



NOVA VITA
Help • Hope • Heal

ANNUAL REPORT 2022-2023



Nova Vita
Domestic Violence Prevention Services

Message from the Executive Director and President of the Board

The history of Nova Vita is one of determination, growth, and hope.

40 years ago a group of dedicated volunteers came together with a shared vision of creating a safe emergency shelter for women and children escaping violence in their homes. They chose a large house on Chatham Street and set to work on the renovations, adding steel doors, intercoms, peep holes, and bars on the windows. When the paint was dry, the bedrooms decorated, and the cupboards stocked full, the newly hired crisis workers were ready with a cup of tea, a listening ear, and an open heart. And on that very first night in June of 1983 when the doors opened, a woman and her 2 children arrived on the doorstep seeking safety.

Since that first night, we have moved to our current purpose-built facility at 59 North Park Street, changed our name to Nova Vita Domestic Violence Prevention Services, and expanded our programs and services in response to the needs of our community. We now offer 33 emergency beds, transitional housing, children's programming, trauma and psycho-educational counselling, outreach support, interventions for those who cause harm, public education, volunteer opportunities, and a social enterprise. Over 25,000 individuals and families experiencing violence, abuse, and homelessness have accessed our services since we first opened our doors 40 years ago.

Over the years the employees have changed, the location has changed, and certainly the world has changed. The impact of a global pandemic in its third year has intensified the housing crisis, created staffing shortages across sectors, increased the cost of living, and indeed escalated gender-based violence. Yet what remains steadfast is the commitment and dedication of the staff, volunteers, donors, and supporters of Nova Vita. What remains certain is that Nova Vita will always evolve and respond to the changing needs of our community. And what remains true is that Nova Vita will continue be a place of safety and a beacon of hope in ending violence.



NOVA VITA
Help • Hope • Heal

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 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





Programs & Services

Serving Brantford and the County of Brant for over 40 years, Nova Vita provides safe shelter, security, and essential support to individuals and families impacted by violence and homelessness.

- **24 Hour Crisis & 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
- **Emergency Shelter** for women* and children, who are escaping violence, abuse or homelessness.
- **Housing & Outreach 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.
- **Second Stage Transitional Housing** offers 8 transitional housing units with additional wrap-around support for women* and their children.
- **Counselling for Women*** provides trauma-informed individual and group counselling for women* to heal from the abuse they've experienced.
- **Children's Programs** 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.
- **Family Programs** provide counselling and support services for all members of the family who are experiencing high conflict or domestic violence.
- **Services for Youth** provides trauma-informed counselling and support for youth between the ages of 13 to 18, including interventions for youth at risk of human trafficking.
- **Services for Men*** provides trauma-informed counselling and support for men* who have experienced abuse and/or who have caused harm in their relationships.
- **Challenge to Change Program** provides individual and group counselling for those who have used, or are at risk of using, violence in their relationships.
- **Community Engagement & 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





139

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



68

Women



57

Children

found safe emergency shelter at Nova Vita



59

days is the average length of stay in our emergency shelter

PROGRAM SPOTLIGHT

24 HOUR *Emergency* SHELTER

Nova Vita offers a safe place for women* (aged 16+) and their children who are experiencing violence, abuse, or homelessness. Our 33 bed emergency shelter is equipped with a monitored security system for your safety. We are open 24 hours a day, seven days a week including crisis counselling, safety planning, trauma-informed support, harm-reduction support, children's programs and parenting support, healthy meals and snacks, assistance with finding housing, referrals to community supports, and much more.

To access this service, contact our 24 hour Crisis and Support Line via phone or text at 519-752-HELP or online at www.novavita.org/chat.





Our Impact

 4,594

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

 244

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

 133

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

 229

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

 10 11
Women Children

lived safely in one of our Second Stage Transitional Housing apartments

 51
Parents

were supported through our Caring Families and Pathways To Healing family-based programs

 45

children under the age of 6 received support and counselling through Children's Programs

 247

men were helped to increase their knowledge, skills, resources, and self-awareness to develop and maintain healthier relationships

 168

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

"Making the choice to contact Nova Vita, and to go in person to stay, was extremely scary but the fear slowly faded away because all the staff there were so kind, made me feel safe and not judged."

"I came here feeling extremely uneasy, scared, worried, and sad. I'm leaving feeling more confident and happier than ever."



“



"I felt safe at Nova Vita, which allowed me to clear my mind and focus on things that needed to get done for my children's future."

"My oldest started to smile again and all my children started to sleep more peacefully."





