resource Centre, *Antigonish, NS*

*Healthy Relationships for Youth* is a peer-facilitated, school-based violence prevention program designed to reduce violence against youth (especially girls and young women). The program offers a series of 12 cumulative interactive sessions designed to reduce the risk of violence for youth by developing skills and knowledge about creating and maintaining healthy relationships.

The program encourages students to develop a deeper understanding of diversity and to recognize sexism, racism and homophobia as forms of violence that impact intimate and social relationships. It also helps students understand and make the links between oppression, exclusion and violence prevalence. *Healthy Relationships for Youth* also models healthy adult-youth relationships and empowers youth as leaders by partnering teachers with youth facilitators and community partners. Each adult and youth team strives to reflect gender as well as other forms of diversity such as race, culture, and ability. In each school, youth teams are recruited from Grades 10 to 12 and trained in leadership, facilitation, and issues discussed in the curriculum.

This program is offered in partnership with the Strait Regional School Board and is pursuing expansion to other school boards with the goal of provincial coverage.

**HR**     **Leave out Violence (LOVE)**     **\$50,000 over two years**  
*Halifax, NS*

*Leave Out Violence (LOVE)* is a violence prevention and intervention organization that works with youth who have experienced violence as victims, witnesses, or perpetrators. At *LOVE*, the belief is that violence is learned and cyclical. Youth in this program have defined violence as "anything that hurts".

Participants learn and practice leadership and life skills while they create art (writing, photography, video, spoken word) that will become powerful education tools to help community members learn about root cause and effect, and alternatives to violence. *LOVE's* programs in Indian Brook and Membertou First Nations respect and embrace local culture and traditions, while fostering youth voice and leadership in the community.

## ONTARIO

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**HR**     **Afterschool ReAct Program**     **\$160,000 over four years**  
Metropolitan Action Committee on Violence Against Women and Children (METRAC), *Toronto, ON*

METRAC's Afterschool *ReAct Program* is a co-ed peer education youth initiative aimed at preventing violence against women and girls. This program serves marginalized teens (aged 14-19) in four high-need schools in Toronto. Youth-led training, planning, implementation and evaluation help youth gain tools for building healthy relationships.

Program outcomes include building youth skills in peer facilitation, mentorship, self-reflection, youth leadership, healthy relationships, and community engagement to work towards ending gendered violence. The young people who participate in this program build the skills, confidence and knowledge required to become violence prevention leaders in their schools and communities.

**HR** **BE THE CHANGE: Educational Modules to End Violence** **\$50,000 over two years**  
Sexual Assault and Violence Intervention Services of Halton, *Oakville, ON*

*BE THE CHANGE: Educational Modules to End Violence* is developing two e-learning modules for students in grades 9-12 that teach them to challenge gender stereotypes and social norms that perpetuate violence. A focus on youth empowerment, long-term social change, peaceful conflict resolution and problem-solving is emphasized, and resources are available for students who have experienced violence.

**HR** **Building Foundations in Healthy Relationships** **\$19,340**  
Kawartha Sexual Assault Centre, *Peterborough*

*Building Foundations in Healthy Relationships* offers workshops for older adult women in the rural area of Kawartha Lakes who have experienced abuse or are at risk of abuse. The workshops focus on building positive healthy relationships, thereby promoting and restoring respect and dignity in the lives of older women. Participants engage in interactive discussions on healthy communication, self-empowerment, stress management, security and wellbeing, advocacy and rights.

Throughout the program, older women will be consulted to provide input into the development of a toolkit and other resources focused on the specific needs of older women. These will be distributed to other senior-serving organizations and community agencies, to help them better respond to the needs of these women.

**COM** **Canadian Network for Women's Shelters and Transition Houses** **\$40,000**  
*Ottawa*

In the 40 years since the first women's shelter formally opened its doors in Canada there has never been an organization that brings them together. Until now. The Canadian Network for Women's Shelters and Transition Houses is a national voice for more than 350 shelters and transition houses across Canada. The Network helps strengthen front-line services through knowledge exchange, sharing best practices, network building and partnership development, public awareness, and generating systemic change.

The Canadian Women's Foundation is providing critical core funding as the Network consolidates its position and establishes new partnerships. As a new national organization, knowledge exchange is becoming a key focus to support shelters and the increasingly complexity of the work they are undertaking.

