



Working With Youth: Healthy Relationships for Youth Program

What Difference Does HRY Make?

Peggy Mahon completed an external evaluation of both the HRY SRSB program and the expanded provincial program for the September 2013 - June 2014 school year. Her evaluation shows the HRY program to be a successful school-based, peer facilitated violence prevention program. HRY is having a positive impact at the individual, school and community levels. (This report can be found on the AWRCSASA website under the HRY program.

According to the evaluation report:

- “It is evident that the students were building a good understanding of the various knowledge and skills related to healthy relationships. They were also developing a deeper understanding of what constitutes an unhealthy relationship and over 75% of respondents were willing to take action to find resources or assist a friend in an abusive relationship. Students learned more about race, culture, gender diversity and stereotypes and indicated that they are more open and accepting of others who are different from themselves as a result of the program.” (SRSB Evaluation Report, Mahon, 2014)
- “In their role of facilitating the HRY curriculum, the Youth Facilitators developed and or strengthened their leadership skills and became role models for the Grade 9 students. They increased their knowledge and understanding of violence prevention, HRY curriculum topics, and strengthened skills in public speaking, communication, teaching/facilitation, and leadership. Furthermore, they changed their perception of themselves, their attitudes, feelings and personal behaviour. Some of these changes included being more accepting of difference and diversity, recognizing themselves as leaders and role models, being more comfortable around others, and became generally more well rounded and open minded.” (SRSB Evaluation Report, Mahon, 2014)

What students are saying about the HRY Program

Grade nine students shared the following reflections on HRY:

- *It is an amazing program with lots to offer, I strongly recommend that you keep offering this program in future. I learned a lot during HRY and plan on becoming a facilitator next year, so I can share what I learned. HRY was really fun and there were always new things being brought to the table.* — Chedabucto Education Centre, female student
- *It makes me think twice before judging someone, and helps me remember to be accepting.* — Richmond Education Centre Academy, male student

What Classroom Teachers are saying about HRY

- *An excellent learning opportunity on public speaking, time management, and confidence. They [youth facilitators] did a fabulous job of delivering the program, but also having meaningful conversations with the grade 9s.* Mahon, evaluation report 2014.
- *The youth facilitators took their role seriously and also gave them a sense of leadership and empowerment! Great!* Mahon, evaluation report 2014.

What the Youth Facilitators are saying about the HRY Program

Youth facilitators are an integral part of the HRY program. Their willingness to work in partnership with each other, the teacher, and the grade nine students provides a unique opportunity to engage with others and make a difference in the lives of their peers:

- *HRY taught me many things about relationships and sexuality, and I've joined other committees that deal with some issues.*
- *I believe [HRY] changed the way I think, feel and act. It made me realize that some grade 9s need someone to talk to, and you are their role models.*



Working With Youth: Healthy Relationships for Youth Program

HRY Presentations and Workshops

HRY staff presented at numerous events. Some of these were:

- *Skills for Social Change panel presentation* on youth leadership and social advocacy, Coady International Institute. May 2014.
- *Girls Talk Fundraiser*, Roots for Youth Society, presentation on youth leadership, New Glasgow, May 2014.
- *Together We're Better Day*, presentation to grade 9 and 10 students on healthy relationships at Dr. J. H. Gillis Regional High School, October 2014.
- *Promising Practices & Innovative Approaches: Women and Men Stopping Gendered Violence*, presentation on HRY program, Halifax, December 2014.
- *Hypersexualization and Media Analysis* presentation for StFX B. Ed. Professional Development Day, February 2015.



Canadian Women's Foundation National Strategy on Teen Healthy Relationship Programs

The HRY program is in the second year of four years of funding through the Canadian Women's Foundation's (CWF) National Strategy on Teen Healthy Relationship Programs. Through in-person meetings, conference calls and webinars the CWF regularly brings together grantees to discuss evaluation methodology, share information and build organizational skills on issues related to teen healthy relationships programs.

Some of the webinars we participated in were:

- *Innovative Ways to Engage Girls as Leaders in Your Organization*. CWF. July 2014.
- *Bystander Programs* which we co-facilitated with the Cowichan Women against Violence Society and provided a presentation on the Bringing in the Bystander Program. CWF. March 2015.
- *Consent and Sexual Assault: A Rights-Based Approach*, Girls Action Foundation. January

Projects and Related Programs Led by HRY Staff

Girls Action Foundation: Rural, Isolated, and Northern Girls Program

We represent Atlantic Canada representative on the Girls Action Foundation: Rural, Isolated, and Northern Girls Program. This national organization is working to increase collaboration among girls programs to advance the empowerment of rural, indigenous, newcomer or racialized girls and young women.

YEAH! Project

In September 2014 we received a Hypersexualization Innovation Support Grant for the Youth Educating and Acting on Hypersexualization (YEAH!) project. We are engaging youth in discussing and taking creative action on gender-based violence in a hypersexualized culture.

