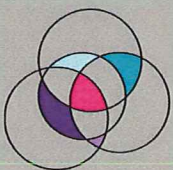
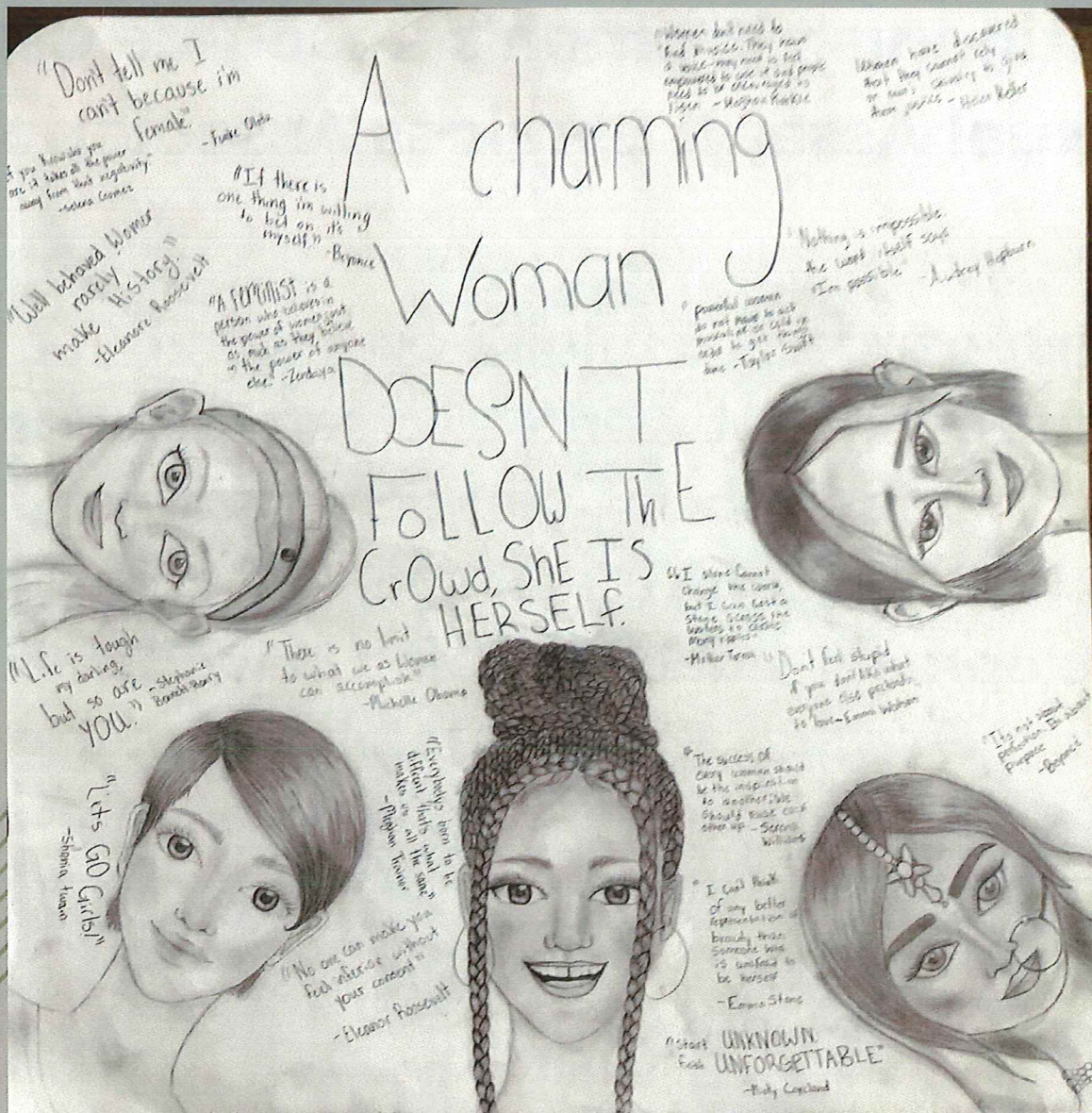


ANTIGONISH WOMEN'S RESOURCE CENTRE & SEXUAL ASSAULT SERVICES ASSOCIATION

Annual Report - 2022 / 2023 -



Antigonish Women's Centre & Sexual Assault Services

Established in 1983 by local women seeking change

WHO WE ARE

The AWRCSASA is an independent, feminist, community-based organization.

We are led by the experiences of diverse women, girls, Two-Spirit, trans, and non-binary people towards an equitable and just society for all. We operate with a feminist lens and recognize that people of all genders benefit from such an approach.

We strive to lower and remove barriers in society, as well as those that we have as an organization to be more inclusive and accessible to the diversity of people and communities who need our work the most.



Our Feminism and Our Values

Our **feminism** advocates for the decision-making agency of diverse women, girls, Two-Spirit, trans and non-binary people and challenges all of the societal barriers that undermine their choices, freedoms, gifts, and humanity.

We work to be empathetic and nonjudgmental, appreciating the whole lives, varied journeys, and expertise of women, girls, Two-Spirit, trans, and non-binary people.

We work to be action-oriented, intersectional, and critical in confronting all oppressions against women, girls, Two-Spirit, trans, and non-binary people and in redistributing power to and with them.

