



Fall 2019 newsletter

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“I could trust to reach out for help and had experienced what “safe” felt like.”

EVA'S STORY

It had started again – it seemed like a never ending struggle. But this night, the violence seemed worse – doors being knocked down, screaming, yelling, hitting, and finally weapons. As I watched my 11-year old son protect me, I knew it was time we had to leave.

So I finally made that important step and called the Calgary Women's Emergency Shelter. I packed up my son and left early the next morning.

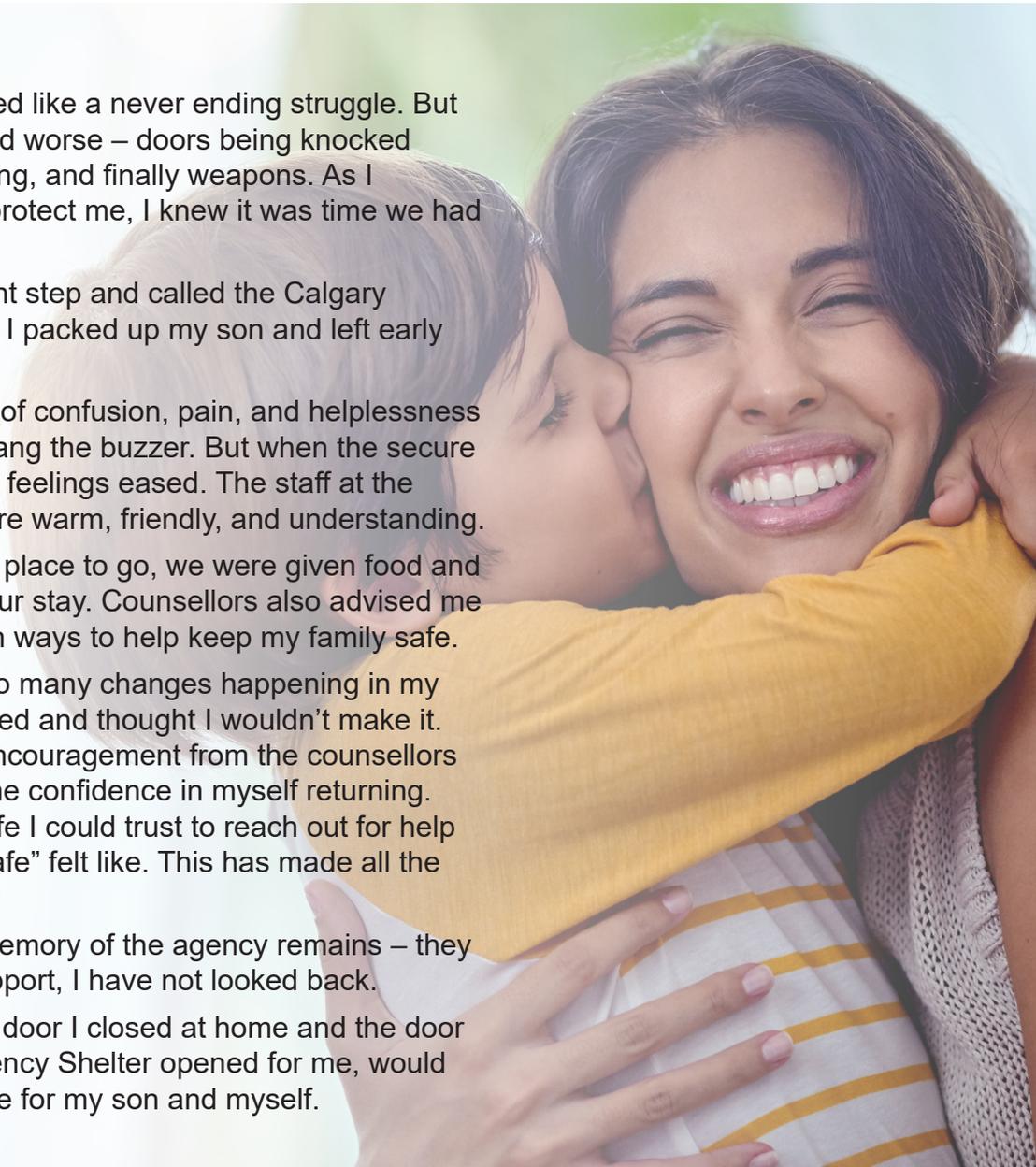
I will never forget the feelings of confusion, pain, and helplessness as we stood at the door and rang the buzzer. But when the secure door was released, the earlier feelings eased. The staff at the Emergency Shelter facility were warm, friendly, and understanding.

