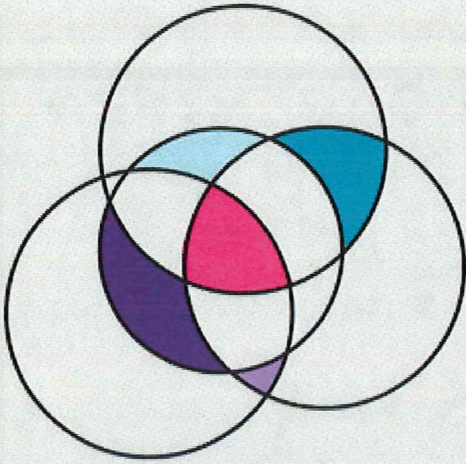




OUR MISSION

The Antigonish Women's Resource Centre & Sexual Assault Services Association

is an independent, feminist, community-based organization that works to create personal, community, and social change for women and their families through direct services, community development, education, and celebration.

Report Prepared and Submitted by

*Anita Stewart, Executive Director
Moraig Macgillivray, Operations Manager*

Cover Art by

*Alie MacMaster and Haley van de Wiel, Grade
8 students at Saint Andrew Junior School*

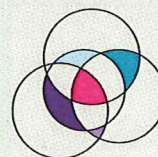


ABOUT OUR WORK

As a Women's Centre and Sexual Assault Centre, we offer programs that benefit the community as a whole as well as facilitated support programs specifically for women, girls, Two-Spirit, trans, and non-binary people. Our sexual assault services are available to survivors of all genders.

WE WORK

- at a **collective** level, providing educational and support programs for people of all genders
- at a **community** level, through community development initiatives and by providing workshops and presentations for the public, schools, and service providers, and
- at a **systemic** and **institutional** level, addressing the structural barriers that women and other groups who experience oppression face as they try to take control of their lives, and by advocating for more just and equitable public policies and programs to be implemented.



A message from our Executive Director

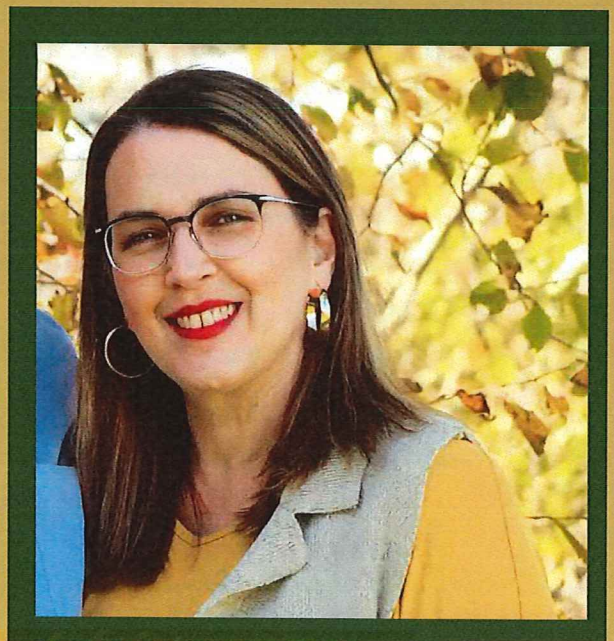
With one and a half years in as part of the Antigonish Women's Resource Centre & Sexual Assault Services Team, I feel extremely privileged and filled with gratitude to work with the most amazing team of women. Each day I see our staff navigate, support, advocate, collaborate and go above and beyond to support our clients and each other. Although the work we do can often be extremely demanding, our Team shows up each day giving of themselves to the women and their families in our community who need support. With the rising cost of food, fuel, and other necessities of life, women and their families continue to struggle with these ever-growing challenges. Poverty and food insecurity have been at the forefront of much of the work being carried out at the Centre, along with mental health challenges for many.

In March of 2023, the Mass Casualty Commission Report was released and to those of us working in this sector, many of the findings were not surprising but still extremely difficult to read. The impact of domestic violence, intimate partner violence and sexualized violence continues to affect women, children, Indigenous women, African Nova Scotian women, women of color, Two-Spirit, trans and non-binary persons, disproportionately.

Other noted findings in the Report stated the Gender Based Violence sector is not resourced properly and that lack of access in rural Nova Scotia to services and programs is inadequate. Women's Centres across NS need increased, stable, core funding to allow us to continue to do the important work needed to prevent and address gender based violence.

Short-term funding is welcomed but ultimately this type of funding comes with an end date and does not allow for continued, ongoing support in rural communities. Simply put, project-based funding is an insufficient way to address gender-based violence, intimate partner violence and sexualized violence. We are facing an epidemic. **As quoted in the Mass Casualty Commission Report, "....our collective systemic failures are attributes to the fact that we underfund women's safety."**

When reading through parts of the Report, I was taken aback to read that Commission experts **"identified that Canada has not met international obligations according to United Nations with regards to gender-based violence"** As a country and society , we need to do better!