The values that guide us are:

- Taking Action for a Just World
- Support and Nurturance
- Collaboration
- Inclusion

Direct Services

- Information
- Check-ins and supportive listening
- Problem solving and supportive counselling
- Advocacy and accompaniment

Programs

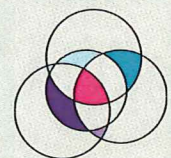
- Sexual Assault Nurse Examiner (SANE) program
- Specialized trauma therapy program
- Lindsay's Health Centre for Women
- Justice Matters for Women: Rural Outreach in Guysborough and Antigonish Counties
- Antigonish Guysborough Immigrant Support Program
- Healthy Relationships for Youth
- Emergency financial assistance
- Wellness and skills-building programs
- Healthy Relationships, violence prevention and education programs

Community-Based Projects

- Healthy Relationships for Youth- Making the Case- A school-based, violence prevention program offered by the AWRCSASA in partnership with various schools, centres for education/school boards, and community-based organizations around the province of Nova Scotia.
- Circles of Support and Change: Transferring Successful Rural Indigenous Practices to other Rural Contexts Project- working in partnership with 4 distinct, rural, underserved communities to develop community-led, community-based responses for preventing and responding to gender-based and sexualized violence.

Community Development & Social Advocacy

- Sexualized Violence Prevention
- Poverty Reduction
- Honoring, celebrating and remembering



Volume Six of the Report stated (and I will paraphrase)....Canada has a long tradition of investing in public education. As children, I am sure many of us remember the Heritage Moments which celebrated Canadian history and achievements. Other public health campaigns warned us about the risks of smoking or driving without a seatbelt. More recently we had federal and provincial education programs about COVID-19, which taught us to be safe and how to navigate a pandemic. The Mass Casualty Report states we need to make similar investments when it relates to teaching young people the dangers of hypermasculinity and the harmful impact of stereotypical cultural messages. We need to shift societal norms that are based on gendered myths. As a society we need to teach our youth what is acceptable and what is not acceptable. By shifting our thinking we can ensure safety for everyone. Prevention is key! Programs that teach prevention are key!

The loss of funding for programs that teach preventative measures is a great disservice to society overall. An example of this is our Healthy Relationship for Youth Program. Our funding for this school-based program is ending in March of 2024. The need to continuously advocate to fund programs like Healthy Relationships demonstrates that the people making decisions about funding lack an understanding of what should be valued in our society. The need to constantly make the case for why it is so important to teach youth about healthy relationships truly demonstrates the extent to which the great work of these highly successful programs is devalued. This is only one example that non-profit, female driven organizations face. At the Antigonish Women's Centre we will do our part as we continue our advocacy work for a better future for all residents of Antigonish and Guysborough. To live in a world where women, girls, Two-Spirit, trans, non-binary and all women of color can feel safe and equal should not be a dream but rather a reality; one in which we all aspire to.

Anita Stewart
Executive Director



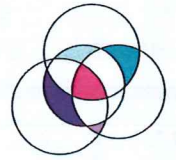
In March, we wished my side-kick and Co-Director, Tanya Felix, a fond farewell as she accepted a position with another organization. Although we miss her dearly, we are extremely happy for Tanya and wished her all the best as she left the Centre.

We welcomed Moraig Macgillivray as our new Operations Manager, and are so very fortunate to have her, along with all the skills and knowledge she brings to the Team!



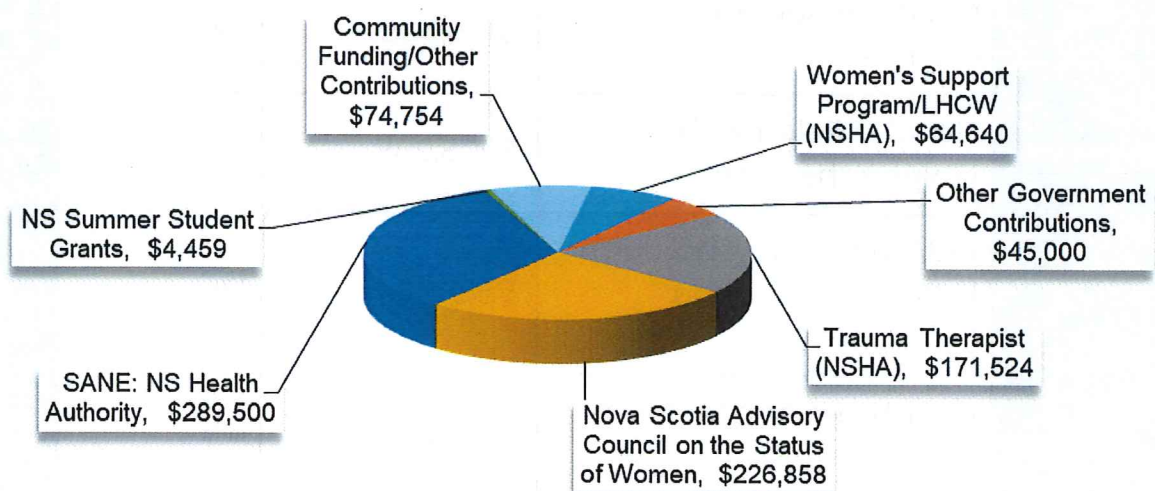
\$876,735 Direct Service

Funding for 22/23



Women's Support Program/LHCW (NSHA)	\$64,640	7%
Other Government Contributions	\$45,000	5%
Trauma Therapist (NSHA)	\$171,524	20%
Nova Scotia Advisory Council on the Status of Women	\$226,858	26%
SANE: NS Health Authority	\$289,500	33%
NS Summer Student Grants	\$4,459	1%
Community Funding/Other Contributions	\$74,754	9%
	\$876,735	100%

