



ANNUAL REPORT

2020-2021

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“There are no words to express my gratitude and appreciation that i have for each of you. Through your wise words, support, encouragement and genuine kindness I am leaving here a stronger, more independent woman and mother. The amount of patience you have and the guidance you show is a real gift to every woman that walks through the door. Thank you from the bottom of my heart.”

~Anderson House Client

AGENDA

PEI FVPS 40th ANNUAL GENERAL MEETING

June 23rd, 2021 | 6-8 p.m. | Virtual Meeting by Zoom

1. Approval of the Agenda
2. Minutes of the 39th Annual Meeting of PEI FVPS
3. Financial Statement
4. Motion to Approve the 2020-21 Audited Statements
5. Motion to Approve Auditor for 2021-2022
6. Update on Board Terms
7. Report from the Board Chair and Executive Director
8. 40th Anniversary Video and Discussion
9. Other Business
10. Adjournment

FAMILY

SPEAK UP, SAVE A LIFE

By Heather Leone Clarke
Photos: Sere Bekker

PEI Family Violence Prevention Services urges Islanders not to be afraid to say the wrong thing

During the height of the COVID-19 pandemic in the spring, not everyone was doing puzzles and watching Netflix. Some Islanders were locked in their bathrooms, whispering into their phones and hiding from violent partners.

Danya O'Malley, Executive Director of PEI Family Violence Prevention Services, says the isolation brought additional layers of risk as many struggled with job loss, addiction and heightened mental health challenges — but family violence is nothing new on the Island.

"We serve about 400 families a year, and there's a stereotype that abuse is more common in poorer families, but abuse happens across all socioeconomic classes," says O'Malley. "Some families go to great lengths to hide their dysfunction."

PEI Family Violence Prevention Services is a community volunteer organization dedicated to the eradication of physical, sexual, and emotional violence in families. It started back in 1981 as an emergency shelter for women and children, and it has steadily expanded to include four outreach offices across the province providing services like one-on-one support, support groups, and second-stage housing.

O'Malley says sometimes people don't consider themselves "abused" unless they're being physically harmed, but says emotional and verbal abuse can leave "tremendous, lasting scars."

"Nobody's abusive on a first date. It starts off very slowly with little things you can rationalize away, and then it evolves," explains O'Malley. "There's still so much shame and stigma around having abuse in your family, and oftentimes the abuser is very skilled at making the victim feel like it's their fault."

Thankfully, she says more people are learning to identify abuse and speak up. When it comes to what O'Malley calls "bystander intervention," she says the PEI Family Violence Prevention Services team is working hard to educate the community via tip sheets and educational videos online.

"People can be aware someone is in danger, but they may be paralyzed by not wanting to do the wrong thing, so they do nothing," says O'Malley.

She says it's important to approach the person with a gentle, nonjudgmental attitude. Even then, O'Malley says the person may not be ready to discuss it.

"I once asked someone about some bruises I saw, and she laughed it off. It was only years later that she told me what those bruises were really from," says O'Malley. "But just because someone isn't ready to talk doesn't mean there's no value in you asking. It shows that you care about them, and that they can come to you later when they are ready to talk."

Even if the person isn't experiencing violence, O'Malley says these questions are a way of modeling good behaviour and helping to change the culture of "minding our own business." It also helps to develop your skill of checking on people who may be in danger, so it's easier to do the next time.

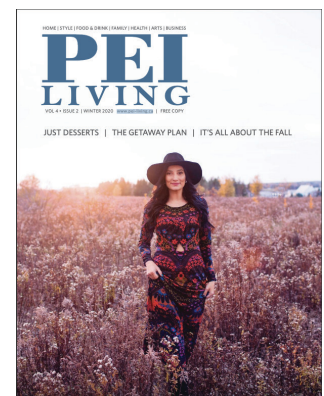
PEI Family Violence Prevention Services is approaching its 40th anniversary, but its annual fundraising dinners and golf tournaments all had to be cancelled because of the pandemic, so O'Malley is hoping the organization can survive through generous Christmas donations.

"We can stretch a dollar like you wouldn't believe, and we're really counting on the community's support," says O'Malley. "Our fundraisers also help by building awareness of what we do, so we're hoping people can also spread the word about us and our services. It could save someone's life."

