

The background of the entire page is a photograph of several women smiling and looking down at something they are holding together. Overlaid on this image is a large, semi-transparent geometric pattern consisting of several overlapping triangles in shades of orange, red, and yellow, creating a diamond-like effect in the center.

North York Women's Shelter

2017-2018 Annual Report

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Letter from the Executive Director & Board Chair

Dear Friends,

Like the women we serve, we are rebuilding! The past year has been an absolutely incredible one in the history of North York Women's Shelter. After having successfully applied for federal infrastructure funding to replace our old, crumbling shelter, we were granted almost \$9 Million by the Federal and Provincial governments, unprecedented in the history of VAW shelters in Toronto.

With a once in a lifetime opportunity and a 24 month funding-to-finished Federal deadline, we immediately sprang to action; relocating our residents to other shelters, putting together a project management team and preparing the organization for the demolition of our old, 3000-square foot VAW shelter building. In its place we began planning for a beautiful 24,000-square foot, accessible, child-centred, pet-friendly, trauma-informed, designed for health VAW shelter and community services hub. Our vision is to be feminist, accessible and accountable to women and to our community and to address the staggering rates of violence experienced by women and their children both on an individual and systemic level.

It has been a year that has been marked by an immense amount of global upheaval and suffering, particularly borne out by women and children made vulnerable by precarious immigration status, poverty and violence. **At NYWS, we have the immense privilege of designing a shelter that is based on principles we cherish and the significant responsibility to ensure that we stand in solidarity with women and are a strong voice and advocate for their safety and their rights.**

While the shelter is non-operational during construction, we are busy behind the scenes, providing Expressive Arts and Trauma Counselling to women and children, designing new evidence-based programming, and of course, managing the construction itself. We also launched our most ambitious fundraising campaign in the history of NYWS – a \$3 million dollar Capital Campaign, to both raise crucial funds and also build awareness of the issue of violence against women.

Drawing on new and existing relationships with you, our community, has meant the world to us. Without being able to link arms with our generous donors, supporters and advocates, none of this would be possible. As an organization, it has been a year of tremendous growth, change and challenge and we are honoured to have launched the HER Build – creating a place that is truly one of Healing, Empowerment and Refuge.

Thank you for your shared excitement and commitment,

In solidarity,



Mohini Datta-Ray
Executive Director

A handwritten signature in dark ink, appearing to read 'Mohini'.



Michele Robitaille
Board Chair

A handwritten signature in dark ink, appearing to read 'Michele Robitaille'.

| Who We Are

Mission

North York Women's Shelter **actively supports the rights of women and children to build lives free of violence** by providing non-judgemental safe shelter, advocacy, and a range of programs and services including 24 hour crisis support.

Vision

A community characterized by **gender equality** where women and their children are **empowered and safe**

| Our Team

Staff

Mohini Datta-Ray
Executive Director

Vanessa Costa
Finance Manager

Michelle Johnson
Manager of Development
and Communications

Vicky Sage
Program Manager

Neila Poscente
Capital Campaign Director

Crystal Daniel
Capital Campaign Manager

Taylah Harris-Mungo
Community Engagement
Supervisor

Victoria Mata
Expressive Arts Counselor

Board of Directors

Michele Robitaille
Board Chair

Sondra Wiseman
Vice-Chair

Vidula Shetye
Treasurer

Sayran Sulevani
Secretary

Yasmin Ali
Director

Chenthoori Malankov
Director

Betty Soares
Director

Caroline Sand
Director

Trauma and Mental Health Program

The Trauma Counselling and Therapy Program (TCTP) employs an evidence-based, trauma-focused model which centres the needs of the client. Counsellors have introduced several modalities to ensure clients can connect through therapy to regulate after crisis and eventually, when ready, process their experiences. Some of the modalities presented through the therapy program include: sensory-motor, trauma-focused CBT, mindfulness, psychoeducational, psychodynamic, and expressive arts. Clients work with the clinical team to define the goals and outcomes they would like to achieve through therapy, including an individualized plan to identify indicators of change and track progress. The program is committed to transparency, accountability and informed consent in all decisions regarding the women and their children.

Some of the topics and goals addressed through the program include exploring and recognizing the after-effects of trauma, learning new self-regulating strategies to manage overwhelming emotions, understanding and changing relational patterns, and improving self-care.