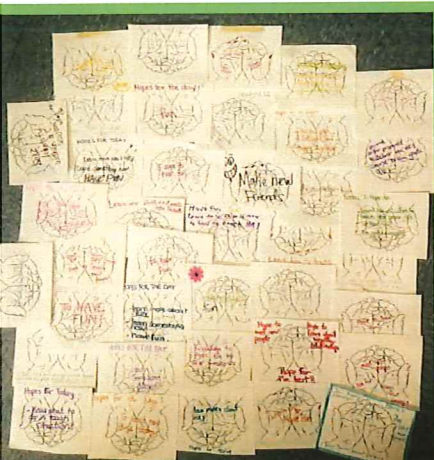


Working With Youth: Healthy Relationships for Youth Program

Projects and Related Programs Led by HRY Staff

Bringing In the Bystander, Strait Regional School Board

Bringing in the Bystander is a violence prevention program that encourages a community of responsibility and pro-social responses. Having worked to establish the BITB program at StFX University, we saw its potential benefits for grade 12 students. Working with Strait Regional School Board members, we adapted BITB for grade 12 students and will pilot it at St. Mary's Academy and Education Centre, April 2015.



**HRY Coordinators, Dayna Barnes and
Betsy MacDonald**



YWCA Halifax Safety NET Project

The Safety Net project, coordinated through the YWCA Halifax, focusses on engaging female-identified youth in conversations about cyberviolence and cybermisogyny with the goal of creating a provincial strategy to address online violence against young women and girls. As a project partner we engaged youth leaders who facilitated two youth-led conversations with 7 university-aged young women on cybermisogyny, cyberviolence, and ways to make the Internet an empowering space for everyone. The conversations have engaged youth and generated new ideas/discussion around online violence against young women and girls.

Leaders of Today (LOT) Network

Leaders of Today (LOT) is a youth network supported by the Nova Scotia Child and Youth Strategy and administered by HeartWood Centre for Community Youth Development. It connects youth, community-based organizations and government with the purpose of giving youth a greater voice in policy issues. The HRY Provincial Coordinator and two HRY youth facilitators, were part of the Host Team for the Spring Summit held May 2014 at the Bayside Camp in Sambro. The theme of the summit was *Health: Who Determines your Health?* There were approximately 100 people in attendance. Our HRY youth did an excellent job of facilitating, organizing, and role modelling for the other youth.



Working Together for Change: Raising Awareness, Taking Action on Violence Against Women and Girls

Exposing, addressing and preventing violence against women and girls is a priority of the Women's Centre. Everyday we see the impact violence has on the health and well-being of women and girls who access our services and programs. We consider subjecting women to violence to be a human rights violation. In our work, we use a feminist, anti-oppression approach and analysis. This past year we organized workshops and training sessions, provided presentations, participated in consultations and worked with our community in the following ways.

Sexual Assault Awareness Month, April 2014

Nova Scotia recognized April as Sexual Assault Awareness Month (SAAM) and identified *Stand up. Speak out.* as the theme. We organized the following events in Antigonish and area.

- We hosted a **Sexual Assault Awareness Month Proclamation** where we spoke about the impact of sexual violence in our community. Liz Chisholm, Town Councillor, and Amy Brierly, StFX Student Union signed the proclamation on behalf of the Town of Antigonish the Students Union.
- **Raised awareness in the community** with information and stats on sexualized violence printed in the local paper. ASART members recorded PSA's which provided information about sexual violence and where to find support.
- We facilitated two **Bringing in the Bystander Program** training sessions which focussed on ways individuals can safely intervene in an instance of violence vulnerability and how we can work as a community to be aware of and prevent sexual assault.
- We developed **Sexual Assault Awareness Month (SAAM) toolkits** for use with high school aged youth within the Strait Regional School Board and collaborated with the Youth Health Centre Coordinators to promote the toolkits to the youth health centre committees. Seven schools requested toolkits with a potential to reach over 900 local high school students. The feedback from the youth health centre coordinators was overwhelmingly positive. One school adapted the tools to involve all students in the P-12.
- We facilitated **two SAAM school-based presentations**. For a *lunch and learn* at the Antigonish East Education Centre we provided information on hypersexualization/ media literacy, sexual assault, consent and the SANE program to 41 students. At a *Senior Class Transitions Fair*, St. Mary's Academy, Sherbrooke, we designed a quiz for the 18 students to start 'mini' conversations on sexualized violence.

Thought I would share a really positive moment I had yesterday -the YHC team went class to class to address an inappropriate incident that happened to a couple of the SAAM posters in the boys bathroom. They came up with the response on their own, developed key messages they wanted to identify (including using bystander intervention to address future incidences) and then had a debrief session afterwards to talk about whether they effectively got their point across. The best part for me was when it clicked with them that even though they may not have changed the minds of the people responsible for the actions, they were actually changing the culture of the rest of the school, making it harder for the things like this to be supported in the future! – Youth Health Centre Coordinator



Working Together for Change: Raising Awareness, Taking Action on Violence Against Women and Girls

Provincial Actions on Sexual Violence

♀ **Strengthening Sexual Assault Centres**

On December 6, 2013, Joanne Bernard, Minister of Community Services, announced the province would be developing its first sexual violence strategy, that the three-year strategy would focus on prevention and services for victims, and that a “public engagement phase” would begin in the spring of 2014. In the spring of 2014 the Department of Community Services made some funding available to address the capacity issues of the three sexual assault centres in the province – Avalon Sexual Assault Centre, the AWRCSSA, and the Colchester Sexual Assault Centre. We submitted a proposal to DCS for a term position therapist to address our current wait list and therapy load and received bridge funding to hire a second therapist for four days a week.