Danya O'Malley,
Executive Director
PEI Family Violence Prevention Services Inc.
902.894.3354, ext. 225
danya@fvps.ca
www.fvps.ca

▲ Back Row (L to R): Gloria Dennis - Outreach Coordinator, Dana Rayner - Operations Manager, Michelle Buttery - Children's Services Coordinator, Front Row (L to R): Danya O'Malley - Executive Director, Lindsay Merrill - Development Coordinator

<http://www.fvps.ca/news/2020-2021-annual-financial-campaign/>



PEI Living Magazine
featured an article on
PEI FVPS in the Fall
2020 issue

PEI FVPS Inc. – 39th Annual General Meeting

Wednesday, June 17, 2020– 6:00 p.m. to 8:00 p.m.

Online: Virtual Meeting

Present: Michelle Burge, Nishka Smith, Cindy Banks, Kent Bruyneel, Beth Cruwys, Valerie Docherty, Julie Doyle, Danny Gallant, Michelle Harris-Genge, Maggie Hughes, Lee Anne Inman, Andrea LeClair-Shefler, Wanda Lyall, Karen MacCarville, Joanne MacKinnon, Caroline MacRae, Susan Maynard, Bridget Morrissey, Melissa Munro-Bernard, Ghislaine O'Hanley, Catherine Pharo, Tina Pranger, Dara Rayner, Ellen Ridgeway, Ann Sherman, Wendy Verhoek-Oftedahl, Shira Zipursky, Danya O'Malley (ex-official), Paxton Caseley (ex-official)

Regrets: Mary Rogers

Chair: Tina Pranger

1. Approval of Agenda

MOTION: Be it resolved that the agenda be approved as presented.

M/S: Danny Gallant/Shira Zipursky

CARRIED.

2. Approval of Minutes

MOTION: Be it resolved that the minutes of the 38th Annual General Meeting held on June 27, 2019 be approved with amendments correcting the year to 2019 instead of 2018.

M/S: Kent Bruyneel/Melissa Munro Bernard

CARRIED.

3. Financial Statements

Michelle Burge from MRSB reviewed the Statement of Financial Position, which is a snapshot of the financial position of the organization at March 31, 2020. It is the opinion of the auditor that it presents fairly and in accordance with Canadian accounting standards. Consistent with previous years. The organization has received a clean bill of health.

Total assets have increased by 50k. Cash has remained relatively similar. Accounts receivable is at 79k, with the largest receivable being from the Province for renovations, HST rebates, as well as expense claims from the John Howard Society. Last year was higher due to renovations at the O'Leary SS location. There is currently 855k in the endowment fund. The Legacy Fund is at 53k, which is to be used for AH renovations. Outstanding bills include those for office renovations and some amounts to the Community Foundation.

The overall surplus increased by 30k. Operating fund is down due to the sale of Jennifer St property. Day-to-day revenues for the year saw a decrease of approximately 243k. Last year was higher due to sale of the Jennifer St property and revenue for the O'Leary renovations. Otherwise consistent with last year. Donations and fundraising amounts are approximately the same as previous years. Donations are up 23k, but fundraising is down by 20k from previous years largely in part due to the ongoing Covid-19 situation. Rent revenue is down as Summerside property is gone. Other revenues are consistent.

Expenditures have decreased by approximately 27k with a small loss of 14k due to donations and fundraising being impacted by Covid-19. The restricted Endowment Fund at currently at approximately 855k with 90k in additional funds received over the fiscal year. Interest earned was down due to lower market values as a result of Covid-19. Loss and fees to Community Foundation were 49k; most should have been recovered by now.

While operational expenditures have decreased by approximately 27k, Client Expenses were up as this varies year-to-year. Groceries are up due to high occupancy and specialized diets. Professional fees are up slightly, this relates to the Strategic Plan. Property taxes were down due to the sale of the Jennifer St property. Maintenance is also down; only general repairs and maintenance have been required throughout the year.

Special projects and activities: ASPIRE includes wages of 20k, HIFIS has concluded, HPS expense of 45k is consistent with previous years. Full-time wages have a slight increase. We ended the year with a small deficit. Burger Love funds have been allocated to specific funds and deferred to next year.

4. Motion to Approve the 2019-20 Audited Statements

MOTION: Be it resolved that the audited financial statements be accepted from MRSB Chartered Accountants for the fiscal year ending March 31, 2020.

M/S: Danny Gallant/Andrea LeClair Shefler

CARRIED.

5. Motion to Appoint Auditor

MOTION: Be it resolved that MRSB Chartered Accountants be appointed as auditors for the 2020-21 fiscal year.

M/S: Shira Zipursky/Bridget Morriscey

CARRIED.

