



Emergency Shelter in Need of Renovations



Second phase renovations will enhance the children's counselling area, provide specialized childcare and add space for teenagers

The Calgary Women's Emergency Shelter building fulfills a critical need in the community. This busy facility supports almost 800 women and children annually who need a secure, safe haven, as well as several hundred more who remain in the community, but access the offered services. The building is now 13 years old and in need of renovations due to considerable wear and tear from the agency's continuous efforts to provide the most effective and innovative programs and services.

Currently, none of the Calgary Women's Emergency Shelter funding provides for any significant building upkeep or renovations. They are looking for community support to help maintain and improve this critical service for women and children who need the life-saving shelter and its support programs.

The Renovations:

After consultation, research

and planning, a multi-phase renovation strategy was put into place. Three goals were established: to meet the ever-increasing demand for more beds, to make the spaces more flexible for multi-use and to create spaces that meet the changing needs of clients, while incorporating the best programs and services possible.

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Adopt-a-Family

We invite you to join the Calgary Women's Emergency Shelter again this year to support women and their families through the Adopt-a-Family Holiday Program.

Financial burden, especially around the holiday season, is an added stressor for women trying to keep their families safe from abuse. The cost of living in Calgary can make the first holiday after accessing Calgary Women's Emergency Shelter services simply overwhelming.

Each year, donors purchase gift cards or make financial contributions (that are converted to gift cards) to give to clients. The goal is to provide all of the women and children who have accessed services throughout the year with a \$100 grocery gift card and a \$100 retail gift card for each member of the family.

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"Calgarians want a safe, healthy community and we're counting on their support to help end the abuse in the lives of their neighbours, colleagues, friends and family members"



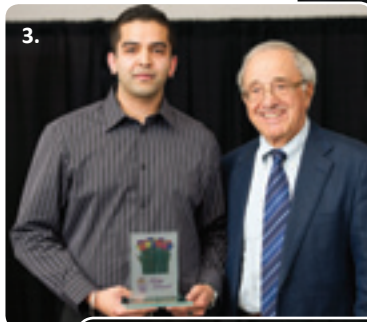
Celebrate Calgarians Helping to End Family Violence and Abuse

2011 Tulip Awards

Host Sandra Jansen and community leaders took a stand against family violence and actively engaged in meaningful conversations about how to strengthen the community at the Calgary Women's Emergency Shelter's annual Tulip Awards in June.

The tulip is a special symbol at the Calgary Women's Emergency Shelter and has become the emblem to honour community leaders making a difference. Tulips are hardy flowers that bloom through the harsh snow each spring, trusting that sunshine and warm weather will nourish them after their struggle with the elements. This symbolizes the many women and children who push through the darkness of family violence trusting that, with a little support, they too will bloom again with lives free from abuse.

Each year, the Tulip Awards are presented to individuals and organizations that make a significant contribution towards helping end family violence and abuse in the community. Receiving a Tulip Award is one of the greatest honours the Calgary Women's Emergency Shelter can bestow. They are awarded with sincere gratitude and admiration to individuals, associations and organizations that have begun to make a difference through their actions. These remarkable individuals know that every Calgarian has a responsibility to make the community a better place.



"The tulip is a special symbol at the Calgary Women's Emergency Shelter and has become the emblem to honour community leaders making a difference"

1. Tulip Awards 2. Anne Drinkwater CEO of BP, presenting Philanthropist Award to Lennina Pavon-Cardoso of Enbridge 3. Former Senator Ron Ghitter presenting Telling Our Story award to Monty Sehgal of BP 4. Riley B., winner of last year's award presenting Philanthropist of Tomorrow Award to Vienna C. 5. Retiring board members Dan Tober, Colleen Pound and Salima Walji accepting their service awards 6. Host, Sandra Jansen

“This is an opportunity to give a woman who is coming from an abusive situation the gift of empowerment”

Award Recipients

Community Partnership Award

Allan Wade
Nick Todd
FCSS (Family & Community Support Services)
Lynne Hood
Wheatland Shelter

Telling Our Story Award

BP Canada
Colonel Macleod School
Strathcona-Tweedsmuir School
Terry Fox School

Philanthropist Award

Cenovus Energy
Enbridge
Encana
Newalta
Nexen

Philanthropist of Tomorrow Award

Vienna Cole
Henry Wisewood School

Turning Points Award

George Brookman
Shelly Norris
Lisa Neiles
Helen Wesley

Outstanding Employee Award

Sherry E.
Vera M.

