

Violence Prevention Programs supported by CWF, 2008

National

The Fourth R Project, University of Western Ontario (multi-year teen violence prevention grant) 2006-2010: \$180,000 over four years

The Fourth R is a school-based program for grade nine students that addresses dating violence, substance abuse, and risky sexual behaviours. Delivered by teachers as part of the Health and Physical Education high school curriculum, the program gives students the fundamental education and skills to help them develop healthy, non-violent relationships. Teens are also encouraged to form a Safe School Committee to complement the classroom component. Currently running at some schools in Ontario, Saskatchewan and British Columbia, the Fourth R's ultimate goal is to have the program incorporated into the grade nine curriculum of every school board in Canada.

The Fourth R is one of four programs to receive a multi-year teen violence prevention grant from CWF. Each of the programs uses a variety of delivery methods to determine the best approaches for preventing violence in teens' lives. In year four, the grant recipients will participate in a cross-Canada learning event to share knowledge and best practices with other programs.

Shelternet for Abused Women, London

2008: \$40,000 (2005: \$21,500; 2006: \$20,500; 2007: \$20,000)

Shelternet offers a comprehensive web site that provides resources on abuse including an interactive shelter map, information on safety planning, and a "Just for Kids" section for children and youth who have witnessed violence. The goals of the next phase of development include cultural and linguistic translation of the website into many languages; conducting research on internet usage for information gathering; and supporting shelters across Canada in building their own web sites.

Alberta

High Level Native Friendship Centre, High Level

2008: \$25,000 (2006: \$20,000)

This organization, located in a remote Northern community, will offer support to 30 women survivors of violence over 11 months through group counselling, workshops and information sessions. High Level incorporates First Nations cultural practice (healing circles, smudging ceremonies and communal prayer led by an Elder) into programming.

Discovery House, Calgary

2008: \$23,000

This initiative will provide counselling, referral, support and advocacy to immigrant and refugee women residents of Discovery House (a downtown second stage shelter). The shelter wishes to respond to a large increase in the number of residents, primarily from Sudan, who have experienced domestic violence, resettlement and war. By building the capacity of agency staff and customizing program and policy development around this particular population, the shelter aims to better meet their needs and support their transition after leaving the shelter.

Medicine Hat Women's Shelter Society

2008: \$25,000 (2007: 20,000)

Musasa House provides long-term, safe accommodation and support services for women and children. Using a holistic approach to education and counselling 10 residents and their families will be offered



programming and resources that help them rebuild their lives after abuse and re-integrate into the community. Services include a “children witnessing violence” group, a financial literacy program and individual counselling. More than half of the residents are First Nations women.

Edmonton Financial Literacy Society

2008: \$25,000 (2007: \$10,000)

Following on from a pilot project funded in 2007, this initiative will deliver a financial literacy course to 10 women in partnership with the Wings of Providence Shelter. These funds will go directly to support a matched savings fund – every \$1 saved by a woman is matched 2:1. Each woman will choose an asset-building activity to undertake with her savings: past examples include completing high school education, upgrading skills, and providing deposits for rental accommodation.

SAFFRON Strathcona Sexual Assault Centre, Sherwood Park

2008: \$25,000 (2006: \$20,000)

ONYX Teen Girls Program provides a safe environment of learning for females aged 10 to 16. Currently running in Sherwood Park and Fort Saskatchewan, participants learn to be critical thinkers as they gain awareness of issues including: self identity, dating safety, conflict resolution and assertiveness. The program is adult and peer-facilitated. As some of the topics may be sensitive or upsetting, a youth therapist is available for counselling. CWF funded the ONYX pilot program in 2006.

YWCA, Lethbridge and District

2008: \$10,000

This initiative will offer time with a First Nations female Elder to women and children staying at the YWCA's Harbour House Emergency Shelter. The Elder will be available for spiritual guidance, smudging and traditional rituals, Blackfoot language translation and will also support personal and group healing work.