♀ **Nova Scotia Sexualized Violence Services Network**

In January 2015, the organizations that were part of developing the Avalon Sexual Assault Centre Hub Model proposal formed a network to build upon and share the community-based knowledge and expertise we currently have in Nova Scotia in order to strengthen current services and build services and capacity in underserved communities. The network provides a space for community-based organizations to deepen the discourse around sexualized violence, learn from each other, share promising practices and advocate for social and legislative changes.



Local MLA Randy Delorey presents a Department of Justice cheque for the Bringing in the Bystander Program



Working Together for Change: Engaging Young People to Prevent Violence against Women at StFX

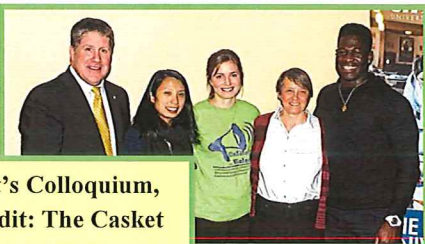
Preventing Violence against Women at StFX, a 28-month project completed in July 2014, engaged StFX students in preventing violence against women and gender-based violence on their campus. Led by the Women's Centre working in collaboration with diverse St.FX and Antigonish community members, it addressed institutional barriers and factors such as policies, programs and services, social dynamics, security provisions, and physical safety issues.

At the project conclusion, a letter encouraging immediate action on the recommendations for improving the response to and the prevention of sexualized violence at StFX was delivered to the new President, Kent Macdonald and key StFX staff. In response to the project reports and with the urging of those involved with the project over the past two years, in the winter of 2015, the President tasked Richard Nemesvari, Dean of Arts, and Margie McKinnon, Director of StFX Health & Counselling, to form and co-chair the **Sexualized Violence Policy Implementation Committee**. The committee is tasked with implementing the recommendations coming from the *Preventing Violence against Women at StFX* project reports.

Supporting StFX Sexualized Violence Education Initiatives

Annie Chau, Project Coordinator participated in the following events:

- An **Educational Colloquium** which acted as a basis for the President's Colloquium on sexualized violence at StFX, Annie spoke about violence and consent. Students identified issues of campus culture, safety, trust, institutional change, gender, sexuality, and identity. 120 students along with administrators and other university staff attended. January 2015.
- **President's Colloquium on Sexualized Violence**, engaged students, staff, and community members in discussions on sexualized violence and potential actions to take to address it. Panellists included Annie Chau, faculty member Clare Fawcett and students Bridget Houston and Demetrius Ferguson.

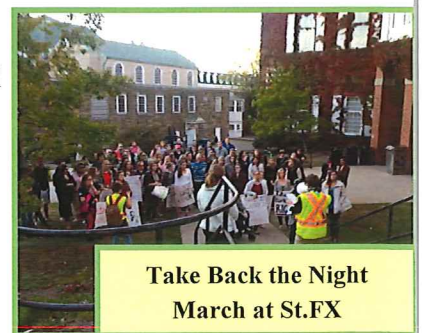


President's Colloquium,
Photo credit: The Casket

Bringing In the Bystander

StFX is the primary site of *Bringing in the Bystander* program knowledge and expertise in Nova Scotia. The program is a legacy of the *Preventing Violence against Women at StFX* project. The StFX Students' Union has created a BITB Coordinator position and there is support on campus for maintaining and strengthening the program. Women's Centre staff were involved in a number of BITB training and information sessions. These included *BITB training* for:

- **StFX Residence Life staff**, X-Patrol, Orientation Week O-Crew Leaders, August 2014.
- **StFX Students** in residence, October 2014.
- **University of PEI students** (in student government, in nursing), faculty, and staff in October 2014. 34 people participated. UPEI expressed interest in implementing the program.
- **Violence Prevention Labrador members**. 26 sites participated in a Virtual Conversation Café webinar marking the first day of 16 Days of Activism against Gender-Based Violence. Participants included Status of Women in Labrador, Community Services, Women's Centres, and others. There is interest in implementing the program in Labrador. November 2014.



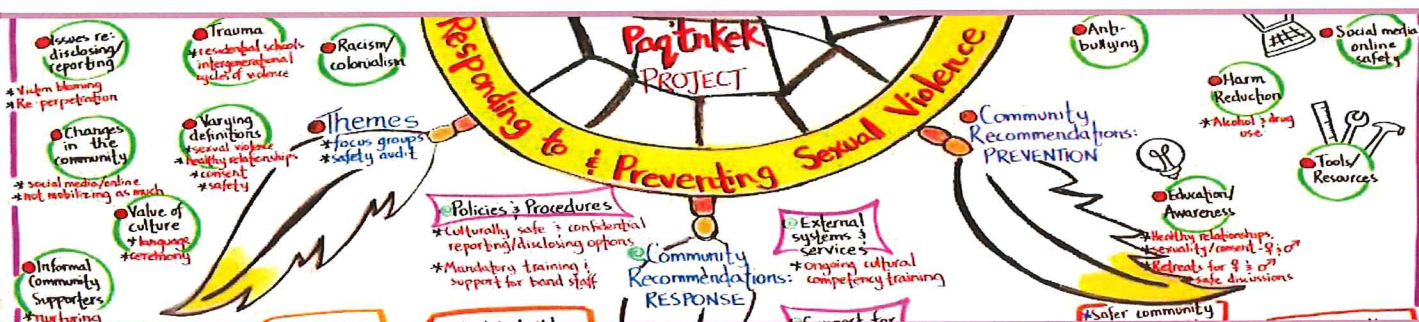
Take Back the Night
March at St.FX



Working Together for Change: Responding to and Preventing Sexual Violence -Paqtnkek