6. Election of Directors

Bridget Morriscey and Caroline MacRae comprised the nominations committee. Three nominees include Wanda Lyall, Ann Sherman, and Ghislaine O'Hanley. Called for nominations from the floor three times, proceeded to a motion to appoint upon hearing no further nominations.

MOTION: Appoint all three to the Board.

M/S: Kent Bruyneel/Shira Zipursky

CARRIED.

7. Report from Board Chair and Executive Director

Danya O'Malley – Executive Director

Recognized all staff members for their hard work and perseverance during the pandemic. Grateful for the funding that has come through in light of the events. Noted that our public reputation is very positive in the community and is bolstered by the positive media attention we have received throughout the year. Touched on the Circles of Safety program run by Gloria Dennis. Greatest achievement from the year is completing the Strategic Plan which will be presented by Nishka Smith.

Tina Pranger – Board Chair

Tina's term as Chair is ending after serving 6 years on the Board. She acknowledged the trying and dangerous times we are currently experiencing due to the Covid-19 pandemic. Thanked Dara and Danya for their leadership through it all. The pandemic shows underlying structural issues such as inequality which can translate into violence. Stressed the importance of addressing these issues. Acknowledged the staff and volunteers who move the organization forward, and the Board members for their contributions.

8. PEI FVPS Strategic Plan – Nishka Smith

Nishka Smith presented the 5-year strategic plan. This began with establishing a working group with members of staff, management, and board members to develop the plan. The plan outlines goals and strategies in four areas of focus, including Advocacy, Awareness and Prevention, Intervention and Service Delivery, as well as Monitoring and Evaluation.

9. Other Business

None.

10. Adjournment

MOTION: Be it resolved that the 39th annual meeting be adjourned.

M/S: Kent Bruyneel

CARRIED.

FVPS Board Member

Date

FVPS Recording Secretary

Date

BOARD CHAIR REPORT

This last year has been one for the record books: the Board has not met once in person, but we have had very successful zoom meetings. The downside of meeting by zoom is that we have not really gotten to know each other, we have fewer and shorter discussions, and sometimes the meetings seem to be the “Danya Show”, with Danya providing information and the board passively receiving it. We are extremely lucky to have strong and sound management, an excellent Executive Director, very successful fundraising, and loyal, professional, and dependable shelter and outreach staff providing an essential front-line service.

Most of the Board have not even seen Danya in-person this year, but we have seen her on CBC TV and heard her on CBC Radio, and she has been quoted in local and national papers. There have been no in-person fund raising activities, but over \$100,000 was raised in the December fundraising campaign. What we are really missing is the personal touch, like everyone else we are missing that connection. We have been unable to connect with each other and with the community – there have been no youth activities, little community education, and no social activities to raise awareness and promote our work. This being THE ISLAND though, Islanders have stepped up for us and we are very grateful.

Anderson House staff have continued to work through one of the hardest years, during this pandemic they have shown up for work even though they don’t know who will be coming in, nor what their health status will be. All front-line workers are heroes and FVPS staff can be proudly counted amongst them.

Work done by the previous Board, particularly in the clarification of roles, responsibilities and policies, and in the development of a five-year strategic plan, has contributed greatly to the success of the organization through this past year. Now we have moved past the fearful stage of COVID and are

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2021

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looking at changing and developing our new normal, we will be paying attention to not only what we do but how we do it.

I extend my thanks to Board and staff for all of their work in making PEI a safer place this past year.

Respectfully submitted,

Ann Sherman

Board Chair



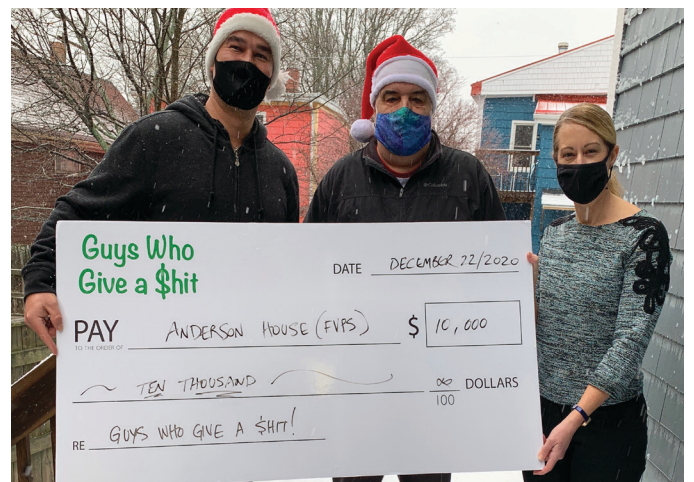
100 Women Who Care (Summerside Chapter) awarded a cheque for \$10,100 to PEI FVPS at their September 2020 meeting



Taste of India restaurant provides dinner for everyone at Anderson House on the first Sunday of every month



Another year for PEI FVPS/Anderson House being the recipient of PEI Burger Love's "Give Back Burger"



PEI FVPS/Anderson House received \$10,000 from Guys Who Give a \$hit.