A MESSAGE FROM THE FINANCE OFFICE

2022-2023 Financial Report

The responsibilities of the finance department include accounting for revenue and expenditures in a timely and efficient manner in order to report to the Executive Director, funders and the board of directors.

The predominant source of funding for AWRC comes from the Dept of Community Services via the NS Advisory Council on the Status of Women. One of the Women's Support Workers and the Lindsay's Health Centre are partially funded by NSHA. NSHA also fund our SANE and Trauma Therapy Programs.

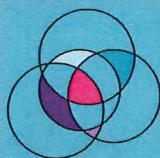
We secured funding from NS Labour, Skills and Immigration again this year to partially subsidize the employment of one summer student.

Other government funding came from WAGE to fund a racial justice program, technology costs and aid in the operating expense.

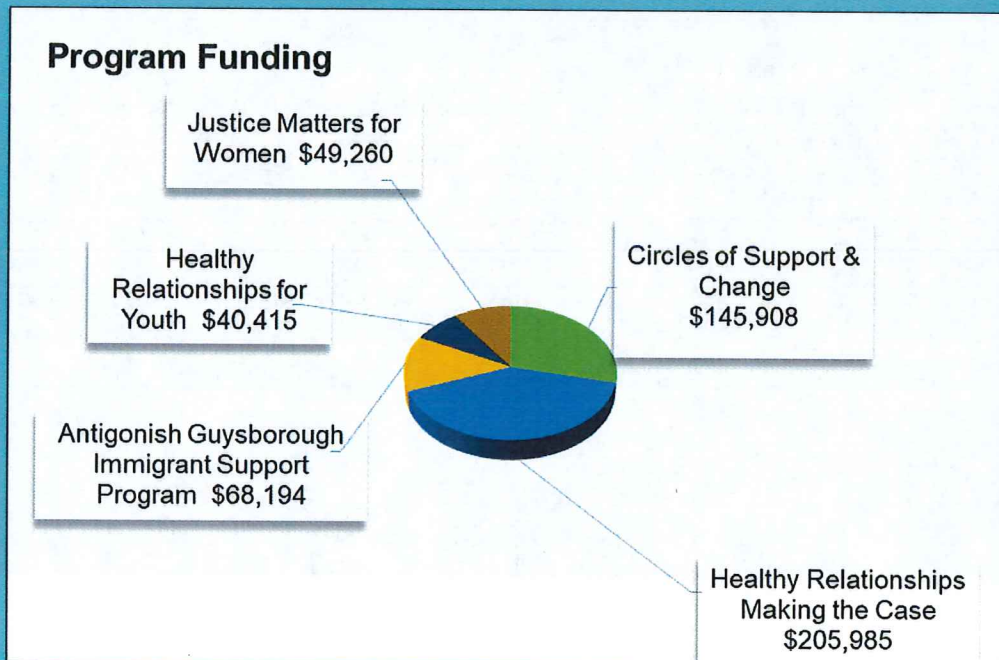
We started out the 2022-2023 year running six projects with the Bystander Waves of Change project wrapping up the end of April 2022. We are in the fifth and final year of the Healthy Relationships for Youth - Making the Case program which is funded by the Public Health Agency of Canada. Our Healthy Relationships for Youth program is ongoing and was funded this year by NS Dept of Justice and the Canadian Women's Foundation. The Circles of Support and Change project is in its fourth year of a five-year program and funding is provided by Women and Gender Equality. The Antigonish/Guysborough Immigrant Support Program is funded by the NS Office of Immigration which provides settlement support. Our outreach program, Justice Matters for Women, is funded by the Law Foundation of Nova Scotia with a contribution this year from the Canadian Women's Foundation.

In April 2022, Cindy Doiron joined the finance department. Jackie and Cindy are committed to supporting AWRCSSA and the projects in all financial matters.

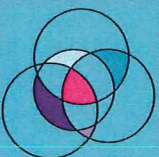
-Jackie Jacques, Bookkeeper and Cindy Doiron, Finance Manager



\$509,762 Total Program & Project Funding for 22/23



Circles of Support & Change	\$145,908	29%
Healthy Relationships Making the Case	\$205,985	40%
Antigonish Guysborough Immigrant Support Program	\$68,194	13%
Healthy Relationships for Youth	\$40,415	8%
Justice Matters for Women	\$49,260	10%
	\$509,762	100%



AWC&SAS PROGRAMS & SERVICES

Creative Circle

Nineteen (19) individual women attended Creative Circle in 2022-23 for a total of 168 visits. The women are very excited to be gathering once again and creating with their friends. Conversations included how they managed to stay connected to the Circle by honoring the Monday Circle time in their own homes when the Centre was not open due to Covid.

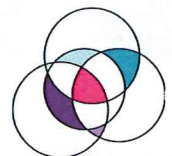
One of the women crocheted a multi-coloured afghan using yarn that was donated to Creative Circle and sold it for \$100.00. The proceeds were donated back to the Women's Centre.