DIRECT SERVICES FUNDING



AWC&SAS PROGRAMS & SERVICES



**Women's Services Coordinator,
Vangie Babin**

5958 CORE CONTACTS

- Calls: 2419
- Emails: 872
- Visits: 2667

233 PROJECT CONTACTS

Donations

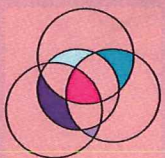
Direct Mail- Spring 2022: \$2393.33

Online Auction- IWW: \$1202.00

Trivia at Candid Brewery- IWW: \$97.00

Miscellaneous: \$1220.00

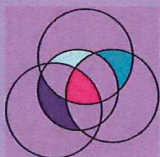
- Interagency/Community Development: **1196** total contacts
- Staff/Board Committee: **479** total contacts



During her 5 years volunteering at the AWRCSSASA, Clarissa deYoung covered the position at the front desk so that Vangie could facilitate the Creative Circle program. In addition to answering the phone, greeting visitors, and booking appointments, Clarissa assisted with Direct Mail campaigns, photocopying, creating 3D snowflakes for decoration over the holidays, making business cards, reproducing pamphlets, SANE zines, and a number of other tasks. Clarissa was reliable and always keen to help wherever help was needed. Although we will miss her steadiness at the front desk, we wish her all the very best.



Taylor Myette, Summer Student, did an amazing job covering for Vangie while she was off on vacation in the summer of 2022. Taylor has a kind and gentle approach to all that she does and is extremely well organized. It was an absolute pleasure having Taylor at the AWRCSSASA. We wish her another successful year at StFX and with a bit of hope perhaps we will be able to have her come back next summer.



AWRCSASA-ADMINISTERED SERVICES & PROGRAMS



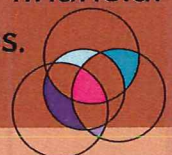
Kinsmen Fund

The Kinsmen Fund is made available to the AWCSAS to help women in emergency financial situations. Through the Kinsmen's generous donation of \$1000 each month, women (and their families) are able to receive financial assistance toward an emergency bill payment (e.g. rent, heat, prevention of power disconnection), medical necessity or food security.

Throughout the 2022-2023 fiscal year we administered \$9,936.95 on behalf of the Kinsmen. This year forty-six (46) women received assistance through the Kinsmen fund with the following emergency financial help:

- 16 emergency heat/power arrears
- 2 rent arrears/security deposit/shelter costs
- 3 phone/internet arrears
- 3 emergency groceries
- 6 prescription costs
- 9 for essential medical travel
- 2 for emergency dental work
- 4 for eye exam and prescription costs
- 1 for employment necessity
- support with Christmas gifts

On behalf of the Women's Support Workers we are so grateful to have access to this fund; financial assistance is a significant part of our work with women living in poverty and every dollar truly helps relieve a piece of the financial burden women face when trying to make ends meet for their families.



Workshops and Trainings

HIFIS – May and October 2022

This fiscal year AWCSAS direct services completed the transition to log statistics for clients and services in Nova Scotia's Homeless Individuals and Families Information System (HIFIS). Mica along with the other Direct Services staff participated in training sessions over Zoom and began using the program fulltime.

ASIST Training – May 28-29, 2022

AWCSAS staff participated in a two-day ASIST training at the Lifestyle Centre in Guysborough. Applied Suicide Intervention Skills Training (ASIST) is an interactive workshop in suicide first-aid. The participants learned how to recognize when someone may be at risk of suicide and to work with them to create a plan that will support their immediate safety. This training is very useful for our staff to feel more prepared and competent as AWCSAS is known as a support environment and community resource for those struggling with mental health issues and life challenges.

Workshop with Michelle LeBrun – Paqtnkek - February 7th, 2023

In February Mica along with other AWCSAS staff attended a Cultural Knowledge presentation by Michelle LeBrun entitled "Decolonizing Practice through 2 Eyed Seeing - Indigenous Approach". The workshop was very interesting, informative and inspiring, especially with respect to ensuring we are incorporating decolonizing practices into all aspects of our work in an authentic way.

Community Partnerships

Midwife – June 2022

In June, the women's support workers met with Stephanie, one of the new midwives, to discuss the various supports and resources offered at AWCSAS.

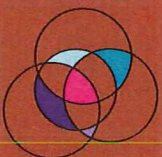
A Roof Over Your Head – November 2022

In November, the women's support workers met with housing support workers Connie DeCoff and Speareig Hendra from A Roof Over Your Head to strengthen the partnership and discuss ways in which both organizations can work together to best help those seeking our services.

Naomi Society – November 2022, January 2023

In November, Mica met with support worker Deidre DeBodt with the Naomi Society to become acquainted with a woman who Deidre thought could benefit from the services and supports offered at AWCSAS. This introduction has blossomed into the woman becoming connected to the Specialized Therapy Program and women's support worker supports such as accompaniment to appointments, advocacy and supportive listening.

In January, Mica met with support worker Ashley MacDonald from the Naomi Society to build a partnership in supporting a young single mother from the community. This has proved to be effective as each organization has been able to offer varying resources, supports and advocacy that have been very helpful to this family.



Lindsay's Programming:

During the month of April Gisele was able to coordinate with Joanna Benchley a Masters Student working at Mental Health to offer an Anxiety program. The program began March 23rd from 10-12pm for six weeks. There were six women enrolled in the program.

Nurse Tours:

Gisele was able to provide sixteen (16) nursing tours for students throughout this fiscal year. During the tours discussions took place regarding the rising costs of housing, food, and electric bills and how this directly impacts women's mental and physical health. A focus was on Income Assistance Rates in the province and how this directly impacts and puts strains on the Health Care system due to the poverty rate.



Christmas 2022:

Usually in December the Women's Support Workers organize a luncheon for women within the community. During this time women would come together for a meal, some Christmas cheer and carols. Unfortunately this is the third year we were unable to provide this due to high rates of illness. However, we still felt it was important to recognize women in the community. The three support staff were able to organize and provide a gift package of honey, chocolates and grocery cards.