In addition to having a secure place to go, we were given food and basic essential items during our stay. Counsellors also advised me of options and coached me on ways to help keep my family safe.

During this time, there were so many changes happening in my life that I was very overwhelmed and thought I wouldn't make it. But with all the support and encouragement from the counsellors and staff, I slowly could feel the confidence in myself returning. This was the first time in my life I could trust to reach out for help and had experienced what “safe” felt like. This has made all the difference in the world.

As years have gone by, the memory of the agency remains – they were my lifeline; with their support, I have not looked back.

Little did I know then, that the door I closed at home and the door the Calgary Women's Emergency Shelter opened for me, would be the start of a new happy life for my son and myself.





Message from our Executive Director

KIM RUSE



This past month the Calgary Police Service (CPS) launched a new resource to support families and individuals impacted by family violence and abuse. The online service directory (app) helps direct people to appropriate community-based resources. Once users access the app, they can call 911, continue to view the list of resources, or call the Connect 24-Hour Helpline operated by the Calgary Women's Emergency Shelter, where we help callers identify their risk, safety plan and connect them to their next steps. The helpline responds to anyone dealing with the issue, including informal supporters. While the new service directory is not perfect and there will be many evolutions to come, it highlights that there are many doors and access points into the helping network in Calgary and that these doorways are important. It is our job as an agency to be there when people access our system, no matter how they come into contact with us.

Multiple access points and a diversity of services are important in handling a complex social issue like family violence and abuse. People and families are diverse and we need to consider the various ways to offer support that uniquely engages with families where they are at. This new resource reminds our agency that we need to continually challenge ourselves to be open to new ways of thinking about our issue and new ways of serving our community as demand continues to increase this year.

This openness is also important when we think of how we engage with our community and our supporters. This year, our agency is re-imagining how we connect with our supporters and donors. We are engaging with younger supporters with unique events and opportunities, and are also working to expand our reach into groups who are not as familiar with family violence and its devastating impacts. This leads to a growing community awareness and relationships that can help us really have an impact.

There are some great examples of this approach in recent months with events like the Uncommon Woman's black and white gallery or the Desonus fundraising concert held at the University of Calgary. Community champions are choosing to organize local events that while creating a fun or informative experience, are also supporting the work of the agency. These events, and others like them are organized and operated by community groups or supporters who are shining the light on the issue of family violence and abuse while raising much needed funds for our operations of innovative programs.

Our agency serves approximately 15,000 people every year and comes into contact with many others, but the message we share is not just owned by us. It is a message that is carried by other agencies and the broader community. If we are truly to make a significant change, we need to be engaged broadly, creating awareness of the impact of family violence and abuse and ambassadors for the issue.

There are many ways to be an ambassador. You can start or join conversations about family violence and abuse. It is an issue that has long lived in the shadows but you can help to shine the light and encourage people needing support to reach out. We know that most people will disclose their situation to family or friends before they connect with more formal resources. You can also volunteer your time and talent. Or you can organize or sponsor a third-party event that supports the vision and mission of the organization.

We thank you for your ongoing support and work spreading the message of hope. Family violence and abuse is an issue that impacts so many people. Thank you for all you do in your communities and for making a difference. Thank you for your continued support of the innovative work at the Calgary Women's Emergency Shelter, and work spreading the message of hope.

Donor Spotlight

Headhunters with Heart



The Calgary Women's Emergency Shelter is extremely grateful for the longstanding support from Pekarisky & Co. Adam Pekarisky, through his company, has pledged his support for our annual Turning Points Gala for eight years, making them one of the longest sponsors of the event. An award-winning executive search firm, Pekarisky & Co. has led some important searches in Calgary and across Canada for more than 10 years.