We were saddened by the passing of Jean MacPherson who was the woman who actually got Creative Circle off the ground back in 2008. Two members of her family generously donated 2 very large totes to Creative Circle that were completely filled with yarn. The group held a few moments of silence to recognize and remember Jean and her amazing knitted creations.

Some of the items worked on included crocheted sweaters, baby booties, a Tunisian crocheted red and white afghan and dishcloths. Knitted projects included hats, socks, mohair vests, slippers, socks, socks and sleeves that were knitted 2 at a time, dishcloths, scarves, bandanas, and sweaters. Other crafts included card stock embroidery for various special occasions, drawing, paper snowflakes, paper bag stars, books that were folded into trees, zipper removal and general hand sewing projects, Cheticamp-style rug hooking and digital scrapbooking. The last time we met in December cookies and recipes were brought in for sharing. Some of the women were new to knitting and crochet and received lessons and encouragement along the way.

New women continue to join Creative Circle over the cold, dark winter months. Lots of fun and laughter was had by all while creating products for their loved ones.

- Vangie





WOMEN'S SUPPORT WORKERS

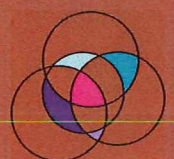
Our support workers understand that everyone's situation is unique and that all people are the experts of their own lives. They strive to provide support to women, adolescent girls, Two-spirit, trans and non-binary people to make positive changes in their lives.

THEY RESPECT:

- autonomy
- confidentiality
- privacy

THEY PROVIDE:

- information
- supportive and judgement-free listening
- connections to financial assistance available in the community
- community navigation
- advocacy and accompaniment



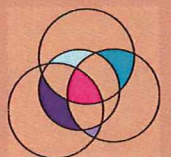
AWRCSASA-ADMINISTERED SERVICES & PROGRAMS

Antigonish Emergency Fuel Fund–2022-2023 Season

The Antigonish Emergency Fuel Fund provided emergency support for people unable to afford to heat their homes. Funding for the AEFF 2022-2023 season was provided through donations coming from the Sisters of St. Martha, the Town and County Councils, the Bergengren Credit Union, and other businesses and people in the community. The Fuel Fund application forms were made available through the Women's Centre as well as the Town and County Council offices.

The AWCSAS accepted and reviewed applications from November 1st 2022 to April 30th 2023 and, on behalf of the AEFF board made recommendations for approval of emergency help. The Treasurer, a long-time volunteer, continued to make payments to the fuel providers and maintain the books. For the November 2022 - April 2023 season the Antigonish Emergency Fuel Fund assisted 180 families with approximately \$113,000 in home heating assistance. The vast majority of these families received \$650.00 in oil, and \$400.00 in power, wood or propane. A handful of families were able to receive a little more in order to bring any outstanding arrears to a zero balance where they could start fresh and budget accordingly. There were 106 families from the county who received heating assistance and 74 from the town. In the county 54 families were assisted with oil, 36 with electric heat, 13 with wood and 3 with propane. In Antigonish town, the AEFF assisted 26 with oil, 47 with electric heat and 1 with propane. Many people were referred to government and non-government programs for further assistance. Some points of interest with respect to the socioeconomics and demographics of the AEFF families include:

- 26% rely on Income Assistance as their source of income
- 22% are single parent families
- 27% are seniors
- 40% are families with children
- 17% are families affected by severe/chronic illness
- 41% have either part-time or full-time employment



Events

Retirement Party – Debi Anderson – Kid's First – October, 2023

Mica and Vangie attended a retirement party for Debi Anderson who has been the ED at Kids First for many years. They extended congratulations and best wishes on behalf of AWC.

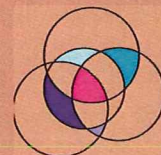
International Day for the Eradication of Poverty – People's Place Library – October 2023

Mica attended an event at the library honouring the International Day for the Eradication of Poverty hosted by the Antigonish Poverty Reduction Coalition. A representative from Engage Nova Scotia did an informative presentation on people's experiences of poverty from a survey conducted in 2015.

Women's Appreciation Lunch - December 2022

Once again, since AWRC was unable to host our annual women's lunch leading into the holidays, Gisele, Marcia and Mica delivered giftbags including Season's Greetings cards, Sobeys giftcards, festive boxes of Peace by Chocolate and bottles of locally made honey to the women who would normally have attended the luncheon.

"I'm so grateful for the services at the women's centre. I don't know where I would have turned."



A Roof over Your Head:

Throughout the year the support workers were able to collaborate with A Roof over Your Head for multiple women and families within the community. The benefit of having the housing organization in the same building is being able to pop over with women to collaborate together. This has worked very well and the women are getting their needs met on many levels.

Naomi Society:

Gisele was able to work with Naomi Society throughout the year to provide information to a woman within the community regarding healthy relationships in order to best manage her relationship with her partner.