**LN** **December 6 Fund** **\$25,000**  
YWCA Toronto, *Toronto*

This program helps women who are trying to escape domestic violence by providing small interest-free loans to help pay for basic needs like first and last month's rent in a new apartment, and cover other expenses related to rebuilding their lives. The December 6 Fund is a living memorial to the 14 women murdered on December 6, 1989 at L'Ecole Polytechnique in Montreal.

**RB** **Elizabeth Fry Society of Ottawa** **\$25,000**  
*Ottawa*

This program provides court/legal support, counselling support, reconnection to cultural supports and advocacy for Aboriginal women (including Inuit women) who have been victims of male violence, and who

also have themselves been criminalized or countercharged in a domestic violence situation.

Through the program, the organization will achieve a greater understanding of the needs of women who fall into these three categories through research work with this client group.

**HR Fourth R \$160,000 over four years**  
Centre for Addiction and Mental Health, London, ON (working in Nunavut & Northwest Territories)

*The Fourth R* is an evidence-based comprehensive prevention program currently being offered in over 2,000 schools across Canada. The program promotes healthy relationships and explores topics such as bullying and peer and dating violence, as well as high-risk sexual behaviour and substance use among adolescents.

Funding from the Canadian Women's Foundation is helping the organization offer the Fourth R to Grades 7, 8 and 9 in Yellowknife Catholic Schools Divisions, as well as in the Tlicho Region in the Northwest Territories, and Arviat, Nunavut. Curricula are being adapted for each community so that they are culturally relevant.

**EMP Girls Inc. Will Power/Won't Power \$25,000**  
Girls Incorporated of Durham, Ajax

*Girls Inc. Will Power/Won't Power* is an in-school assertiveness training and violence prevention program for girls that uses discussion workshops, group role play, individual assignments, videos, and art projects, to engage girls around awareness, discovery, reflection, and action on violence.

The program increases girls' feelings of personal safety and strength and prepares them to be advocates around female violence prevention. *Will Power/Won't Power* focuses on building healthy relationships, recognizing violence and understanding its sources; investigating bullying, sexual harassment, sexual assault, hate crimes, gender equity, family violence, partner violence; media violence; and interacting with experts and community resources for preventing and addressing violence. Girls are empowered with confidence, courage, and critical thinking skills.

**LN Inclusion, Access & Outreach: December 6 Fund \$28,000**  
Community YWCA of Muskoka, Bracebridge

This program helps women live free from violence by providing one-time, interest-free loans. Women can borrow funds for basic needs like rent deposits, moving expenses, outstanding rent, utilities and child care.

**EMP NASC Young Women's Circle (YWC) \$28,000**  
Nijkiwendidaa Anishnaabekweg Services Circle, Peterborough

*NASC Young Women's Circle (YWC)* provides a safe space for young First Nations women (aged 11-19) to gain personal and professional development. Participants explore topics such as leadership, gender analysis, identity, modeling professional leaders, and communicating with professionalism. Half the meetings are exclusively with young First Nations women and half include people from different cultural backgrounds in the community (many of whom have experienced racial or other barriers), to collectively work towards overcoming oppression.

**COM Ontario Association of Interval and Transition Houses (OAITH) \$28,000**  
St. Catherine's

The Ontario Association of Interval and Transition Houses works with emergency shelters (as well as some second-stage housing programs and women's service organizations) to educate and promote change that helps abused women and their children to live free from violence.

This program engages English-speaking non-Aboriginal emergency shelters, second-stage organizations and other key stakeholders including Aboriginal and Francophone shelters, from across Ontario in creating a Strategic Visioning process for OAITH. The violence against women movement is at a critical juncture as the political, economic and

technological landscape has shifted considerably over the last decade. These changes have caused a chasm and shelters need to become more unified about issues at a strategic level.

