

CENTRAL OKANAGAN
**ELIZABETH FRY
SOCIETY**
preventing violence
promoting justice



2012–2013 Community Report

we are...
empowerific

Message from the Chair and Agency Coordinator

Welcome to an even better community for women and children!

This year, you helped the Elizabeth Fry Society achieve great things! With your help we:

- Reached even more women, children, and families from our local community.
- Developed a local protocol for our community to respond to high risk domestic violence.
- Brought more holiday joy to more families through our Christmas hamper program.
- Developed a strategy to address the needs of women and families in West Kelowna and Peachland.
- Expanded our Girls United Program.

The year was not without setbacks. We faced a major funding cut which resulted from the dismantling of Women's Bridging Employment Programs by the Province of BC. We are very disappointed that women survivors of violence in the Central Okanagan do not have access to specialized services to assist them in achieving economic security and self sufficiency. Our concerns have been forwarded to local officials, and we strongly urge you, our members and supporters, to bring forward your concerns to local MLA's regarding the loss of this important program for women and children.

The Elizabeth Fry Society remains committed to tackling barriers to achieving security and equality for women and girls. Our advocacy efforts and community outreach strategies this year have been focused on addressing the lack of adequate response to sexual violence – especially



Christmas hampers ready for distribution



Just some of our supporters from Okanagan Roller Derby



Partners in the new highest risk domestic violence response protocol

violence directed to girls and young women. This year, we fully revised our Girls United program and sought an increase in funding in order to expand our outreach and prevention programs for girls and young women. Our National Victims of Crime Week campaign highlighted two stories for young people who overcame sexual abuse through supports at the Elizabeth Fry Society. As well, we have enthusiastically welcomed the support of the Okanagan Roller Derby Association in co-hosting and supporting our community's annual Take Back the Night march.

There remains a dire lack of support services for survivors of sexual violence, and far too much exposure of young people to hypersexualized images of girls and women. You can expect continued advocacy in the area of addressing local responses to sexual assault and abuse, as well as awareness campaigns aimed at empowering young people to prevent sexual violence.

The issue of domestic violence in Kelowna became the focus of local and provincial attention this year when a Statistics Canada report indicated that Kelowna had the highest rate of domestic violence in BC. The Central Okanagan Elizabeth Fry Society, along with our partners in the criminal justice, and child welfare sectors announced the development of a local protocol that responds to the highest risk cases of domestic violence in our community. We were very proud to lead the development of this protocol. Our community has put together an excellent team of professionals who this year have worked together to increased the safety of four families who were at risk of serious (possibly lethal) domestic violence.

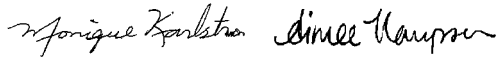
In our efforts to increase opportunities for local individuals to get involved in seeking safety and justice for women we launched a new initiative entitled Empowerific. Empowerific encourages people of all ages and walks of life to get involved, spread the word, and help support the Elizabeth Fry Society.

The Empowerific branding and website (at www.empowerific.com) were launched in March 2013. Crucially, Empowerific is an open community - anybody is welcome to get involved and organise an Empowerific event and to raise funds or awareness for E Fry - be it a simple Empowerific garage sale or an Empowerific gala. Our vision is to see the Empowerific initiative grow in to a strong community of supporters, volunteers and advocates and to provide a platform for fundraising by the community.

Your commitment to supporting our mission of empowering women and children to achieve dignity, security and equality in this community has helped us to make our community an even better place for women and children.

In this report, you will see the positive impact that your support has had in the lives of local women and children. The Elizabeth Fry Society is a worthy organization that uses your support wisely for the benefit of women and children in our community.

Sincerely,



Monique Karlstrom, Chairperson
Aimee Thompson, Agency Coordinator

Volunteer Board of Directors 2012-2013

- Board Chair: Monique Karlstrom, Instructor Okanagan College
- Treasurer: Catherine Harrison, CMA, Canada Revenue Agency
- Representative to CAEFS: Dawn Kuehn, Lawyer
- Member: Megan Berry, Career Contact Centre Facilitator, YMCA - YWCA
- Member: John Manolakos: Restorative Justice Coordinator, John Howard Society
- Member: Allison Hargreaves, Instructor, UBC Okanagan
- Member, Tamineh Momtazi, Counsellor, School District #23