Project Highlights

Victim Support Grant

In partnership with the Brant OPP, the Victim Support Grant helped to improve support for individuals and families living in the County of Brant impacted by domestic violence or human trafficking. Program initiatives included 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.



 143

first responders
received
trauma-informed
training

 37

direct referrals
from the
Ontario Provincial
Police

 28

clients received direct
counselling and support
from Nova Vita in
13 languages

Women & Gender Equality Canada

This year marked the 5th year of a multi-year grant from the Government of Canada's Department of Women and Gender Equality that promoted social and systemic change. This opportunity enabled us to foster relationships with multicultural and Indigenous communities, enhance strategic planning, policy development, and community engagement endeavors, in order to embrace diversity and inclusion for women and girls affected by violence.



New website, branding,
and program
brochures available
in 8 languages



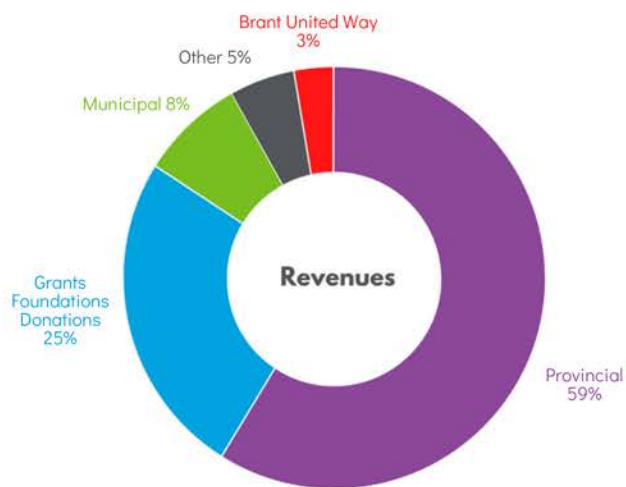
18 Unity in Diversity
Speaker Series hosted in
partnership with 20 local
partnering agencies



Created Anti-Racism & Anti-
Oppression (AR/AO) Learning &
Engagement Workshop. Completed
by over 59 Nova Vita staff



Financials



Provincial	\$1,799,828
Grants/Foundations/Donations	\$750,990
Municipal	\$257,250
Other Sources of Revenue	\$157,267
Brant United Way	\$75,000
TOTAL REVENUE	\$3,040,336

Emergency Shelter	\$1,340,117
Housing & Outreach Support	\$379,812
Community Counselling	\$732,840
Community Engagement	\$203,068
Administration	\$279,784
Fundraising	\$44,158
TOTAL EXPENSES	\$2,979,780



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Making A Difference Together

With the unwavering support of our community, we are making a difference for women and families impacted by violence and homelessness. You choose the gift of hope that's right for you: **donate** a monetary gift or essential items from our wish list, **host** a third party event, **participate** at one of our special events, **shop** CC Boutique, become a **sponsor**, or join our **volunteer** team. Simply put, we can't do it without you.

2022-2023 Annual Partners

A special 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 make a difference.

HEAL Level



**BRANTFORD
NISSAN**



HOPE Level



**OAK HOUSE
BENEFITS**

HELP Level



1,058

hours donated
by our
dedicated
volunteers

84

public education
presentations and
community events,
engaging over 1,767 people

1,009

bags of
donations
received, sorted
and distributed



Thank You to Our Board of Directors

Nova Vita is governed by a Board of Directors consisting of dedicated community members who volunteer their time and service to lead our organization.

Paul Oddi, President
Patricia Lovelock, Vice-President
Sasha Hill, Secretary
Safi Hafiz-Zadeh, Treasurer

Shannon McMannis, Director
Susan Swackhammer, Director
Rae-Lynne Aramburo, Director

Candis McInnes, Director
Abbey Avery, Director
Michaela Kargus, Director

LOOKING FORWARD



As we celebrate 40 years of hope this year, we will be embarking on a new community engagement plan to forge our path for the future.

Join us as we explore new partnerships, advocate for systemic change, create sustainable solutions, and address root causes to reduce barriers and increase safety for individuals and families impacted by violence and homeless in our community.

NOVAVITA.ORG/40YEARSOFHOPE



♥ 305

individuals
participated in
one of our
fundraising events



You can make a difference.



Save the Dates

**Nova Vita Celebrates
International Women's Day**
March 6, 2024

Garden of Hope
May 2024

Blooms of Hope
June 2024

Golf Fore Nova Vita
August 13, 2024

**Break the Silence
on Domestic Violence**
November 24, 2024

Hope for the Holidays
November & December 2024

  @NovaVitaBrant



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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