



NOVA VITA  
Help • Hope • Heal

# ANNUAL REPORT 2021-2022



Nova Vita  
Domestic Violence Prevention Services

# Message From The Executive Director And President Of The Board

This past year, Nova Vita would not have been successful without the dedication, diligence, and determination of our staff team. As with the rest of the world, COVID-19 has brought exhaustion and burnout. At Nova Vita, we recognize that in order to continue to provide safe shelter, crisis support, meaningful interventions, and transformative counselling to clients in need, we must take care of our employees. To that end, we have invested in our mental health benefits for all of our employees, provided COVID-relief days for mental and physical well-being, and offer monthly employee wellness activities in the spirit of building professional resiliency both within the organization and in the community.

At Nova Vita, we remain steadfast in our commitment to anti-racism/anti-oppression work. With funding from Women and Gender Equality Canada, our Multicultural Community Engagement Worker developed and implemented an interactive training program to over 45 employees.

Additionally, we partnered with Brantford Police Service to deliver anti-human trafficking training and education to community partners, co-presented at a one-day conference to over 500 teen girls, provided transitional outreach supports to those at risk of being trafficked, and offered safe emergency shelter for those in immediate need.

We also made great gains to increase access to our services for those seeking our support. We implemented an end-to-end encrypted text and web-based chat service, accessible through our existing help line and website; we partnered with Brant OPP on an initiative that will continue into next year to provide a dedicated rural outreach worker, gender-based violence training for emergency personnel, and a media campaign throughout the County of Brant; and after years of planning, we took the bold step to open a safe and discreet counselling office in the new Cowan Community Health Hub to deliver outreach support services in the County of Brant.

We have achieved so much this past year despite the challenges endured by the pandemic but we know there's still much more to do to address domestic violence, intimate partner violence, and gender-based violence. We can't do it without the continued commitment of our team at Nova Vita, the help of our volunteers, and the support of community donors. Together, we can continue to make a difference.

**Natasha Dobler**  
Executive Director

**Paul Oddi**  
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 program, 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





# Programs & Services

Serving Brantford and the County of Brant for over 35 years, Nova Vita provides safe shelter, security, and essential support to individuals and families impacted by violence and homelessness.

- **24 Hour Crisis and Support Line** is available to anyone in the community who has experienced violence or abuse in their relationship. [519-752-HELP](tel:519-752-HELP) | [novavita.org/chat](https://novavita.org/chat)
- **Emergency Shelter** for women and their children, who are fleeing domestic violence or are homeless.
- **Transitional Housing & Support Program** assists women and their children living in the community with safety planning, housing, court support, and transitioning to a life free of violence.
- **2nd Stage Housing Program** offers 8 transitional housing units with additional wrap-around support for women and their children.
- **Community Counselling for Women\*** provides trauma-informed individual and group counselling for women who have experienced abuse in their relationships.
- **Children's Program** provides trauma-informed counselling and support to children who have witnessed or experienced abuse in their home. Parenting support, safety planning, and counselling is also offered to parents and caregivers.
- **Youth Support Services** provides trauma-informed counselling and support for youth between the ages of 13 to 18.
- **Family Programs**, including our Differential Response Program (in partnership with Child and Family Services of Grand Erie) and Caring Families Program, provide wrap-around intervention and support services for all members of the family.
- **Challenge to Change Program** provides individual and group counselling for those who have used, or are at risk of using, violence in their relationships.
- **Men's\* Support Services** provides trauma-informed counselling for men who have experienced abuse or who have caused harm in their relationships.
- **Community Outreach and Public Education** delivers informative presentations to local schools, businesses, and community organizations about healthy relationships, human trafficking, how to support someone experiencing abuse, and programs we offer.

\*Includes gender-diverse individuals







 4,845

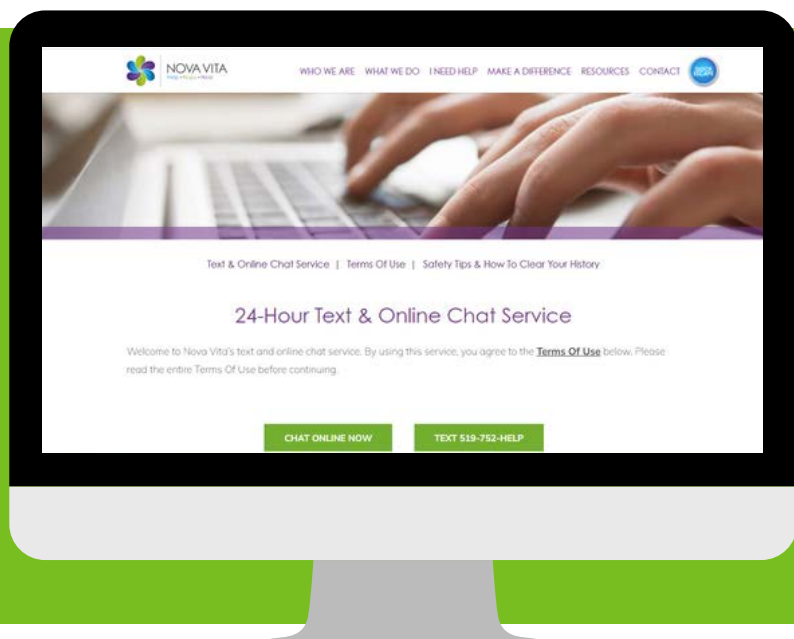
total connections made with individuals who reached out to our 24 hour crisis and support line