British Columbia

SWOVA Community Development & Research Society, Salt Spring Island (multi-year teen violence prevention grant)

2006-2010: \$180,000 over four years

Respectful Relationships is an award-winning school-based violence prevention program for youth. The project engages with youth at a time when relationships are a big part of what they are thinking about, where their energy is focused, and what they want to understand. Interactive workshops, designed to help students develop healthy, respectful and safe relationships, are delivered by a team of adult facilitators (male and female), and are co-facilitated by trained high school students who are part of the program youth team. The workshops include creative awareness around dating violence, systemic violence, bullying, racism, homophobia, influence of the media, peer pressure, sexual harassment, dealing with anger, and skill-building to develop and maintain self-esteem and safe relationships.

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Prince George United Way – Prince George New Hope Society

2008: \$24,829

This year-long outreach initiative will engage young people of experience as peer educators on the subject of sexual exploitation. Girls aged 13 to 19 will present workshops to youth and adult audiences in Prince George and Northern BC. Attendees will hear personal stories of sexual exploitation and learn about lure tactics, warning signs for recruitment, prevention strategies, myths and facts, emotional and



physical impact and community resources. This initiative hopes to reach more than 500 participants in at least 10 agencies, youth centres, law enforcement offices and the general community.

North Shore Crisis Services Society, North Vancouver

2008: \$18,679

This initiative will offer long-term support through counselling, advocacy and referrals to women and their children after leaving an abusive relationship. This program focuses on high-risk, high-need women and families living in a rural area where resources are scarce. After staying for a maximum of two years, these families will have the tools to establish independent, self-sufficient lives.

North Coast Transition Society, Prince Rupert

2008: \$19,200 (2004: \$25,000)

The Sustaining Relations project, led by the Supportive Recovery Program, is a substance abuse counselling initiative that addresses the intersection of substance misuse with violence in the lives of First Nations women on reserve. This initiative is a continuation and expansion of the successful Building Relations project. By continuing to work with the First Nations people in the isolated reserves surrounding Prince Rupert, this shelter will help to further expand the social safety net.

BC Community Housing Land Trust Foundation, Vancouver

2008: \$25,000

CWF's grant will increase the Domestic Violence Relief Fund, an endowment established by the CHLTF in 2003. The fund provides interest-free loans (up to \$2,000) to help women purchase membership in BC's non-profit housing co-ops. The co-ops offer safe, affordable, permanent housing and a community that can support women who have left an abusive relationship (all co-ops receive information on violence against women to support new women members and their families).

W.I.N.G.S. Fellowship Ministries, New Westminster

2008: \$12,000

CWF's grant will fund a part-time coordinator to provide service coordination, outreach and advocacy for the 21 member agencies that form the New Westminster Community Action Committee for Women who Have Experienced Violence.

Northern Society for Domestic Peace, Smithers

2008: \$17,085

This initiative will offer support to mostly Aboriginal women in geographically-isolated communities around Smithers. Activities will include community education, the development of a referrals network, and financial and resource assistance.

BC Association of Specialized Victim Assistance, Vancouver**2008: \$28,000** (2007: \$23,000)

CWF's grant will fund the adaptation of the toolkit *Freedom from Violence: Tools for Working with Trauma, Mental Health and Substance Use* (funded by CWF in 2007) for use by workers in the Downtown East Side of Vancouver. The toolkit will help service providers reduce re-victimization and improve services for female victims of violence who are also experiencing addiction and mental health issues.

Manitoba**Osborne House, Winnipeg****2008: \$24,126**

In response to a steady decrease (25%) in the number of calls to their shelter's crisis line, Osborne House will develop transit ads featuring their crisis line phone number to publicize the service to women in need and to raise community awareness of domestic violence.

Mount Carmel Clinic, Winnipeg**2008: \$25,000**

Biindigen or "Come in you're welcome" provides a welcoming place for women involved in the sex trade. This is phase three of a long-term project which will expand its response to two main crime and victimization issues: the safety of women involved in the sex trade, and the safety of children who travel to school in areas where sex trade activities are visible. This initiative will offer life and employment skills, and exit strategy opportunities for women involved in the sex trade. It will also build community capacity in the North End of Winnipeg by engaging parents and other concerned adults in a safety project that accompanies children on their walk to school.

Survivor's Hope Crisis Centre, Pinawa**2008: \$25,000** (2005: \$12,500)

This program educates students aged 11 to 17 about healthy relationships. Topics explored include gender stereotyping, sexual harassment, root causes of violence against women and girls, respectful relationships, bullying and homophobia. Peer support groups also help fellow students access services.