"Pekarisky & Co.'s long-time support of the Calgary Women's Emergency Shelter stems from our deeply-rooted belief that we have an obligation and a duty to be a proud and vocal champion of those whose voices often aren't heard. As a home grown Calgary based boutique executive search firm competing in a world of giant global firms, we understand what it means to be the underdog and we proudly support those in need of a champion," says Adam Pekarisky, Founding Partner.

With the belief that making our communities stronger, makes us stronger, Pekarisky & Co. is known for its deep connection locally. Team members are actively involved in the broader community, donating countless dollars and hours of time to various boards and philanthropic pursuits. Pekarisky & Co. demonstrates philanthropic leadership that allows Calgary's not-for-profits, and our agency specifically, to achieve success. Their continued generosity enables us to continue supporting individuals and families striving to live safer and healthier lives.

We applaud Pekarisky & Co. for their philanthropic support and commitment to our agency. Thank you for taking a stand against family violence and abuse.

Turning Points 2019

Commemorating 25 years, the 2019 Turning Points Gala was a tremendous success! Thank you to our sponsors, donors, supporters and guests for their support and commitment to make a difference in the lives of the families we serve.

2019 Sponsors and Supporters:

Co-Chairs: Sherri Logel and Shelly Norris

Platinum: Cardel Lifestyles, Logel Homes and Norris Family Foundation – Shelly and Alan Norris

Gold: Borger Group of Companies, Postmedia and Royal LePage Solutions

Silver: Brookfield Residential, CREB Charitable Foundation, Homes By Avi and GDI Integrated Facility Services

Bronze: ATB Financial, Emerson Clarke Printing, Evolution AV, Giusti Group of Companies, Global Public Affairs, Hoover Mechanical, Igloo Building Supplies, Jason Baba of RBC Dominion Securities, Keyera, Laurie M. Anderson & Debbie D. Johnson of Calgary Family Law Associates, Mercedes-Benz Downtown Calgary, NEXUSV, Pacific Wine & Spirits, Peter The Plantman, RBC, Saunders Landscaping/Otis Excavating, Silverhill Acura, Valentine Volvo and Werklund Foundation

Event Supporters: Bill Marsh Photography, brooks and dodd consulting inc., Dave Kelly, Kelly Brothers Productions and Orange Frog Productions.



SAVE THE DATE!

Turning Points 2020 will take place on April 30th
Stay tuned for more information.

For sponsorship opportunities, contact Ann at anno@cwes.ca or (403) 290-1552 ext. 406.

Nurturing Healthy Families with the Caring Dads Program



Earlier this year, we received a very generous donation of \$10,000 from the Field Law Community Fund Program which will allow us to offer the Caring Dads Counselling Program to our clients.

Caring Dads is a global initiative partnering with agencies like ours, with a mission to help men become aware of why they choose abusive behaviour, increase their awareness and application of child-centred fathering, and to promote respectful co-parenting with their children's mothers regardless of the status of their relationships.

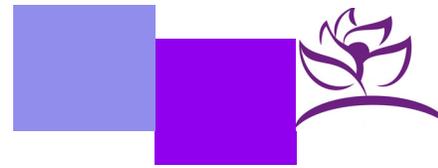
This pilot program will commence October 2019. Taking place for six weeks, it will be co-facilitated by both the Men's Counselling Service and Child, Youth & Family Support Programs.

The Caring Dads Program is designed to benefit children in homes with violence and abuse. Research indicates children who witness family violence and abuse can demonstrate psychological responses similar to those of children who are direct victims.

This program prioritizes the health and safety of children, and aims to establish a respectful co-parenting relationship between the victim and perpetrator. All members of a family experiencing family violence and abuse can benefit when the perpetrator participates in this program.

Family violence and abuse is a serious issue that affects everyone. Involving the whole family, including men in addressing it, is essential in helping prevent it.





