



NOVA VITA
Help • Hope • Heal

ANNUAL REPORT 2025-2026



Nova Vita
Domestic Violence Prevention Services

Message from the Executive Director and President of the Board

At Nova Vita, we believe that **everyone has a role in ending violence**. This year, we continued to strengthen our commitment to a future where safety is built not only through protection, but through prevention, accountability, and healing. Through our *Challenge to Change Program*, we are expanding support for men and those who cause harm, creating opportunities to reflect, take responsibility, and build healthier relationships. This work is essential to interrupting cycles of violence before they continue. We are also proud to advance our innovative *Safe at Home Project*, a community-based systems approach that brings coordinated intervention and support to both the person experiencing harm and the person causing harm. By working across systems and alongside our community, we are shifting the conversation from crisis response to long-term change, helping individuals, families, and communities move toward safety, healing, and hope.

Natasha Dobler
Executive Director

Nova Vita Domestic Violence Prevention Services remains focused on stabilizing the agency while pursuing intentional, sustainable growth through our Strategic Plan. As demand for gender-based violence services continues to increase in both volume and complexity, we are strengthening our organizational capacity to meet the evolving needs of survivors and their families. Our strategic priorities include enhancing service delivery, supporting staff well-being, improving operational efficiency, and building strong community partnerships. By investing in a stable foundation today, Nova Vita is positioning itself to respond effectively to emerging challenges while expanding access to critical supports. Guided by our mission and informed by the voices of those we serve, Nova Vita is committed to creating safer futures and fostering hope, healing, and empowerment for individuals and families across our community.

Patricia Lovelock
Board President



NOVA VITA
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Our Vision

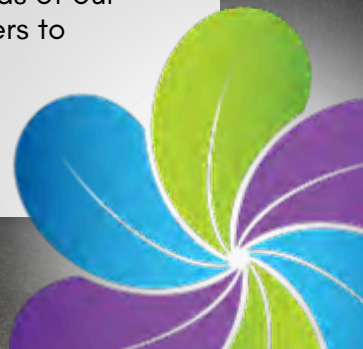
A world without violence where individuals, relationships, families, and communities are **safe, empowered, and healthy.**

Our Mission

Nova Vita provides safety and support for people experiencing gender-based violence, delivers programs that promote accountability and change for those who cause harm, and works with community partners to strengthen prevention and coordinated responses.

Our Values

- **Trauma-Informed:** We practice the principles of trauma-informed care – safety, choice, trust, collaboration, empowerment, and equity – and create environments that reflect these principles for those we serve and those who do this work.
- **Equity & Inclusion:** We work to reduce systemic barriers and ensure our services are accessible, relevant, and responsive to the diverse communities we serve, including Indigenous peoples, racialized individuals, 2SLGBTQIA+ communities, newcomers, and people with disabilities.
- **Community-Focused:** We contribute our expertise to strengthen community awareness, partnerships, and system responses to gender-based violence.
- **Effectiveness:** We deliver high-quality services that respond to evolving needs, and we use evidence, data, and experience to continuously strengthen our impact.
- **Accountability:** We are accountable to the people we serve, our community, our funders, and those who do this work, and we are transparent in our decisions, actions, and use of resources.
- **Leadership:** We are responsive to the needs of our community and work alongside our partners to strengthen coordinated, local responses to gender-based violence.





Programs & Services

Serving Brantford and the County of Brant for over 40 years, Nova Vita provides trauma-informed emergency shelter, outreach support, and counselling services to individuals and families experiencing abuse, as well as counselling for those who have caused harm in their relationships.

24 Hour Crisis & Support Line
Call/Text: 519-752-HELP | Webchat: novavita.org/chat

- Emergency Shelter
- Housing & Outreach Support
- Second Stage Transitional Housing
- Counselling for Women*
- Community Engagement & Public Education
- Children's Programs
- Family Programs
- Services for Youth
- Challenge to Change Program
- Services for Men*

*Includes gender-diverse individuals

PROGRAM SPOTLIGHT

Our **Challenge to Change (C2C) Program** provides trauma-informed counselling for men ages 16 and older who have experienced abuse or caused harm in their relationships. Services include individual counselling and group programs such as Caring Dads, Healthy Relationships, Healing Hearts, Understanding and Transforming Anger, Unpacking Masculinity, SCRIBE, and the Partner Assault Response (PAR) Program.

For more information about this program, visit novavita.org/challenge-to-change.