OHS Committee:

An Occupational Health and Safety committee was re-established this year. Meetings take place once per month and address any safety concerns staff may have within their programs. This year the committee was able to work on reviewing and updating policies within the policy manual in regards to keeping safe within the building and while working offsite.

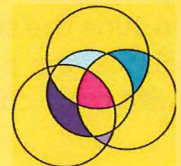
In addition, some changes were made within the Centre to allow staff to feel safer while working.

Advocacy and Referrals:

In 2022-2023 there were various reasons women needed support through advocacy. Gisele advocated with Nova Scotia Power on behalf of women who had received doorknob notices stating their power would be disconnected. With advocacy and referral women were able to avoid disconnect. In addition to NS power, advocacy took place with the Department of Community Services, Mental Health, and housing (landlords).

Support and Accompaniment:

Often women require support through accompaniment to various services within the community. Gisele was able to accompany women to ESIA appointments and A Roof over Your Head appointments.



JUSTICE MATTERS FOR WOMEN RURAL OUTREACH IN ANTIGONISH AND GUYSBOROUGH COUNTIES

The Antigonish Women's Resource Center and Sexual Assault Services Association has been successfully advocating and serving the needs of rural women, through the delivery of the Justice Matters for Women Program, for fifteen years. The Outreach for Rural Women in Guysborough and Antigonish counties has been a valued and recognized program that addresses the disparities often associated with rural living. Access to information, advocacy, support and resources helps to mitigate the challenges women experience when living in rural communities. Complex issues of sexualized violence, intimate partner violence, custody, separation, child and spousal support are difficult to navigate when access to information and resources are limited.



Justice Matters for Women serves adolescent girls and women weekly in Guysborough and Canso, and biweekly in Sherbrooke by appointments, through home visits, phone support and advocacy. Phone support and advocacy is readily available to women accessing our toll-free number.

An Outreach Worker, Marcia Connolly, serves the communities of Guysborough, Canso, Sherbrook and Antigonish.

The Justice Matters for Women program provided 311 support sessions to 199 women, 123 of whom were new to the program.

Community events and programming had one hundred and thirty-five (135) individuals in attendance between April 1st, 2022 - March 31st, 2023

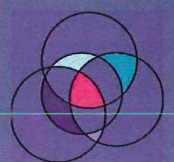


Staff Planning Day



On November 29th Staff planning was held off-site with guest Natasha Polomski of Turn Up the Frequency. It was a great time to learn more about the workings of “energy” and it gave us, the Staff, a chance to come together as a team and share goals and ideas for the new year. It was a great event.

-Vangie



PROGRAM OBJECTIVES

Reach 140 immigrant clients and their families through...

- one-on-one support
- programs
- workshops
- information sessions

PLUS

- working in partnership with community volunteers and service providers to coordinate and/or host settlement and integration workshops that support the orientation and integration of permanent residents arriving as immigrants and refugees throughout the region. (for example workshops on cultural competency, Nova Scotia Child welfare system, law enforcement, income tax, housing, finding employment, starting a business in NS, mental health services, accompaniment, and advocacy)
- providing information and help with navigating systems through direct counseling and family support for improving physical and mental health, referrals, advocacy, and accompaniment
- updating the Antigonish/Guysborough Newcomer Resource Booklet and translating and updating program brochures
- providing information on the various services and supports available in the area
- working with other immigrant-serving organizations to partner, coordinate settlement efforts, and build awareness of immigrant support needs and services available in the region
- organizing and hosting in-person and online workshops for direct service providers on trauma-informed practice, translations, and interpretation services for working with immigrants and refugees who have experienced trauma
- reducing social isolation for immigrants and newcomers by involving them in the ongoing activities in the community
- providing support, referrals, and information related to credential recognition and business start-up and development
- organizing information sessions and workshops on relevant topics, financial literacy, fire safety, filing taxes, parenting, or other topics based on identified needs



EVENTS

I attended and participated in the Metropolis conference in Ottawa. My objective was to present the program and how it is supporting newcomers to Antigonish through the challenges that exist in rural areas, such as the lack of adequate funds and resources. It was a great opportunity to meet other settlement service providers from all over Canada and learn about their work, challenges, and successes. Also, I made connections with some IRCC agents and employees.

Oct. Atlantic Local Immigration Partnership (LIP) 2022 Gathering: I participated for two days in the LIP gathering in Halifax. People from all over the Atlantic region who represent their organizations as a part or consular in the LIP were in attendance. The first day was a presentation from the Halifax Refugee Clinic. Julie Chamagne, the executive director of the clinic, talked about refugee claimants and non-status migrants in our communities. Also, she presented some case studies about refugees who faced the possibility of deportation to their countries of origin and how immigration dealt with these cases in an unfair process. In addition, we had discussions about the ways to support these people through our communities' services and how to find ways to advocate for them and put more pressure on the government. The rest of the day was a presentation for a settlement organization from PEI to show the challenges that they face in resettling immigrant families in rural areas and the steps that they are applying to overcome these challenges. The second day was a workshop about imagining solutions beyond our problems. The main idea of the session was to use our imaginations to think outside of the box and come up with solutions and alternatives to our community problems. It was a very dynamic day full of energy and creativity.