Community Collaboration:

Nourishing Families Program:

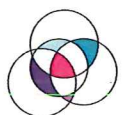
The Women's Centre once again collaborated with the Antigonish Farmers Market Association to provide the Nourishing Families Program to women and families within the community. The program was a nine month program beginning April 1st 2022-December 31 2022. Each month money was provided to selected families within the community to help offset the cost of food. The money can be used at any vendor within the market.

Cancer Care Navigator:

In May the three support workers met with Heather Brander, the Cancer Care Navigator from Cathy's Place at Saint Martha's Hospital. In the meeting we were able to discuss how each program works and how we can work together to meet the greatest needs of women within the community.

Midwives:

In June the support workers met with the midwives from Saint Martha's Regional Hospital to discuss our program and how to collaborate together to meet the greatest needs of women within the community.



Sisters of Saint Martha's Poverty Relief Fund:

The Sisters of Saint Martha's donated \$25 000 to the fund for the 2022-2023 year. The funds were administered according to the guidelines originally developed in consultation with previous Executive Director Lucille Harper. Single women and mothers were able to access emergency financial relief when presenting with financial hardship. Below is an outline of how the money was distributed from April 2022- March 2023.

- In total one hundred and nineteen (119) women received support from the fund this year.
- Twenty-two (22) women received help with medical prescriptions or medical travel.
- Seven (7) women received support with rental arrears or damage deposits.
- Twenty-six (26) women received support for heating assistance (oil or electric bills).
- One (1) woman received support for new glasses.
- Seven (7) women received support for overdue phone bills.
- One (1) woman received support with her driver's license renewal for employment.
- One (1) woman received support with household items for a new apartment.
- One (1) woman received support with a new phone for safety reasons.
- Forty-one (41) women received support with grocery cards. (\$100.00 each).
- Fifteen (15) new families from Ukraine were supported with grocery cards.

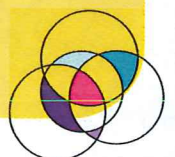
In addition to the one hundred and four women who received support throughout the fiscal year, the support workers were able to purchase twenty (20) grocery cards, Peace By Chocolate and honey to be distributed throughout the Holiday Season in December. A donation was also made to the Antigonish Community Fridge.

It is apparent that poverty continues to be present for women in the Antigonish Community as the costs of living continue to rise. This year we have seen an increase in heating arrears as well as women unable to provide food for their families. The assistance from the Sisters of Saint Martha's has provided women with heat, power, health needs and shelter in times of financial crisis.

Women's Support Fund:

The Women's Support Fund is a donated fund available to women who are in a situation where they need assistance in making a change in their lives. It is available to women who are facing financial hardship. These funds were distributed the following way in 2022-2023:

- One (1) woman was able to go to a hair salon and have her hair cut and coloured to gain employment and improve her mental health.
- One (1) woman was supported in getting a Lifeline to continue living independently.
- Ten (10) women were supported in rental arrears.
- One (1) woman was supported in buying a new bed to be able to sleep comfortably.
- Thirteen (13) women were supported in heating assistance (oil or electric bills).
- One (1) woman was supported in paying for her taxi license to gain employment.
- Three (3) women were supported with overdue phone bills.
- One (1) woman was supported with a dental emergency.



COMMUNITY PARTNERS

- A Roof Over Your Head
- John Howard Society
- Schools Plus
- Victims Services
- Naomi Society
- Sexual Assault Nurse Examiner
- Mental Health and Addictions
- AWRCSSA Trauma Therapy Program

Justice Matters for Women is a recognized and valued service that has assisted women throughout Antigonish and Guysborough counties with issues pertaining to:

1. Navigating the Justice System - accompaniment to court, advocating for a legal aid appointed lawyer, support person to accompany a complainant during preliminary hearing
2. Poverty - Employment Support and Income Assistance (ESIA) access and appeals, rural isolation and transportation issues, advocating with MLA's office
3. Information about entitlement and benefits - death benefit, child tax benefit, CPP, OAS and GIS. Advocacy with Service Canada and MP's office
4. Family law - separation/divorce, maintenance enforcement, child protection, custody and access, common law relationships. Assistance with application process for Nova Scotia Legal Aid, assisting with legal aid certificates
5. Mental health- addictions
6. Employee rights and collective agreement, workers' compensation, labour standards complaints, occupational health and safety, human rights complaints, long-term disability
7. Violence - intimate partner violence, harassment, bullying, discrimination
8. Financial management - bankruptcy
9. Housing and tenancy - advocacy with Nova Scotia Provincial Housing, landlord issues, emergency shelter issues, information on eligibility for home information funding



ANTIGONISH GUYSBOROUGH IMMIGRANT SUPPORT PROGRAM

Najlaa Alzaanin

The AGISP provided welcoming, settlement, integration support, information and awareness, and referral services to immigrants and refugees living in Antigonish and Guysborough towns and counties. The AGISP focused on one-on-one counseling, including welcoming and support with individualized needs assessment and programming, orientation, and integration for all immigrant and refugee clients. Collaboration with direct service providers, community-based organizations, and stakeholders was key in the planning, organization and implementation of the program's activities. In addition to serving pre-existing immigrant and refugee populations, the AGISP has taken a leadership role across our service area in response to the resettlement of refugees. This includes providing supports for Ukrainian Families to meet their needs. There was a massive advocacy and partnership effort to assist these families to settle in Antigonish and find a safe space to live. A lot of support was toward getting government documents (such as SIN, MSI cards, bank accounts, driver's licenses, and work permits) and applying for government benefits (such as the heat rebate, housing subsidies, federal financial support, disability support, GST, community service, income assistance, and medical coverage), finding housing, securing jobs, registering children in schools, connecting newcomers with the community to reduce their isolation, referring them to service providers in the town and accompanying them to some of their appointments.