EXECUTIVE DIRECTOR'S REPORT

This year marks the end of my fifth year in the ED role. Time goes by so quickly that in some ways I feel as though I have just started. The role is incredibly rewarding, and I enjoy every time I am able to make something happen, influence positive change, or support the people who do the real work of our organization. This year I was appointed as Chair of the Premier's Action Committee on Family Violence Prevention. I am also the new Chair for the Community Advisory Board on Homelessness. Every opportunity to use my leadership skills is enriching and motivating, which is so important in a field fraught with injustice. We all must find the things that keep us going.

Annual reports are a way to take stock and think about the big picture. This year is especially impactful because our organization is celebrating its 40th anniversary. It is a time of reflection, celebration, and affirmation. Many of the individuals who created this organization are still around. The video project commemorating this milestone was a reminder of how far we have come. No one in the video minimized the amount of work left to do. In some ways our clients are worse off than they were in decades past – poverty, addiction, and other injustices can weigh heavily on much of our work. No one can say we have won the battle against abuse, but many acknowledged some of the big strides we've made. The overall awareness societally, culturally, and in the media, of what abuse is and that it shouldn't be tolerated is profoundly different from the early days when our organization was one of the first addressing violence. Our organization also worked to establish its legitimacy in the early days, to be seen as a professional service doing important work. In my opinion, this is a fight that we have won. The pandemic showed us that we are seen as an essential service, and the work we do is indispensable.

2020 -
2021

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It is impossible to close this report without speaking specifically about the pandemic. It has been hard on us all, on me, my staff, our clients, and all our partners. I was encouraged by the amount of awareness raised on the issue of violence. The federal and provincial governments also deserve thanks for prioritizing the issue and ensuring we had the resources we needed so we could continue doing our work in spite of a global health crisis. Everyone worked to make sure the public was aware that the crisis could make a dangerous situation even more dire.

While we have fared better than some of the larger provinces, and we can only look on in sadness at countries like Italy, Brazil, and India, the toll on us has been very real and will take time to erase. While we adapted quickly to do much of our work virtually, I can feel the impact that being tied to my desk has had on my body and mind. We hear increasing reminders that sedentary work is bad for us, that the body needs to move and this is key to our wellbeing. I look forward to going back to in-person meetings for a lot of reasons.

It is everyone's great hope that with high vaccination rates we will be able to return to more traditional ways of working. Our staff was extremely fortunate to receive our vaccinations early on. Most of my staff have had their second doses. We eagerly await news of what life will be like in the fall. Through it all, I appreciate the dedication of the board, staff, and our community of supporters.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved." --Helen Keller

Respectfully,

Danya O'Malley

Executive Director

*Danya, the new chair of the
Premier's Action Committee on
Family Violence Prevention with
Premier King.*



ANNUAL STATISTICS 2020-2021

Anderson House - Annual Statistics 2020-21

Admissions - Adults		
Total number of women admitted:		75
By Age:	>18	0
	18-24	12
	25-34	25
	35-44	8
	45-54	16
	55-64	12
	65+	2
By Marital Status:	Common Law	12
	Divorced	5
	Married	9
	Never Married	37
	Separated	6
	Widowed	5
	Unknown	1
By Location:	West Prince	1
	East Prince	7
	Queens	55
	Eastern Kings	11
	Southern Kings	0
	Out of Province	1
	Unknown	0
Admitted with:	1 child	9
	2 children	1
	3 or more children	2
Admitted for current violence/abuse		75
Admitted for the first time to AH		51

Admissions - Children			
Total number of children admitted:			18
	Gender:	F	M
By Age:	0-2	4	2
	3-6	2	3
	7-12	5	2
	13-16	0	0
Total by Gender:	Female		11
	Male		7
Admitted for current violence/abuse			18
Admitted for the first time to AH:			18
	West Prince		
	East Prince		4
	Queens		10
	Eastern Kings		3
	Southern Kings		
	Out of Province		1
	Unknown		



The newly renovated Mindfulness Room in the shelter. A beautiful multipurpose space that is already a favourite in the house.