March 16-18: 25 Metropolis Canada Conference in Ottawa:



With Esther Bejarano, Clifford MacDonald, and Jyotsna Jain from the LIP launching strategic plan





**Dr. Moira MacLean, Richelle MacLaughlin, Cianna MacKeigan,
Kathryn Boyd**

LINDSAY'S HEALTH CENTRE FOR WOMEN

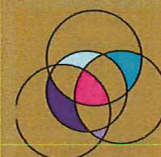
Lindsay's Health Centre for Women (LHCW) provides collaborative primary health and collaborative health services. LHCW is a partnership of the AWRCSSA, the Nova Scotia Health Authority (NSHA), and the practicing physician.

LHCW TEAM

The LHCW Team is comprised of a Physician, Nurse Practitioner, Mental Health & Addictions Services Clinician and an Administrative Assistant. We work closely with the Antigonish Women's Resource Centre staff to provide true wrap-around services for patients and, although our clinic runs only one day per week for scheduled appointments, we coordinate services and care for our patients every day ensuring they have access to supports.

FILLING A GAP

We are listed with the Nova Scotia Health Authority under Primary Care, Well Woman's Clinics and also with 811. Our outreach is far-reaching with many pharmacies, doctor offices, specialists, clinics and emergency rooms directing patients to our clinic for care. With the pandemic, the number of new Nova Scotians arriving and local doctors retiring, the majority of our patients are seen for complex primary care.



Total Appointments: 1164
Total Served: 883

The number of people we see at Lindsay's is only part of the picture.

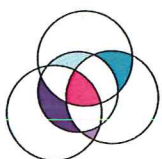
The "stats" are the actual number of visits/patients. The actual "touches" with each patient or client however goes far beyond that.

Each individual visit requires follow up in some fashion. This may be for testing, pharmacy, referral, wrap around services with the AWRC etc. At times this will take much longer than the actual appointment time but is not truly captured.

There are also many we help who may never actually have an appointment directly with one of our providers. Often we are providing navigation through the health system on where to access particular health services or directing people to other service providers which would better suit their needs. There are times when someone just "may not be able to..." make the call or know what to say, we will support them with those contacts so they can get connected with the right supports.

For many people even trying to navigate 811 can be a challenge and this is something for which we will always provide support. Currently we are advocating for patients who were "dropped off the "need a doctor" list" for any number of reasons, and are having to start over on the wait list.

Although funding relies on numbers, what we actually do for each individual is priceless to those in need of care.



OUR PROGRAM

The SANE Program is a "client centred" care model, where the victim/survivor directs all aspects of their care. The victim/survivor is given medical and legal options for treatment, as well as follow-up options. Specialized medical-forensic services are provided in a safe, supportive, culturally safe, non-judgmental and confidential environment to individuals of all genders who are 13 years of age and older. AWRCSASA SANE exam sites include Lindsay's Health Centre for Women, Antigonish, St. Martha's Regional Hospital, Antigonish, Strait Richmond Hospital, Evanston, the St. Francis Xavier Health Centre Antigonish, the Aberdeen Hospital, New Glasgow, and the Guysborough Memorial Hospital, Guysborough. Our two community sites are currently paused pending MOU's (awaiting receipt of MOU's from NSH).

STATS

- Info Calls: **34**
- Cases: **30**
- SAEKs (sexual assault examination kit) collected: **24**
- 53% of all cases were reported to police with the kits handed over
- perpetrators: 29 male-identified, 1 female-identified

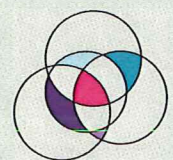
TRENDS

- 28/30 clients were female identified, 1 was male identified, and one identified as non-binary
- majority of clients were between 17 and 25 years of age
- most of the assaults occurred on the weekend
- Fall is the busiest time of year for the SANE program
- reports are going up since pandemic restrictions have been eased
- more SAEKs are being handed over to police than in previous years
- most assailants are known to survivors
- multiple-perpetrator assaults are on the rise

SITES

Our SANES respond to cases at the following sites:

- Aberdeen Hospital (9 cases)
- St. Martha's Regional Hospital (19 cases)
- Strait Richmond Hospital (2 cases)
- SfFX Health and Counselling Centre (0 cases- likely because it was closed for much of the year)
- Guysborough Memorial Hospital



TRAUMA THERAPY



A six-week trauma therapy group was offered in the fall of 2022 with four women attending. It covered topics of trauma and its impacts including anxiety, depression, negative core beliefs and shame as well as tools for coping with these impacts such as resourcing, emotional regulation, mindfulness, and self-compassion. A group is also running in 2023 from April until May and Terri will deliver a 3-hour, condensed version of the group to various communities in 2023.