Artwork created by E Fry program participants

- Alice Jensen
- Allie Grey
- Allison Hargreaves
- Associated Roof Services
- Barbara Constable
- Canadian Federation of University Women
- Cartier & Company - Phyllis Cartier CGA
- Cathie Heinrichs
- Central Okanagan Emergency Shelter Society
- Central Okanagan Foundation
- Christene Walsh
- CMHA- Community Action Initiative
- Cream Hair & Makeup Lounge
- Dawn Kuehn
- De Vellis Auto Centre
- Diana Holowchak
- Diane Marit
- Dini Steyn
- Drs. MacLeod and Imrie,

- Edward Grimwood
- Elizabeth Springir
- Erin Smith
- Faith Gurevitch
- First United Church
- Icon Salaon Systems
- Interior Savings
- Irene Bennett
- Irene Nadain
- James Milne
- Jessica Donaldson
- Jessica and Joe Klein
- Karen Wilkie
- Knights of Columbus, Father de Lestre Council 6233
- Lowella Holmwood
- Loyal Hair Therapy
- Lynn Tereposky
- Margie VanHeukelum
- MJ LaCroix
- Okanagan Roller Derby
- Olivia Hofer
- Pam Sweetman

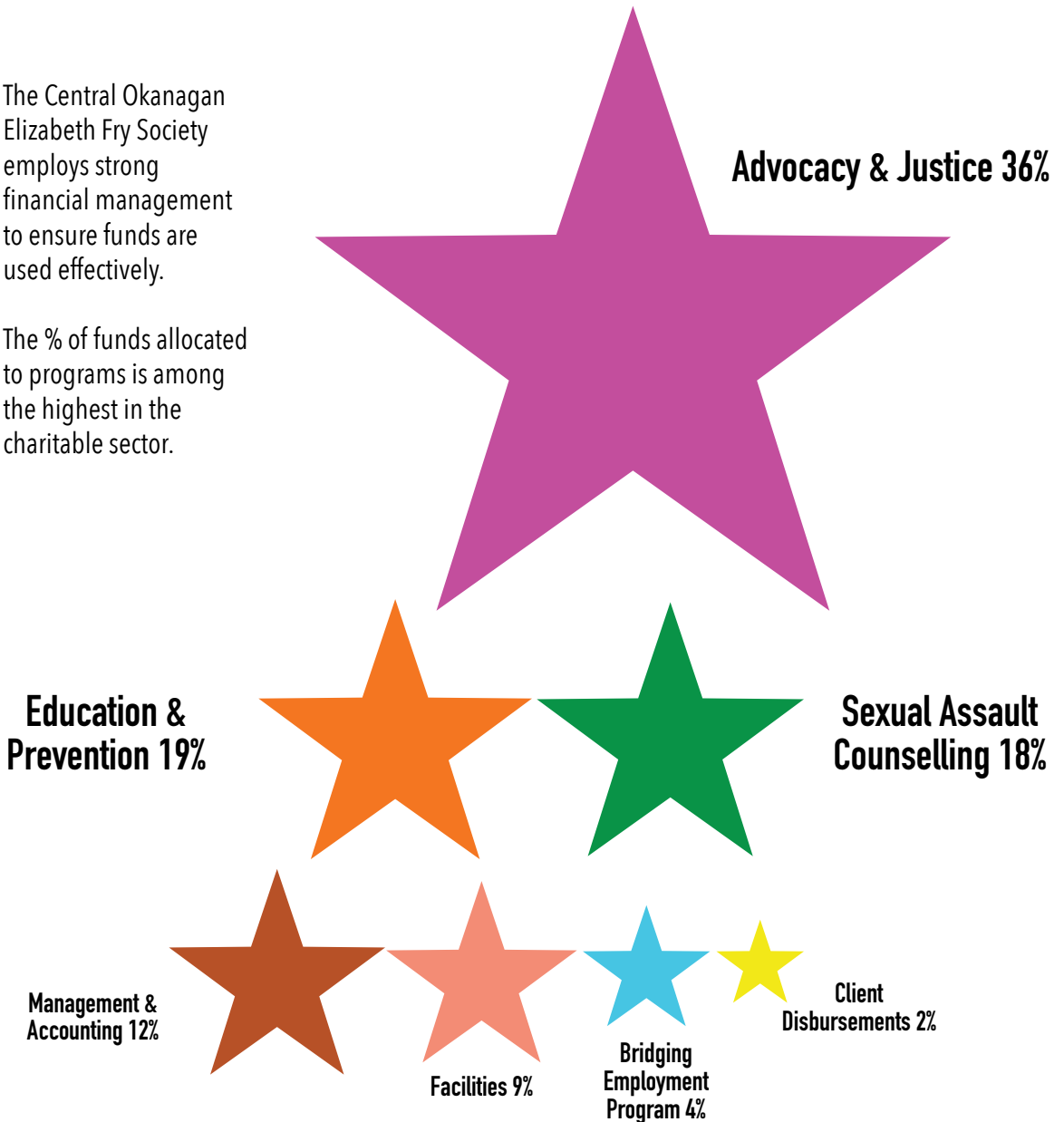
Thank you to all our volunteers, donors and supporters!

