



NOVA VITA  
Help • Hope • Heal

# ANNUAL REPORT 2018-2019



Nova Vita  
Domestic Violence Prevention Services



## MESSAGE FROM THE EXECUTIVE DIRECTOR AND PRESIDENT OF THE BOARD

*“Nova Vita has changed  
my life. I got out of my  
abusive relationship with  
help from Nova Vita.”*



**Our year has been consumed with challenges and changes, yet despite these hurdles Nova Vita continues to passionately persist in our commitment to offering help, hope, and healing to individuals and families in our community impacted by domestic violence.**

According to Statistics Canada (2017), Brantford has the 2nd highest rate in Ontario, and the 6th highest rate in Canada for victims of police-reported intimate partner violence. In June of 2018, a major shift in the leadership of the Ontario government resulted in the dissolution of the Gender Based Violence Strategy, an investment plan that had once been celebrated across the province as a major step forward in ending violence. Although this plan was tossed aside, we continue to assert that domestic violence, violence against women, and intimate partner violence are non-partisan issues and that investing in women's shelters will save lives.

In March of 2018, due to financial constraints, the Brantford Welcome In emergency homeless shelter was forced to close its doors to women and ceased to operate in its entirety this past December. The impact of this resource loss for women was immediately felt at Nova Vita and the demand for emergency shelter soared, increasing the pressures already felt by the affordable housing crisis in our community. Additionally, in 2018 the Portable Housing Benefit project, which offered a subsidy for victims of domestic violence, was stripped of the supports necessary to make it successful. Emergency shelters were designed for temporary safe transitions, yet limited resources and the housing crisis further intensifies the demand for our service.

On a smaller scale, Nova Vita faced its own unique challenges; navigating capital renovations, moving our social enterprise Closet Couture Boutique, managing multiple bursting pipes, replacing an obsolete malfunctioning phone system, and warding off a stubborn raccoon.

Yet through the adversity and uncertainty, Nova Vita continues to offer **help** to individuals and families who have experienced violence and to those who have perpetrated violence. We continue to be amazed by the generosity of our volunteers, donors, local business champions, and our community, as their contribution and dedication to ending violence inspires **hope**. We know it takes a community response and innovation to make a difference; that's why we're committed to our community engagement endeavours. We will also continue to promote **healing** and wellness counselling through a trauma-informed approach to encourage healthy individuals, healthy relationships, and healthy communities.

We invite you to take a look through our annual report, which highlights our accomplishments and demonstrates our impact as we remain steadfast in our belief that every person is entitled to a life without violence. Further embracing this belief and our vision, we've developed a new logo to symbolize growth, possibility, and hope. And we hope it inspires you too.

**Natasha Dobler**  
Executive Director

**Gerri Jensen**  
Board President





# Help



**6,084** crisis and support calls were answered on our 24 hour phone line **519-752-HELP**



**127**  
Women



**120**  
Children

found safe emergency shelter at Nova Vita



**3**

babies were born, making Nova Vita their very first home



**315**

women in crisis who arrived on our doorstep seeking help, were provided with safety planning, resources, and referrals



**130**

times our Children's Program provided educational childcare and much needed respite to moms and their children living in our emergency shelter



**70**

times, children under the age of 6 received support through our STEP program



**224**

women were assisted by our Transitional Support Workers to develop safety plans, find safe affordable housing, and transition out of an abusive relationship



**172**

individuals were supported with system navigation of family court, obtaining legal aid, finding a lawyer, and safety planning



**15**

women lived safely in one of our Second Stage Transitional Housing apartments



*“Nova Vita staff were very understanding and non-judgmental. I found this comforting considering this wasn’t my first visit.”*



*“When I first came to Nova Vita, I was broken, sad, and scared. Nova Vita made me feel safe and welcomed.”*

*“I felt confident that I made the right decision to call for help. The respect and patience I felt from staff was comforting.”*





# Hope

**Thank You!** We are grateful for the help and support of all of our community partners and volunteers whose support gives us **HOPE** to carry on with the important work we do.

 **4,305** hours donated by our dedicated **volunteers**

 **31** public education presentations and community events, **engaging over 1500 people**

 **5,001** bags of **clothing donated**

 **412** **community supporters** participated in one of our fundraising events

## New Initiatives

### Trauma-Informed Care

With funding from the Ontario Trillium Foundation, Nova Vita continues to foster community engagement and build the capacity of parents, caregivers, and professionals of children exposed to high-conflict and/or domestic violence through a trauma-informed lens.

### Embracing Diversity and Inclusion to Build Nova Vita's Organizational Capacity

Nova Vita was successful in receiving a 4 year grant from the Government of Canada's Department of Women and Gender Equality, to continue promoting social and system change towards gender equality. This opportunity will enable us to better foster relationships with multicultural and Indigenous communities and to enhance our strategic planning, policy development, and community engagement endeavours in order to embrace diversity and inclusion for women and girls affected by violence.

### Multicultural Community Engagement Project

This past year, Nova Vita completed a Multicultural Community Capacity Grant through the Ministry of Citizenship and Immigration, to connect community service organizations and women from Multicultural Communities. We focused on women's social connections and provided opportunities for developing cooking, food handling, and creativity skills, along with practicing English vocabulary, developing entrepreneurial skills and increasing knowledge of resources for business development. In total **59** multicultural women participated, **9** workshops were facilitated, and **10** community partnerships were developed to enhance capacity in social, economic, and civic engagement.