<b>EMP</b>	<b>Outburst!</b> Barbra Schlifer Commemorative Clinic, <i>Toronto</i>	<b>\$28,000</b>
	<p><i>Outburst!</i> is a movement of young Muslim women and girls in Toronto who are breaking the silence and speaking out about violence. Outburst! builds community and shares ways in which safety is accessed and defined. The program provides leadership opportunities through art, journalism and dialogue.</p> <p>With the initial funding from the Canadian Women's Foundation in 2011, Outburst! was able to build a foundation for leadership and program development. With this funding <i>Outburst!</i> can expand upon this base by hosting a series of art-based workshops (both online and in-person), for young Muslim women and girls. The project, called "Homebound", centres on ways in which young women use art as a form of expression, self-care, exploring voice, and healing when facing violence (forced marriage, 'honour' related violence, child abuse, stalking, etc.).</p>	
<b>EMP</b>	<b>Safety Includes Me</b> Community Living Toronto, <i>Toronto</i>	<b>\$18,634</b>
	<p><i>Safety Includes Me</i> is a violence prevention program designed for women with intellectual disabilities who live independently. Delivered as a series of workshops, the program identifies common safety issues and prevention strategies, and is delivered in a way that is accessible for women who have an intellectual disability.</p> <p>Upon completion, participants will be able to identify unsafe situations and locations, as well as identify people and resources in their community that they can access for help. Individual risk assessments are conducted for each participant, both in the home and in their neighbourhood: program staff explore each woman's surroundings and provide coaching and advice to reduce risk in a variety of areas and circumstances such as: travel routes, securing their home and valuables and the safest time of day to carry out daily tasks.</p>	
<b>EMP</b>	<b>South Asian Women's Rights Organization</b> <i>Toronto</i>	<b>\$24,872</b>
	<p>Intergenerational conflicts that can exist in South Asian families around gender roles, sexuality and relationships can render teen girls in these families vulnerable to abuse and violence. In extreme cases, surveillance and control of girls by male family members can escalate to violence, especially when the mother is actively or passively complicit in abuse. These problems can arise in relation to lesbian, bisexual and transgender issues as well.</p> <p>Teen participants in this program build skills to help them investigate and understand these issues, and are trained to lead workshops and other educational activities for teen girls and their mothers in the community on gender roles, sexuality and relationships. These activities will reduce vulnerability of individual girls and increase community knowledge of the issues.</p>	
<b>EMP</b>	<b>Stepping Stones</b> Aboriginal Youth Non-Profit Housing Corporation of Ottawa, <i>Ottawa</i>	<b>\$9,400</b>
	<p><i>Stepping Stones</i> provides life skills workshops on topics such as healthy relationships, self-esteem, boundaries, stress management and the cycle of abuse. Participants set personal goals for what they want to achieve in the program, and create symbolic stepping stones as a visual representation of their journeys. Stones are then placed in the garden to provide inspiration to future participants.</p>	
<b>HR</b>	<b>TAG-V: Teens Against Gender Violence</b> Abrigo Centre, <i>Toronto, ON</i>	<b>\$160,000 over four years</b>

This program connects Abrigo Centre with four school communities to target gender-based violence through an anti-abuse, healthy relationship initiative. In Phase One 15 students in each school are recruited as youth leaders, and trained on the issue of violence and building healthy relationships.

In Phase Two these youth leaders launch an educational campaign focused on gender-based violence and abuse with the objective to build awareness of abuse, dating violence, peer violence, family violence and healthy relationships. The youth-led educational campaign includes workshops delivered to school peers and a school-wide informational fair.

**RB**     **The Phoenix Project**     **\$25,000**  
*My Sister's Voice, Whitby*

The Phoenix Project raises awareness, offers resources and provides support for Lesbian, Bisexual and Transgendered (LBT) women who have experienced relationship violence. The majority of services for abused women are based on theory that relies mostly on gender-based oppression to explain and understand the context of violence against women. Although this framework has been a strong foundation on which to build services for heterosexual women, it is not adequate when considering the context of women in relationship with women.

The Phoenix Project raises awareness, offers resources and provides support for Lesbian, Bisexual and Transgendered (LBT) women who have experienced relationship violence. They offer workshops to service providers in Ontario, and support clients through individual and group counselling. They also provide guidance and tools to help women address some of the more complicated issues; such as how to identify a victim or abuser in the midst of shifting power dynamics, and the obvious issue of both parties being women.

**RB**     **Trauma Skills for Young Women**     **\$24,700**  
*Children's Centre Thunder Bay, Thunder Bay*

Trauma Skills for Young Women supports teens who have experienced physical or sexual abuse. The program aims to reverse the downward spiral caused by trauma. The program uses a practical and empowering approach to help participants explore the fall-out that can occur after experiencing abuse, including self-hatred, panic attacks, substance abuse, high-risk sexual behaviour, aggression and self-harm. They learn about safety, self-defence, and they develop skills and connections to peers to help them heal from their experiences.

