



# Spring 2022 newsletter

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*“I was relieved. My daughter was finally safe.”*

## ANGELA'S STORY

There was a time when I was terribly ashamed of my life. When my daughter was five, she lived in a very unhappy and scary home. Her dad always called me horrible names in front of her. I tried to shield her from the unrelenting violence in our home, a place where we should feel safe and secure.

Until one day she saw him shove me up against a wall. I'll never forget her sad eyes peering up at us as she cried out.

*“Daddy, don't hurt mommy!”*

I was terrified to leave the only life I knew, but I was worried about my daughter. I couldn't ignore the troubled look in her eyes that day, and that's when I decided to leave.

We were welcomed and supported by the Calgary Women's Emergency Shelter. When we arrived at the Emergency Shelter facility, I broke down and wept after years of fighting back tears. But I was relieved. My daughter was finally safe.

She and I both took a long time to heal after I finally left him. I learned that children experience similar psychological effects whether they are abused directly or just witness it. Our counsellors helped us every step of the way, and did an amazing job working with my daughter. Thanks to their support, we're making it on our own. It hasn't been an easy journey, but we are now both happy and building a healthy future.

*\*Pseudonym used*



# Message from our Chief Executive Officer

## *KIM RUSE*



The last two years have been extremely difficult for our community. COVID-19 has become part of our daily lives and this pandemic has required all of us to change quickly and often. We have needed to be agile, flexible and adaptable. It has brought many challenges, but also many opportunities.

At the Calgary Women's Emergency Shelter, we continue to work diligently to ensure the safety needs of those who rely on our services are met. For those individuals and families living in unhealthy and dangerous situations, the pandemic has created extra or different challenges and barriers. The increased isolation and anxiety that comes with the protective measures of distancing and isolation has led to higher rates of risk, violence and danger affecting the well-being and health of victims.

Those impacted by family violence and abuse continue to experience increased fear, uncertainty and stress. The physical, mental and psychological health effects of violence during a pandemic are significant and long-lasting. The need for supports won't stop when the pandemic ends or evolves. We are experiencing increases in crisis calls and in demand for our services in the first quarter of this year compared to the same period last year. We are still here to help and are prepared to support those reaching out for assistance in these challenging times.

Abuse often happens behind closed doors or in private. A pandemic environment more easily creates contexts for violence to go unnoticed. Friends, neighbours and family members play an important role in supporting victims. We need to reach out, take care of each other, and offer support to ensure they are safe and get the help they need.

We continue to look at innovative ways to provide our services and reach out to our community, as well as engage with our partners to help prevent family violence and abuse. As needs change and the complexity of the issue increases, we will continue to adapt. We remain a symbol of safety and hope, providing support during dangerous situations and in crisis.

The demanding work of our agency is made possible by the unwavering commitment from our community. Thank you for your generous and ongoing support.



**JOIN US FOR A MEMORABLE & INSPIRING EVENING**

APRIL 21, 2022 | 6 PM

# A New Day

## 2022 TURNING POINTS

FUNDRAISING GALA

### INFO & TICKETS

(403) 290-1552 ext. 410  
[CalgaryWomensShelter.com](http://CalgaryWomensShelter.com)

#### CO-CHAIRS

Suzan Hauszner  
Shelly Norris

#### HONORARY PATRON

Scott Haggins

#### PLATINUM SPONSORS



#### GOLD SPONSORS



Join us for Turning Points, **A New Day** with our host, award winning interviewer and writer, Dave Kelly. This unique social event will feature inspiring conversations, dinner, live and silent auctions, raffles and more!

Your support will make a difference in the lives of many individuals and families in our city striving to live free from violence and abuse, as well as bring awareness to the important work of our agency in the community.

**Tickets are \$300, or \$2,400 for a table of 8.**

**To purchase tickets or for more information:**  
[www.calgarywomensshelter.com](http://www.calgarywomensshelter.com)  
(403) 290-1552 ext. 410 or [info@cwes.ca](mailto:info@cwes.ca)





Inter Pipeline has been a valued partner of the organization since 2006, contributing to the success of our clients to build safe lives and healthy relationships. Inter Pipeline's depth of understanding of the journey to safety means their support has adapted throughout the years, just as our programs shift to meet the changing needs of our clients.

Inter Pipeline lends their support at a corporate level and through employee engagement. It is wonderful to see their teams proudly step forward, wearing their brand on their shirts and hearts on their sleeves. They have sorted toys for children and painted rooms within the Emergency Shelter facility, keeping it bright and welcoming for our clients. Employees have also collected cell phones, which have been distributed to our clients.

Inter Pipeline has sponsored our annual Turning Points Gala and in 2016, they were the leading donor for a new roof for the Emergency Shelter facility. In 2020, they provided much needed additional support during the pandemic.

Their cornerstone giving though, is their naming of the Inter Pipeline Nutrition Program since 2017. Through their generosity, this program ensures the families at the Emergency Shelter have access to nutritious hot meals and healthy snacks during their stay. Withholding food can be a form of abuse with long-term health implications for women and their children. Inter Pipeline has pledged the children will have access to the nutrition they need for proper physical development and healing through 2024!

We are grateful for the compassion demonstrated by Inter Pipeline and their employees and we thank them for their ongoing generosity and commitment to the agency.