The program offers individual counselling as well as group therapy and group programs. Individualized supports can include

assessment, diagnostic clarification, insight-oriented psychotherapy, stabilization and the facilitation of community linkages and resources. Counselling is promoted to last 6 months with the opportunity for clients to end it earlier or if necessary, extend their time in therapy.

The program continues as a Pilot until August 2019. At that time, the program will be evaluated and adapted for the new shelter.

| Programs



Expressive Arts Program

The Expressive Arts Therapy Program is a therapeutic approach to the holistic wellbeing of women and children, from a trauma informed framework that aims to provide a platform for safer, inclusive and creative expression. 2017 was not only a transitional year for both our program, but also our clients. As former residents settled in the community, the Expressive Arts program expanded into new territories. We completed a four-week children's program, which provided a space to support self-expression and tactile communication in children

through the arts. We explored movement, painting and a lot of silly play to develop emotional awareness. **JUMP, SKIP, HOP** was hosted at a new community partner organization, Casa Maiz. We continued to expand our networks and partnership with the healing garden at Lotherton-Caledonia and North York Community House that was lead by one of our ex-residents whom is a professional landscaper and food sovereignty scholar. Participants of the Expressive Arts program designed and created the centre pieces to our 2017 GALA fundraiser through a beautiful **pottery program** at Sketch Working Arts. The centre pieces exhibited women's dreams and aspirations at every table. We kicked off 2018 with a bold desire to continue building community and envisioned a different future for a world without violence. We are currently half way through the **Medicinal Garden** program at the Black Creek farms providing a space for women and their children to journey through the enchanting power of plants. Our objective is to plant and harvest plants that have healing properties so that families are not limited to spend money on pharmaceuticals in order to treat everyday post-trauma symptoms by making balms, tinctures and teas. Furthermore we are at the tail end of our online interactive platform of docu-narratives created by former residents of NYWS where women and children share their past, present and future experiences as survivors. In August, you are all invited to the **website** launch at Workman Arts Gallery, where we will celebrate not only the talent of resilient women, but also elevate the vitality of the narratives to impact, inform and potentially save the life of another woman and their children.

| Mural



In 2017, we took the time to think about the past 33 years of operation and celebrate all of the life changing work that has happened at NYWS. We met with former residents to reflect on their time at the shelter, their personal journeys, and **what the new shelter will mean for women and children in the future.**

Through these discussions, the clients and staff came up with the idea to commemorate the evolution of the shelter with a mural that would then be placed at the building site. Toronto-based artist, **Fiya Bruxa** brought the women's vision to life with this piece entitled "**Hope**".

| Impact

13
Walk-ins

Women coming in off of the street seeking support at NYWS

29

Women and children supported with finding safe shelter

72

Participants in Therapeutic programs

7

Life-changing programs and workshops

21

Families receiving transitional support



HER Build

Our new 24,000 square ft. 17 bedroom with 17 ensuite bathrooms shelter and community services hub is underway!

We're so thrilled to see this design-forward, paradigm-breaking building come to life after so much dreaming, hard work, survivor and community consultations, and creative brainstorming!

Our architectural partners, **LGA** and our construction management company, EllisDon, have been invaluable partners, as have the **Ministry of Community and Social Services** and the **City of Toronto**. Knowing how tight our deadlines are to build this incredibly special VAW shelter in a service-poor neighbourhood, this has truly been a team effort where all levels of government have come together to make it work.

This new, beautiful building will mean so many things to our community and the organization. VAW shelters are always at capacity in Toronto and all too often women are turned away, forced to remain in the violence they are impacted by. By having community services available, we can support women experiencing violence even if they aren't living in our shelter. With 40% of our rooms being fully accessible and the rest of the shelter built on universal design principles, we are able to serve more women living with disabilities than any other VAW shelter in the city. Our shelter is designed to be child friendly, as 60% of our residents are children. Our administrative offices can once again return to the shelter space itself, integrating administrative and frontline services in a much more collaborative way. Our building will be energy efficient, sustainable and durable, improving its carbon footprint and significantly reducing our operational costs and making sure that it is a space for Healing Empower and Refuge for women and their children for many years to come.

