



novavita

help. hope. heal.

Domestic Violence Prevention Services

Year in Review 2010 - 2011



Help us help them



Message from the President of the Board of Directors:

After twelve years of service as a member of the Board of Directors and six years as President of the Board, I can't believe that this is the last time that I will be writing a "Message from the President". The organization's journey over the last twelve years has been nothing short of phenomenal – facing funding shortages, labour disputes, domestic violence homicides, even a flood – the spirit and commitment to our clients by the Board of Directors, staff and volunteers has never wavered.

Working to eliminate domestic violence in an organization such as Nova Vita is something that is more than just a "cause" or a volunteer job – it gets under your skin. When you hear the tragic, heart wrenching stories of 3 and 4 year old children huddling together in a closet while mommy and daddy "fight"; when you see the sad, sometimes bruised faces of women coming to the emergency residence for safe shelter and support; and when you speak to women who have suffered 40 years of abuse in a marriage who finally leave their partner – you know why you want to help.

We know that there are successes – the stories of women who against all odds have made successful transitions to violence free living – from our shelter, to our transitional housing, to the community; and the development of programs and services that are cutting edge and innovative such as our Caring Families program.

It is also gratifying to know that we live and work in a community that strongly supports Nova Vita and our fight to eliminate domestic violence. Brantford and the County of Brant has always responded to our requests for donations and goods. The generosity of the community is felt at all levels of the organization in all of our programs.

It has been an honour and a privilege to work with the dedicated members of the Board of Directors for the past twelve years and to get to know and work with the talented, professional and committed Nova Vita staff. I have learned a great deal over the years about domestic violence and I have learned about working with an incredible team of individuals whose primary objective is to provide "help", inspire "hope" and to "heal" our clients. My tenure as a volunteer member of the Board has been both a humbling and amazing experience – and I am very grateful.

I wish my fellow Board members, the wonderful Nova Vita staff and our courageous clients my very best wishes. Victoria Malcolm, my successor, will be an able steward and I know that under her leadership, we can continue to eliminate domestic violence in our community.

With warm regards,

Candace Wells

Bill c168

In June 2010 the Provincial government legislated changes to the Occupational Health and Safety Act regarding workplace violence, with an emphasis on domestic violence. The legislation – **Bill c168** – requires all employers in Ontario to have policies and procedures in place to ensure employee safety.

As driving forces behind domestic violence prevention in Brant County, Nova Vita Domestic Violence Prevention Services and the BRAVE Committee joined together to create educational seminars on *Bill c168* to assist companies with the legislated changes.

While companies work to amend their policy and procedures to meet the requirements of Bill c168, many do not understand how to prevent domestic violence from entering the workplace or how to implement appropriate safety plans. Our specialized seminars assist employees in developing a clear understanding of the effects of domestic violence, “the duty to report requirements” and learn how to implement appropriate safety plans to ensure employee safety.

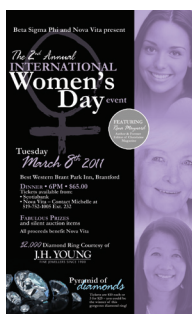


Programs and Services

- 24-Hour Crisis Line 519-752-HELP
- 30-bed emergency shelter
- Child and Youth Programs
- Transitional Housing and Support
- Individual Counselling for women, children and men
- The Women of Wisdom (WOW)
- Children Exposed to Domestic Violence
- Caring Families
- Challenge to Change
- Differential Response



For the past 28 years, Nova Vita has offered help, hope and healing to over 18,000 women, children and men. As a community non-profit organization, our essential programs and services would not be available without the support of our donors, benefactors and volunteers. For that we thank each and every one of you. In our pursuit of a violence free community for all, we host many events through out the year to raise awareness and necessary funds.



In honour of **International Women's Day** for the past two years, we have celebrated women with accomplished guest speakers Sally Armstrong and Rona Maynard. On *March 8th, 2012* the keynote speaker is Dr. Samantha Nutt, a woman who is committed to peace, human rights and social justice.

We are thrilled to present the **Woman of Distinction Award** to honour a special woman for her accomplishments and contributions to our community.

During the month of May, the **Daisy of Hope Campaign** is a symbol of hope and healing through public education and awareness.



This province wide initiative unites participating shelters with the message - *"a life without violence is the only life to live"*. Each May, we ask supporters to purchase and wear white daisy lapel pins to show their support in ending violence against women. In addition to the daisy pins, Nova Vita holds charity barbeques throughout the city to raise funds and inform our community of all the available programs and services.

June was quite a busy month for Nova Vita! Our 13th annual **Charity Golf Tournament** was another great success. With a group of dedicated and enthusiastic players our tournament is always an entertaining and fun filled day. Please join us on *Friday June 1st, 2012* at the Greens at Renton.





Saturday June 18th, 2011 marked our first **Men in Heels Standing Tall Against Domestic Violence** event. More than 90 men and boys - willing to demonstrate their support to eradicate domestic violence - walked in red high heels in downtown Brantford. Nova Vita was touched by the show of passion for the victims of domestic violence. Join us *Saturday June 16th, 2012* for our 2nd Annual Men in Heels event.

The Holiday Season can be a very difficult time for the women living in the shelter. In 2000, as a gesture of kindness, Toronto volunteer Cheryl Stoneburg started the Basketeer Program. With laundry hampers generously donated by Rubbermaid - the basketeers were able to provide women with beautifully wrapped hampers filled with new kitchen and bed and bath items. Our **Brantford Basketeers** program started in 2009, with the generous support of local businesses and individuals we have presented over 200 baskets to women in need. Our drop off party is held at the Salvation Army Church in West Brant on Saturday November 19th, 2011.