The Real Value of a Gift Card

Looking for something special to do for Calgary Women’s Emergency Shelter outreach families? Consider contributing by purchasing, or making a financial donation to, a gift card. For the last three years, the gift card initiative has given families the opportunity to purchase exactly what they need when they leave the shelter.

Gift cards can be purchased from places like Superstore or Wal-Mart which are attractive one-stop-shopping options and helpful for families with limited access to transit. Financial donations are also welcomed, and smaller donations can be joined together to purchase a single card. Larger sums of money (from corporations, for example) often accommodate cards for big families or several small families. Note that 100 per cent of a donation to the gift card program goes directly to families.

“When families make their own choices, they regain their dignity and their independence,” says Peta G., Resource Development Specialist. “People of culture can select unique food items for holidays like Kwanzaa or Hanukkah. A young mother can purchase a much-needed new stroller, while another can buy non-allergenic soaps for sensitive skin or that cozy sweater in a favourite colour.”

And it is appreciated. Consider these thank-you notes from grateful recipients:

Thank you so much for being thoughtful. We are going to use your present to buy something we need and we will enjoy it.

Thank you so much for the gift certificate. Now we can load up the fridge and freezer and stock up on diapers and baby wipes. We are not used to having everything we need.

“It is a new way of thinking,” admits Peta. “This is an opportunity to give a woman who is coming from an abusive situation the gift of empowerment. There is no better gift than that.”

For more information email Peta at petag@cwes.ca or check out the website at www.calgarywomensshelter.com

I'm taking a stand against family violence.
Sandra Jansen, President, Ten Men Media

Join me and together we can end family violence. If you need help, you know someone who needs help or you want to donate or volunteer, please visit the website or call the 24-Hour Helpline.

Calgary Women's Emergency Shelter
calgarywomensshelter.com
24-Hour Family Violence Helpline
403-234-SAFE (7233)

New Research Project to Examine Challenges Single Abused Women Face Accessing Community Services

The Calgary Women's Emergency Shelter is committed to continuously seeking improvements in the programs offered to the community to ensure they are serving the most Calgarians they can, with the most effective services possible.

As part of their annual review of provided services, it was noticed that approximately 60 per cent of requests for services came from women who did not have children. However, fewer than 10 per cent of these women were admitted into the Emergency Shelter program.

"This revelation was disturbing to us," says Lisa F., Executive Director of the Calgary Women's Emergency Shelter. "When we

talked with others providing services to families experiencing family violence and abuse, we found they also struggled to provide support for women without children. Families with children remain the focus for the majority of services in Calgary."

"We are working with the community and the domestic violence sector in this research project to better understand the needs, barriers, current services available and gaps in services. The results will be used by the Calgary Women's Emergency Shelter, and shared with other agencies, to improve services to this group of women," says Lissa S., Manager of Strategic Development and Evaluation. "Our priority focus at the Calgary Women's Emergency Shelter

is women with children. Of the 50 beds available, only four are designated for women with no children." Research shows that women's shelters locally, nationally and internationally are all focused on assisting women and their children, leaving single women fleeing family violence with few safe options.

Even if a woman is lucky enough to find a space at a women's shelter, it may not be an ideal situation for her, and ongoing help is still hard to find. The Calgary Women's Emergency Shelter is often filled with babies and children of all ages. Women may not be used to the communal living environment, or she may have children, but they are not with her, in which case being surrounded by children is very difficult. Calgary Women's Emergency Shelter counsellors also report that a lack of community resources make it difficult to help women without children.