Services available at our new satellite location:

125 Sherwood Drive, Upper Unit 38
Brantford, ON N3T 6J9

519-750-3195 | info@novavita.org





EPIC Action: Engaging Men and Youth to Reduce Gender-Based Violence

Nova Vita received a two-year grant from the Ontario's STANDS Action Plan against gender-based violence, to launch *EPIC Action: Engaging Men and Youth to Reduce Gender-Based Violence*, an initiative focused on men and youth who have used, or are at risk of using, violence in their relationships.

Using a four-pronged approach: *Education, Prevention, Intervention, and Coordination (EPIC)*, the program promotes early intervention, accountability-focused support, and community education to prevent violence before it escalates.

This funding has enabled the expansion of Nova Vita's *Challenge to Change Program* through additional counselling staff, enhanced public awareness initiatives, and a new satellite office offering individual and group counselling for men and youth across Brantford and Brant County, strengthening efforts to build safer, healthier communities.

Coaching Leadership, Equity and Respect

Nova Vita is engaging local minor sports associations and schools to facilitate CLEAR - an evidence-based violence prevention program that equips coaches to talk with their athletes about the importance of building healthy relationships. The Brantford Bisons are the first in our community to implement CLEAR into their athletic program.

To learn how CLEAR can strengthen your sports programming, contact info@novavita.org.



45

men attended one of our group programs - SCRIBE, Caring Dads, Healthy Relationships, Healing Hearts, and Transforming Anger



325

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



169

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

"What saved me
was the Partner
Assault Response
(PAR) Program."



“



"Thanks to all the
fantastic staff, I
left the shelter
feeling hopeful."

"I found each one of
the workers super
supportive in every
aspect of why I was
at the shelter."





Our Impact

 4,267

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



71

Women



81

Children

found safe
emergency
shelter at
Nova Vita



260

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

 315

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



10

Women

9

Children

lived safely in
one of our Second
Stage Transitional
Housing apartments



63

Caregivers

were supported through
our Healing Hearts, Differential
Response, and Pathways to
Healing family-based programs

 11

babies under the age
of one stayed at Nova Vita
and called it one of their
very first homes



104

children were provided
counselling, safety planning, and
trauma-informed supports
through our Children's Programs



115

Women

40

Men

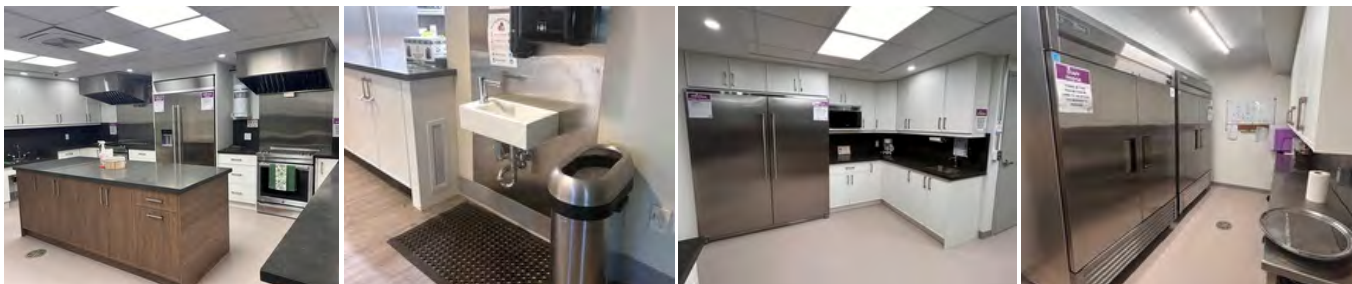
in the County
of Brant received
counselling and
outreach support



Project Highlights

Our Shelter Kitchen is Given New Life

In the fall of 2024, Nova Vita received funding from the Province of Ontario through the Ministry of Children, Community and Social Services to fully renovate our 30-year-old kitchen in the heart of our 35-bed shelter. The space has been transformed into a modern, accessible, and efficient kitchen designed to meet the evolving needs of the women and children who come to stay with us. Community support through our More Than a Bed campaign raised an additional \$40,000 to complete the vision with upgraded appliances, equipment, and accessibility and energy-efficiency enhancements.



Empowering Communities through Awareness and Education

Thanks to the financial support of Samuel W. Stedman Foundation, the City of Brantford, and Ontario STANDS Action Plan, Nova Vita has been able to increase our outreach and capacity building to our community on how to recognize, respond, and refer to intimate partner violence. Nova Vita has offered free, in-person and virtual presentations on topics ranging from how to support someone experiencing violence to healthy relationships, and much more.