Moreover, there was ongoing interpretation and translation support for Arabic speakers, help in supporting sponsorship initiatives, efforts to build community awareness, and provision of direct support to new permanent residents arriving under private and government-assisted programs and under the Atlantic Immigration Program (AIP). The program has built expertise and a network of support to address a flexible range of needs. The AGISP coordinator continually initiated extensive outreach work with community-based organizations, sponsorship groups, community volunteers, government organizations, the health care system, educational institutes, and special interest groups to foster immigrants' full access to settlement services and resources in the Antigonish and Guysborough areas.



DIRECT SERVICE OUTCOMES

Who accessed AGISP?

- 43 immigrants/refugees
- PLUS their children
- PLUS visitors to Canada seeking information about immigration services and resources

Who were these newcomers?

- 18 Ukrainian families
- 1 Afghani family
- 5 Syrian families

NEEDS IDENTIFIED

- childcare
- housing
- translation and interpretation
- general orientation and assessment
- navigating websites and resources
- information on government benefits
- assistance in filing tax returns
- system navigation (health care, school, legal system etc.)
- personal financial management, employment
- transportation
- networking and social relationships
- family settlement
- legal issues



Workshops and sessions:

A series of legal information sessions were developed and delivered in partnership with Partners for Legal Education (PLE), ISANS, Antigonish Women's Centre & Sexual Assault Services, and the Legal Information Society of Nova Scotia:

Family Law

Child Protection Law

Domestic Violence Law

Landlord and Tenant Law

I also organized the following sessions::

Winter driving

School Settlement work (in partnership with **Yreach**))

Introduction to Basic Banking (in collaboration with **East Coast Credit Union** and through the **Each One Teach One** program

Filing Income tax

Welcome event for Ukrainian Families

In Nov. 2022, I organized a welcome event for the new Ukrainian families who had recently arrived in Antigonish. The event was at the library. I invited all the families and 11 of them joined the event. I also invited the Minister of Immigration, Refugees and Citizenship Canada, Sean Fraser, who sent his regrets but sent a recorded message to welcome the families. I invited Antigonish MLA, Michelle Thompson, who attended the event with the Minister of Labor, Skills and Immigration Nova Scotia, Jill Balser, in addition to many community members and volunteers who joined. It was a great time for the families to get together with other community members, families and politicians. There was a lot of music, dancing and sharing food which make the atmosphere very warm and welcoming. At the end, we gave each family a welcome package.

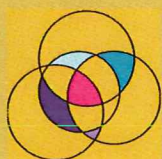
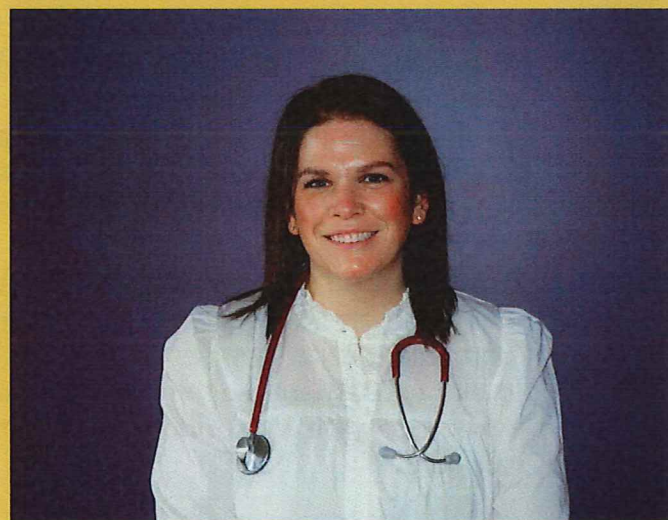


A number of our patients are also new to Canada. Whether by choice or fleeing war torn areas, these patients have unique and complex needs. Most are from Syria, India, The Philippines and more so this past year, Ukraine. With the use of apps, translation services and staff using their own language knowledge, we build trust and provide supports they would not be able to access elsewhere.



This past year we also did an outreach Well Women's Clinic at Paqtnkek Health Centre, which was well attended. We hope to plan additional outreach clinics in the upcoming year as the need for access in our more remote rural communities is very high.

When we are providing support to our patients, we are also providing support to their families, inner circles and their communities. The health of one affects the health of all.



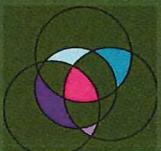
SEXUAL ASSAULT NURSE EXAMINER (SANE) PROGRAM

We provide:

- emergent medical & forensic response, 24 hours a day, 7 days per week
- supportive follow-up care for victims/survivors.
- expert testimony in a court of law.
- storage of forensic evidence for at least six months (longer as needed).



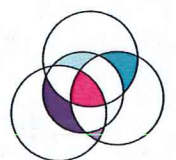
In Nova Scotia, we continue to be faced with what seems to be inconceivably high rates of sexualized violence in our communities. Over the last few years in this province, we have encountered many challenges, including Covid-19 and Canada's largest mass shooting. These traumatic events have resulted in high levels of stress, hypervigilance, and fear in all areas of life. It is highly likely that there has been an increase in violence in our communities as a result of the pandemic and the social, economic, and health impacts one would expect that a pandemic would bring. Increased stress and restrictions to societal and social functioning may lead to increased incidences of emotional, physical, and sexual violence and assault. Although we know that many victims will not access a SANE program, here in our catchment, we seek to build connections within the community to foster a safe, supportive, and non-judgmental environment where victims can come for support and guidance. We are proud to be able to provide specialized, compassionate, trauma-informed, and culturally sensitive care to those who have experienced sexual violence. Each and every year our SANE program is presented with opportunities for growth and change. This year has been no different, at both the community and provincial levels.