"The research project is designed to learn more about the unique needs of abused women without children, the barriers they face in seeking help/support to address the violence they have experienced, and to identify what services would best support them," explains Lissa. "We are also interested in learning more about the motivating factors that prompted them to get support."

If you are a single women who is currently, or has recently been, in an abusive relationship and would like to participate in this project, please call the 24-hour Family Violence Helpline at 403-234-7233.

Thank you to PrairieAction Foundation whose funding made this research project possible.



Let's Get Talking

It's time to start the conversation about family violence and abuse. Given its prevalence and the devastating impact family violence and abuse has on our community, why doesn't this conversation happen between friends, with your family doctor, boss or sibling? Why aren't Calgarians talking about how to end the most widespread social issue facing our community today?

Now we can. Join in the conversation each week on the Calgary Women's Emergency Shelter blog about family violence at stc.calgarywomensshelter.com.

Family violence happens in every neighbourhood in Calgary and consumes significant community resources on a daily basis. It affects our children, neighbourhoods and work places, and is a community issue that can only be solved if everyone gets involved and takes a stand. Together we can empower our co-workers, friends and neighbours to speak up and reach out.

Start the Conversation



- a place to...
- talk openly about family violence.
 - speak up against abuse.
 - get involved and start the conversation.

visit our blog at stc.calgarywomensshelter.com

Adopt-a-Family

Continued from page 1

Through the Adopt-a-Family Holiday Program, families are given the tools to embrace their independence, empowering them to not only provide food, essentials and gifts during the holidays, but also a sense of normalcy and dignity during a time of crisis.

Help bring holiday spirit to women and children struggling to create a life free of abuse.

If you would like additional information, or if you wish to register for the program, please contact Peta by November 30th at petag@cwes.ca or visit the website at www.calgarywomensshelter.com

November is Family Violence Prevention Month

Family Violence Prevention Month started in 1986 as a local initiative in the town of Hinton, Alberta where concerned residents launched a family violence education and prevention campaign.

This grassroots effort inspired the Alberta Legislature to support family violence prevention as an ongoing provincial initiative, resulting in the inception of Family Violence Prevention Month.

As a part of Alberta's commitment to safer communities, public awareness campaigns focus on providing Albertans with an increased awareness of available resources. The Government of Alberta's theme for the Family Violence Prevention Month 2011 Campaign is: 'Speak Up for Those Who are Silenced.'

Today, hundreds of Alberta communities and thousands of individuals are actively involved throughout the month of

November in preventing family violence through education and service provision.

Watch for a variety of Calgary Women's Emergency Shelter initiatives and public awareness activities during the month. If you would like further information on what you can do to support someone who is experiencing family violence or abuse, call our 24-hour Family Violence Helpline at 403-234-SAFE (7233).

Emergency Shelter Renovations

Continued from page 1

Each day the Calgary Women's Emergency Shelter receives many calls from women seeking support through the 24-hour Family Violence Helpline, many of whom need a safe place to begin their journey towards living free from abuse. Phase one focused on increasing the number of women and children that could be served in the building. Through this renovation, 10 new beds were added for children, and several bedrooms were upgraded and enlarged to accommodate larger families. In addition, a Community Services program area for non-residents was created containing counselling, meeting and other facilities.

This phase was completed with generous community support in March 2010.

The Calgary Women's Emergency Shelter is now seeking support for phase two renovations. This second phase will enhance the children's counselling area, provide specialized childcare in a purpose built space and add focused space for teenagers. As the rest of the building is renovated, client privacy will be increased by enlarging the entrance/reception areas, as well as upgrading the heating/cooling system. This phase of renovations is slated for early 2012.

"The Emergency Shelter is an essential service in Calgary," says Lisa F., Executive Director of the Calgary Women's Emergency Shelter. "The renovations help us to better serve more women and children. Our goal is to complete these renovations now so that the Emergency Shelter can continue to serve thousands of women and children for the next 10 years. Calgarians want a safe, healthy community and we're counting on their support to help end the abuse in the lives of their neighbours, colleagues, friends and family members."