- Pat Brown
- Peter Gnyra
- Royal LePage Shelter Foundation
- rt Strategy Inc.
- Shandra & Fergus Smith
- Sharon Shepherd
- Shauna Gagnon
- Tahmineh Momtazi
- Tamar Weiss
- Telus Corporation
- UBC Student Union Okanagan
- United Way of the Central & South Okanagan
- Zanie Mollica
- All our anonymous donors & supporters.

Use of Funds

The Central Okanagan Elizabeth Fry Society employs strong financial management to ensure funds are used effectively.

The % of funds allocated to programs is among the highest in the charitable sector.

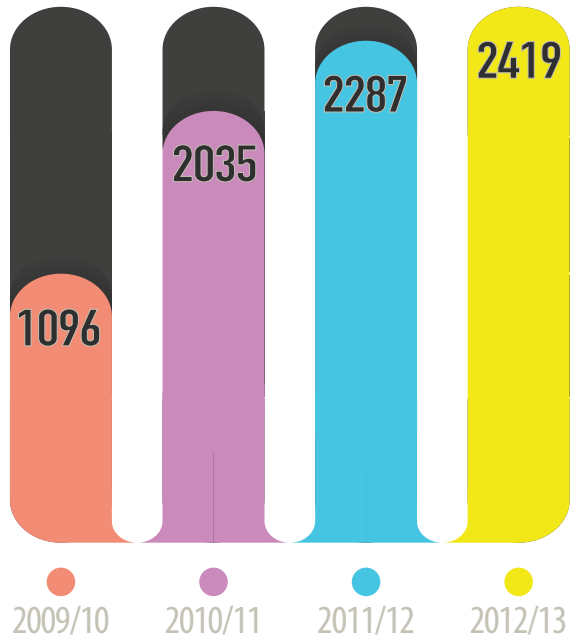


Serving the Community

A new record was set once again for the number of people receiving services from the Central Okanagan Elizabeth Fry Society.

All our programs are operating at capacity and wait lists are getting longer. Another reason why your ongoing support is so important!

2419 Persons Assisted



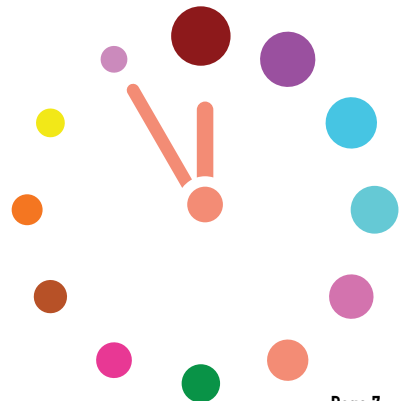
12232
enquiries
received

Volunteers Rock!

Where would we be without our fabulous volunteers?

Whether helping at our safe-centre, helping plan and deliver events or packing up Christmas hampers, volunteers truly enable us to make a difference in the lives of those we help.

2064
volunteer
hours



Program & Event Highlights

Specialized Victims Assistance Program

The Specialized Victim Service Program staff provide emotional support, information, accompaniment and safety planning for victims of sexual abuse, sexual assault and violence in relationships.

We are lucky at E Fry to have very experienced and professional staff. With over 450 new clients this year we are among the busiest programs in the province.

This year we are seeking ways to increase our staffing in order to meet the increasing demand.

Specialized Victims Services

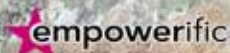
Our Specialized Victims Services team worked closely with the RCMP's Domestic Violence Unit Officer and other partners to change the way police and support services handle domestic violence cases to ensure victims don't fall through the cracks.

The new approach means that for cases labelled highest risk – situations where police believe there is significant concern for serious bodily harm or death – the Kelowna RCMP, RCMP Victim Services, the Elizabeth Fry Society, probation services, parole offices, the Kelowna Women's Shelter and the Ministry of Children and Family Development, meet monthly to discuss them, or on short notice when certain cases need immediate attention.