TRAUMA THERAPY

In 2022/2023, the trauma therapy program continued to offer a range of services including mostly in person sessions, phone and online sessions, and a trauma group was offered in the fall of 2022. Nancy Grey left in March of 2022 and Terri Pitts began the same month. Avalon Centre in Halifax was awarded the funding to oversee the trauma therapy program for the province, and in March of 2023, Terri became an employee of Avalon Centre, and an agreement was met between Avalon and AWRC for Terri to remain working out of the centre.

Demand for trauma therapy has remained consistent over the year with most referrals coming from the Naomi Society, St. Francis Xavier University, Mental Health and Addictions, and from other service providers in the community and at AWRC. Unfortunately, the waitlist has continued to grow given that there is only one therapist in the role for the area. We have continued to prioritize recent sexual trauma when possible. Although our program is open to all genders (anyone over 16 years of age) we have provided therapy mostly to women this year, along with a few men and folks who identify as non-binary.





Circles of Support and Change: Transferring Successful Rural Indigenous Practices to other Rural Contexts

The COSC project is a project of the AWRCSSA's working partnership with 4 distinct, rural, underserved communities to develop community-led, community-based responses for preventing and responding to gender-based and sexualized violence. It is rooted in the belief that the knowledge and most appropriate and effective approaches for addressing gender-based (GBV) and promoting healthy relationships are held within local communities. It builds upon learning from the community-led, community-based Paqtnekek Mi'kmaw Nation model, a model which has been replicated in other Indigenous communities.

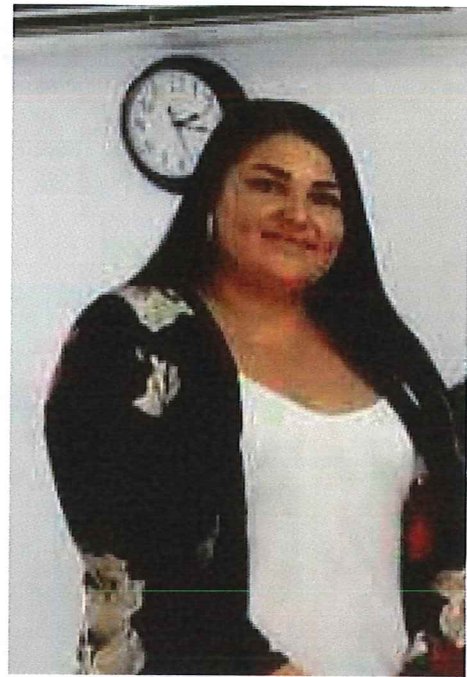


Stories of Change

KARLA STEVENS

Indigenous
Knowledge
Coordinator

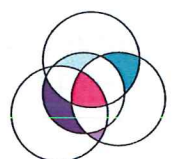
Open house held in community, collaboration with Confederacy of Mainland Micmaw, Paqtnkek Health Centre, being able to re-assess community needs through surveys, reaching more community members, introducing new and present service providers that are in our area. Community members want follow-up. Good feedback from the community. Important for me to be working back in my community. We learned it's important to continue the healing journey that was started.



TONYA PELLEY

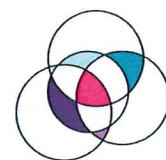
Facilitator-
Guysborough

We had a retreat at Tatamagouche Centre, time to rest together, chats, time to be together, shared open dialogue with women of all generations. Discussion of relationships, GBV now and in the past in a very safe space. Having external facilitators who were ANS made it comfortable.





Healthy Relationships for Youth



Funded by: Public Health Agency of Canada, Leacross Foundation

Provincial Program Coordinator: Moraig Macgillivray

SRCE Program Coordinator: Catalina Martinez, Kayleigh Trenholm

CSAP Program Coordinator: Emily Trudeau



Healthy Relationships for Youth is a school-based, violence prevention program offered by the AWRCSASA in partnership with various schools, centres for education/school boards, and community based organizations around the province of Nova Scotia. The schools involved serve predominantly rural areas, and the curriculum is designed with this in mind. The HRY program consists of a series of twelve cumulative sessions delivered within the Grade 9 Healthy Living curriculum by trained youth facilitators from grades 11 and 12. The interactive sessions are designed to reduce the risk of violence for youth through developing their skills and knowledge around creating and maintaining healthy relationships.

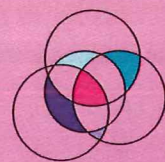
SHOCKPROOFING COMMUNITIES NATIONAL SUMMIT

Tanya Felix

March 27-30, 2023 - attended the Shockproofing Communities National Summit at the Shaw Centre in Ottawa. A national summit for gender justice and gender-based violence organizations and leaders, hosted by the Canadian Women's Foundation and Women's Shelters Canada

Tanya had participated as an Advisory Committee member to support planning for the event since April 2022. A \$2500 grant was provided to the Centre for participation and bursaries were provided for travel. Because of her participation as an Advisory Committee Member, she hosted events and was later asked to speak about the impact of Covid on our organization and how funds from the CWF supported the Centre during this time. Karla Stevens & Tonya Pelley attended as presenters on the Circles of Support & Change project, Participants were very interested in their work, with a lot of questions and compliments on their roles in the community. I opened the presentation with an overview of the Centre and its work.