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Outreach - Annual Statistics - 2020-21

Clients Receiving Services (count once for the year)			Services		
Total number of women served:		265	Total number of supportive contacts:		3381
By Age:	Youth	0		Visits	833
	18-24	32		Calls	1148
	25-34	110		Emails	1400
	35-44	66	Contacts		
	45-54	29	Average number of contacts per woman:		9.5
	55-64	16	Total number of women with...		
By Marital Status:	65+	12		1 contact	36
	Common Law	40		2-4 contacts	78
	Divorced	11		5-9 contacts	54
	Married	31		10+ contacts	97
	Never Married	74	Geographical Location of Client's Residence		
	Separated	94	Location		Number of Women
	Widowed	7	West Prince		80
	Unknown	8	East Prince		63
Receiving outreach services for first time this year:		163	Queen's County		83
Children			Eastern PEI		47
Client:	Living with Children	148	Out of Province		0
	Children in Care	24	Unknown		0
Women living with	0 children	92	Supportive Contacts		
	1 child	64	Average number of contacts per woman:		2.4
	2 childre	52	Number of women receiving contacts		88
	3 or more...	57	Total number of contacts:		209



Danya speaking at Take Back The Night – an event designed to raise awareness about gender-based violence

ANDERSON HOUSE REPORT

The world has changed since my last report. Our clients still face many barriers and services can be difficult to access, particularly mental health and addictions services. At times our clients require a level of support for addiction or mental health issues that cannot be accommodated by the shelter and need other services before coming to us. This is problematic when potential clients cannot access the services needed. We continue to try and work with potential clients to navigate these services and support them as much as we can through the process. We continue to do case management with our clients and we find this to be very successful as we can help identify barriers and work with our residents to remove them.

At the end of my last report we were beginning three new programs in the shelter: Back to Loving Me, CBT for Anxiety, and the Plant Program. I had hoped to write my report on these programs but that is not where the year has taken us. To ask our clients to try new (sometimes uncomfortable) things seemed unfair given that they, like all of us, are just trying to get through each day with each new change and restriction to our daily lives. Instead, our focus turned to self-care, and we offered many things for residents including knitting supplies, fidget toys, puzzles, bubble bath, and headphones to listen to music, to name a few things. The Plant Program morphed into residents picking plants they liked from our large collection, learning to care for them and eventually taking them to their new residence. We also purchased a Muse device - which teaches a person how to quiet the mind and shut off negative thoughts and we turned the playroom into a combination mindfulness room/playroom space. This has been hugely successful and we are very proud of it.

In August of 2020 we moved our first residents over to the new transitional units operated by the provincial government. We have 10 bachelor units: 7 furnished and 3 unfurnished. We now have an easier time placing our residents into transitional housing and we are very grateful.

Michelle Buttery returned to the shelter after a leave of absence to teach at Holland College. She returned to a new, blended role of Youth Outreach/Children's Services Coordinator, which Michelle will expand upon in her report. We are very happy to have her back!

I am so proud of our shelter staff for rolling with each and every change that we had to implement in the shelter due to the COVID restrictions. We had many staff that, in addition to the stress of COVID, were dealing with family illnesses and the heartache of not being able to see family for extended periods of time. Still, all staff members showed up each day ready to face every new challenge and to offer support to residents even when they felt they weren't at the top of their game. Our outreach workers had to learn to adapt to working and supporting their clients from home either via zoom or phone, as well, Paxton and Lindsay adapted their working hours and style to accommodate the restrictions. In the beginning, Danya was working from home, navigating all of the challenges we faced within the organization, while homeschooling children. If there's one thing I know, no one had it easy - we have a very resilient staff!

I am honored to work with each and every one of you.

Respectfully submitted,

Dara Rayner

Manager of Operations

Covid-19 vaccines!



CHILD & YOUTH OUTREACH REPORT

This year's report sees a brand-new position added. After being graciously supported and encouraged to take a one year leave of absence to go and teach, I am excited to return in a new position. As a Youth Worker of over twenty-five years, I was honoured to be asked to step into a one-year maternity leave position as Learning Manager with the Child & Youth Care Worker Program at Holland College. To say it was rejuvenating and inspiring is an understatement, and I am incredibly grateful to Danya and Dara for accommodating and supporting this venture.

I returned to Anderson House in the midst of the early lock-down and began to outline what this position would look like. It is a blended role both within Anderson House and out in the community. Part of this position is working as a Case Manager within the shelter, for women twenty-five years of age and under, as well as with mothers and their children. Depending on their geographic location once they leave the shelter, I am then able to continue supporting them in an Outreach capacity. I have also received several referrals from outside sources as well as self referrals, allowing me to really embrace and develop this position.