Every child deserves to smile this holiday season.

Holidays can be a difficult time for many in our community. For the abused and homeless women and children living in the emergency shelter this is especially true. At Nova Vita we want to make the holiday season a little brighter for our residents. Each year, the **Holiday Wish List** is posted on the Nova Vita website - www.novavita.org - in the hope that each child will receive a special gift for the holidays.



For more information on all our upcoming events please visit the Nova Vita website. We appreciate your support and look forward to seeing you at our 2012 events.



Shelter Services

Women	140
Children	148
Total number of shelter residents	288
Average length of stay	
Family Violence Program	36 days
Homeless Program	43 days
Total average occupancy rate for shelter	113 %



Community Counselling Services

Women in Transitional Housing & Support	190
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Women in Counselling Programs (Including crisis intervention through community outreach)	301
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Children Exposed to Domestic Violence Program	
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Mothers	27
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Children	46
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Men's Counselling Programs	
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Challenge to Change/Partner Assault	277
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Partner Contact	378
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Total Community Counselling clients served	1,219
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Volunteer Hours	1,420
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Violence Education & Prevention	1,120
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Caring Families Program

Program Description

Nova Vita Domestic Violence Prevention Services offers individual and group counselling to victims, perpetrators and children impacted by domestic abuse. One issue identified by our clients is the need for programming for parents who share the care taking responsibilities of their children and who struggle with increasing domestic conflict. This rise in parental conflict increases the risk of children being exposed to domestic abuse. These conflicts are present in families where both parents are living with their children, where parents are separated or divorced and in blended families. To address this client need we created the *Caring Families Program*. The program is funded by the Ministry of Children and Youth Services and is augmented by Nova Vita fund raised dollars.

The Caring Families Program is a 16 week psycho-educational group treatment program for mothers, fathers and their children. The goal of this family model program is to prevent escalating domestic conflict by building respectful, empathetic parent communication and to support appropriate child centered parenting practices. The groups are offered separately for mothers, children and fathers. The desired outcomes for this program are to reduce parental conflict, improve parental relationships at an earlier point in domestic conflict and improve a child's well-being by mitigating a child's exposure to parental hostility.



Program Evaluation

Feedback from social service agencies referring clients to Caring Families has been very positive about the program content and outcomes; parents participating in the groups have been very enthusiastic about their involvement and have sustained good program

attendance; and program facilitators have reported positive experiences of working in the program.

Since 2008, we have received funding and support from the Centre of Excellence at the Children's Hospital of Eastern Ontario (CHEO). With CHEO's assistance, we have built an evaluation framework and completed a pilot study of our program. We are pleased that, with the continued support of the Centre at CHEO, we are now completing a more extensive study of the Caring Families program. We will use these results to gather evidence regarding best practices for working with families that access services at our agency.



If you have any questions please contact Gail Quinlan at gquinlan@novavita.org or Raghida Mazzawi at rmazzawi@novavita.org

Quotes from Caring Families Program

“Learning that it is normal to make mistakes as long as you are willing to recognize them and want to change. Take advice as advice and not a personal attack”.

“Great advice and a life saver some weeks”.

“It has been helpful to share and to listen with other parents dealing similar and very different times in their lives. Thank you”.

Financial Report

For the fiscal year April 1, 2010 to March 31, 2011

Revenue

Ministry of Community and Social Services	1,299,810
Ministry of Children and Youth Services	63,095
Brant United Way	67,500
Ministry of the Attorney General	130,538
City of Brantford	240,715
Men's Program Fees	27,279
Fundraising	236,177
Grants	89,548
Maria House Program	66,781
Sundry	18,488
Total	2,239,931

Expenditures

Residential Services	1,337,388
Shelter Program	
Children's Program	
Transitional Program	
Community Outreach	99,047
Community Counselling	804,201
Women's Program	
Men's Program	
Children's Program	
Total	2,240,636

A complete set of audited statements is available upon request by calling
752-1005 ext. 214 during business hours.

Board of Directors

2010-2011

Candace Wells, President
Victoria Malcolm, Vice President
Colette Good, Secretary
Ian Robb, Treasurer
Brian Finnigan
Todd Graves *
Gerri Jensen
Lisa Herbert
Robin McNaughton
Louise Scott
Dianne Wallis
Linda Hiebert

*resigned during the year

Management Team

2010-2011

Joy Freeman

Executive Director

Lynda Falle

Director of Operations

Gail Quinlan

Director of Counselling Services

Katie Maas

Supervisor of Residential Services

Raghida Mazzawi

Supervisor of Community Counselling

Our Volunteer Team

2010 - 2011

Volunteers have an extremely important role at Nova Vita - on any given day, volunteers are busy answering telephone calls, handling reception duties, assisting with fundraising activities, and so much more.

We truly appreciate the time, commitment and energy our volunteers give to ensure the programs and services are running smoothly.

To all the volunteers, your dedication to Nova Vita continues to help us meet our mission and create opportunities for violence - free lives.

Thank you for everything!





59 North Park Street, Brantford, Ontario N3R 4J8
24 Hour Crisis Line 519.752.HELP or 519.752.4357
All other calls 519.752.1005

www.novavita.org www.daisyofhope.org

E-mail: info@novavita.org Fax: 519.752.0811

Revenue Canada Charitable Tax # 10777 1727 RR0001