To conclude the week, Tanya also participated in 'NAP on the Hill Day' organized by Women's Shelter's Canada and attended pre-arranged meetings with elected officials to discuss the National Action Plan to End Gender-Based Violence. Originally a meeting with Mike Kelloway of the Cape Breton-Canso riding but it was cancelled. she met Andy Fillmore Liberal MP for Halifax, together with Jamie Matthews-Colchester Sexual Assault Centre and Anne de Ste Croix of THANS. We discussed the need for stronger long term funding for the sector-patchwork of funding, need for easier access to federal funding for smaller organizations, the HRY program, trafficking in NS, impact of covid on incidents of GBV. These meetings coincided with the scheduled release of the NS Mass Casualty Commission Report.



Now as you retire, we are going to miss our great colleague who worked very hard to take away our pressures. When you look back you will see what incredible achievements you have been a part of. Take all you have learnt and those things you've achieved and enjoy your retirement with them. Enjoy your freedom and unlimited weekends too!! Many Blessings

Vangie!

-Michelle Newell

"Vangie, through your kindness, warmth and acceptance you make people feel seen, heard, and cared for. You made me feel this immediately, and I hear often from my clients how much they appreciate you, as do I. You will be missed, but I am so happy for you to spend more time doing the things you love and to spend more time with Phillippe."

-Terri Pitts

The heart of the Women's Center, and the brain and the pulse- I don't know if you realize, Vangie, how central you are to the whole operation. Your gifts are what make everyone- clients, visitors, and staff- feel so at ease. You are warm, you are knowledgeable, and you have the ability to add a perspective to any situation that helps people get to where they need to be. You will be missed!

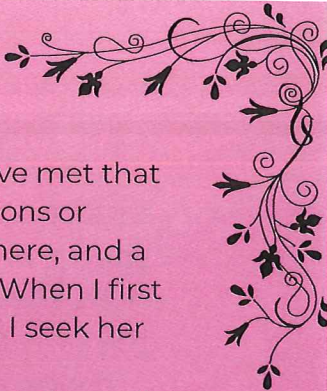
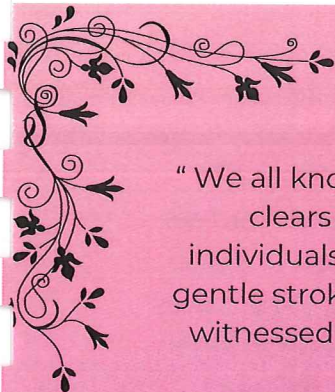
-Moraig Macgillivray

When I arrived at the AWRC for my interview, having never once even set foot in the building, I wasn't at all sure what to expect. And then I was greeted by Vangie, who welcomed me, offered me a cup of tea, and wished me good luck with my interview. I was immediately made to feel at home, and I knew from that moment that this was a place I wanted to be. Thank you for your open heart and warm welcome!

-Emily Trudeau

Our lovely Vangie--thank you for being an amazing co-worker, one with empathy, compassion, intuition, humour, great stories and a never-ending desire to not only help but problem-solve and make meaningful change! And you are so much more than a co-worker, you are a dear friend and I value our friendship immensely. It is hard to imagine the women's centre without you--you truly are the face, the heart and soul... I am so happy and excited for you to indulge in your retirement with Phillippe!

-Mica Francis



" We all know individuals who can 'clear' a room... but Vangie is the first I have met that clears out a room of 'negative energy.' If there were challenging situations or individuals....Vangie would appear with her drum...a few shakes here and there, and a gentle stroke of her hands, she pushed all negativity out of the workspace." When I first witnessed Vangie's 'cleansing' ceremony I gave my head a scratchnow... I seek her out to clear 'the air.'...

-Marcia Connolly

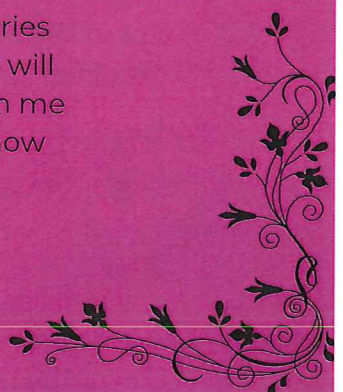
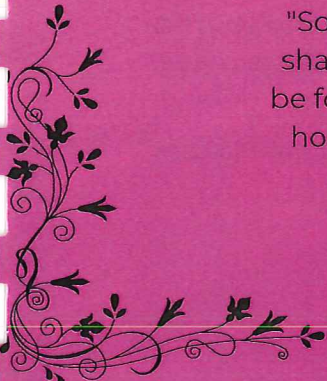
Vangie, you have been the heart of the Women's Centre for many years. You have an incredible capacity to hold space for people, listen and care genuinely and generously, and meet people where they are. Your ability to greet people in this way meant that so many people who might not have otherwise accessed the support they needed were able to take the next step to do so. You have literally changed lives. I am so grateful to have had the opportunity to know you, work with you, and build a friendship that I cherish. You will be deeply missed at the Women's Centre but we know that you will be out there in the world continuing to love and care and build community, as well as taking some much deserved time for yourself and to enjoy other things in life. Wishing you all the very best for your retirement and thanking you for all you've done for the Women's Centre and our community!

-Wyanne Sandler

"I don't know that I have the words to express how special Vangie is, and how much of an impact she has made while working at the centre. She helped me discover my own worth at a time in my life where I couldn't see my own potential, and I would not be the woman I am today without her. I don't think this is unique to just me; Vangie leaves a positive imprint on everyone who enters the doors to the centre and we are all better for knowing her.

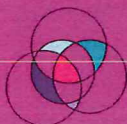
Thanks for everything, Vangie! I wish you the absolute best in your next adventure in life."