AWRC became an approved site for counselling practicum students in February of 2022 and Gretel Park from Yorkville University completed a practicum at AWRC that began at Second Story Women's Centre in Lunenburg with Terri supervising. Students typically complete an 8-month practicum, from September until April providing basic counselling.

We are now on the list at Yorkville and are hoping to have students provide counselling for the community in the coming year.

Professional development has continued to be a priority for trauma therapists. Terri attended a weeklong Eye Movement Desensitization and Reprocessing (EMDR) training in Halifax in September 2022 and continues with online training and EMDR supervision to obtain her certification for EMDR. She also attended Applied Suicide Intervention Skills Training (ASIST), and a few online trainings including Trauma and Resistance: Innovative Responses to Oppression, Violence and Suffering with Vikki Reynolds, PhD, RCC.

The courage, healing, and growth experienced by those attending trauma therapy sessions has been incredible to witness. Here are some of the experiences reported by survivors:

It's so helpful to have a better understanding of why I feel this way.

I noticed that I'm not blaming myself anymore.

My mom told me she is seeing a difference in me.

I'm trying to be kinder to myself.

I'm finding it easier to set boundaries. I still feel a little guilty when I do it, but I tell myself that it's ok.

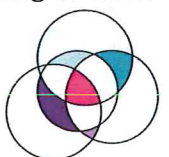
Partnerships

Internal: other team members, AWRCSASA staff

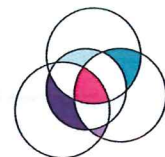
- Leadership from the AWCSAS Directors has provided guidance and support.
- Worked with internal staff to co-facilitate programs, provide resources. -Waves of Change program for bystander training, Parenting Safe Children workshops, Healthy Relationships for Youth program
- Worked with Lindsay's Health Centre, therapist came and presented a session on how to deal with narcissistic behaviour. Identified the need for more support.
- Outreach worker has had more direct involvement in the past year in the project communities.
- AWRC is able to take calls and make referrals for support.
- Tonya-Knowing that we have the support of the AWRC is super important. I have referred several community members to the center. It is hard to establish the trust between partners and it is something that we must be constantly working towards. One of the main reasons we need partnerships is to increase knowledge on how to be culturally responsive to our ANS communities. We are certainly on the right path with partnerships and plan to work hard and collectively with the ones we've established as well as work equally hard in forming new ones that will help our COSC project.

External: formal service providers, informal community partnerships

- Partnership with Kids First has provided a clear vision for supporting the ANS communities
- Schools Plus has been supportive of families.
- Senior's Action Committee – work being done to identify and define Afrocentric Care. That knowledge can help us in this work as well.
- ANS Community Facilitator has been asked to join the Community Health Board, providing updates on community needs.
- Joined Antigonish Guysborough Black Housing Association – working on getting our own land back and looking at housing issues.
- Richmond County Community Facilitator also serves on Community Health Board. Co-hosting events and providing knowledge about project
- Michelle McPhee – co-facilitated trauma informed yoga program
- Dana Pettipas – wellness planning, activities
- Seniors Take Action Coalition – participating in events
- Catholic Women's League providing food for events
- Individual community leaders are participating in Richmond informally, adding credibility to the work, which helps to build trust
- DSC has reached out to partner around looking at changing their model to child wellness rather than child protection.
- Has us thinking about Support the Supporters and the need from the last project.
- Building on asset strengths Naomi Society, Early Years Network, School Advisory Council, Childcare Committee, Peer Support NS, Mental Health Innovations
- Bringing school-based assets to parents as well – Naomi supporting parents and other parents are learning to work with them.
- Building knowledge of the available resources such as Schools Plus and Lindsay's Health Centre

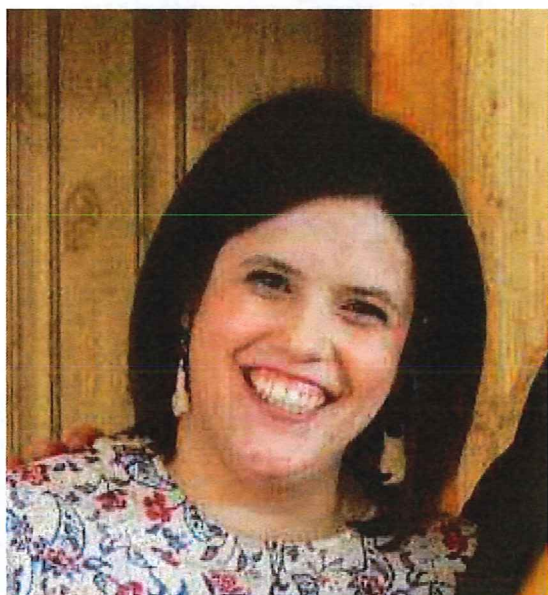


Stories of Change Continued



DANIELLE MARTELL

Facilitator: Richmond



Feel overall like I am finally diving-in to community and hosting events and it is building community trust in me. Getting more referral calls, women are thrilled to have someone present in the community to help with navigation and services. Community member shared that "we are a light in the community" and the presence of the project is providing opportunities to build relationships with community members.