Anderson House saw thirty-four children stay with their mothers for varying lengths of time during 2020. Plans to move and update the playroom were also a very exciting part of this year.

I continue to provide presentations and education to groups or classes around various topics, specifically Intimate Partner Violence and Child Witnessing. Since our ways of communicating and meeting with each other have been limited, my technical abilities and ways of presenting remotely have been stretched and improved.

An interesting and valuable piece of work I continue to be a part of is a national, two-year project out of Western University. As an 'expert' working with children, I am a member of a working group, Recognizing Critical Expertise in Gender-Based Violence. Unfortunately, these extraordinary times have resulted in all meetings to be via Zoom, none the less, the knowledge, experience and expertise in the group is invigorating.

Moving forward, the hope is to be able to get back into the community, high schools in particular, in order to continue the prevention and education portion of our work. By this September, with restrictions lifted somewhat, I look forward to developing and expanding my role to its full potential. Exciting times are ahead.

Respectfully submitted,

Michelle Buttery

Youth Outreach/Children's Services Coordinator



Michelle and Danya recognizing the on-going generous support from Maritime Electric

2nd STAGE HOUSING REPORT

The ASPIRE Program is in its eleventh year. ASPIRE is an individualized empowerment and strength-based program for women experiencing barriers after leaving abusive relationships. ASPIRE has given support to 41 women in the past year. The ASPIRE program supports women who may be homeless, live in poverty, need assistance to obtain more education, wish to further their career opportunities, or need supportive intervention with substance use and mental wellness issues. The ASPIRE program helps women who may need advocacy, housing, transportation, and accompaniment to appointments.

In addition to our work with homelessness, the ASPIRE Program is funded through a Federal initiative, Reaching Home. This part of our program is ASPIRE Plus. Two homelessness beds were created in a unit at Second Stage Housing. ASPIRE Plus offers many of the same supports as the ASPIRE Program. There is a two-month maximum stay with ASPIRE Plus, with some possibility of extension. The ASPIRE Plus Program housed 4 women over the past year.

Work continues with Women's Shelters Canada (WSC), a national network of shelters across Canada. PEI is represented on the Advisory Board of WSC. The goal currently is to have a National Action Plan on violence against women.

Many families come to Second Stage from Anderson House Emergency Shelter, Outreach Services or Victim Services. Residents can stay at Second Stage for a maximum of 1 year. A total of 10 women and 7 children resided at Second Stage in the past year. Our apartment complex at SAS housed 9 women and 8 children. SAS House has 9 units and is operated as long-term housing with rent geared to income for its residents. Recently, we have had the opportunity to house and provide programming to women at the new Beach Grove transitional housing units. This is a new and exciting partnership between PEI FVPS and the Provincial Government.

Thank you to all donors who gave to our programs. Your generosity helps staff to assist survivors of abuse with added resources that make a difference in their lives.

Thanks to all Staff and Board for creating avenues and opportunities to assist women in very meaningful ways.

Respectfully,

Ellen Ridgeway
Program Manager

*New transitional apartments at
Beach Grove*



WEST PRINCE OUTREACH REPORT

January was a very busy month for me starting new job after having been off work for a year and a half. I have to say, this was a very good decision for me and hopefully, a great one for the wonderful and brave clients I provide service to.

Although I've worked in the helping field for about 26 years, my primary focus in the past was with youth. Sometimes there were challenges that made it difficult to achieve positive outcomes. This was not always the case, as many success stories would prove. In contrast, my first takeaway with the clients I have been meeting is a huge desire and willingness to improve their situations.

This, I find, makes my job enjoyable and fulfilling. I have to thank the beautiful people I have met and have been working with for the past five months as they have made this transition a smooth one, client wise, for me. Having said this, there has been a learning curve and as I enter my sixth month I am still learning.

January saw me getting settled, cleaning, and setting up my office, as well as starting with the current client list, and beginning with some new referrals.

February was a bit overwhelming as I hadn't participated in Family Violence Prevention Week in this capacity before and I was anxious and proud to have some communities participate for the first time. I was able to join in a walk on Lennox Island and a "Light Up the Night" snowshoe event that I partnered with the West Prince Sport Council on. I attended or contacted all 11 schools and 5 Community Councils. At most of the schools and communities we held Pay It Forward events with prizes, gift cards, hot chocolate and treats. Three communities, Alberton, O'Leary and Tyne Valley saw their Mayors sign proclamations marking Family Violence Prevention Week.