Responding to and Preventing Sexual Violence is a Status of Women funded, two-year collaborative project, between the Paqtnkek Health Centre and the Antigonish Women's Resource Centre & Sexual Assault Services Association with key support from Paqtnkek Chief and Council and other partners. Designed to strengthen the abilities of Aboriginal communities to respond to and prevent sexual violence against Aboriginal women, the project is based in a culturally relevant, revitalizing, and safe approach. While the focus of the work is in Paqtnkek, connections will be made with other Mi'kmaq communities in Nova Scotia to share knowledge and build local capacities.

In Year 1 of the project, April 2014 - March 2015, the main activities focussed on developing partnerships and assessing community needs with respect to sexual violence response and prevention. In the partnership development phase we focussed on building a diverse, community-based Advisory Committee to help guide the work of the project and to collaborate with on project activities. We engaged community youth and Elders, Band Council members, community Health Centre staff, and community support workers.



Community Needs Assessment

Over the fall and winter, project staff worked with the Advisory Committee to establish project values, map assets, plan the needs assessment, and review and approve the evaluation plan and framework.

The **project values** identified were: **culture, sharing, inclusivity, holism, strength, honouring, safety, transparency, pro-activeness, and capacity**. Community members identified **nurturing as a fundamental value** for guiding the project and was apparent through the numerous community events and traditions where community members went above and beyond to care and nurture others. It was seen as a community strength that could be built upon.

We recognized the sensitive nature of the discussions about sexualized violence, the history of colonialism and the personal and social harm inflicted by residential school system, the prevalence of inter-personal violence, and the possibility of triggering for focus group participants. A team of **formal and informal community supporters** along with a community Elder helped the focus group facilitators structure the sessions and questions and attended each to lend support during and after the sessions. The community Elder offered opening and closing prayers grounding the focus group sessions and keeping them connected to community culture and spirituality.



Working Together for Change: Responding to and Preventing Sexual Violence –Paqtnkek

In a community visioning session, **Envisioning A Violence-Free Community Together**, 23 community members established the collaborative and solution-focussed approach of the needs assessment activities. In February 2015, 102 community members participated in 12 focus groups and project activities where they identified community strengths and assets, envisioned a violence free community and what would need to change, and imagined how community members could be empowered to make change together. The reflections were thoughtful and insightful and the recommendations were numerous. Key themes and insights included:

- Paqtnkek is a nurturing community with networks of informal supporters who are trusted in the community.
- The community needs a healing ceremony for the entire community to move forward.
- Disclosing and reporting of sexual violence is challenging due to lateral violence and victim-blaming, lack of confidentiality, re-perpetration through systems and services, and the threat of breaking valued familial and social relationships.
- The project needs to be community member-led and community-wide with all community members working together: leadership, men, elders, youth, survivors, and perpetrators. It needs to build the community's capacity to address violence/sexual violence.
- Residential school trauma, intergenerational trauma, and the cycle of violence are presently and widely experienced in the community. Racism and colonialism are broader forms oppressions that contextualize violence in the community.
- There needs to be broad and comprehensive community education and awareness on healthy relationships, healthy sexuality, and consent for women, youth, and men, harm reduction - alcohol and drug use, and anti-bullying and social media/online safety.



Comments from Focus Group Participants

“What did you most appreciate about this focus group or community safety audit?”

That it [the project] could potentially be something big and help a bigger picture. – youth

The interaction amongst us as a group and the understanding that we are not alone and we can heal in ways that help us all. – female

This initiative promises a sign of hope for change for an improved future. I look forward to what emerges from this and I think it is important to share the results with those that participated. Thank you so very much. – male



Working Together for Change: Responding to and Preventing Sexual Violence –Paqtnkek

Other events project staff helped to organize

- ◆ an information table at the **Paqtnkek Pow Wow**. September 2014.
- ◆ led and spoke at **Take Back The Night** which some members of the Paqtnkek community attended as well. September 2014. Over 80 people, women, children, and men participated.
- ◆ provided guidance to the StFX Aboriginal Student Advisor for the **Sisters In Spirit**. About 50 people attended. October 2014.
- ◆ facilitated a 90 minute discussion-based session for **Bachelor of Education Students' PD Day** on *Free, Prior, and Informed – Indigenous Concept of Consent and Creating a Consent-Positive Classroom*. October 2014.