 4,513

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

 332

texts and online chats answered on our 24 hour crisis line  
[novavita.org/chat](https://novavita.org/chat)



We know that reaching out while isolating from a global pandemic has been challenging. That's why Nova Vita invested in innovative solutions to connect with those in need. With generous funding from the Canadian Women's Foundation, our text and online chat service is a safer option for individuals experiencing violence or homelessness. Our staff are available 24/7 to offer emotional support, safety planning, information on our services, referrals to community resources, and guidance on how to support someone in an abusive relationship.

## 24hr Crisis & Support Line

 519-752-HELP

 [novavita.org/chat](https://novavita.org/chat)

"For the first time I felt supported, like I wasn't alone."



“



"This is the safest three months I have ever had and the safest I've felt in many years."

"The staff helped me feel stronger as a mom, and helped me feel less like a failure."





# Our Impact

 102

women in crisis [arrived on our doorstep seeking help](#), were provided with safety planning, resources, and referrals

 90  63  
Women Children

found [safe emergency shelter](#) at Nova Vita

 7

[babies under the age of 1](#) stayed at Nova Vita and called it one of their very first homes

 15

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

 29  23  
Children Parents

were provided supportive interventions, referrals and safety planning in our [Differential Response](#) program

 49  
Parents

were supported through our [Caring Families](#) and [Pathways To Healing](#) family-based programs

 243

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

 12 15  
Women Children

lived safely in one of our Second Stage Transitional Housing apartments

 137

individuals were supported with [system navigation of family court](#), obtaining legal aid, finding a lawyer, and safety planning

 224

[women](#) received individual and group counselling to heal from the violence and abuse they experienced

 184

[men were helped](#) to increase their knowledge, skills, resources, and self-awareness to develop and maintain healthier relationships

 164

individuals who used violence in their relationship, received counselling and intervention through our PAR Program





# Where We Are Growing

## Victim Support Grant

In partnership with the Brant OPP, the Victim Support Grant aims to improve support for individuals and families living in Brant County impacted by domestic violence or human trafficking. Program initiatives include: the creation of public education and awareness materials, trauma-informed training for emergency services personnel, and the hiring of additional staff to expand services and outreach supports to rural communities.



## Cowan Community Health Hub

Nova Vita is excited to have officially opened our counselling office in the new Cowan Community Health Hub, located in Paris, which will increase our accessibility to deliver outreach support services to those living in the County of Brant.

"I felt listened to  
and understood."

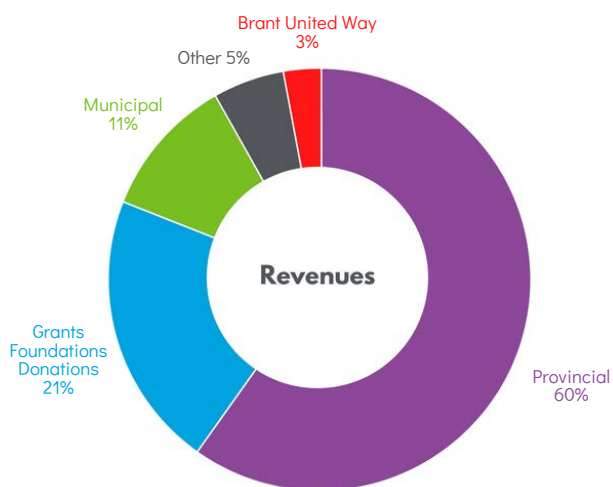


"Staff were extremely  
helpful in making the  
transition from  
the shelter to our  
new home."



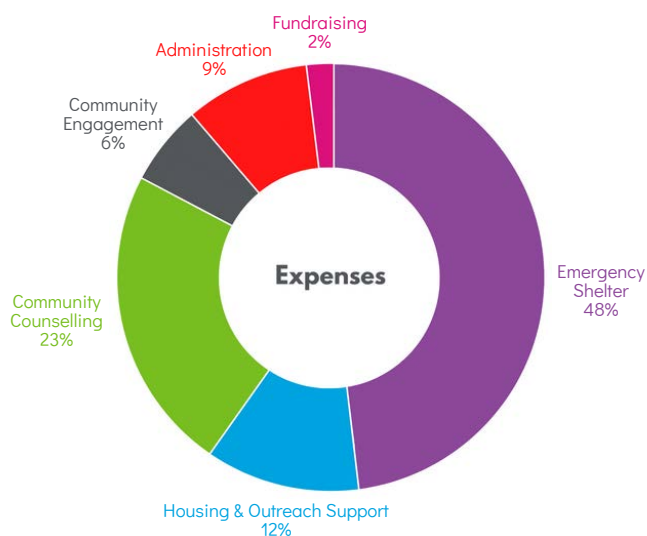


# Financials



|                              |             |
|------------------------------|-------------|
| Provincial                   | \$1,758,104 |
| Grants/Foundations/Donations | \$611,361   |
| Municipal                    | \$316,528   |
| Other Sources of Revenue     | \$162,262   |
| Brant United Way             | \$85,000    |