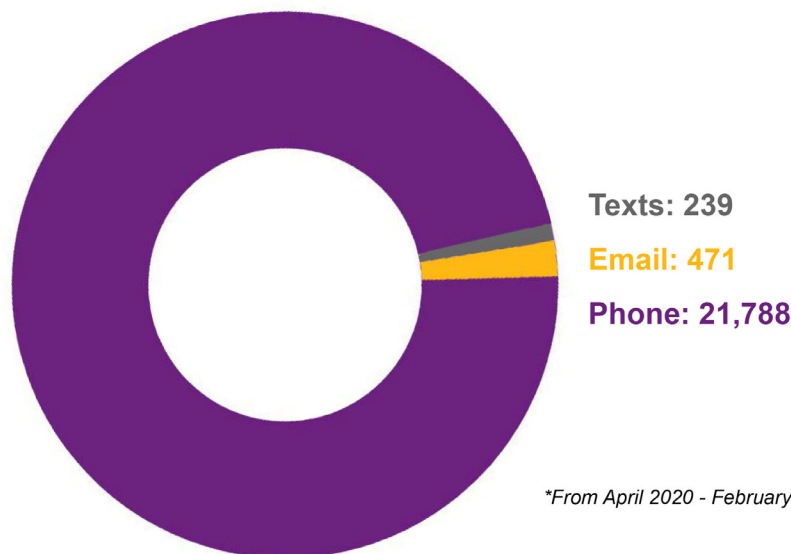
# 24-Hour Family Violence Helpline: additional ways to access support

In March of 2020, as the COVID-19 outbreak spread across our community, we found ourselves locked down and stuck in our homes. This was hard for everyone but especially difficult for individuals and families impacted by violence and abuse behind their walls. The lockdown made it more challenging for people to leave abusive situations or access support.

We know how challenging it can be to make a phone call to our 24-Hour Family Violence Helpline, and even more so when stuck inside with the perpetrator. We refocused our services and added capacity to answer calls on our 24-Hour Family Violence Helpline as well as implemented new ways to contact us. Helpline counsellors can be reached via text or email for the same counselling, safety planning, intake, referrals and information.

Since April 1, 2020, when we implemented the addition of the text and email helplines, we have received more than 22,400 requests for support and information. While a majority of requests were by phone, many inquiries were received by text and email.

## HELPLINE REQUESTS



*\*From April 2020 - February 2022*

Throughout this pandemic, we have remained committed to supporting individuals, families, and communities to live free from family violence and abuse. Our top priority has always been the safety and wellbeing of our clients, residents and staff. We continue to adapt our programs appropriately to serve the needs of our community.

We encourage those experiencing family violence and abuse to reach out. Whether you are a victim, friend or family looking to support someone or men looking for help, **we are here to help.**

## 24-Hour Family Violence Helpline

**Phone: 403-234-7233**

**Email: [help@cwes.ca](mailto:help@cwes.ca)**

**Text: 403-604-6689**

## Calgary Influential Women in Business Awards (CIWB)

The CIWB Awards honour the women (and men) in our city who achieve professional excellence while demonstrating diverse leadership in the community. These women have a profound impact on some of Canada's largest companies and industries. Honourees use their influence to advance women and diversity in Calgary.

Our very own CEO, Kim Ruse, is the recipient of the CIWB award for Social Enterprise. Her leadership and work have made an impact on the community, our agency, and our clients.

Kim is recognized for her role at our agency, launching new and successful initiatives that better support a wider network of people as well as prioritizing Indigenous and racialized women and their families. She led the Shelter 2.0 initiative that re-imagined the role of Women's Shelters, which also included better support for children and the family as a whole. Kim led the development of the Shelter Link App – used to help those fleeing violence connect with emergency resources more efficiently. Most recently, Kim partnered in developing Men &, a digital mental health resource for men. She is an inspirational, collaborative, and innovative leader, dedicated to social change and the greater good.

Recipients will be recognized at the CIWB Awards Gala on April 27. For info: [axisconnect.com](http://axisconnect.com)

**Congratulations to all of this year's winners!**



## National Volunteer Week April 24-30, 2022

The past two years have been challenging and we have not been able to see many of our volunteers due to physical distancing and gathering restrictions. We are excited to start seeing them back in a variety of ways and would like to thank all our volunteers for their continued support, hard work and patience through the pandemic.

The work of our volunteers are integral in helping us support many families and individuals in our community. This dedicated group of individuals of all ages and backgrounds are an integral part of our agency. Our volunteers are true heroes, who are willing to contribute their personal time, talents and energy to help us succeed. The work of our volunteers help reduce costs which enable us to provide better services to our clients.

During National Volunteer Week, we celebrate our volunteers and their contributions to our agency. Thank you for taking a stand against family violence and abuse!

### **APPLY TO BE A VOLUNTEER!**

Volunteer with us in various roles and at different events throughout the year. For more information: [volunteer@cwes.ca](mailto:volunteer@cwes.ca) or visit [www.calgarywomensshelter.com](http://www.calgarywomensshelter.com).





# Events



[www.calgarywomensshelter.com/events](http://www.calgarywomensshelter.com/events)

## Calgary Expo

**April 21-24, 2022 - BMO Centre**

Visit our booth at one of Calgary's biggest fan culture attractions. [fanexpohq.com/calgaryexpo](http://fanexpohq.com/calgaryexpo)

## Turning Points

**April 21, 2022 - Calgary TELUS Convention Centre**

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

## Ways You Can Help

Through a variety of giving options, you can make a difference and help end family violence and abuse in our community. Your support will help us keep women, children, youth and men safe during this critical time.

We are all in this together.

Thank you for supporting the Calgary Women's Emergency Shelter.

**For more info and to donate online:**

[www.calgarywomensshelter.com](http://www.calgarywomensshelter.com)

### 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](mailto: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](mailto:HannaD@cwes.ca)

### Donate online

[www.calgarywomensshelter.com/donate](http://www.calgarywomensshelter.com/donate) or scan this QR code.



@end\_abuseyyc

@end\_abuse

**Stay in touch with us!**