MICHELLE NEWELL

Facilitator- Canso

Focused on individual women, supporting a survivor, now drug-free. She was supported by the Circle community, now on steering-committee, she is feeling empowered, making women feel that they are important and are supported. Even if they are hurting and struggling and coping in ways that are causing more problems, they can begin a healing journey with support. It also highlights the deficits in our mental health system that need to be addressed. When someone comes to us today and says "I need help" and we can help, it is rewarding to the project and community because they are seeing hope in other women.



2021-2022 School Year

A New Year

With a new team of regional coordinators working here at the Centre (Kayleigh Trenholm and Emily Trudeau) and Covid restrictions behind us, Healthy Relationships for Youth was reestablished according to its original design (peer facilitated and in-person) in most schools that carried out the program.

The Near Future

As this was the final academic year of our funding from the Public Health Agency of Canada, much of the provincial coordinator's attention was focused on continuing the program beyond September of 2023. A Provincial Advisory Committee was reestablished (having become inactive during the pandemic) and met several times to brainstorm ways to continue the program. The provincial coordinator wrote letters to Becky Druhan (Minister of Education), Michelle Thompson (Minister of Health and Wellness and MLA for Antigonish), as well as principals and Department of Education officials. Fortunately, the Nova Scotia Department of Community Services has agreed to fund 1.5 staff positions in the program. This ensures its continuation in the 2023-2024 school year, albeit at a scaled back capacity.

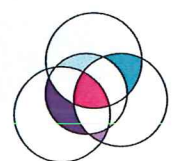
Long Term

The team is hopeful we can find new funding opportunities in the coming months and are particularly keen to find sustainable funding that would allow us to scale up the program to more (if not all) schools in the province and give the coordinators job security, as staffing changes have plagued the program over the years.

To raise awareness and potentially garner support for the program, we have engaged Scope Digital Media to create a digital marketing campaign. By highlighting the strengths of the HRY program we hope to market it to potential funders, to the Department of Education, to Centres for Education, and perhaps even to parents who might use their voices to request programming that would make for safer school environments.

Mass Casualty Commission

We are hopeful that the recent release of the Mass Casualty Commission report, which recommends better funding for community based organizations that are working to both respond to and prevent gender based violence, will foster renewed interest and funding for the HRY program and for the AWRCSSA.



CELEBRATING VANGIE!

28 YEARS OF DEDICATION!

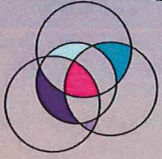


Anyone who has visited the Antigonish Women's Centre in the last 28 years will undoubtedly recognize this beautiful smile! Although this is Vangie's final year with the Centre, she leaves behind a legacy of kindness, friendship, dedication, and of course her gift of giving the most wonderful hugs! When I asked staff to send me a story, quote or thoughts about Vangie, my email was on fire! Staff quickly responded to my request because they wanted to show their love and appreciation for Vangie, just like she has shown so many women over her 28 years at the Centre.

My memory of Vangie will be of the kindness, patience and knowledge she has shared. I call her our "Knowledge Keeper", as she knows the Women's Centre inside and out, literally! When I first arrived at the Centre she was my 'go to' person when I had questions about how certain things were done. I am sure I asked a thousand questions during my first six months and each time I had a question it was met with not just an answer, but a warm smile, the willingness to help and always a response that sent me in the right direction. To sum up Vangie's role at the Centre is near impossible, as she is a Jill-of-All-Trades! The compassion she shows all women who pass through our doors is truly genuine and authentic, whether it be a co-worker or a woman needing support. Vangie treats everyone with dignity and gentleness. Her altruistic behavior is to be admired. This world would be a much better place with more "Vangies"! We will miss you terribly but wish you all the happiness this world has to offer.



-Anita Stewart
Executive Director



Vangie,
A Strong Woman
is one who feels deeply
and loves fiercely.

Her tears flow
just as abundantly
as her laughter.

A Strong Woman
is both soft and
powerful.

She is both
practical and spiritual.

A Strong Woman
is her essence
is a gift to all the world.

Kesalul (I love You) Vangie and
wish you all the happiness your
hands and heart can handle!! <3

-Karla Stevens

I often think of Vangie saying " could you sign these birthday cards for me?" It's just one of the kind gestures that Vangie does to make those around her feel special or important. She radiates those kind, caring qualities and when anyone enters the centre, whether it is staff or a woman in need of services, etc , she takes the time to make sure they feel as if they matter. She is the face of the women's centre and all the warm, safe vibes it represents. She will be greatly missed!

