



NOVA VITA
Help • Hope • Heal

ANNUAL REPORT
2019-2020



Nova Vita
Domestic Violence Prevention Services

MESSAGE FROM THE EXECUTIVE DIRECTOR AND PRESIDENT OF THE BOARD

The Year of Transformation

The 2019-20 fiscal year was a year of transformation. Nova Vita embarked on a strategic planning journey with the gentle guidance and sage insight of Joan Riggs - Catalyst Research & Communications. Our Board of Directors, management team, staff, and community partners all took part in reflecting on our organization's strengths and challenges, and what we envision for Nova Vita. Through this process we developed a new logo coupled with a new website design and layout, inspiring hope and growth, which we debuted at our 2019 Annual General Meeting. We reimagined our vision of the world we are striving towards and aligned our mission to the work we are doing, underscoring the complexity of preventing, intervening, and responding to interpersonal violence and abuse. We solidified and articulated our value statements to lay the foundation of our organization and to clearly represent the way in which we do our work.

Our year was dedicated and focused on redefining Nova Vita, building on our strengths, critically reflecting on our challenges, and creating a path forward to anticipate and respond to the needs of the individuals, families, and communities we serve. By the end of February 2020, the Board of Directors had finalized our new vision, mission, values, and strategic plan.

Two weeks later, the world was engulfed by the COVID-19 global pandemic and life as everyone knew it came to a grinding halt.

On March 13, 2020 Nova Vita assembled our Emergency Response Team and immediately dove into action to respond to the crisis that was quickly consuming the world. Volunteers and visitors were sent home, outreach staff were quickly redeployed to the shelter and to the crisis support line, sanitization protocols were enhanced, screening checks were implemented, and the community was reassured that our emergency shelter would remain open and safe. Instinctively our team of staff tended to our most vulnerable clients, the women and children who called Nova Vita their home and had nowhere else to go. Gentle reminders to wash hands, coaching to socially distance, and smiling through our eyes all became commonplace and the new way in which we provided support.

Even within a COVID context, Nova Vita is committed to being a safe haven and a pillar of hope in our community. We will continue to anticipate and respond to the complexities of domestic violence, intimate partner violence, and gender based violence. We are choosing to embrace our new vision, mission, and values, as we boldly move forward through these unprecedented times. We invite you to learn more about the work we do and to join us in making a difference.

Natasha Dobler
Executive Director

Gerri Jensen
Board President

OUR VISION

A world where individuals, relationships, families, and communities **are safe, empowered, and healthy.**

OUR MISSION

Nova Vita works to **end interpersonal violence and abuse by supporting individuals and families** who have experienced domestic violence, intimate partner violence, or gender-based violence through the provision of crisis intervention, emergency shelter, transitional support, children's programs, and counselling; and by fostering accountability for those who harm through intervention, counselling, public education, and systemic advocacy.

OUR VALUES

At Nova Vita, we are:

- Trauma-Informed
- Inclusive
- Community-Focused
- Effective
- Accountable
- Leaders



“Staff helped me understand myself and that what he did was not my fault.”



Trauma-Informed

Our services promote the principles of trauma-informed care: **safety, choice, trust, collaboration, and empowerment.**



“I felt safe here because I knew help was just outside my door.”

6,367
crisis and support calls answered on our 24 hour phone line
519-752-HELP

99 Women 121 Children
found safe emergency shelter at Nova Vita

3
babies were born, making Nova Vita their very first home

341
women in crisis who arrived on our doorstep seeking help, were provided with safety planning, resources, and referrals

132
times our Children's Program provided educational childcare and much needed respite to moms and their children living in our emergency shelter

152
times, children under the age of 6 received support through our STEP program

304
women were assisted by our Transitional Support Workers to develop safety plans, find safe affordable housing, and transition out of an abusive relationship

100
individuals were supported with system navigation of family court, obtaining legal aid, finding a lawyer, and safety planning

12 Women
13 Children
women lived safely in one of our Second Stage Transitional Housing apartments

“I felt heard and I felt safe.”





Inclusive

Our organization **acknowledges the impact of systemic oppression** on Indigenous communities, 2SLGBTQIA+ communities, racialized communities, newcomers, and people with disAbilities. We are an **equity-seeking organization that strives to be inclusive** and reflect the diversity of the individuals we serve.



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

Nova Vita is in the second year of a four year grant from the **Government of Canada's Department of Women and Gender Equality** that is helping us to promote social and system change towards gender equality. This opportunity is enabling us to 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.

We are proud of the work that our **Inclusion Committee** is leading to ensure that Nova Vita continues to strive towards being an inclusive space for all persons.



We collectively acknowledge commemorative dates that highlight social issues that are relevant to those we serve, to our community, and to our own identities, both in Canada and around the world. This acknowledgment calls upon each and every Nova Vita team member to recognize significant people, dates and events, which further enhances our ability to integrate inclusive practices within our organization, as well as the wider community. By sharing this responsibility, we hope it will foster on-going engagement in social justice initiatives and increased advocacy against discrimination, marginalization, and oppression.