North York Women's Shelter HER campaign

building a place of
healing, **empowerment** and **refuge** together

In 2017, North York Women's Shelter embarked on the most ambitious fundraising initiative in our history – our \$3M HER campaign.

With the generous support of our community, we will build a new, first-of-its kind in Canada, innovative shelter. The government funding we've secured is contingent on community contributions:

- \$1 million towards hard costs of construction
- \$1 million to furnish and fit-out our new emergency residence and community hub

But a basic building alone will not promote the healing that women and children experiencing violence need. With additional community funding of \$1 million we will:

- Build counselling rooms to provide comprehensive trauma therapy programs
- Create interactive children's play areas both indoors and out
- Plant a therapeutic garden
- Establish a new health centre for women experiencing violence
- Ensure both buildings are fully accessible
- Build pet kennels so we can keep all members of the family together.

We are so proud that our entire Board of Directors and every member of our staff team have already donated to the HER Campaign. Their generosity has inspired others and we are starting to receive significant gifts. We invite you to join us.

Construction has already started and you have a unique, once in a lifetime opportunity to make a huge impact in the lives of women and children across the Greater Toronto Area. The federal and provincial funding we've already secured will match community donations 3 to 1.

Please give generously today and provide women and children in our community with a safe place to heal and the hope they need to rebuild.



Photo by: Matthew Tsang

Promotional Photoshoot with Toronto Wolfpack and Second Row, Corey Paterson



healing
Becoming sound or healthy again



empowerment
Becoming stronger and more confident; controlling one's life and claiming one's rights



refuge
Being safe or sheltered from pursuit, danger, or trouble



Planning for the Future

With shovels out of the ground in March 2019, the programming team is focusing on two primary aspects for the opening of the shelter: staff training and participant programming.

We expect to have between 6-8 weeks for training beginning April 2019. This onboarding process for recalled staff and new staff members will be a combination of operational training, skill building and building organizational culture. Orientation and training will be provided on the new policies, job roles, systems, models of support and the introduction of a community hub.

NYWS is establishing itself as a leader in progressive and innovative support models for women and their children. As part of this process we will provide staff training in areas such as Harm Reduction, Trans Inclusion, settler colonialism, cultural competency, feminist/trauma-informed practices, etc. Alongside these core competency trainings, staff will be provided with the expectations of how these trainings will be translated into service provision. These competency trainings will be delivered through guest facilitation, assigned readings, discussion groups and in house workshops.

Programming for community participants and shelter residents is a primary focus of development

in anticipation of our 2019 opening. **All shelter programming (ie. food services, bed bug procedure, groups and workshops, pet sheltering) is being re-evaluated and restructured to ensure NYWS will be providing truly trauma-informed services at all interactions with clients.** From the Phone Intake stage to the Departure stage our improved Case Management model will provide all staff with the tools and guidelines necessary to ensure excellent and accountable service provision. In our ongoing efforts to ensure our services are survivor-centric, we are developing a comprehensive monitoring and evaluations platform so that we can continually adapt our services and programming to meet the needs of the women and children we serve.

Our community hub, which will provide wrap around services to community participants and shelter residents, is committed to be a model of excellence in community collaboration. Vitally important services such as medical services, trauma counselling, legal and housing support will be provided through a combination of NYWS staff and community partners. Informed by our extensive Community Needs Assessment we will offer comprehensive group programming for women in the community and former shelter residents. These services will not only provide women experiencing violence in the community with a place of support but will ensure former residents of the shelter have continuity of care once they have re-established themselves outside the shelter.



Community Partners

Angela Davis once said “walls turned sideways are bridges” and we have taken this to heart. North York is home to a wealth of diverse community organizations that a myriad of services ranging from pottery classes, to assistance with refugee status applications. As the sole VAW shelter in North York, we are building a different tomorrow by collaborating and weaving the wealth of services in the area to strengthen our future programming and the lives of the families we serve.

The Expressive Arts program has partnered with **The Centre for Spanish Speaking Peoples, Black Creek Community Health, Black Creek Farms, Jean Augustine Centre, Davenport Perth Neighbourhood Centre** and the **Downsview Hub** to not only outreach, but also input our programs.