 2,391

community members were reached through one of our public education presentations or events

 63

public education events featured and attended by Nova Vita

 117%

increase in the number of community members reached through public education over the previous year



Financials Relating to General Operations

Fiscal Year April 1, 2025 – March 31, 2026

OPERATIONAL REVENUE

Provincial Funding	\$2,003,863
Municipal Funding	\$403,408
Federal Projects	\$168,061
Grants/Foundations/Donations	\$767,546
Brant United Way	\$40,000
Capital Projects	\$179,803
Other Sources of Revenue	\$170,293
TOTAL	\$3,732,974

OPERATIONAL EXPENDITURES

Emergency Shelter	\$1,484,282
Housing & Outreach Support	\$435,361
Community Counselling	\$1,100,317
Community Engagement	\$275,250
Fundraising	\$54,161
Capital Projects	\$320,033
Administration	\$200,772
TOTAL	\$3,870,175

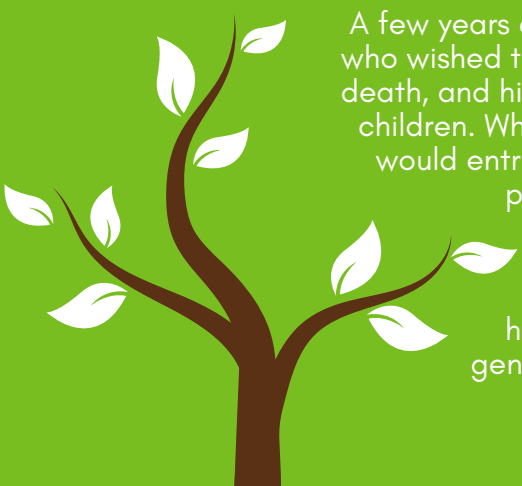
Interest, Dividends & Unrealized Gains[†] \$128,906

[†]Non-operational Revenue pertaining to the Interest, Dividends & Unrealized Gains in 2025–2026.

Legacy Gifts* \$728,255 Transfers to Reserves* \$728,255

*A cash legacy gift of \$728,255 was received in 2025–2026 and designated to reserve funds. These funds are not part of recurring revenue.

A SPECIAL NOTE



A few years ago, we were contacted by a gentleman facing a terminal illness who wished to make a meaningful contribution. We spoke openly about life, death, and his desire to end violence against women and children. When we learned of the extraordinary gift he would entrust to Nova Vita, we were deeply moved and profoundly grateful.

If you're considering a legacy gift, we'd be honoured to speak with you. Every contribution helps build a future of safety, healing, and hope for generations to come. Contact us at donate@novavita.org.

Thank you T.F.
Your legacy lives on in
our work and in the
sustainable future
you helped make
possible.



Making A Difference Together

2025-2026 Annual Partners

Special thank you to our annual partners for their continued support of Nova Vita. We are grateful to all our sponsors, donors, and community supporters whose generosity helps us create lasting change.

HEAL Level



**BRANTFORD
NISSAN**



HOPE Level



OAK HOUSE
BENEFITS



HELP Level



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. Thank you to our board members, past and present, for volunteering their time, expertise, and leadership to make a difference in support of women and families impacted by violence and homelessness.



Patricia Lovelock, President
Shannon McMannis, Vice-President
Rae-Lynne Aramburo, Secretary
Safi Hafiz-Zadeh, Treasurer
Paul Oddi, HR Chair
Odion Akhirevbulu

Michaela Kargus
Candis McInnes
Emily O'Kell
Ben Strasser
Susan Swackhammer



 **326**
hours donated
by our
dedicated
volunteers

 **394**
clients and their
dependents were supported
by our Hope for
the Holidays campaign

 **331**
individuals
participated in
one of our signature
fundraising events

CAMPAIGN SPOTLIGHT

Our *Hope for the Holidays* campaign supports Nova Vita residents and clients during the holiday season and beyond. This year's campaign reflected incredible spirit, with 20 businesses, organizations, and individuals purchasing items from select wish lists, 39 donation drives collecting new toys, gifts, toiletry items, food, and gift cards. Our community's generosity not only helped to create a meaningful holiday season at Nova Vita but also allowed us to keep essential funding directed to our life-saving programs and services. Thank you to our community for helping to make this one of our best years yet.

To learn more or get involved in the 2026 holiday season, email events@novavita.org.

Hope for the Holidays





You can make a difference.



Save the Dates

Nova Vita Celebrates International Women's Day

March 10, 2027

Blooms of Hope

May 30, 2027

Golf Fore Nova Vita

August 17, 2027

Woman Abuse Prevention Month

November 2027

Reindeer Run

November 6, 2027

Hope for the Holidays

November & December 2027

  @NovaVitaBrant



Women and Gender Equality Canada

Femmes et Égalité des genres Canada

Brant Community Foundation
Building our Community. Investing in the Future.



Nova Vita

Domestic Violence Prevention Services

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

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