Community Focused

Our organization is dedicated to fostering partnerships and collaboration, anticipating and responding to the needs of our community, inspiring engagement, and **encouraging public awareness around the issues of interpersonal violence and abuse.**



Thank You For Making A Difference!

We are grateful for the help and support of all of our community partners and volunteers who's **HELP** gives us **HOPE** to carry on with the important work we do to **HEAL** those impacted by violence and homelessness.

HEAL Level	HOPE Level	HELP Level
<i>Here is your opportunity to make a difference!</i>		

A special thank you to our **Annual Partners** and **Monthly Donors** for making a difference year round.

3,627
hours donated by our dedicated volunteers

43
public education presentations and community events, engaging over 2800 people

5,086
bags of clothing donated

470
community supporters participated in one of our fundraising events



Effective

Our organization is **committed to evaluating the effectiveness** of our programs, supporting best-practices, pursuing new initiatives, and contributing to research.



92

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



37

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**



14

Children



28

Parents

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



307

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



315

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



255

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**



"I got the help I needed."



"I still can't believe the positive change I've seen in all my children. Amazing!"



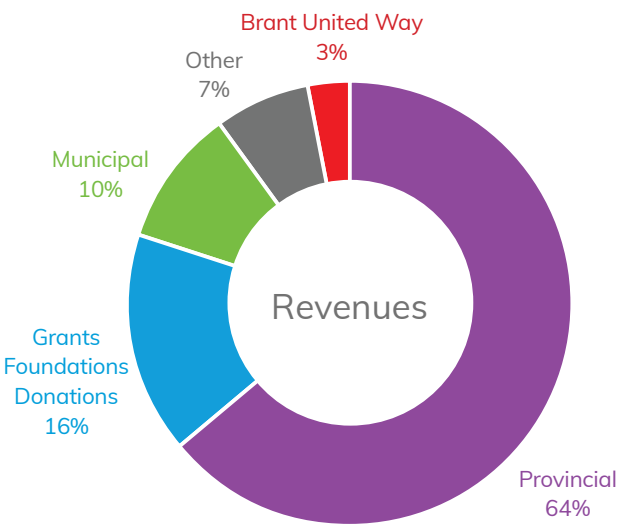
"My new life begins today. Thank you Nova Vita."





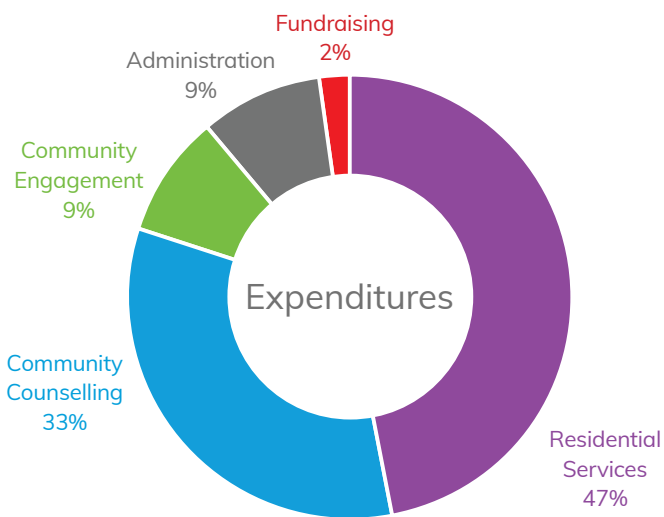
Accountable

Our organization strictly adheres to funder requirements, fully honours the Donor Bill of Rights, actively identifies efficiencies, and continuously provides quality services.



Provincial	\$1,716,935
Grants/Foundations/Donations	\$446,158
Municipal	\$271,950
Other Sources of Revenue	\$185,890
Brant United Way	\$90,564

TOTAL REVENUE \$2,711,496



Residential Services	\$1,251,921
Community Counselling	\$897,199
Community Engagement	\$236,226
Administration	\$240,593
Fundraising	\$63,938

TOTAL EXPENSES \$2,689,877

Leaders

Our staff are **knowledgeable, dedicated, passionate, skilled, and innovative professionals** in the field of domestic violence prevention and intervention. We value honesty, integrity, transparency, open communication, and accountability.

2019-2023 Strategic Plan: Our Balanced Scorecard



Stakeholder Outcome

Nova Vita delivers excellent programs and services for women, children, men, and gender diverse people based on our trauma-informed approach to addressing domestic violence, intimate partner violence, and gender-based violence.



Financial Outcome

Nova Vita actively pursues managed and sustainable growth.



Internal Processes Outcome

Nova Vita is a strength-based, trauma-informed, learning organization.



Learning & Growth Outcome

Nova Vita has strong partner and community relationships that support an effective community response to domestic violence, intimate partner violence, and gender-based violence.



Funding from Women and Gender Equality Canada was the catalyst to update our website, which now features improved accessibility, comprehensive resources, and serves as a tool to empower those impacted by violence and homelessness.

Visit our website at novavita.org



You can make a difference.

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BOUTIQUE
CLOSET COUTURE

415 Fairview Drive | 519-758-0808 | Closet-Couture.ca

SHOP. SAVE. SUPPORT.



Nova Vita Domestic Violence Prevention Services

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