March, April and May have been busy with new and existing clients. I partnered with the Family Ties Program to present to a group for moms and their children and we had wonderful reception. I also partnered with a teacher from ME Callaghan and we are facilitating a group called Girl On Fire to a group of female students at the school. I am now preparing for the summer and have meetings planned with Family Ties, West Prince Sport and Recreation, as well as the Student Well Being Team, to look at possible summer programming.

Since January I have sat as a board member at West Prince Caring Cupboard, and I am a member of the Christmas Hamper group.

Finally, Covid has made things a bit more challenging. Operational Planning adds to the list of to do's but



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this is manageable. I am happy to make new contacts and to keep previously formed connections. A big shout out to Vinny's Restaurant in O'Leary who continues to support our program financially through their weekly 50-50 draw, and also to a wonderful group of ladies who make and donate beautiful handmade quilts that I am then able to give to clients. Thank you to my co-workers, most of whom I've only met virtually, for their patience and great advice when I'm looking for it. Thanks to Dara and Danya for the guidance and opportunity and to the board for Family Violence Prevention Services for their governance.

Respectfully submitted,

Barbie MacKay, BEd, HRD

West Prince Outreach Coordinator



Family Violence Prevention Week 2020 walk in Lennox Island

EAST PRINCE OUTREACH REPORT

It's hard to believe we are living in an era where we have begun describing our days as "before" and "after" Covid. Covid has truly changed our way of living and the way we practice what we do within the organization. It's a new age of Zoom meetings and one-on-one support, with smiles hidden behind masks. It's taken some getting used to, but I have been fortunate in my ability to provide continued support to individuals during these times.

This last year was a struggle for many. I spoke with many clients who were missing their family members living off the Island. For many, they are the biggest supports in their lives. It's challenging to see anyone going through a difficult time in their lives while being unable to be with loved ones. This year was also tough on many due to financial struggles, addictions, and mental health.

Mental health, addiction, safe, affordable housing, and access to legal services continue to be a struggle for many within the region. Resources are limited due to the increasing number of individuals requiring services, and wait times are a reflection of that. There just is not enough support for the population in the region who are struggling and need support in a timely manner.

Due to the increasing number of clients struggling with mental health issues this past year, I took time to present educational workshops that were focused on mindfulness, self-care, and self-worth. I am hoping with the ease back in restrictions that I will be able to resume an in-person support group in the fall. These groups have been helpful in allowing individuals to understand they are not alone and to gain support from others dealing with similar issues. I look forward to getting to this stage of our new normal.

I would like to thank the amazing staff within the organization for all they do. I am so grateful to have so many wonderful people to learn from each and every day.

Respectfully submitted,

Lee Anne Inman

East Prince Outreach Coordinator

*Summerside's Mayor Basil Stewart signing
the declaration for Family Violence Prevention
Week 2021*



QUEENS COUNTY OUTREACH REPORT

This year has been full of challenges and creativity to overcome those challenges. The lockdown due to COVID at the beginning of this fiscal year meant finding new ways to connect with the women in need of Outreach Services, and also with my co-workers and community. Zoom, Go-To-Meeting, Facetime, email, text and phone became the major ways to connect, not only for work but personally as well.

The lockdown presented challenges for women to reach out for information and support. Women struggled with finding safe, private spaces to talk, while having children and/or the abusive partner home. With schools closed and workplaces moved to work from home or closed; children or partners were around all the time. Women called from their bathroom, basement, or car in an attempt to have a private conversation. There was also a new dimension to the abuse, threat to expose the woman to COVID by refusing to abide by the health and safety protocols.

Women were fearful about leaving their home and some were unaware that they could leave in an emergency situation and could be sheltered. Some women were aware the shelter was available to them but did not feel safe to stay in a communal living situation. The usual safety strategies women used, such as going to a relative or friend's place for a while to de-escalate a situation, were no longer available. A number of women were very fearful that their abusive ex-partner would know they are at home. They feared that lockdown would embolden their abuser to show up at their residence and they felt even more vulnerable than usual. Other challenges women faced required screening for additional areas of risk. With workplace closures, working from home or working with reduced hours and for those on fixed income such as social assistance, disability or CERB (possibly at an amount lower than their usual income) financial strain was a concern. Food insecurity, supplies for disinfecting, masks and higher food and utility bills with the family home all day, every day, presented additional financial pressure. There were a number of occasions where a food box or gift cards for groceries or other necessities were dropped off for women.