New Brunswick**Making Waves/ Vague par Vague Inc., Fredericton (multi-year teen violence prevention grant)****2006-2010: \$187,422 over four years**

Making Waves is a province-wide initiative that educates teens about dating violence prevention. Twelve to 16 schools are invited to send four students to a Making Waves Weekend Retreat where participants engage in activities, workshops and facilitated group discussions about relationship violence. Topics include healthy relationships, recognizing abuse, media awareness, gender stereotypes, self-esteem, helping others, prevention of sexual assault and effective communication. Participating teens then work on an action plan and develop awareness-raising activities they can run with students back at their own schools.

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Centre de bénévolat de la Péninsule acadienne, Caraquet**2008: \$23,250**

This initiative uses "Influences", a multi-media play (featuring students in grade nine to 12 as actors), as a tool for educating students in grades seven and eight about healthy relationships. The play examines people and themes that influence teens' choices, and features local musicians and artists. Following a pilot performance in one high school, the organizers are ready to perform in several other schools in the province, reaching 500 young people in one year. Follow-up will include providing workshop material created by Making Waves (another grant recipient of CWF) and teacher training so that instructors can carry on this work after the play has been presented.

Sussex Vale Transition House, Sussex**2008: \$28,000** (2006: \$22,345)

CWF's grant will fund a part-time outreach coordinator to support educational programs, group sessions, accompaniment to external service providers, long-term follow-up, and safety planning for up to 400 women in the shelter.

Northwest Territories

Inuvik Youth Centre Society**2008: \$24,670**

Project Respect is a peer-facilitated workshop series for adolescent parents who are at higher risk of experiencing domestic violence. With help from key members of the community and a focus on creating a "healthy home", young parents will develop positive coping mechanisms, build a support network with other participants, and become familiar with community support services.

Nova Scotia

Healthy Relationships for Youth, Antigonish**2006-2010: \$180,000 over four years**

Healthy Relationships for Youth promotes positive communication and healthy relationships to students as part of the grade nine health curriculum. Facilitated by a community worker and teacher (and assisted by a youth team member) students explore the harmful effects of sexism, racism and homophobia as they develop skills to help them make positive decisions about their own behaviour.

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Alice Housing, Dartmouth**2008: \$10,000** (2007: \$20,000)

Straight Talk, a program for children who have witnessed abuse in the shelter, offers one-on-one counselling for children and mothers (separately), intervention and other support. The program also provides weekly workshops that explore participant-selected topics including safe internet use, healthy relationships, sex & sexuality. Up to 16 young people who enter the shelter with their mothers will benefit from this programming.

Society for Supportive Housing for Young Mothers, Dartmouth**2008: \$24,990**

SHYM will offer 12 young mothers aged 16 to 19 a weekly group program designed to reduce the risk of re-entering violent relationships. Areas of focus will include understanding woman and child abuse, systemic abuse and oppression, developing or rebuilding self-esteem and self-respect, creating healthy relationships and maintaining personal safety. This program will also offer on-site child care.

Stepping Stone Association, Halifax**2008: \$23,240**

The goal of this initiative is to reduce violence in the lives of street-based sex workers and at-risk youth by expanding outreach services, building partnerships with service providers, and increasing community education and awareness. As part of their service expansion Stepping Stone will offer an evening drop-in to the community's safe house, and a monthly safety night (for sex workers and other community members) which will provide counselling, referrals and a violence prevention presentation. Up to 75 street-based sex workers will also participate in outreach toward sexually exploited youth.

Juniper House, Yarmouth**2008: \$14,948 (2007: \$12,000)**

This initiative expands on existing efforts to heighten community awareness around intimate partner abuse of Acadian and Francophone women in the Tri-county region. CWF's grant is helping to fund qualitative research (one-on-one interviews and focus groups with survivors of abuse and issue experts) to understand the needs of abused women in the area. Juniper House will then share the results with stakeholders in the shelter's community and other Acadian communities with the view to developing and implementing an action plan.