Service Learning Students,
Kaileigh Halverson and
Mariah Richard



Program Facilitator and Coordinator,
Molly Peters and Annie Chau



Molly Peters speaking at Aboriginal
Women's Symposium

Project Promotion and Networking

To inform people about the *Responding to and Preventing Sexual Violence – Paqtnkek* project, staff attended a number of meetings and events:

- **Atlantic First Nations Health Conference**. November 2014.
- **Atlantic First Nations Health Directors' Meeting**. November 2015.
- **Antigonish Sexual Assault Response Team**.
- **Atlantic Summer Institute, PEI**. August 2014.
- **National Aboriginal Women's Summit, *Promoting Equity, Empowerment, and Leadership***. The Community Facilitator attended as the Nova Scotia Youth Delegate and Co-Facilitator. October 2014.



Working Together for Change: Poverty Reduction Work Antigonish Poverty Reduction Coalition

Established in 2010 to investigate how poverty affects the health and well being of our community and each of us, the Antigonish Poverty Reduction Coalition (APRC) is an alliance of over 50 organizations, institutions and community members committed to reducing of poverty in the Antigonish town and county. Our Five-Year Action Plan, launched in 2012, detailed eight priority areas: housing, transportation, food security, education, health services, childcare, recreation and income security. In late 2012, we added a ninth priority area, heat/energy poverty, to the coalition.

This year the Antigonish Poverty Reduction Coalition focussed on learning more about how a **Basic Income or a Guaranteed Liveable Income** could substantially reduce poverty in Antigonish town and county and improve the lives of everyone in our communities. Much of the Action Plan work was done through the different APRC organizations, namely the Antigonish Affordable Housing Society, Antigonish Community Transit Society, Antigonish Food Security Coalition, and the Antigonish Emergency Fuel Fund.

Basic Income/Guaranteed Liveable Income – A Realistic Poverty Reduction Solution

To learn more about poverty reduction through the provision of a basic income the APRC undertook the following initiatives:

- Betsy MacDonald researched and presented an overview of **Guaranteed Liveable Income programs**. May 2014.
- Alida Campbell attended and provided a summary of the **Basic Income Earth Network (BIEN) Conference** held in Montreal. June 2014.
- Senator Art Eggleton, presented **A Universal Unconditional Income for Canadians**, for October 17, the International Day for the Eradication of Poverty. Senator Eggleton spoke to the benefits of a basic income and argued that ensuring all residents of Canada had an income that brought them just above the poverty line would cost Canada approximately \$12.3 billion while the current cost of poverty is estimated at \$24.4 - \$30.5 billion. Three panellists offered a Nova Scotia perspective. Dr. James Sawler, MSVU, supported the economic argument for a basic income or GLI, Christine Johnson, Health Equity Lead, GASHA, provided a rationale from a social determinants of health perspective, and Lucille Harper, AWRCSASA, provided a social justice and rural revitalisation argument. Some 120 people attended.
- developed key questions to explore over the year: “What would it cost to bring residents up to a GLI of \$25,000 per year?” “What would be the benefits and impact on our community?”

APRC Actions, Initiatives and Collaborations

- ♦ With community partners, we invited Sister Caroljean (CJ) Willie, Sister of Charity, Cincinnati, to speak about *Sustainability and Poverty Reduction: Connecting the Dots in Antigonish*. Sister CJ serves as the NGO representative at the United Nations for the Sisters of Charity Federation and works with microfinancing projects in Africa. She focussed on the progress the world has made in reaching the Millennium Goals and looked ahead to the Sustainable Development Goals. The SDGs are designed with the goal of ending poverty everywhere and permanently. October 2014.
- ♦ For International Day for the Eradication of Poverty, we held our *annual Lunch and Learn* where we shared a meal with community members and provided an overview of the highlights of our work. 50 people attended the lunch. October 17, 2014.



Working Together for Change: Poverty Reduction Work

Antigonish Poverty Reduction Coalition

APRC Action Plan Working Groups

Antigonish Emergency Fuel Fund

The Antigonish Emergency Fuel Fund helps Antigonish town and county residents with emergency heat situations for the months of January to April. Without this program, most applicants would have no other means for getting help. We referred many people to government programs. This winter the Antigonish Emergency Fuel Fund:

- assisted 76 households, a total of 167 people – 109 adults and 58 children with \$22,800 in home heating assistance. The average household income was \$16,178 with the average income for single-parent headed households at \$16,043 including Child Tax Benefits.
- In Antigonish town we assisted 29 households, 9 with oil and 20 with electric heat.
- In Antigonish County we assisted 47 households, 25 with oil, 17 with electric heat and 5 with wood.
- of the 73 women helped, 29% identified as single mothers and 55% as single increased their fundraising and donations. The AEFF organized a town cleanup for which the Town of Antigonish made a \$400 donation to the Emergency Fuel Fund.

Antigonish Affordable Housing Society

The Antigonish Affordable Housing Society continues their work of establishing an affordable housing complex in Antigonish. They received their charitable status.

Antigonish Community Transit Society

The Antigonish Community Transit Society purchased two buses both with wheel-chair accommodation capacity and successfully piloted a “flex-route” community transit system for people living in and visiting Antigonish Town and County. The Town bus runs a daily Monday- Friday fixed route with some Saturday services. The County bus runs a different route each day Monday to Friday to serve most parts of the County.

