



Services, events, and a look at life at Nova Vita.

# in our words



## Standing Together, Standing Tall

### 6 years + Red Shoes = Solidarity and Success

The Nova Vita Heels to Heal Walk, formerly Men In Heels, is our largest fundraiser of the year. It is a huge success because of the amazing men and boys, and now women and girls, that register, collect pledges and walk in heels to show their support for Nova Vita. It is our walkers who strut their stuff and show that they support real change in our community as they stand together, and stand tall to end domestic violence one step at a time.

Harmony Square on Saturday, June 18th, 2016. The success of this year's event was made possible with help from our official event sponsor **TELUS Small Business Solutions**, along with the support of :

- Mother's Restaurant
- Personal Service Coffee
- Zehrs on King George Rd.
- BScene
- The Brantford Fire Department

#### Top Team

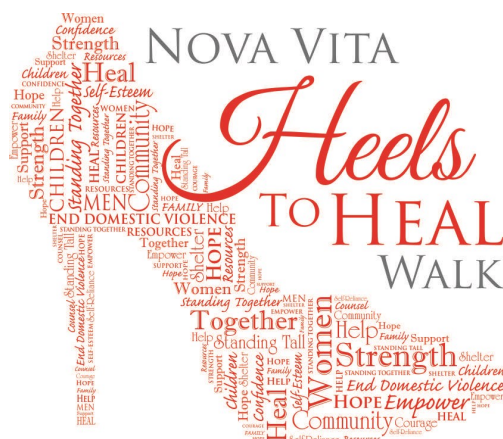
The Pirates

#### Top Individual

Joshua Wall

#### Top Youth

*Nova Vita's Heels to Heal Walk* is truly a family affair as reflected in the walkers that support us and those families that join us to help stand together against domestic violence. Get your heels ready for next year.



Over \$22,000 was raised at our 6<sup>th</sup> Annual Nova Vita Heels to Heal Walk, with

*one hundred and twenty strong - volunteers show their passion*

## *No act of kindness however small is ever wasted*

Nova Vita is thankful to have the support of over **120** volunteers who continue to enhance the programs and services offered to our many clients.

Nova Vita appreciates the energy our volunteers spend sorting donations; the enthusiasm brought to our children's program and community counselling groups;



the creativity and the information offered in Life Skills delivered to residents; the organizing and assistance at special events; their warm

welcome and aid at reception, at the boutique or with administrative tasks; the time and leadership given on our Board and also their willingness and flexibility to help with various activities throughout the year. In every aspect, where Nova Vita supports clients, our

volunteers are always right there to help! Our volunteers also come equipped with many talents and special skills including offering free legal advice, yoga sessions, tax help and art therapy among others.

In the 2015/2016 fiscal year, our selfless volunteers contributed **3,761** hours to aid in our efforts to end domestic violence and support Nova Vita programs.

We are inspired by the deeds of these volunteers and thank them for every gesture, every act and every task completed. We can never repay our volunteer as their time is priceless. Nova Vita's volunteers are truly one of



## *Kids Stay Here*

***Of the 140 children who stayed with us last year 70.8% were under the age of six years old.***

***Children are present and witness the abuse in 80% of domestic violence cases.***

### *women's programs >>>*

## *funders making a difference*

In Community Counselling, we pride ourselves on being understanding, caring and available to female victims of domestic violence. We have continuously looked at ways to provide innovative and effective ways to help women feel supported, to help them find ways to overcome the effects of domestic violence and empower them to find the strength and courage to choose violence free lives. We have collaborated with individuals and agencies from our community to offer art therapy, trauma and addictions, and trauma and parenting groups. We continue to be committed to providing client centred programming that evolves and changes according to client needs. Such commitment is only possible because of the generosity and willingness to help by individuals, community partners and funders like you.



# *Teeing Off for Nova Vita's Clients Means a Fun Day for Golfers*

## Nova Vita's 19th Annual Charity Golf Tournament

On Thursday, June 2nd, 105 golfers hit the links at the Greens at Renton to show their support to Nova Vita and helped to raise \$9,000.

A special thanks goes out to all of our sponsors who helped make this event such a spectacular day, especially to the team at *the design centre* who hosted the putting contest with exceptional hospitality and style.