Ontario

YWCA Peterborough Victoria & Haliburton**2008: \$27,430**

It has been estimated that 40% of women with disabilities have experienced some form of physical abuse (Stimpson & Best, 1991). Through this initiative up to 50 women living with disabilities and physical differences will explore the meaning of difference. Using images, stories and live performances they will engage health and social service providers, the media and the public in an effort to change public perception and ultimately reduce their vulnerability to violence.

Community MicroSkills Development Centre, Toronto**2008: \$28,000**

Community Microskills Development Centre is developing an employment services program which will offer practical employment skills to women who have left abusive relationships. During this first year of a three-year strategy, the organization will use research and consultations to develop the best tools, mechanisms and approaches for helping women establish economic independence. This program will help up to 150 women (mostly immigrant and refugee women) at four shelters in Toronto.

Kenora Sexual Assault Centre, Kenora**2008: \$25,000**

The Nokomis Art Healing Project will provide a safe and creative place for young Anishinaabe women to explore and articulate their experiences of sexist and racist violence through art and discussion. Sixteen workshops will be offered over four months in three "Treaty 3" communities and Kenora. Workshops will be accompanied by a one-day group art healing session and a community art display.

Springtide Resources, Toronto**2008: \$22,675** (2007: \$23,000)

This pilot project will offer workshops to help social service agencies (in Chatham-Kent, Belleville and Orillia) implement the best approaches for helping abused women who live with disabilities. Participants will explore issues related to accommodation and accessibility and will also receive sensitivity training to ensure that all women have access to services.

Sexual Assault Support Services for Women of Stormont, Dundas, Glengarry and Akwesasne**2008: \$28,000**

This initiative will support young lesbian women in a rural community as they develop their sexual and gender identities. Outreach activities will include posters and pamphlets in schools and locations where young lesbians might meet, and group meetings for girls aged 12 to 18. To further develop the leadership capacity of young women in the community, a train-the-trainer program will prepare them to present nine weeks of peer support groups and workshops at the centre and in their schools.

Sexual Assault/Rape Crisis Centre of Peel, Mississauga**2008: \$23,531**

This organization is undertaking two major innovations in their services. First, the crisis intervention team will be trained to deliver a phase-oriented approach to group counselling that will support women recovering from sexual trauma. The phases are clinically sequenced and correspond to the naturally unfolding stages of trauma recovery. In a separate but associated program, a psycho-social open group will be offered to incarcerated women, to create a forum for learning about the effects of trauma and to provide a range of skills to help women on their healing journey.

Family Services à la famille Ottawa**2008: \$25,000**

This initiative will work with two school boards to integrate healthy relationship and dating violence programming into grade seven to nine curricula. Teachers will be trained to facilitate sessions during health and physical education classes, youth will lead school-based awareness activities, and a cross-board conference will bring together student leaders to learn, share and plan for the school year.

CHADWIC Home, Wawa**2008: \$25,000**

This initiative will teach young Aboriginal men and women about the issues surrounding violence against women. Working in partnership with the Michipicoten First Nation, trained participants will then take part in community awareness projects to inform members of the community about the issue and educate them about how to access support and services.

Social Services Network, Mississauga**2008: \$25,000**

This initiative will offer culturally-sensitive workshops on healthy relationship for South Asian youth. Twelve of the participants will then be trained as volunteer violence prevention leaders so that they can make presentations to their peers. This community has been identified as a focus following the honour killing of a 16-year old Muslim girl by her father in December 2007.

North York Women's Centre**2008: \$10,000**

The "More Than Just Girl Talk" project aims to provide young immigrant women with a safe space to discuss issues relating to safety, healthy relationships, personal boundaries, self-esteem, diversity, and discrimination. The project incorporates two 10-week sessions offered in the fall and spring semesters at high schools in the inner suburbs of northwest Toronto. In each session 15 to 25 girls will take part in small group discussions, skill-building activities, art, and journaling. In the second session girls will design posters on the topic of safety and healthy relationships. The program material will be geared towards the specific needs of immigrant young women and will look at settlement issues they face including language

barriers, racism, and isolation. One of the school sites is CW Jefferies, mentioned in the Toronto District Schools Board report on violence in schools, in part because of a sexual assault on a Muslim girl that was not reported to the authorities by the school administration.