Antigonish Food Security Coalition

The Antigonish Food Security Coalition:

- organized a community *Annual Fall Harvest Picnic* which featured local food and entertainment. September 2014.
- partnered with Get Growing Antigonish on a number of initiatives including growing food in public spaces throughout the town and establishing a Healthy Eating Policy for events held in municipal settings in Antigonish.
- partnered in the development of a SSHRC research proposal ARC.



Working Together for Change: Supporting Well-being for Women and Youth

The Women's Centre takes a social determinants of health approach in looking at issues that impact the health and well-being of women and girls.

The **People Assessing Their Health (PATH)** Network came from work initiated in 1995 by the Women's Centre working in partnership with our local health authority. Through PATH we developed a community health impact assessment process that encouraged people to work together to develop community health impact assessment tools as a means of assessing approaches for addressing community health issues. The PATH process has been taken up by communities in other parts of Nova Scotia, Canada and the world and is offered as a certificate program in community-driven health impact assessment by the Coady International Institute. In April 2014, the North End Health Clinic and Dalhousie University published the *Final Study Report For North End Matters: Using the People Assessing their Health Process (PATH) to Explore the Social Determinants of Health in the Black Community in the North End*.

Significantly, this is the first time we can see the upscaling of the PATH process to a large, urban setting as well as having some rigorous research components attached to it. With a warm heart, we can all appreciate that the process works, that it is inclusive, that it makes people feel safe, that it helps people to identify the social determinants of health, and all of those other things that we have worked on for almost 20 years!

– Susan Eaton, PATH network member and PATH facilitator

We work with our community to support youth and to that end we participated in the following committees and efforts:

♀ **Antigonish Network for Youth** to strengthen programs for youth in our community.

♀ **Northeastern Network for Children and Youth** to make recommendations regarding Child and Youth policy and program initiatives that support Child and Youth program outcomes.



Working Together for Change at the Provincial Level

We work with the broader community and at the provincial level on concerns and issues that impact women and community well-being.

At the Provincial Level we are involved with:

- ♦ **Women's Centres Connect**, the provincial association of women's centres, to advance the concerns of women who use women's centre services and programs.
- ♦ the **Community Society to End Poverty in Nova Scotia (CSEP)**, a province-wide network with a mandate "to raise awareness of poverty issues and to urge all levels of government and sectors of society to act to end poverty in Nova Scotia". The coalition informs Nova Scotians about the extent and impact of poverty in Nova Scotia, monitors and presses for government action on poverty reduction, and advocates for a poverty reduction plan and public policy that better addresses the needs of those living in poverty. CSEP's **Workshop for Poverty Reduction Advocates: Review, Reflect, Renew** provided a forum to identify and share successful local, regional and provincial poverty reduction actions, and to plan strategic actions to support a stronger, more comprehensive provincial poverty reduction strategy. Lucille Harper, Executive Director, was invited to speak about the work of the Antigonish Poverty Reduction Coalition and our efforts to call for a guaranteed liveable income. Approximately 40 people attended the workshop. November 2014.
- ♦ the **Affordable Energy Coalition (AEC)**, a province-wide network of community based anti-poverty and environmental organizations is dedicated to ensuring the universal access to a reasonable amount of energy services in Nova Scotia. The group monitors energy issues, mainly electricity, from the perspective of low-income Nova Scotians and advocates for measures to address energy poverty. Atlantic Canada has some of the higher rates of energy poverty in the country. AEC consistently has advocated for a universal service program, a three-pronged approach to addressing energy poverty in low-income households. It involves supporting low-income people by retrofitting homes to improve energy efficiency, directly subsidizing energy costs, and ensuring that collections policies help customers with arrears to avoid disconnection and economic catastrophe.
- ♦ **Poverty Intervention Tool**. For the purpose of creating a tool for use in Nova Scotia, Monika Dutt, Medical Officer of Health, Cape Breton District Health Authority, brought together poverty reduction focussed healthcare providers, community organizations and government to review the Clinical Care Poverty Intervention Tools developed in Ontario and Manitoba.



Working Together for Change

Women's Centre staff participated in consultations, conferences, workshops & events that relate to our work

Some of the initiatives we supported were:

- **Abuse and Trauma: Understanding Substance Use and Mental Health Problems within a Trauma Framework**, a two-day training session with Dr. Lori Haskell, Clinical Psychologist sponsored by GASHA Addiction Services Department and the AWRCSSA. April 2014, Antigonish.
- **Antigonish International Film Festival** where we co-sponsored three films. October 2014.
- **Dialogue on Porn: In a pornography-filled world, what does it mean to be a feminist?**, a dialogue with anti-pornography activist/feminist Gail Dines organized by Mount St. Vincent University and the Tri-County Women's Centre to explore more deeply the impact of the pornography industry on today's youth, its inherent exploitation of women, and the need for a feminist activist response. December 2014, Halifax.
- **Activating Change for Community Food Security**. In advance of releasing their report, *Activating Change for Community Food Security*, Christine Johnson, Community University Research Alliance, MSVU, invited community key informants to review and comment on the draft report. October 2014.
- **Antigonish Local Agricultural Production Project (ALAPP) Research Group**. Drs. Clare Fawcett, Susan Vincent and Christina Holmes, StFX, along with Maggie Edwards, Research Assistant, brought together people from the community involved in maintaining and developing local agriculture for a wide-ranging round-table discussion. October 2014.