We are in the midst of designing two pilot projects in partnership with **Family Services Scarborough** and **Women’s Habitat** aimed at delivering Expressive Arts programming for newcomer women affected by violence at home and war. The focus is in building positive body awareness and strengthening self esteem. Our most recent collaboration is with

Urban Arts where we are co-designing programs for young children ages 8-12 to begin engaging in conversations about violence in our communities through creative outlets. We are really excited to also begin a new relationship with **CAMH Workman Arts Gallery** for the first of many exhibits of our participants vibrant art and have engaged in exciting brainstorming with both **Toronto Centre for the Arts** and **North Yorks Arts**.

Since our closure we have worked tirelessly with our sister shelter Ernestine’s Women’s Shelter in navigating family and criminal court supporting a former resident’s cross-province legal case. Our vision is to engage Toronto’s VAW shelters expertise and together be a bridge to healing, autonomy and self-governance of families fleeing violence.

Our future programs such as our community primary health clinic and pet kennels for our residents depend on crucial partnerships and much of this year has been spent building the relationships and collaboration between community agencies who share our vision to support women and children (and their pets!).

| Financial Summary

For the year ended March 31, (comparative information for the three-month period ending March 31, 2017)

REVENUE

2018

2017

Government & United Way Operating Grants	867,606	361,780
Donations & Corporate Grants	321,916	68,524
Foundation Grants	3,961	9,113
Shine Charity Gala	59,515	50
Investment Income	12,025	5,286
Amortization of deferred capital contributions	35,108	4,802
Capital Campaign	102,574	-
Total	1,402,705	449,555

EXPENSES

2018

2017

Staffing	779,646	365,892
Administration	197,541	45,644
Property	121,771	128,699
Residents	5,716	9,894
Supplies	3,544	11,236
Gala	49,524	3,030
Capital Campaign	181,499	18,636
Total	1,339,241	583,031

EXCESS (DEFICIENCY) OF REVENUES OVER
EXPENSES BEFORE THE FOLLOWING

63,464

-133,476

Write-down of capital assets

145,110

-

DEFICIENCY OF REVENUES OVER EXPENSES

-81,646

-133,476

| Volunteers

Our amazing NYWS volunteers are an integral part of what makes NYWS great. It is through their dedication and support with donations, events, planning our Charity Gala committee work, and supporting our programming, that we are able to build a stronger foundation for the future and for the women and children that we serve.

Expressive Arts

Jennifer Arango
Savera Hashmi
Shifra Saltzman
Veronica Scatton

Administrative

Amanda Garoflao
Carolynn Mazzei
Sarah Palozzi
Alisa Rozhko

Community Engagement

Junie Quach
William Quach
Marie-Michelle Sullivan
Ginelle Woolcock
Ben Blum
Nadia Mendes
Emily Milazzo
Ankita Mittal
Adanyi Phillip

Gala Committee

Camila Borghetti
Audrey Bouman
Deepa Daryanani
Sulmaz Goraishi
Iva Grbesic
Irene Jellissen
Cassandra Miller-Black
Shanondoah Nicholson

Nicole Kahansky
Dea Mascotti-Payne
Vivian Chao
Miquela Gray
Courtney Sims
Aniqua Syed
Maria Vassiliou
Ling Wu

Capital Campaign

6 Volunteers

| Donors

With the generous support of our funders, donors, and community partners we are able to continue providing life-saving services and life-changing programs to women and children in our community.

We would like to acknowledge and thank our funders and the many individuals, foundations, corporate partners and agencies who provided tremendous support in 2017. **We are incredibly grateful!**

Major Funding Partners

Ministry of Community and Social Services
United Way

HER Build Partners

Government of Canada
Government of Ontario
City of Toronto

\$25,000+

Hon. Margaret McCain
Michele Robitaille

\$10,000+

The Estate of William Inch
Newton Glassman Foundation
S.W

\$5,000+

Home Trust
Arthur and Margaret Baker Foundation
The Printing House
Anonymous
Mohini Datta-Ray
Michelle Johnson and Erik Betlem
Betty Soares
Sayran Sulevani

\$2,500+

Yasmin Ali
Anonymous (2)
J.S. Cheng & Partners Inc.
John and Olive Carey
EllisDon
Waverley Projects Inc.
Guardian Capital Group Ltd.
Jewish Family & Child
Shoppers Drug Mart Life Foundation
Virginia Holmes
Robert Sedran