-Felicia Felix-MacDonald



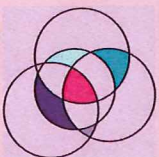
Over many years the Centre has been shaped by Vangie's consistent presence and genuine caring for each person she meets. She is the warm welcome, she is behind the words of encouragement women have come to love and expect when they reach out. Vangie brings her true self to work everyday and it is a beautiful thing to see how one person can lighten the burdens of others, often by knowing what is needed before they do and just being Vang. Many times I have leaned on her with my own troubles or she senses something is up. I do not know anyone else like her, she is unique and empowering. I am proud to call her a friend and it has been a privilege to work with her over the years. In this last year of your career with the Centre, I hope there are many chances to celebrate and reflect on how amazing you are Vang! Love you!

-Tanya Felix



For many of us, Vangie is the heart of the women's centre -- the warm voice on the phone, the smile as women come through the door, the listening ear that connects women with the person they need to see. She is a warm hug, a caring heart, a sparkling, sister laugh, a defender and a problem-solver. While I have many memories of Vangie, one of my favourites is when a woman walked through the door to be warmly greeted by Vangie. When Vangie asked her how she could help today, the woman said she only came in for a Vangie hug. Vangie drew her into her arms and held her for a long moment while giving her one of her tender laughs. The woman thanked her and headed out into her day. We all benefited from Vangie's hugs, from her remembering our birthdays, from her thoughtful words. I don't think there has been a summer student who will not remember Vangie's mentoring nor a woman who has come into the centre whose heart has not been warmed by Vangie's caring smile. Certainly all who have had the privilege of working with her will long remember the many shared moments of laughter, tears, and determination to create a better world she has given to each of us.

-Lucille Harper



Staff & Board of Directors

June 16, 2023

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Cindy Doiron

Bookkeeper

Jackie Jacques

Women's Services Coordinator

Vangie Babin

Women's Support Workers

Mica Francis

Giselle Carpenter

Justice Matters for Women

Marcia Connolly

Specialized Trauma Therapist

Terri Pitts

Sexual Assault Nurse Examiner Program

Program Manager: Pamela Reyes

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 Quick

Maggie McInnis

Summer Students

Taylor Myette

Jasmine Desmond

Olivia Hart

Lindsay's Health Centre for Women

Physician: Moira MacLean

Nurse Practitioner: Kathryn Boyd

Mental Health: Cianna MacKeigan

AWRCSASA Women's Support Workers

Medical Administrative Assistant: Richelle MacLaughlin

Healthy Relationships for Youth Program

SRCE Regional Coordinator: Kayleigh Trenholm

CSAP Regional Coordinator: Emily Trudeau

Violence Prevention Coordinator: Asma Bari

Antigonish Guysborough Immigrant Support Program

Program Coordinators: Wendy Hughes, Arianna Coello

Circles of Support and Change Program

Indigenous Knowledge Keeper: Karla Stevens

African NS Communities Facilitator: Tonya Pelley

Canso Community Facilitator: Michelle Newell

Strait Richmond Community Facilitator: Danielle Martell

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Cianna Mackeigan (Co-Chair)

Christina Holmes (Co-Chair)

Anita Stewart, Executive Director

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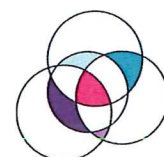
Robin Neustaeter

April Prosper

Farhiyo Salah

Hina Shehzadi

Shelby Thompson



AWRC & SASA Funding

The Antigonish Women's Resource Centre and Sexual Assault Services would not be as successful without the support of our community and the generous commitment of foundations, various government departments and private donors that fund our work.

Direct Services are funded by:

- Nova Scotia Advisory Council on the Status of Women
 - Nova Scotia Health Authority
- Women and Gender Equality Canada
 - Community donations

Sexual Assault Nurse Examiner program is funded by:

- Nova Scotia Health Authority

Specialized Sexual Violence Trauma Therapy Program is funded by:

- Nova Scotia Health Authority

Justice Matters for Women is funded by:

- Law Foundation of Nova Scotia
- Canadian Women's Foundation

Antigonish Guysborough Immigrant Support Program is funded by:

- Nova Scotia Office of Immigration

Healthy Relationships for Youth Programs are funded by:

- Public Health Agency of Canada
- Canadian Women's Foundation
- NS Department of Justice Community Grants

Circles of Support and Change: Transferring Successful Rural Indigenous Practices to Other Rural Contexts is funded by:

- Women and Gender Equality Canada

Summer Student position is funded by:

- Nova Scotia Labour, Skills and Immigration

We would like to extend our sincerest gratitude to all individuals, organizations and businesses who value and support our work. Thank you to all who contribute to our direct mail campaign. We raised \$27,273.89 this year which in turn touched the lives of many. Special thanks to the following:

- Every Individual Donor
- Sisters of St Martha's
- Antigonish Kinsmen Club
- Unifor Social Justice Fund
- East Coast Credit Union
- Community Links