## PEI

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**HR**     **PEI Family Violence Prevention Services Inc.**     **\$92,750 over four years**  
*Charlottetown, PEI*

PEI Family Violence Prevention Services is providing a brand new anti-violence, healthy relationship-building program in two urban and two rural schools (Grades 6-8). This program is a new direction for PEI Family Violence Prevention Services, as well as for the schools where the program will occur. This program is in partnership with the only school board on in PEI, and has the potential to become provincial.

Activities focus on increasing students' knowledge of gender-based discrimination and violence. The goal is to educate and change existing social norms that contribute to violence against girls and women.

## QUÉBEC

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**EMP**     **ACCÈS**     **\$25,000**  
*Maison d'aide et d'hébergement l'Émergence Inc., Maria*

In remote regions, access to vocational re-training for women who wish to improve their skills is limited, especially for those with lower incomes. ACCÈS (increased knowledge, skills, self-esteem and safety) offers a training program to build knowledge, personal growth and life skills of participants. Participants learn about topics including using the internet effectively and safely, social media and your personal life, assertiveness and communication, developing self-esteem, planning a budget, looking for a job, preparing and presenting a resume.

Training sessions are delivered by professionals from the region and individual coaching is offered to help participants put what they learn into practice. Through these activities, participants are encouraged to take part in a process of change that fosters confidence and power, and helps them to take constructive actions that will improve their living conditions.

**COM**    **À la rencontre de nos membres**    **\$25,000**  
 L'Alliance des maisons d'hébergement de 2eme étape pour femmes et enfants victimes de violence conjugale, *Montreal*

The project *À la rencontre de nos membres* brings together 10 second-stage shelters that are members of the association, to share resources and best practices, and build their knowledge. These meetings also allow the Alliance to discuss the specifics of their approach, and the challenges of promoting public awareness, and to develop a membership and grievance platform. Second-stage shelters created the Alliance in 2003 in response to their isolation, and to collaborate on resource challenges.

**HR**    **À l'action!**    **\$160,000 over four years**  
 Y des femmes de Montréal, *Montréal, QC*

*À l'action!* supports youth participants' agency by helping them develop critical thinking skills around gender concepts, leadership skills and social capacity. Delivered through workshops, and media and arts-based team projects, the program gives young people the opportunity to take concrete action by giving voice to their vision of gender concepts and exploring alternatives to traditional power dynamics among youth. Young women and men are partnered together on team projects to encourage constructive and open dialogue and an understanding of equal and shared power relationships.

**EMP**    **A Tire-D'Aile**    **\$24,786**  
 Centre D'Aide et de Lutte Contre Les Agressions A Caractere Sexuel, *Levis*

An estimated 83% of intellectually challenged women will be assaulted in their lifetime. The centre is building on its existing expertise so it can better serve intellectually challenged women who have experienced sexual assault. Tools being used to support the women include informational pamphlets and several adapted intervention tools.

**HR**    **Building Healthy Relationships**    **\$50,000 over two years**  
 Bureau de la Communauté Haïtienne de Montreal (BCHM), *Montreal, QC*

*Building Healthy Relationships* offers workshops to help young women and men gain self-esteem and a strong sense of their own worth, and provides tools for developing harmonious and healthy relationships. Participants learn about available resources, how to reduce the impact of violence in their lives, how to develop a greater sense of control over their own future and how to make changes in their communities.

**COM**    **DisAbled Women's Network**    **\$26,250**  
*Montreal*

This program builds understanding of the needs of women with disabilities and Deaf women and helps provide interim solutions to the lack of accessible shelters for them. Through a collaboration with three shelters, the program combines the expertise of the shelter outreach and intake workers with DAWN-RAFH Canada's knowledge base. This will lead to greater capacity and better services for women with disabilities and Deaf women.

**SS**    **Maison Flora Tristan Inc.**    **\$28,000**

**PREVENTION PROGRAMS**

## Montreal

This shelter primarily supports immigrant women (and their children) who have experienced violence. They offer short-term emergency shelter and longer-term accommodation (11 months). Funding from the Canadian Women's Foundation builds on earlier funding and is helping the organization provide support to women in the second-stage shelter.