**Thank you to our Annual Sponsors:**

**HEAL Level**

***Your opportunity to make a difference!***

**HOPE Level**



**HELP Level**



*"Nova Vita is honestly amazing. Their ongoing support helped overcome my depression. If it wasn't for them, the chances of my living would be very slim."*



*"My experience at Nova Vita has given me an opportunity to gain strength within myself and the courage to pursue good things in my life."*



*"Nova Vita helped me to set goals and look forward to the future."*







# Heal



67

**children** who witnessed high-conflict or domestic violence in the home were provided with **supportive counselling** and **safety** planning



324

**women** received individual and group **counselling** to heal from the violence and abuse they experienced

#### Community Counselling Women's Groups:

- 6 Abuse Recovery Groups
- 2 Women of Wisdom Groups (for women 55+)
- 1 Mindfulness Group
- 3 Anxiety Groups
- 3 Art Therapy Groups
- 1 Healthy Relationships Group



50  
Mothers



32  
Fathers

were provided wrap-around supportive interventions, referrals and safety planning in our **Differential Response** partnership program with **Brant Family and Children's Services**



24  
Children



42  
Parents

were supported in family-based programs through our **Child Witness** and **Caring Families** programs



276

**individuals** who used violence in their relationship, received psycho-educational counselling and intervention to interrupt the cycle of violence through our **Partner Assault Response Program**



311

**men** were **helped off-site** by Nova Vita to increase their knowledge, skills, resources, and self-awareness to develop and maintain healthier relationships



42

**staff and board members** who received **Indigenous Cultural Sensitivity Training**. We are extremely grateful to **Ganohkwasra Family Assault Support Services** for teaching us the history of colonial violence and illuminating the resiliency of Indigenous people.



*"I learned that I wasn't to blame for my situation."*



“



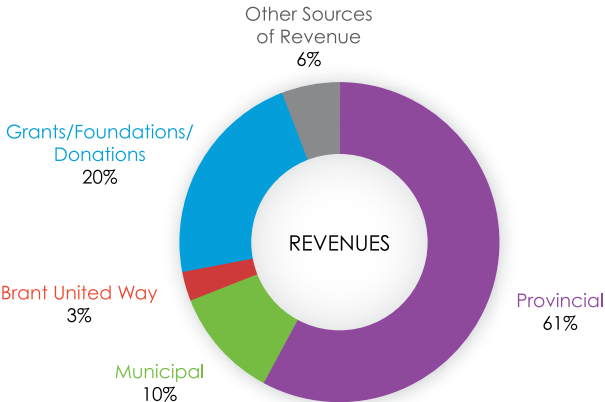
*"Nova Vita provided me with an opportunity to heal, rest, learn, and transform my life from abuse to positive, healthy, safe and successful."*

*"I am eternally grateful for the staff's collaborative rally of support, respect, encouragement of self-worth and empowerment that enables me to continue to heal and gain confidence with managing my life productively in the healthiest of ways."*

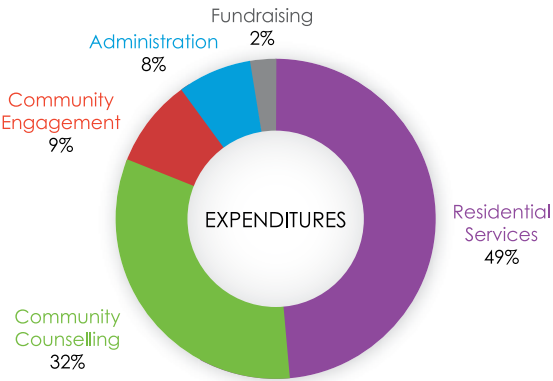




# Financials



Provincial	\$1,734,859
Municipal	\$268,200
Brant United Way	\$90,564
Grants/Foundations/Donations	\$576,162
Other Sources of Revenue	\$177,931
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TOTAL REVENUE	\$2,847,716



Residential Services	\$1,379,897
Community Counselling	\$897,758
Community Engagement	\$259,578
Administration	\$233,924
Fundraising	\$61,297
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TOTAL EXPENDITURE	\$2,832,454

*“The walk was emotional for me as I looked around seeing many men including my brother wearing heels to support women, children and men that are walking this path.”*







## Our Vision

Every person is entitled to a life without violence.

## Our Mission

We provide holistic client-centered residential and counselling services to abused and homeless women and their children and counselling services to perpetrators of domestic violence in Brantford and Brant County.

## Our Capability

Our staff are focused, committed, passionate, innovative, competent. Because of the support of our funders and donors we are able to provide the best services and make a difference in our clients' lives.

## Our Partners

We have a history of building strong relationships which are essential to our success. We will continue to build relationships at the local, provincial and national levels, investigating innovation and best practices in family violence services.





# You can make a difference.

Donate

Host

Participate

Shop

Sponsor

Volunteer

## Save The Dates

International Women's Day

March 4, 2020

Heels to Heal Walk

June 4, 2020

23rd Annual Charity Golf Tournament

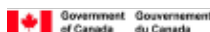
August 18, 2020



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## Nova Vita Domestic Violence Prevention Services

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