The initiative is all about victim safety and ensuring as much information is shared as is possible in order that parties have an accurate picture of the scenarios they are dealing with and can help prevent the worst outcomes.

Community Planning for Women & Families in West Kelowna & Peachland

The Elizabeth Fry Society, The Kelowna Women's Shelter, and the Kelowna Family Centre each provide services to residents on the Westside and estimate that approximately one third of their clients are residents of the Westside. We conducted a survey which identified gaps in services and in partnership are developing a Strategic Plan to improve services for at-risk women and families residing in West Kelowna and Peachland.



WE ARE EMPOWERIFIC
Empowering Change in the Central Okanagan

Empowerific is a community of activists, volunteers, and supporters of the Central Okanagan Elizabeth Fry Society.

DISCOVER MORE →



Empowerific.com was launched in March 2013

Empowerific

Our new community branding represents an overhaul to the Elizabeth Fry Society look and feel in our quest to present fresh energy and community appeal for the agency.

We will be using this branding in our fund raising and public awareness events with the goal of creating awareness and participation with the agency.

Our vision is to present ourselves as a collaborator with all people in the community from individuals to community agencies and spark passion at a grassroots level to support our mission to bring an end to violence and promote equality in the Okanagan.

As part of this initiative a new website has been developed at www.empowerific.com. The new site features:

- *stories of courage* outlining the paths to recovery of some of the survivors we have helped
- a *be empowerific* section where visitors can obtain information on becoming a part of the Empowerific community and can connect to our Cafepress store where Empowerific clothing & merchandise can be purchased
- a *giving store* where visitors can buy much needed supplies or help us cover such costs, in turn helping to fund services that will change a life. A range of items are available from snacks & bites for participants in our programs, through to covering our rent for a month!
- society information including details of our programs, our historical community reports and our other publications and training materials
- regularly updated news articles, event listings and event reports
- a modern, responsive design that works well on computers and mobile devices

Program & Event Highlights

Outreach Program

The Outreach program continues to provide for women that have safety issues that prevent them from accessing services, or who live in outlying areas. We provide transportation services and accompaniment to medical, legal and economic supports, as well as provide short term counselling and information rights and options.

High demand for our services and a growing waitlist is an obstacle for women working toward safety and security. We have created some drop-in services and groups, to help meet the need. As well, we connect with other programs in the community in order to facilitate access to services for women affected by violence.

Girls United

Our Girls United program was redeveloped and redesigned this past year to meet the evolving needs of our youth population. This modified, updated program is now a robust 10 week primary prevention and empowerment program for girls age 11-14.

Our new model seeks to work with pre-teens to help prepare them for middle school and includes a follow up program to encourage mentorship. We added essential modules like cyber bullying, critical thinking, and healthy relationships and made the group format more experiential. Between March 2012 and April 2013 we delivered Girls United six times to over 40 participants. Our feedback was positive from principals, parents and group participants.

We are currently branding this program under the Empowerific umbrella and are promoting it for adoption again this year in SD23 Elementary and Middle Schools from Peachland to Lake Country..

Take Back the Night

We were excited to partner with the Okanagan Roller Derby Association this year for our annual Take Back the Night March! With their support and the support of the community we were able to raise awareness about sexual violence and provide an opportunity for everyone in the community to support survivors of violence. This event takes place in cities worldwide as a protest against the fear of sexualized violence that women encounter in their lives.



Turn It UP!

Everyone made sure they were heard at Take Back the Night 2012

I'm a Great Kid, I'm a Great Little Kid

We ran this pilot project to 178 children grades 2-5 in volunteering elementary schools in Kelowna.

This six week prevention program builds weekly on stories and activities to reinforce the primary areas of vulnerability in children of this age group. Originally designed for small group interactions, the schools preferred a large group mix of multiple classrooms in the gym for each session.

We delivered this with three staff members and a practicum student, collecting feedback from the teachers for each group with the help of a liaison school counselor that promoted and organized the program.

The feedback was positive overall and teachers felt as though the delivery was professional and age appropriate with the students maintaining high retention of the concepts.

We are not planning on delivering this program currently upon assessment of challenges presented with delivering a small group program to large groups. We are re-evaluating the idea of introducing other programs like this that have a more contemporary delivery and that teachers can easily accommodate into their classroom structure.

Christmas Hamper Program

We were thrilled with our Christmas Hamper Program this year! Through amazing community support and working with community partners we were able to provide over 30 families with hampers. All the hampers consisted of gifts, a Christmas dinner and the opportunity to have an amazing Christmas!

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www.empowerific.com

