

## MONTHLY DONORS PROVIDE SECURITY AND STABILITY

Join a powerful band of donors who understand why monthly acts of generosity are so powerful. Twelve gifts received throughout the year, year after year, offer stability and ensure the sustainability of programming in North York.

By signing up today, you are helping build a better tomorrow for women and children in our community.

YES! I'd like to become a member of the monthly donors program.

- \$10 per month = *tansit for one family to attend group counselling*
- \$15 per month = *a woman and child can stock their shelves with groceries for one month*
- \$20 per month = *a one to one trauma therapy session for a woman or child*
- \$25 per month = *a life skills workshop for women*

Monthly donors will be issue one tax receipt at the end of each calendar year.

YES! I want to give hope to the women and children at North York Women's Shelter with a one-time donation.

\$50    \$75    \$100    \$150    \$250    \$500    Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

### Method of Payment:

- Visa    MasterCard    American Express    Cheque    Direct Withdrawal (Attach void cheque)

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

*Donations can also be made online at [www.nyws.ca](http://www.nyws.ca)*

North York Women's Shelter does not rent, sell, share or trade personal information.



North York  
Women's Shelter

# NEWSLETTER

## Winter 2018

### Transitional Support

- After leaving shelter, many women and their children are starting over in a new home with nothing. At NYWS, we support our former residents while they transition into their new lives by providing counselling, gift cards for groceries, furniture and household items, as well as helping them connect with additional resources.

- If you would like to help a family set up their new life, check out our Sponsor a Family program. Details are on our website at: [www.nyws.ca](http://www.nyws.ca)



**"Your generosity makes me believe in the goodness of people again..."**

Twenty families (20 women and 25 children) enjoyed a wonderful holiday season thanks to the support of many generous donors and volunteers at North York Women's Shelter. Throughout the months of November and December we collected items to fulfill families' wish lists, then wrapped and shipped the gifts in time for the holidays.

We have received tremendous feedback from the families expressing their gratitude and happiness.

One woman wrote in a thank you note: *"You have given me not only wonderful and valuable things, but something absolutely priceless and precious - the feeling of being worthy, of being valued, of being deserving, which is no small feat for any woman who has gone through abuse in her life, and like me, was continuously put down by her abuser, to the point of actually believing that I was worthless. Your generosity makes me believe in the goodness of people again, and the respect you shown me by so carefully acknowledging my wishes is truly bringing me to tears, in a good way..."*

We are so grateful for the wonderful support we receive year-round from supporters like you to make these moments possible. Thank you!!



## You can make a difference!

Contact us for info on how you can run a donation drive at your work, school or place of worship.

Contact Taylah at [taylah@nyws.ca](mailto:taylah@nyws.ca) 416-638-7335 ext. 241 or download our toolkit at [www.nyws.ca](http://www.nyws.ca)



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Women's Shelter

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Charitable Registration No. 12981 9512 RR0001

[www.facebook.com/nyws.ca](http://www.facebook.com/nyws.ca)

@NYWS



## Introducing: Shelly

**Shelly Carpenter** is a trauma-informed mental health counsellor who works with women who have experienced childhood and adult trauma. Shelly holds a Master of Education, Counselling Psychology from the University of Toronto and is a Canadian Certified Counsellor (C.C.C). She has worked with the Trauma Therapy Program at Women's College Hospital and prior to that, the Peer Support Services for Abused Women in Alberta. She recently completed level 1 training in Sensorimotor Psychotherapy (a body-oriented approach) with the goal to create a safe space for women to explore their life experiences, while promoting physical and spiritual well-being. Her therapeutic model is based on a relational approach guided by feminist and anti-oppressive values. By working with women who have experienced intimate partner violence, Shelly hopes to promote healing, empowerment and help prevent the cycle of violence from recurring.

Shelly is NYWS's new Women's Mental Health Trauma Therapy Counsellor.

## Introducing: Azadeh

**Azadeh Osareh** is a trauma counsellor who has experience working with children and adolescence, as well as women who have been impacted by violence. Azadeh completed her Master of Counselling Psychology at Adler University, after which she worked at the Family Services of the North Shore with adults and youth struggling with various mental health challenges. In her work, Azadeh focuses on creating a safe and non-judgmental environment to help her clients identify their strengths and develop the tools they need to reach their potential as unique individuals.



Pictured above: To the left, Azadeh and to the right, Shelly

Azadeh is NYWS's new Children's Mental Health Trauma Therapy Counsellor.

## Shelter Rebuild Update

As you are hopefully aware, North York Women's Shelter is going through a once-in-a-lifetime, monumental rebuild. By innovating what a "shelter" can be, we are looking to change the conversation and the landscape on violence against women (VAW). Leveraging the \$8.84 million received through Federal and Provincial funds, we are moving quickly through our construction project to build our new, state-of-the-art 21,000 sq ft. VAW Centre on the site where our old shelter used to stand.

Our building, which will have both a residence and community services, will be beautiful, accessible, trauma-informed and include many enhancements, such as a 1000 sq ft. community programming and arts space, pet kennels, therapeutic gardens, an industrial kitchen and a community kitchen. We at NYWS are so honoured to now be able to offer more than shelter beds. VAW-related services will now be available to women experiencing violence who live right in our community. This can and will be life-saving!

Demolition of the old shelter was completed in the fall of 2017 and now that a bulk of tenders have closed, we expect construction to begin in about a month! We are incredibly excited and have taken our time in consulting with a variety of experts (including women with lived experience of violence) on every aspect of our new facilities, including landscaping, kitchen layout, accessibility, and of course, security. We have taken a design-for-health approach, paying attention to the ways in which the built environment impacts the health of individuals and communities.

We expect construction to take approximately 9 to 11 months and look forward to opening our doors to women, children, and the community in the Spring of 2019.

We hope you enjoy this special sneak-peek at the layout of the new NYWS!