New Starts for Women, Red Lake

2008: \$28,000 (2006: \$20,000)

New Starts will offer an internship to young women from a remote First Nations community. The program will train participants on supporting abused women (part of the training will take place in a shelter) and teach them to become women's advocates in their own communities. Upon completion participants are given the opportunity to continue their education or return to their community and act as a support to other women.

Chatham-Kent Women's Centre

2008: \$25,500

HEART teaches girls aged 13 to 17 about dating violence prevention through art, group role play, individual assignments, video and discussion. The eight-week program covers topics including healthy and unhealthy relationships, communication and personal boundaries, gender stereotypes within the media, body image, bullying, internet safety, and self-esteem. The Chatham-Kent Women's Centre hopes to expand the program to include teen girls who are currently unable to access the program due to transportation or cultural barriers.

Lanark County Interval House, Carleton Place

2008: \$28,000 (2006: \$18,875, 2007: \$23,000)

This initiative will offer nine support groups for children and youth aged four to 18. Each age-appropriate support group will help participants work through the trauma of having witnessed abuse in their homes. Using role-play, videos, discussion and other forms of creative expression, the children and youth will learn about conflict resolution, healthy communication and personal safety. The group facilitator will also offer three support groups for mothers whose children are participating. Here, mothers will share information and resources, gain confidence in their parenting skills, and learn about custody and access issues, self-care, personal safety and the impact that witnessing violence has on children.

YWCA of Toronto – December 6th Fund

2008: \$10,000 (2007: \$20,000)

The December 6th Fund is a revolving loan fund, providing interest-free loans to women in the Greater Toronto Area and region of Peel. The loans can be used for rent, bills in arrears, hydro, furniture or moving expenses and are designed to remove some of the financial barriers that prevent women from leaving their abusers. Maximum loans are \$750 and repayments are usually made in installments of \$25 per month. The repayment rate has been 65% - 70%. The December 6th Fund was named in honor of the 14 women killed during the massacre committed by Marc Lepine at L'École Polytechnique in Montreal in 1989.

Victim Services of Brant, Brantford

2008: \$10,000 (2007: \$20,000)

Established in 2007 with a grant from CWF, The Domestic Violence Rent Bank provides no-interest loans to help women leaving an abusive relationship establish an independent living. In partnership with the Housing Resource Centre, part of Ontario Works Brant, the interest-free loans of up to \$1,500 can support rent, mortgage repayments, hydro and other bills. Support is given only when all other avenues of social assistance have been exhausted. The Housing Resource Centre also provides information on listings, legal matters and advocacy. Victim Services of Brant provides all associated administrative details: helping women with forms, issuing cheques, and following up on repayments.

United Way of London and Middlesex Community Loan Fund**2008: \$28,000**

The United Way of London and Middlesex has partnered with four community organizations (2 shelters and 2 groups offering settlement services) to establish the *New Beginnings* Loan Fund. The United Way will provide in-kind support for fundraising, evaluation, monitoring and ongoing stewardship of the loan fund. The loans will support any activity that deepens a woman's safety as she rebuilds her life after abuse. This can include funding home safety upgrades, education and other needs. Each loan is administered by the individual partner group with oversight from an advisory committee.

Muskoka/Parry Sound Coordinated Sexual Assault Services**2008: \$25,000**

Survivors of abuse who live in rural areas are often isolated from services due to issues like lack of public transportation and child care. This initiative will bring the services to the women by offering group therapy and drop-in sessions in four rural communities around Muskoka and Parry Sound. Transportation will be provided when required and drop-in sessions will offer on-site child care.

Québec

Assault Sexuel Secours, Val D'Or**2008: \$10,500**

Many Aboriginal women never access the full range of services available to them due to lack of knowledge and accessibility issues. In response, the sexual assault centre will coordinate resources by establishing a committee of six Aboriginal women from three communities in the area of Val d'Or. Together the group will find ways to fill gaps in cultural understanding and program delivery. Through outreach, intervention and other activities, workers will be able to reach over 1,000 women and girls, forging links that will aid future collaboration and service delivery.