Some of the consultations in which we participated were:

- **Building a Trauma Informed Practice (TIP) Framework for Nova Scotia's Mental Health and Addictions Service System**, a consultation about trauma informed practices currently being used in Nova Scotia and next steps for building a TIP framework for Mental Health and Addictions Services. Nancy Poole, Director for the BC Centre of Excellence for Women's Health, provided an overview of trauma informed practice and Dale Gruchy facilitated the discussion. November 2014, Sydney.



Funding Support

The work we do at the Antigonish Women's Resource Centre would not be possible without the support of our community and without the support of the foundations, departments of government and private donors that fund our work.

We would like to thank all who provide support for our services and programs.

Direct Services are funded by:

- Nova Scotia Department of Community Services
- Guysborough Antigonish Strait Health Authority (GASHA)
- community donations

Justice Matters for Women is funded by:

- Law Foundation of Nova Scotia

Sexual Assault Nurse Examiner Program is funded by:

- Nova Scotia Department of Health and Wellness

Specialized Sexual Assault Trauma Therapist positions are funded by:

- Nova Scotia Department of Health and Wellness
- Department of Community Services

Healthy Relationships for Youth Program is funded by:

- Canadian Women's Foundation
- Nova Scotia Department of Justice Lighthouses' Program
- Leacross Foundation
- Girls Action Foundation
- Community donations

Engaging Young People to Prevent Violence against Women at StFX was funded by:

- Status of Women Canada Women's Programs

Responding to and Preventing Sexual Violence – Paqtnkek is funded by:

- Status of Women Canada Women's Program

Summer Student positions are funded by:

- HRSDC Summer Jobs Program
- Nova Scotia Department of Economic & Rural Development and Tourism, Student Career Skills Development Program

Community Support

It is with the generous, ongoing support provided by our community that we are able to do all that we do.

♥ **Thank you** ♥

To our many individual donors

and

Sisters of St. Martha

Antigonish Kinsmen Club

Unifor Social Justice Fund



Financial Overview

The Finance Department was busy tracking and preparing reports for the Women's Centre and SANE as well as six other projects. We were pleased to receive an increase in funding from the Department of Community Services to help meet the ever growing demands placed on the Women's Centre. With the increase our annual core budget is \$205,715. We were pleased as well to receive bridge funding for a much needed Clinical Therapist position. The Centre continues to benefit from a supportive community, receiving funds through the annual direct mail campaign along with general donations from individuals and other organizations. We are indebted to the community at large for its ongoing financial support for the work we do. The Guysborough Antigonish Strait Health Authority continued to contribute to our women's support services support with a contribution of \$50,000.

Although the Nova Scotia Department of Health and Wellness has gone through structural changes, the Province continues



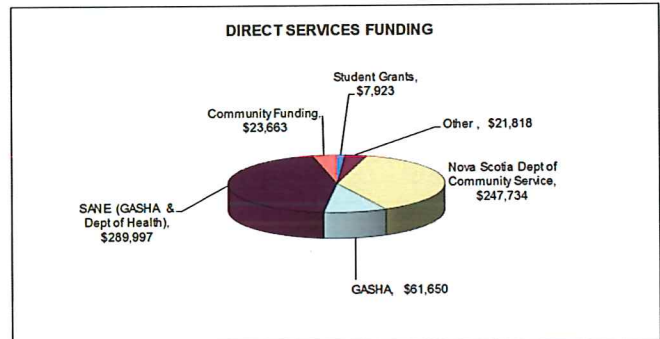
Jackie Jacques and
Christine Hanlon

to recognize the important work of the SANE programs. The Department of Health and Wellness provided a much needed increase to the annual budget of our SANE Program enabling us to increase the SANE Coordinator's hours and to provide more training to the SANE nurses.

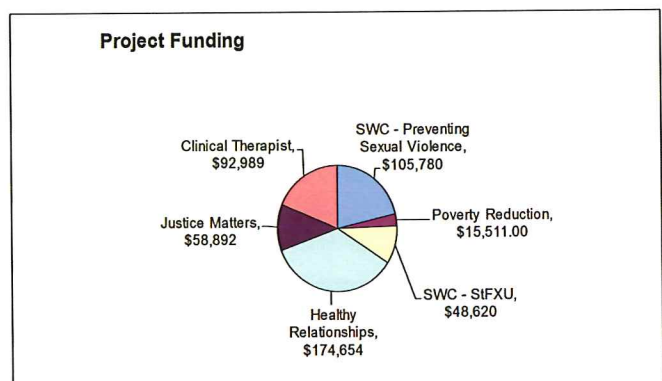
This year we secured funding for two students. One under the HRSDC Summer Jobs Program and one under the Nova Scotia Department of Economic & Rural Development and Tourism. An overview of our core funding can be seen in Figure #1.