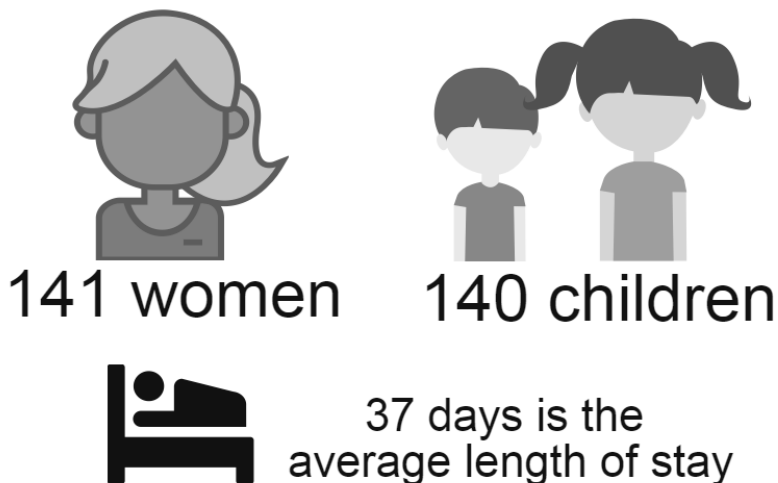
## ***Why is domestic violence a problem in Brantford?***

Domestic violence is an issue in Brantford and Brant County and Nova Vita works to help those affected in as many ways as funding allows. A study determined that there are risk factors in Brantford that predispose individuals to be victims of domestic violence in Brantford and the County of Brant. For example:

- Living in a common law relationship increases the risk of violence in the home – Brantford has significantly more common law couples than surrounding communities or Ontario as a whole.
- Mental health status also has an impact on domestic violence – the percentage of people in Brantford and the County of Brant who self identify as having fair or poor mental health is higher than surrounding areas.
- Inadequate income is also a stressor that can lead to domestic violence – the median household income in Brantford and the County of Brant is significantly lower than in other southern Ontario cities.
- The violent crime rate in Brantford is higher than in surrounding communities and is higher than Ontario and Canadian averages.

#canyougive

## Who Stays Here in a Year?



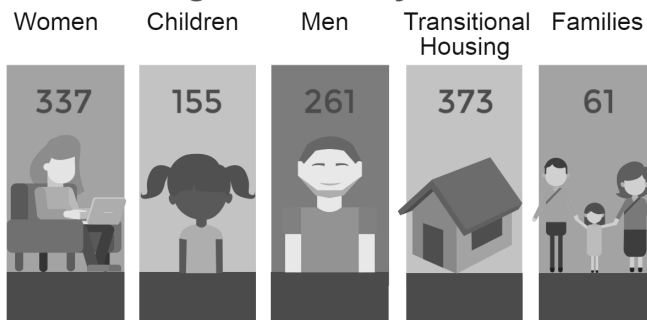
***Take a moment and think about this . . . Nova Vita has the capacity to house 33 women and children at any given time.***

***In the 2015-2016 fiscal year the average shelter occupancy was 89%.***

***But we spent 90 days at 100% capacity and 76 days over capacity.***



## Counselling Services By The Numbers



## Time to Think Differently

### **Myth:**

If it was that bad, they would just leave.

### **Reality:**

A victim may be reluctant to leave the relationship for a complex set of reasons including shame, fear of being unable to support herself and the family, degraded self-esteem after years of emotional abuse, concern about leaving pets, feeling responsible for the abuse, and/or feelings of love or concern for her abuser. Other reasons may include: being disabled, unaware of outside supports, unable to speak English, new to the country, and/or fear of being deported.

### **Myth:**

Perpetrators of domestic violence are never loving partners.

### **Reality:**

In many abusive relationships, there is an escalating pattern of abuse. When not in a violent episode, victims of domestic violence often describe their partners as loving and sensitive, thus making it very difficult for abused partners to leave an abusive relationship.



Nova Vita is grateful for those members of our community who dedicate time and planning to host 3rd Party Fundraisers and find creative ways to help give back to Nova Vita and those who stay with us. We are thankful for all events, big and small, but would remiss if we didn't give a #NVAppreciates shout out to:

### ***Soroptomist International of Grand Erie***

who refurnished and updated one of our two bedroom apartments in our transitional housing complex. Thank you! You have brought much needed light to a family who is currently rebuilding their life, you have inspired others in our community to get involved and you have made a huge difference to our organization.