Phase three of the renovations will include redeveloping the exterior space to improve the children's playground and adult outdoor spaces by creating a multi-age recreation garden, adding a sports play space, installing privacy screening, enhancing security and adding parking. Fundraising for phase three will begin upon completion of second phase renovations.

The Calgary Women's Emergency Shelter is relying on community partners to complete the necessary renovations. To help change the lives of women and children experiencing family violence and abuse, please contact: **403-234-7233** or visit www.calgarywomensshelter.com

10,000 Villages Shopping Day

Each year the Calgary Women's Emergency Shelter offers Calgarians the opportunity to shop for unique holiday gifts at a place where their gifts keep giving. The Calgary Women's Emergency Shelter is once again teaming up with 10,000 Villages on Crowchild Trail NW on November 22nd for a special shopping day.

10,000 Villages purchases handmade items from around the world, supporting women's organizations, cooperatives, free-trade and local artisans. With each purchase, Calgarians will be supporting these innovative and hard working women, while finding wonderful handmade gifts for friends and family members at the same time.

On **November 22nd**, 15 per cent of all purchases will be donated to the Calgary Women's Emergency Shelter. Customers are also encouraged to purchase gifts for the Santa's Workshop which gives women and children residing at the Emergency Shelter the opportunity to select and give gifts to each other.

From 6 p.m - 9 p.m., volunteers will be on hand to share information about the organization and encourage support for the almost 13,000 women, children, youth and men served each year. Join the Calgary Women's Emergency Shelter and spread some holiday cheer. For more information, visit www.calgarywomensshelter.com



Diversity: It's Your Business

An exclusive lunch with Dr. Sujata Warriar, Ph.D. Director, New York City Office, for the Prevention of Domestic Violence

Diversity: It's Your Business
Thursday, October 27, 2011
12:00 p.m. – 1:30 p.m.
Calgary Chamber of Commerce
Tickets: \$40

Any organization's success and competitiveness rests upon its capacity to embrace diversity in the workplace and realize the benefits of doing so. Dr. Warriar will address the definition of diversity and ways in which it cannot only be challenging, but rewarding.

Tickets are limited. For more information contact Jeanette at 403-539-5129 or jeanetteb@cwes.ca

Turning Points Gala Fundraiser

Earlier this year, a few days before Mother's Day, more than 500 Calgarians joined the Calgary Women's Emergency Shelter at Turning Points 2011 to share thoughts and ideas about how to end family violence and abuse and build a stronger, healthier community.

"Once again Calgarians came forward to show their support for the Calgary Women's Emergency Shelter," said Lisa F., Executive Director. "Not only did our guests take a stand against family violence and abuse by generously contributing to essential programs and services used by more than 13,000 women, children, youth and men annually, but they also actively engaged in meaningful conversations about how to strengthen our community."

Set in a Parisian Salon, host Dave Kelly started conversations with special guests on-stage in a talk show format. Those conversations then continued with the audience during the family-style meal, encouraging the sharing of ideas, thoughts

and perspectives about the contemporary issues affecting Calgary families today.

This year's event was organized by volunteers Helen Wesley and Lisa Neiles, and through their amazing ideas, energy and hard work, they raised more than \$465,000, an incredible 35 per cent increase over last year's total. Thank you to all of the volunteers who worked tirelessly on this important event to ensure that every guest had a fabulous time.

"Every year we fundraise to offer our life saving programs and services," says Lisa. "Less than a third comes from an annual contribution from various provincial government departments, so events like Turning Points 2011 are important to ensure we can continue to offer our critical services. With the help of community leaders like Lisa Neiles and Helen Wesley, and the donations from a large number of individuals and organizations, we know the community cares and thinks it's important to help end abuse in our community."



