



## Give Hope For The Holidays To Our Families At Nova Vita

Each year during the holiday season, women and families impacted by domestic violence and homelessness, can use a little extra help to bring the spirit of the holidays home. This year, the demands for our services at Nova Vita and the needs of our clients, whether those staying in our 33 bed emergency shelter or those receiving support through one of our essential outreach programs, are considerably higher due to the added pressures of the COVID-19 pandemic.

### NOVA VITA'S IMPACT LAST YEAR:


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


 **99**  
Women


 **121** found safe emergency shelter at Nova Vita  
Children


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

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

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

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

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

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

### How can you help?

This holiday season will be a little different for us all. You can help to bring comfort and joy to women and families seeking safe shelter and support from Nova Vita. With enhanced health and safety protocols in place, there are three ways you can to make a difference:

- 1. Donate Gift Cards:** When you donate gift cards you give the gift of independence and empower our clients to purchase their most essential needs, and fulfill their loved-ones wish lists.
- 2. Make A Financial Donation:** Making a financial donation towards our holiday program makes the greatest impact and allows us to fill gaps and last minute requests to ensure that all holiday and meal needs are met.
- 3. Sponsor A Family:** This program is at capacity. Thank you. (updated 11/27/20)



## How Will You Make A Difference This Holiday Season?

### Sponsor A Family

This program is now at capacity.  
Thank you for the incredible  
support of our community.

Updated 11/27/2020

### Donate Gift Cards

Requested Values: \$10, \$25 & \$50

Suggested Stores: Giant Tiger,  
Walmart, Grocery Stores, Best  
Buy, Canadian Tire, Sport Chek,  
Indigo, Toys R Us, Visa or MC,  
Local Eateries and Businesses.

### Make A Financial Donation

Donations can be made online  
at [novavita.org](http://novavita.org) or by contacting  
a member of our Community  
Development Team. You can  
even request how you would like  
us to direct the funding.

### For Everyone's Safety

- Due to COVID-19, we cannot accept physical donations without an appointment. Last date to donate is December 23.
- Donations are placed in quarantine for a minimum of 2 days before they can be forwarded on to recipients.
- We can only accept items that are new, in original packaging, not yet expired, and unwrapped.

We are grateful for the support of our community partners and wish you all a safe and healthy holiday season. To schedule your support, please contact:

*Anne Herbison-Ruddell*  
Community Development Manager  
519-752-1005 x228 | [aruddell@novavita.org](mailto:aruddell@novavita.org)