-Kayleigh Trenholm

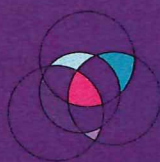
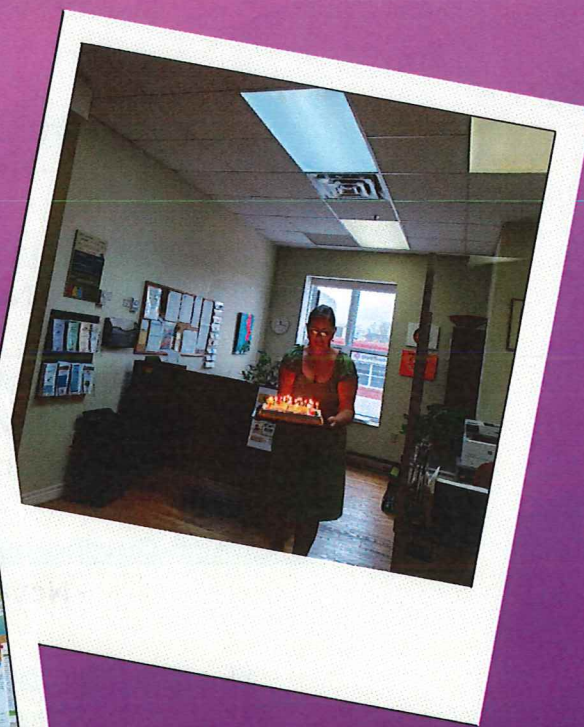
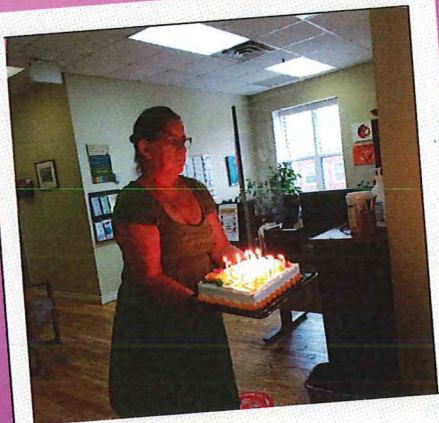


"So grateful to have worked beside Vangie. Her knowledge and stories shared are something I will take with me wherever my path leads. I will be forever grateful for Vangie taking the time out of her day to teach me how to address a letter after embarrassingly admitting I did not know how as a '02 baby. Her patience and kindness is unmatched."

-Olivia Hart



Vangie was a teacher and her lessons were well taught...
Everything has a place and should be back in that space...if found missing she is a hissing...
Without a doubt she keeps us afloat...
We all know that down the hall ..on the wall..is the calendar...
forget to fill it out..and you will be shut out...of the big room ...
Where Vangie's laughter and chatter fills the space and makes the AWRC a special place!
Marcia, Mica & Giselle



Staff & Board of Directors

2022-2023

Executive Co-Directors

Anita Stewart, Tanya Felix

Operations Manager

Moraig Macgillivray

Financial Administrator

Cindy Doiron

Bookkeeper & Admin support

Jackie Jacques

Bookkeeping Assistant Placement

Ranim Al Zhour

Women's Services Coordinator

Vangie Babin

Women's Support Workers

Mica Francis

Gisele Carpenter

Rural Outreach Worker

Marcia Connolly

Specialized Trauma Therapist

Terri Pitts

Sexual Assault Nurse Examiner Program

Program Manager: Pamela Reyes

Program Manager: Felicia Felix-MacDonald

Response Site and Staff Coordinator: Kari-Lee

Chisholm-MacDonald

SANE nurses

Kari-Lee Chisholm-MacDonald

Felicia Felix-MacDonald

Marilyn Grant

Kendra MacEachern

Suzanne Munro-MacLean

Kyla Neary-Griffiths

Pamela Reyes

Jessica Bisson

Heather Brander

Leonna Wilneff

Anne Cameron

Cassandra Quik

Maggie McInnis

Heather Landry

Brooklyn MacKinnon

Gena MacPherson

Maggie Smith

Summer Student

Taylor Myette

Lindsay's Health Centre for Women

Physician: Moira MacLean

Nurse Practitioner: Kathryn Boyd

Mental Health Community Outreach Worker: Cianna MacKeigan

AWRCSASA Women's Support Workers

Medical Administrative Assistant: Richelle MacLaughlin

Healthy Relationships for Youth Program

Provincial Coordinator: Moraig Macgillivray

SRCE Regional Coordinator: Catalina Martinez, Kayleigh Trenholm

CSAP Regional Coordinator: Emily Trudeau

Sexualized Violence Prevention Educator

Faye Fraser

Bystander Intervention Project Assistant

Sydney Van De Wiel

Antigonish Guysborough Immigrant Support Program

Program Coordinators: Najlaa Alzaanin

Circles of Support and Change Program

Project Manager: Nancy O'Regan

Indigenous Knowledge Keeper: Karla Stevens

African NS Communities Facilitator: Tonya Pelley, Alicia Clyke

Canso Community Facilitator: Michelle Newell

Strait Richmond Community Facilitator: Danielle Martell

Board of Directors

Cianna MacKeigan (Co-Chair)

Christina Holmes (Co-Chair)

Laura Burns

Ilse Hill

Krista Lauff

Robin Neustaeter

April Prosper

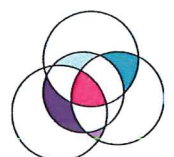
Farhiyo Salah

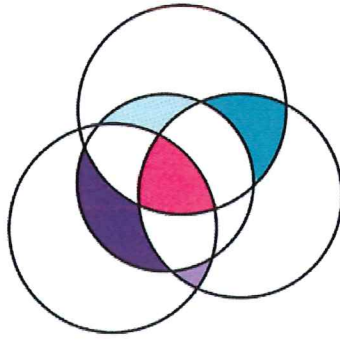
Anita Stewart

Tanya Felix

Hina Shehzadi

Shelby Thompson





Contact Us

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