**COM National Aboriginal Circle Against Family Violence/** **\$25,000**  
Cercle National des Autochtones Contre La Violence Familiale, *Kahnawake*

Funding for this program is being used to develop a training kit that helps on-reserve women's shelter supervisors train front-line personnel, and trained staff to deliver a financial skills and literacy workshop to shelter clients.

**SE/ST/ Network for the Protection of Trafficked Women** **\$28,000**  
**COM** Canadian Council For Refugees/Conseil Canadien Pour Les Refugies, *Montreal*

The goal of the Network for the Protection of Trafficked Women is to strengthen the capacity of organizations in Canada that support trafficked persons, especially women and girls. This is achieved through outreach, advocacy, services, awareness- building, and by identifying the systemic gaps and barriers that exist in services and policy for trafficked women and girls.

The Network supports the expanding group of member organizations by providing advocacy tools, face-to-face meetings, online discussion forums, and other knowledge-sharing resources.

**EMP Protecting myself... EVEN MORE!** **\$25,000**  
La Passerelle, centre de femmes de la MRC du Haut-Saint-Francois, *Estrie, Quebec, Weedon*

*Protecting myself... EVEN MORE!* provides workshop for teen girls with a physical or intellectual disability, to help bring them out of their isolation, make them less vulnerable, develop their critical thinking abilities and give them the tools they need to face various types of abuse of power. Topics explored include relationship violence, incest, rape and harassment. The workshops are delivered by a facilitator with expertise on violence against women and attuned to the reality of women with functional limitations.

## SASKATCHEWAN

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**EMP Girl Power** **\$12,547**  
Battlefords and Area Sexual Assault Centre, *North Battleford*

*Girl Power* is an educational, skill-building and creative group designed to introduce pre-teen girls to concepts and skills that promote a positive self-image. Girls learn to challenge social rules and media messages that can diminish their sense of self as they move toward adolescence, and explore ways to claim a healthy connection to themselves, their peers, and the community. The group activities they participate in raise self-esteem, self-worth, and help them learn how to cope with challenges they may face in their teens.

**EMP Girl Power 2: YES We Can!** **\$28,000**  
Saskatchewan Voice of People with Disabilities Inc., *Regina*

*Girl Power 2: YES We Can!* brings 150 young women with disabilities (aged 14-29 years) together to participate in a two-day camp. The camps empower young women with disabilities by giving them the tools to identify, prevent and report abuse, and increase their personal safety. Girls learn about self-protection, violence prevention (online and off), healthy sexuality, body image, self-esteem, assertiveness training, de-stressing techniques, healthy communication skills, and societal stereotypes of women with disabilities.

**EMP**    **Girls Club**    **\$23,588**  
 Victoria Faulkner Women's Centre, *Whitehorse*

*Girls Club* engages girls, aged 11 to 19, on topics such as gender roles, heterosexism, hypersexualization, bullying, healthy relationships, and socio-emotional support. The program aims to destabilize some of the structures, understandings and systems of complacency that hold violence against women in place. The girls develop critical thinking and facilitation skills to challenge and resist the harmful effects of media and gender role expectations, by exploring through how gender, sex and sexuality take place in their lives.

**COM**    **Sharing Common Ground and Together for Justice**    **\$25,000**  
 Kaushee's Place/ Yukon Women's Transition Home Society, *Whitehorse*

The Yukon Women's Coalition (YWC) is comprised of 13 women's organizations from across the Territory. For the past two years, the YWC has been involved with two separate initiatives (entitled 'Sharing Common Ground' and 'Together for Justice') intended to improve the response of the justice system to women who are victims of violence. Particular focus is given to Indigenous women, women dealing with mental health/addictions, and other marginalized populations.

This program advances that work through the hiring of a Coordinator who will facilitate communication between YWC members, and organize meetings with RCMP and other stakeholders. A small honorarium budget will allow Coalition representatives equal opportunity to contribute to these projects, and a travel budget will preserve the contribution of community voices, ensuring that the work does not become Whitehorse-centric. The program will strengthen relationships, allow the organizations to advocate with a unified voice, improve institutional responses to women, and confront gender biases and barriers within the Justice system.