From left to right, event Co-chairs Lisa Neiles and Helen Wesley

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WorleyParsons

1. Local Jazz Artist - Zoe 2. Turning Points place setting
3. The ballroom at the Westin 4. Lisa F, Executive Director with Dave Kelly

“Events like Turning Points 2011 are important to ensure we can continue to offer our critical services”



I'm Taking a Stand Against Family Violence

I would like to be a **Cornerstone Champion** (check the monthly donation of your choice)

\$15.00 \$25.00 \$33.33 \$41.60 \$83.33 \$166.66 \$416.00 Other monthly amount \$ _____

You are welcome to call 403-539-5130 at any time to increase, decrease or cancel your monthly gift.

I would like to make a one-time gift of \$ _____

Your Details

Donor's Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Home phone: _____

Cell phone: _____

Email address: _____

Method of payment

Direct Deposit (for monthly donors). Include blank cheque with VOID written across it.

Please bill my Credit Card. Type of card: Visa MC Amex

Name on card: _____

Card number: _____

Expiry date (MM/YR): _____

Signature: _____

Cheque enclosed for above amount (for one-time gifts only) payable to **Calgary Women's Emergency Shelter**

Optional

This gift is in celebration/honour of:

Name of honouree: _____

Birthday Anniversary Other _____

This gift is in memory of:

Name of deceased: _____

Please send notification of this gift to:

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Mail your completed form to:

Calgary Women's Emergency Shelter
#201, 2616 – 18th St. NE Calgary, Alberta T2E 7R1

Eligible donations will receive a tax receipt. Monthly donors will be issued a cumulative tax receipt in early 2012 for the 2011 tax year.

Board of Directors

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Carla Robinson, Vice President

Rob Carpenter, Second Vice President

David Stuart, Treasurer

Pamela Lawrence, Secretary

Lisa Falkowsky, Executive Director

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Kim O'Brien, Director

Anne Plasterer, Director

Louise Redmond, Director

Van Zorbas, Director

Membership

Become a member of the Calgary Women's Emergency Shelter and have the opportunity to vote at the Annual General Meeting and attend events throughout the year.

Membership is \$35

To become a member or to donate, call: **403-539-5130**

For support and information call the 24-hour Family Violence Helpline at: **403-234-SAFE (7233)**

Save a Stamp

If you would prefer to receive an electronic version of this newsletter, please send your full name, mailing address and email address to info@cwes.ca

Please specify **SWITCH TO E-NEWSLETTER** in the subject box.

Thank You to Our Major Funders

Gift-in-Kind Program Provides Essential Everyday Needs

The closing of each year prompts a significant increase in donations from Calgarians for those in need. The Calgary Women's Emergency Shelter welcomes donations, financial or otherwise, during this season and uses them to support women and children on their journeys to live free of family violence and abuse.

When women and their children enter the Calgary Women's Emergency Shelter or access Community Programs, they often leave their homes quickly without a lot, if any, personal items. The Calgary Women's Emergency Shelter offers these practical necessities free of charge to every person who utilizes their services.

"We do take a lot of gift-in-kind donations over Christmas," says Peta G., Resource Development Specialist. "If you want to go shopping, specific items are always appreciated for families at the shelter. Pajamas, underwear, slippers and socks are always needed. And don't forget about teenagers. Nobody thinks about a 14-year-old boy," adds Peta.

Typically the Calgary Women's Emergency Shelter needs new toys for children ages 0-18 years (boys and girls). These toys are used in child therapy to help with the healing journey, as well as to comfort children and ease the transition from leaving their homes abruptly without their own beloved belongings.

It is difficult to say, in general terms, what supplies are urgently needed at any given time. Families come and go, have fewer or more children, or have special needs. During the holiday season, the Calgary Women's Emergency Shelter encourages people to call to see which supplies are low so purchases can be tailored to meet the current need.

"If I can make a difference for a woman or child by making them feel they are not alone in their journey to finding a better life, that gives me great satisfaction"

-Cindy G.



Shelter volunteer Cindy G. dedicates long hours to ensure the shelves are stocked with essential items for women and children in need

Volunteer Highlight

Volunteer Cindy G. has been supporting thousands of women and children as they seek lives free from abuse. For many years, she has managed the complicated dynamics of the donations for the thousands of women and children participating in programs through the Calgary Women's Emergency Shelter.