**TOTAL REVENUE** **\$2,933,255**



|                            |             |
|----------------------------|-------------|
| Emergency Shelter          | \$1,397,659 |
| Housing & Outreach Support | \$335,245   |
| Community Counselling      | \$668,182   |
| Community Engagement       | \$173,882   |
| Administration             | \$273,838   |
| Fundraising                | \$59,121    |

**TOTAL EXPENSES** **\$2,907,927**

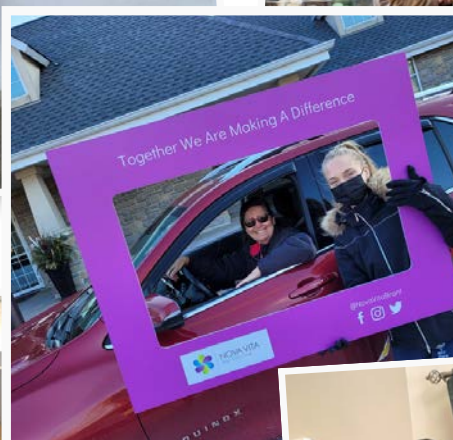
"Donations that target the specific needs of the women and children in the shelter make the greatest impact and your support allows Nova Vita to bring positive changes to the lives of those struggling the most."





# Making A Difference Together

At Nova Vita, you choose the gift of hope that is right for you: **donate** a monetary gift or needed item from our wish list, **host** a fundraising event, **participate** in one of our special events, **shop** Closet Couture Boutique, become a **sponsor**, or join our **volunteer** team. Together we can make a difference for families in our community.



🕒 1,001

hours donated by our dedicated volunteers

💬 33

public education presentations and community events, **engaging over 753 people**

👕 1,008

bags of donations received through 231 scheduled appointments

❤️ 264

individuals participated in one of our fundraising events





## 2021-2022 Annual Partners

A heartfelt thank you to our Annual Partners for investing in Nova Vita. We are grateful for you and all of our sponsors, donors, and community supporters for helping to make a difference last year.

*Heal Partners* Here is your opportunity to make a difference!

*Hope Partners*

*Help Partners*



*Thank You*  
To Our Board of Directors

Paul Oddi, President  
Patricia Lovelock, Vice-President  
Janice Vilaca, Secretary  
Safi Hafiz-Zadeh, Treasurer  
Shannon McMannis, Director  
Susan Swackhammer, Director

Robert Kindon, Director  
Candis McInnes, Director  
Sasha Hill, Director  
Abbey Avery, Director  
Michaela Kargus, Director



## Shop. Save. Support.

Filled with fabulous, new and like-new fashions, Closet Couture Boutique is more than just a place to find your next great outfit. Your purchase directly supports Nova Vita, and helps women and families impacted by domestic violence and homelessness. Shop with us today!



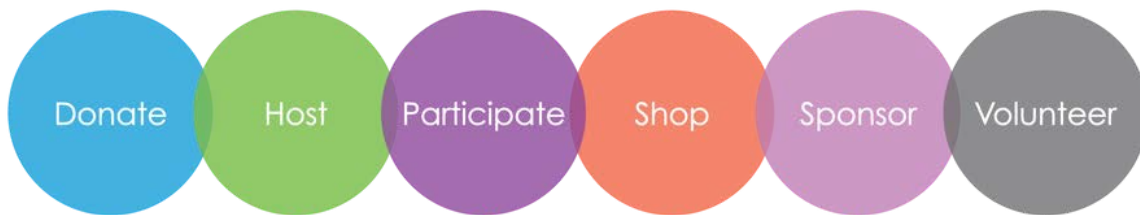
415 Fairview Drive | 519-758-0808 | closet-couture.ca







You can make a difference.



## Save The Dates

### Nova Vita Celebrates International Women's Day

March 8, 2023

### Break The Silence On Domestic Violence

November 24, 2023

### Mother's Day Garden Of Hope

May 2023

### Hope For The Holidays

November & December 2023

### Golf Fore Nova Vita

August 15, 2023



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Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada



# Nova Vita

## Domestic Violence Prevention Services

59 North Park Street, Brantford, ON N3R 4J8  
519-752-1005 | novavita.org | @NovaVitaBrant

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