Bureau de la communauté haïtienne de Montréal**2008 : \$25,000**

This program will work with young Haitian women who have faced social exclusion, violence and discrimination. Through mentoring and group work, 15 to 20 young women will begin to work toward achieving their personal and professional goals by developing an action plan for their future. The program includes an examination of violence against women and its root causes, women's rights in Quebec, safety in their community and relationships, and future planning using an asset-based approach. Power Camp (a CWF Girls' Fund grantee) will provide additional programming and support in the area of female youth empowerment and leadership development.

Halte-femmes Montréal-Nord**2008: \$25,000 (2007: \$19,440)**

This initiative is working to break down the isolation and marginalization of immigrant women by helping them to develop a sense of security, ownership and belonging in their community. This program is taking place in an area that has long been associated with gangs, street violence and lack of safety. Activities include a "vigilance" committee, a community walking group, lunch-time presentations, and other activities suggested by participants. Partnerships with the police and Tandem (a City of Montreal program for home security and safety), as well as other community groups, will ensure women have additional support.

Maison Anita Lebel, Baie-Comeau**2008: \$27,679**

This second-stage shelter is setting up a satellite shelter service in Sept Îles which does not currently have a local shelter (the closest shelter is in Baie-Comeau which is 223 km away). Women's groups and community organizations in Sept Îles fully support the establishment of this new shelter.

YWCA of Montréal

2008: \$25,000

Working in collaboration with a “girls’ council”, the YWCA is developing violence prevention training tools to help other women’s organizations enhance their programming for girls. This initiative will build on existing gender-specific violence prevention work in schools and community centres, and expand the scope of existing adult training. Using the film *Sexy Inc*, an excellent documentary developed at this YWCA, the program will travel around Quebec to raise awareness about how to support girls who are surrounded by images of hyper-sexualized girls and women.

CALACS: Centre d’aide et de Lutte contre les agressions à caractère sexuel, Châteauguay

2008: \$28,000

This initiative is being led by teen members of GAP (Groupe Action Prevention), a healthy relationship leadership youth group. Together, the group developed and hand-made a giant Snakes and Ladders game to use in high schools as a tool to raise awareness about healthy relationships. The 25 young people want to continue outreach to other teens in their schools and community.

Maison L’Océane, Montréal

2008: \$10,300

This is a violence prevention program for women who are residents or former residents of second-stage housing. This initiative offers group sessions, individual follow-up, and accompaniment to community services. Women will discuss parenting, stress, types of violence and other topics as requested. The program also includes an interactive presentation for families and friends about domestic violence and its impacts.

L’Antre-Hulloise, Hull

2008: \$25,000 (2005: \$9,350, 2006: \$9,350, 2007: \$9,350)

This is a new initiative from L’Antre-Hulloise which will develop 10 violence prevention workshops for young urban and suburban women. Phase one will train 25-30 young women to co-facilitate violence prevention workshops in schools. Workshops will be designed with reference to the societal context of gang recruitment, intense expectation of sexual activity and substance use.

Saskatchewan

Southwest Crisis Services, Swift Current

2008: \$19,350 (2005: \$20,000)

Southwest Crisis Services will offer an in-house child outreach service for children of current or former residents. This initiative will help children who have witnessed abuse develop coping skills to help them heal from the experience. Up to 15 women will also benefit from one-on-one sessions which will explore topics including forms of abuse and rebuilding self-esteem.

Sofia House, Regina

2008: \$12,800 (2006: \$15,000; 2007: \$20,000)

This initiative will provide long-term (eight months or more) counselling, support, group sessions and referrals for up to 20 families fleeing violence. Families staying in the second-stage shelter will receive support to heal from their experience and strategies for moving on to safer lives. Included in this year’s programming is a comprehensive parenting/life skills component.

Okanese First Nation, Balcarres

2008: \$19,300

This program will provide young First Nations people aged 12 to 18 with the skills to identify and address abusive behaviour and the ability to build strong, healthy relationships. Participants will also be provided with information about other community resources that can support them. This program will incorporate



traditional cultural teachings through the support of community Elders and will include talking circles and sweats for participants.

Saskatchewan Voice of People with Disabilities, Regina

2008: \$27,916 (2007: \$22,610)

This initiative will provide harm reduction, support and intervention services for up to 50 young survivors of abuse who live with a disability. Incorporating research, community consultation and resource development, this organization will present six weekly three-hour sessions in agencies for women living with disabilities and 15 one-day training seminars for service providers.