During the past year the Women's Centre continued to oversee a number of projects. (See Figure #2). Our rural outreach program, Justice Matters for Women, is funded by the Law Foundation of Nova Scotia. One of our Clinical Therapist positions is funded by the Nova Scotia

Department of Health and Wellness. We have now completed our second year of a three year project. The Centre has been fortunate to receive funding from Status of Women Canada for consecutive projects. This year sees the completion of our *Engaging Young People to*



Prevent Violence against Women at StFX project and the commencement of a new two year project, *Responding to and Preventing Sexual Violence – Paqtnkek*. Our *Healthy Relationships for Youth* program, is supported by four year term funding through the Canadian Women's Foundation and with some funding support from the Nova Scotia Department of Justice Lighthouses Grant. With the expansion of the program to other areas of the province and the need for two staff positions, at the beginning of the year, HRY was still facing a shortfall in the resources needed to deliver the program. With a promise of matching funding from the Leacross Foundation, we went to the women in the community with our 30 Women Campaign. Women in Antigonish rose to the challenge and contributed the funding we needed. A more detailed accounting of a AWRC finances is available in our annual audited financial





The Women Behind the Work 2014-2015

Executive Director

Lucille Harper

Financial Administrator

Christine Hanlon

Bookkeeper/Admin Assistant

Jackie Jacques

Direct Services

Women's Services Coordinator:

Vangie Babin

Women's Support Workers:

Amanda Workman

Nicole Rovers

Megan Fogarty

Mica Francis

Specialized Trauma Therapists

Petra Cross

Cathrine Chambers

Sexual Assault Nurse Examiner Program

Program Coordinator:

Heather Blackburn

Education Coordinator:

Angela Fougere

SANE Nurses:

Christine Chisholm

Kim Curry

Kari Lee Chisholm MacDonald

Felicia Felix

Angela Fougere

Marilyn Grant

Shauna Grant - Smith

Jocelyn Landry

Jill Leon

Arlene MacGillivray

Suzanne Munro-MacLean

Kyla Neary-Griffiths

Andrea Snyder

Justice Matters for Women

Rural Outreach Coordinators:

Megan Fogarty

Mica Francis

Marcia Connolly

Healthy Relationships for Youth Program

Program Coordinator:

Laura Swaine, Betsy MacDonald

Assistant Program Coordinator:

Shakira Abubakar, Dayna Barnes

Engaging Young People to Prevent Violence against Women at StFX

Project Coordinator: Annie Chau

Responding to and Preventing Sexual Violence—Paqtnkek

Project Coordinator: Annie Chau

Project Facilitator: Molly Peters

Lindsay's Health Centre for Women

Physician: Daphne Maclean

Nurse Practitioners:

Connie Venedam Marchand, Dawn Chubbs

Staff from:

Addictions Services: Esther MacDonnell

Mental Health Services: Jean Crosby

and the Women's Centre

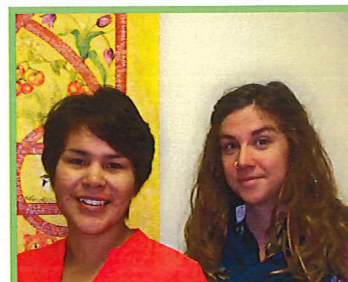
Summer Students

♀ Dayna Barnes

Linda Peters

Income Tax Program

♀ Peggy Chisholm



Summer students,
Linda and Dayna



Visionary Women

Our Board of Directors

2014-2015

Nancy Forestell, Co-Chair
Meghan Mulcahy, Co-Chair
Cathy Cashen
Connie Clement
Karen Fish
Rachel Garbary
Elizabeth McGibbon
Jacqueline Sullivan
Lisa Montrose
Liliona Quarmyne
Sarah O'Toole
Sionnach Lukeman
Susan Ross

This is such an opportunity for the students to give to community and for the community to receive the gift of extra 'hands. [The student] spoke highly of her experience and values what she learned there. We feel this was a strong placement for her. – NSCC faculty

Volunteers with the Women's Centre

The work of our volunteers help make it possible to accomplish all that we do. We thank the dedicated group of women and men as well as the enthusiastic and committed service learning students who helped with office support, fundraising, facilitating programs, organizing events, and supporting projects.

We thank our students and community members who helped with office tasks on a weekly basis:

♀ Kayleigh Trenholm
♀ Emma Johnston
♀ Amber Henderson
♀ Molly Crosby
♀ Maari Singfield
♀ Taylor Jordan

Awards and Recognition

The Canadian Public Health Association's 2014 Certificate of Merit was given to Connie Clement, AWRCSSA Board member, and Scientific Director at the National Collaborating Centre for Determinants of Health, in May 2014. Congratulations to Connie on a well-deserved recognition of her work.

Missing Our Friends

We were very sad this year to lose two friends who inspired the work of the Women's Centre.

Susan Eaton, longtime community activist, former AWRCSSA Board member and PATH Project Coordinator, died on March 30, 2015. She is dearly missed by the Women's Centre and by the community for her intelligence, passion for politics, commitment to social justice and her kind, fierce heart.

Dr Muhammad (Mo) Fiaz a longtime friend of the Women's Centre died December 20, 2014. During his time in the Sociology Department at StFX he worked to strengthen the diversity of the faculty complement. He championed the hiring of a feminist academic who brought women and gender studies courses to the university. Mo will be missed by all whose lives he touched and by all he inspired.



Susan Eaton

Contact Us

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