Due to the restrictions, I had fewer presentations but did do some, such as a web-based presentation to the Holland College Youth Worker course in May 2020. The focus of that presentation was on the BRIDGE model of intervention for people and families facing acutely elevated risks beyond the scope of one service to address. Michelle Buttery, our fabulous Children's Services Coordinator/Youth Outreach staff member, was on a contract position with Holland College at the time. Arrangements were made for me to attend her home-based office space and do the presentation to her class. Michelle snapped this picture as I did the presentation. Her cat Poppy decided to take in the learning opportunity. I also presented to the Early Childhood Education program in person March 2021. The presentation was on family violence, the impact on women and children, and the resources available to assist families.

As a worker I found the beginning of the restrictions difficult. Connecting with clients through web-based video, phone or text was draining. Clients were aware that staff were working from home so would reach out outside of regular work hours. So much time on the computer was headache inducing. The lack of physical presence with my co-workers made the work feel more isolating. It took a while to adjust to not

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being in the office. This of course was on top of not being able to spend time with family and friends, which would normally be a positive way to let the workday go.

When we finally returned to the office, we were at the end of the renovation of our administration and outreach space, so the office needed to be put back together. On the positive side, the office space is lovely, brighter, cleaner looking, and has lots of storage shelving.

The management and board were very supportive throughout these challenges, and I would like to thank Danya, Dara and the board and the shelter staff for all the support offered throughout these difficult times.

Respectfully submitted,

Gloria Dennis

Queens County Outreach Coordinator



Home offices, donations of hand sanitizer and alternative ways of fundraising have all been part of working through the Covid-19 Pandemic.

EASTERN PEI OUTREACH REPORT

This year Eastern PEI had 46 new women engage in services with a total of 66 children. Most of these referrals came from Child and Family Services as well as Victim Services, with referrals also coming in from Housing, Anderson House, Mental Health and Addictions, and some self referrals by word of mouth from previous clients.

The largest barriers voiced by clients were lack of affordable housing and the lengthy waiting list for legal aid and PEI housing units. The average wait for legal services was 4 – 7 months, while PEI housing list waits were around 4 – 5 months.

This last year continued to be a challenge working around the Covid-19 public health requirements. During lockdowns, I personally found this work difficult to do over the phone – especially with new clients. It was also a challenge to arrange meetings with other service providers in a space large enough to follow guidelines, or to be able to accompany clients to meetings due to the restrictions. As summer approached, we were able to meet again in the office, which was helpful for women with partners at home.

Collaboration with other services has been key as most women are involved with at least one other service. When able to, Child and Family, Victim Services and even the Student Well Being Team have come together to meet with victims of abuse and formulate plans best suited to the woman's needs, so everyone involved is on the same page. It has been instrumental for many families in moving things forward more quickly.

While I didn't have much of a presence in the schools this year, a few presentations were made and with the tireless planning of the Town of Souris to meet requirements, we were able to co-host a family event at the Souris Striders Ski Club for Family Violence Prevention Week. Small groups were also held in the new year at the Families First Resource Centre where information was given to new parents around family violence, self care, and maintaining healthy relationships during Covid-19. It is my hope to do more school presentations in the upcoming school year, as well as establish hours either weekly or biweekly to have presence at each of the 3 Eastern PEI High Schools.

I have found it helpful to have a weekly outreach meeting though Zoom to feel connected and supported throughout the pandemic, and always grateful for the support of Danya and Dara and the fantastic team here at the Families First Resource Centre – there is nothing like it to brighten your day than the laughing voices of children getting to be children!

Respectfully,

Rachel Hoogerbrugge
Eastern PEI Outreach Coordinator

*The 2020/21 Annual
Financial Campaign was
a huge success – we
surpassed our goal!*



Annual Financial Campaign
2020 | 2021

Now More Than Ever...
Please join the 2020/21 Annual Financial Campaign for PEI Family Violence Prevention Services Inc. This year's campaign focuses on connection and highlights the importance of having multiple ways for victims of family violence to connect with us and access our services.

Goal \$100,000

Enhanced Electronic Connection

- Clients can have the same level of service without leaving their homes
- Frontline workers have software and equipment to work from home
- Those in need can access a program for free phones

New Text & Chat Software

- There are now more ways to safely contact us
- New software to reach crisis staff by text or chat
- Those who can't make or take calls can still access services

Ongoing Shelter Operation

- Some services can't be virtual. Our Emergency Shelter has remained open and available throughout the pandemic
- The Chief Public Health Office guidelines ensure we provide crisis services in a safe and responsible way
- Our operational plans keep residents and staff safe, so we can continue to do this valuable work