Cindy first got involved with the Calgary Women's Emergency Shelter as a result of her work as a legal secretary. "Hearing intimate details of the trauma and terror that some women and children living with family violence and abuse face on a day-to-day basis truly broke my heart," she says. After preparing toiletry bags for the Emergency Shelter through her church, she decided to get directly involved in 2006.

Cindy's involvement includes making sure items are stocked so clients have access to "essential, everyday needs." This isn't an easy task for the Calgary Women's Emergency Shelter because they never know how many women and children will be accessing services, what age and size they will be and what they will bring with them – or be forced to leave behind.

Cindy also shops for items when donations are not available and manages the inventory so it fits into the small storage spaces. She also prepares family and single adult toiletry bags for clients to use when they first arrive at the Emergency Shelter. Cindy volunteers more than eight hours a week to ensure women and children have the basics they need to feel welcome and get the support they need immediately.

The biggest challenge is staying on top of the inventory. "One area can be cleaned out in a matter of days," she adds. But Cindy would have it no other way. "If I can make a difference for a woman or child by making them feel they are not alone in their journey to finding a better life, that gives me great satisfaction."

"We appreciate the generosity of volunteers like Cindy and those who donate to our organization," says Executive Director Lisa F. "It's because of them that we can offer our programs and services each year. People like Cindy and our many gift-in-kind donors show us first hand how Calgarians care for each other."

For more information, email the Gift-in-Kind Coordinator at gik@cwes.ca or visit the website at www.calgarywomensshelter.com

Scotiabank Raises \$90,000 for the Calgary Women's Emergency Shelter

On a sunny day in July, more than 100 Calgarians participated in the Scotiabank Charity Golf Classic, raising awareness and over \$90,000 for the Calgary Women's Emergency Shelter. The tournament, which began in 1996, is an annual fundraiser developed and run entirely by Scotiabank employee volunteers to support the 13,000 Calgarians who seek the programs and services offered by the Calgary Women's Emergency Shelter each year.

"The funds raised from the Scotiabank Charity Golf Classic help us provide quality

services to women, children, youth and men living with family violence and abuse," says Lisa F., Executive Director. "Scotiabank and its employees work hard all year round to raise money and awareness to support Calgarians trying to end the abuse in their lives. We count on them every year for their significant donation to our programs and services. In addition, the Golf Tournament brings together prominent business and community leaders who learn more about our programs and often reach out to us afterward with support."

Since the launch of the event 15 years ago, more than \$750,000 has been raised in support of the Calgary Women's Emergency Shelter. Former NHL player Sheldon Kennedy and Calgary Hitmen GM Kelly Kisio showed their ongoing support of the tournament by serving as honorary co-chairs again this year.

"We are honoured by the unfailing support shown by Scotiabank and their loyal customers and partners who join us every year. We thank them for helping us take a stand against family violence," adds Lisa.



From left to right, Anna Sorensen, Scotiabank Branch Manager; Lisa F., Executive Director, Calgary Women's Emergency Shelter; George Marlatte, Scotiabank Senior Vice President, Prairie Region; Sabi Marwa, Scotiabank Vice Chairman and Chief Operating Officer; Joe Latremouille, Scotiabank Co-Chair of Tournament



Wish Book

Sometimes the best gifts can't be wrapped. This holiday season, consider a donation to the Calgary Women's Emergency Shelter as a thoughtful gift that gives twice. The 2011/2012 Wish Book is filled with ways you can give the gifts of sanctuary, hope and healing to women, children, youth and men who want to build new lives free from family violence.

Make a meaningful gift in lieu of Christmas, birthday or anniversary presents, or in tribute of/memory of someone special in your life. Look for the 2011/2012 Wish Book to land in your mailbox by mid-November. You can also phone for a copy 403-234-7233 or view it online: www.calgariywomensshelter.com