This Season

Adopt A Family

You can make a difference in the lives of families fleeing violence and abuse. Help us support a family's stay at the Calgary Women's Emergency Shelter and their journey to a safer and happier life. By donating funds to Adopt a Family you are providing shelter, meals, clothing, transportation, referral services, safety planning, and counselling. Your support will reach out to families escaping family violence and abuse throughout the year, ensuring their needs are met.



For more information: info@cwes.ca or visit www.calgarywomensshelter.com.

Family Violence Prevention Month - November

November is Family Violence Prevention Month in Alberta. This yearly campaign is to raise awareness and educate Albertans about how to identify and prevent family violence and abuse, as well as ways to support victims. During this month we hope to encourage discussion and highlight the resources available at our organization and in the community. Everyone plays a key role in providing support and encouraging victims to seek help.

Together, we can all Take A Stand Against Family Violence and Abuse by focusing our efforts to increase awareness and promote prevention and public education.

We will be teaming up with other Calgary Domestic Violence Collective agencies at the launch of Family Violence Prevention month on November 1st at City Hall Atrium, 800 Macleod Trail SE. For more information: cdvc.ca.

CTV Toy Mountain – November 18 – December 20

Toy Mountain returns in 2019! We are excited to once again partner with CTV Calgary, CJAY 92, 98.5 Virgin Radio, Funny 1060 AM, Trail Appliances, AMJ Campbell, Bankers Hall, Brookfield Place Calgary, Fifth Avenue Place, Suncor Energy Centre, Mayfair Diagnostics, Calbridge Homes, Denny's and Goodlife Fitness.

Taking place from November 18 – December 20, this campaign helps us collect much needed funds, toys and basic essential items needed all year long. Toy Mountain also raises awareness around family violence and abuse and the programs and services available at our agency. Stay connected for more information about how you can Take A Stand and support vulnerable families in the community.





Events

Shoppers Drug Mart Love. You. Growing Women's Health

October 5 - November 1

36 stores throughout Calgary will be raising funds in support of our programs and services through the Growing Women's Health Campaign.

Calgary Women's Show

October 26-27 - BMO Centre

Come visit our booth at this annual tradeshow filled with retailers, artisans, education, health and wellness, pets, food, and more.

calgarywomansshow.com

Family Violence Prevention Month Launch

November 1 - City Hall Atrium

Join us and other Calgary Domestic Violence Collective agencies as we ring in this month of awareness and education. cdvc.ca

With Her - Ending Violence Against Women

November 15

An Evening in Honour of Jasmine Lovett and her daughter Aliyah Sanderson. This event will raise funds and awareness of violence against women and feature a panel of global experts. Proceeds will go towards Homefront, Calgary Women's Emergency Shelter, and Nadia's Hope.

Bridging Communities Conference

November 19 - Ross Glen Hall, Mount Royal University

An interdisciplinary conference on Family Violence Prevention. cdvc.ca

CTV's Toy Mountain

November 18 - December 20

Donate funds, toys, and basic essential items for women, children, men, and youth served by the Calgary Women's Emergency Shelter this season, and throughout the year.

Calgary Comic and Entertainment Expo

April 23-26 - BMO Centre

Visit our booth at one of Calgary's biggest fan culture attractions. calgaryexpo.com

Turning Points

April 30, 2020 - Telus Convention Centre

Our signature annual fundraising gala. Enjoy an elegant evening, auctions, and raffles while raising money for our agency.

For current community events:
calgarywomensshelter.com/events

Save A Stamp

To be added to our distribution list for our e-newsletter, please send your full name and e-mail address to info@cwes.ca. Please specify E-NEWSLETTER in the subject line.

Share Your Stories

Tell us your story. Inspire others. Change lives. We would like to reach out to past clients, volunteers and staff of Calgary Women's Emergency Shelter. We encourage you to share your story and would love to hear from you! For more information: please contact Hanna at: HannaD@cwes.ca

It's fast, easy and convenient

Donate online

www.calgarywomensshelter.com

Text to Donate

Text ENDABUSE to 587-800-1588. You'll receive a link to complete your donation of any amount by credit card.



[@end_abuseyc](https://www.instagram.com/end_abuseyc)

[@end_abuse](https://twitter.com/end_abuse)

Stay in touch with us!