\$2,000+

Strategic Charitable Giving Foundation
Valu-Mart on Bayview
Shane Enright
Joe & Jeanine Essaye
Filiz Oztabak
SSQ Financial Group
Toronto Foundation
Susan Zikman-Wise

\$1,500+

Carlos' No Frills
St. Fidelis Catholic School
Anthony Melman
Anonymous
ClaimSecure

\$1,000+

Neila Poscente
Paul Abram Fink
Crystal Daniel
Louisa Clementino
Succulent Chocolates and Sweets Inc.
Elena Mazur
Julie Cookson
Abode Consulting Services
Rose Bailey
Home Depot
Sarah Jones
Plan International Canada
Anonymous
Dr. P. Rajagopal
Dean Richards
Royal LePage Shelter Foundation
Timothy Swift
TJX Canada Foundation
Wilkinson Family Fund

\$500+

Amy O'Beirne
Kevin Flynn
Janna Levitt
408/437 Toronto-York Wing
Bond Academy
Canadian Women's Foundation
Phil and Ann Johnson
WPCI
Jane Ballantyne

Alice Khang
Assaulted Women's Helpline
Barbara Saipe
Raman Bawa
Erica James
Dale and Sandra Pyke
Unifor 1701
Jennifer Baxendale
Windfields Junior High School
Mary Ross Hendriks
Reema Patel
Patti Parente
Ruth Ainsworth
Prasenjit Chatterjee
Chantal Cornu
Sumantra Datta-Ray
6888887 Canada Inc.
Jagdish Patel
Don Heights Unitarian Congregation
Accurate Screen & Grating
Helen Anagnostopoulos
Bayview Village Wellness Centre
Paul Beeston
Chartwell Gibson Long Term Care Centre
Deutsche Bank AG, Canada Branch
Dianne H. Domelle
Robert and Ellen Eisenberg
Elementary Teachers of Toronto
Gary Farb
Pieter Fontein
Marlene Frotten
Ivari
Jeffrey Lipton
LiUNA! Local 183
Leith Moore
Tony O'Donoghue
Anita Parsons
Rand Kildare Charitable Foundation
Alex Smith
Rosalind Smith
Henry Solow
Diane Sousa
Tamara Steinberg
Sara Sutherland
TD Direct Investing
Ahern & Thompson Co. Ltd.

\$250+

Dr. Saké Toukmanian
Catherine P Poole
Angel Freedman
Ipsos Connect Canada
Judith Leaman
Lena Zecchino
Pine Povo
Amie Sergas
Cynthia Ferguson
Alessia Fontana
Iva Grbesic
Marie Harris
Savera Hashmi
Laura Lane
Monty and MaryAnne McDonald
H. Reisman
Paula Rusak
George Saltzberg
Doug W Senyk
Sharing Grace Today
Michael Singleton
Anh Minh Ngo
Margaret D Walton
Aurora Control & Machine Service
Catherine Black
Vidula Shetye
Capital One
Steve Kahansky
Dr. Victoria Lee
The Edwin & Miriam Merkur Charitable Foundation
Susan M Merry
Rodeen Stein
Katherine Westcott
Julia Chatterji
Kaarel and Tiina Betlem
Janice Anderson
Cynthia Mulligan
Rahim Thawer
University Women's Club North York
Wendy Pinder
Shaun Bernstein
Xing Brew
Gary Chapman
Alex Dunn

Fairview Church of God
Benjamin and Esther Geva
Rena Godfrey
Gillian Humphreys
Knightsbridge Foreign Exchange
Professor Martha A Latta
Corina Lee
Mary MacEachern
Rhoda and Victor Shields
Dr. and Mrs. L. Burton Simpson
Thomas C. Singer
The Sisterhood of St. John the Divine
Debbie Tiller
Steve Tkalcovich
Navi Garcha
Nadien Godkewitsch
Jack Astors North York
Travis Allan
Tanuja Saha
Tracy Stapleton
Don Fraser
Esther Greenglass
Dian Hancock
Gregory Hollinshead
Janis Hoogstraten
Mary Lavos
Sean McArthur
Jennifer McClelland
Elise Nicholson
The Isberg Charitable Trust
Wiklém Design Inc.