### ***The Power of The Purse Speaker Series***

Thanks to Shannon McMannis and team for hosting these series of seminars focused on helping women navigate financial planning to enhance their lives and future. You empowered women to fill their toolbox with useful knowledge while giving back to the women and children at Nova Vita. What a gift!

***Environmental Safety Products Inc.*** is a dedicated supporter of Nova Vita that hosts a number of garage sales and an annual murder mystery. Your dedication and kindness year over year is truly appreciated and makes a difference.

***Desiree's Ride*** - The Ride for Desiree Gallagher was started in 2014 as a way to bring awareness to victims of crime, and raise funds in Desiree's name, who was a victim herself. Now riders participate in her memory, raising money and hope to help support victims of violence in our community. This year the ride raised over \$2,500 for Nova Vita. We are honoured to be part of Desiree's legacy.

# Nova Vita Celebrates International Women's Day in Style



On March 10th, Nova Vita “debuted” La Bella Notte, an evening of fashion and fundraising. It was a night to honour women around the world and in our community who have shown strength and courage to make the choice and live a violence-free life.

*La Bella Notte* was designed to “help, hope, and heal” with first-hand stories shared by two former clients that inspired and helped to generate much needed funds to replace beds in our 33

Nova Vita is truly grateful for the generosity of our guests who attended La Bella Notte. Because of the support we received, over \$12,000 was raised during the auctions alone, with additional proceeds coming in from our generous sponsors, long standing supporters, sold out Swag Bags, and ticket sales. We set a goal to raise money to replace 6 beds in the shelter during our first “Fund-A-Need” auction with The Auctionista, and in under 5 minutes she generated enough support for us to replace 12 beds. WOW!

The saying “it takes a village” comes to mind when we reflect, with extreme gratitude, about the great many supporters

## *cycle of giving at closet couture*

Did you know that in order to help create an ongoing revenue stream for Nova Vita we run a social enterprise called Closet Couture?

Celebrating our third anniversary, not only do high end previously loved clothing find a home at Closet Couture, but we are now providing retail training to women who have used our services. The Closet Couture Runway Project training gives women a hand up in finding permanent employment in our community.



## ***A DIFFERENT PERSPECTIVE***

**Do you know all the services and programs that Nova Vita offers?**

- 24 – Hour Crisis Line (519.752.HELP)
- 24 – Hour Emergency Shelter
- Counselling for women, children and men
- Partner Assault Response Program
- Differential Response
- Early Childhood Education

# final thoughts...

Have you heard this statistic?

**Brantford is 2nd in Ontario and 7th in Canada in police reported cases of domestic violence.**

Many say "not in my backyard" but the staff and volunteers at Nova Vita see the result of these numbers every day and every night.

What about those cases that are not reported? Now is the time, start the conversation, take the stigma away so more are open to receiving the help they need.

*did you know?*

***That the average age of a woman staying with Nova Vita is 35 years old.***

**#canyougive**

Funding received from the following:



United Way  
Brant  
Change starts here.

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario



MINISTRY OF THE ATTORNEY GENERAL

*There were **3,893** calls made to our 24-hour crisis line last year.*

**78%** were within Brantford

**114** were known first time callers

Nova Vita

Domestic Violence Prevention  
Services



**novavita**  
help. hope. heal.

Your donation today helps lead women, children and men towards a life free of domestic violence.

Here is my gift of: ☐ \$40 ☐ \$60 ☐ \$100 ☐ \$\_\_\_\_\_ other

Payment Options for Single Gift:

☐ Cheque (Payable to Nova Vita)

☐ Credit Card (Please fill out the information on the back)

I would like to become a monthly supporter!

Here is my monthly gift of: ☐ \$20 ☐ \$30 ☐ \$50 ☐ \$\_\_\_\_\_ other

Payment Options for Monthly Gift:

☐ Cheque (\*I authorize NVDVPS to debit my bank account at the end of each month)

☐ Credit Card (Please fill out the information on the back)

\*By filling out this monthly donation card I understand that monthly donations will automatically continue each month until I notify NVDVPS of any change. Charitable Registration No. 10777 1727 RR0001

You may also donate online at [www.novavita.org](http://www.novavita.org)

Help Us Help Them. Please Give Today!

#### YOUR INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

#### CREDIT CARD INFORMATION

Name on Card: \_\_\_\_\_

Card#: \_\_\_\_\_

CSC#: \_\_\_\_\_ Exp.#: \_\_\_\_\_

Signature: \_\_\_\_\_

Thank You For Your Support!