

## Journey to Well-Being

SWC has a free and confidential Case Management Service. The Case Manager will work with you to clarify what you seek in your life, and assist you to make immediate plans in order to reach your personal goals. It is good to see how you are **in charge of change**. The Case Manager facilitates this process with you. She assists you to identify even small steps towards achieving your plans and supports you to explore your inner resources as well as external ones.

You might be in a stage of life that requires making a decision such as: to leave or to stay in an abusive situation; to continue your education or to look for a job; or to develop your coping skills and personal power. You may be searching for support to confirm and validate your decisions. You may be inquiring about what services are essential to use in order to fulfill your decisions. Getting another perspective or expanding your knowledge about alternatives might be helpful to you at this point. The Case Management Service is a solution-oriented service designed to meet your needs. We look forward to hearing from you!

*Tahereh Barati  
Case Manager*

## 20<sup>th</sup> ANNUAL GENERAL MEETING

**Tuesday, September 17<sup>th</sup>/2002,  
6:00 - 8:30 p.m. at  
the Scarborough Civic Centre.**  
Everyone is welcome! Light refreshments will be served. Childcare is available (if you pre-register!) Members are especially requested to attend. Exercise your vote! Catch up on SWC progress and plans for the future. Enjoy the sounds of Pan Vibrations. A video on the Centre will be launched to mark our accomplishments.  
**RSVP by September 5<sup>th</sup>/2002.**

## Consumer Advisory Group Update

It has been a great asset to the Centre to start up our Consumer Advisory Group. So far we have several women in the CAG, who have participated in a variety of our services. They have given us fabulous feedback from the perspective of a woman using the Centre. For example: (1) we have re-organized our waiting area so that women feel safe and comfortable and can browse in our resource library (2) we have expanded our promotional activities so that we regularly do fax broadcasting to agencies who make referrals to the Centre (3) we have had helpful input on the

Access Policy summary and its implementation. We are looking for women who have used our Information, Case Management, Education, or ESS Programs to join the group. We meet about every three months for a two hour period. Make your voice heard! If you are interested, call Lynda Kosowan, Executive Director.

## Strides for the Future ...

SWC would like to invite you to send in your email address. We are continuing to streamline costs and would appreciate the ability to contact you through email. This move towards the information age will help save printing and postage costs for notices and general SWC information. In the future, we want to serve you better and in a cost-effective manner. You can send your email address directly to: [ed@scarboroughwomenscentre.ca](mailto:ed@scarboroughwomenscentre.ca)

## Have you seen our Website?



It's full of information re programs, volunteering and special events.

Visit us at:

www.

[scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca)

## ACCESS POLICY SUMMARY

For your information, this is part of the summary we have recently prepared so that women will know how to use our Access policy. It was prepared by the Access Committee to be distributed to all those involved in the Centre and will be available in pamphlet form. Our purpose is to make it easier for everyone to use the policy. Please let us know if you need more information, or assistance. You are welcome to request your own copy of the full policy.

The Access Policy is a statement of principles, followed by explanation of how principles will be put into practice. It guarantees access to involvement and equal treatment in the Centre, regardless of diversity. Diversity is defined to include: Race, ethnicity, religion, ability, sexual orientation, size, economic status, place of origin, citizenship, ancestry, colour, gender identity, marital status, family status, political affiliation, record of offences, receipt of public assistance, membership in a union or staff association, level of literacy.

## STATEMENT OF PRINCIPLES

Scarborough Women's Centre (SWC) recognizes that it must take informed leadership in the community if equality and positive inter-community relationships are

to be achieved. The Centre believes that a diverse society is a source of enrichment and strength. We are committed to the elimination of systemic barriers that prevent diverse groups from full participation in the Centre. All program participants, clients, volunteers, staff and board members have the right to be free of discrimination and prejudice at the Centre. We are open to learning about other areas of discrimination of which we may not be currently aware. The Centre will not be available or accessible to any individual or group which promotes views and ideas which are likely to promote discrimination and/or hate. Everyone who uses the Centre is covered by this policy.

Areas covered in the policy:

- **Structure and representation** - the mix of women who are involved as volunteers, Board, staff and participants should reflect our community.
- **Employment and staff development** - we seek diversity in our staff and provide ongoing support and training on diversity issues.
- **Community relations** - we outreach to the entire community.
- **Programming and services** - must respond to the needs of our community and be accessible to diverse women.
- **Funding and finance** - includes guidelines for respecting diversity when fundraising.
- **Policy Evaluation** - regular reviews

- **Complaints procedure** - a clear process for addressing concerns

If you have any questions, please feel free to direct them to the Executive Director.

THANK YOU FOR YOUR PART  
IN MAKING THE CENTRE A  
GOOD PLACE FOR WOMEN!  
WE APPRECIATE YOUR  
PARTICIPATION!



**SWC  
MEMBERSHIP**

Are you a member of Scarborough Women's Centre? We know that you are in your heart, however, you may not know that we have a formal registry and that some of our funders consider that your registration is one real sign of your participation in the Centre. If you haven't already registered for this calendar year, please fill out and return the membership form on our website or call to request a paper copy. Thanks very much! And welcome aboard!



**WOMEN AT THE CENTRE**  
is a publication of Scarborough  
Women's Centre.

Submissions, letters and  
suggestions are very welcome.  
Please forward to Lynda Kosowan,  
MSW, RSW  
Executive Director.



## WHEN A PREGNANT WOMAN IS ABUSED, TWO LIVES ARE IN DANGER

The Safe Motherhood Education Project has worked to raise awareness about the issue of woman abuse and pregnancy and is now complete. The project coordinator, a multi-sectoral steering Committee, a group of dedicated volunteers and the Scarborough Mirror have worked together to increase the capacity of both service providers and individual pregnant and post-natal women to respond to abuse. The project provided direct training to professionals and pre/ post natal women, a media partnership and a poster campaign.

The project has launched a poster campaign aimed at doctors and other human service practitioners. Studies on woman abuse and pregnancy reveal that one of the barriers to detection is that both service providers and abused women feel uncomfortable raising the issue. The poster is designed to encourage abused women to talk to their doctors, nurses etc. about any abuse they might be experiencing. Talking about abuse is o.k. All professionals carrying the poster have also been provided with a comprehensive referral list that they can give to any women who discloses.

If you are a service provider who comes into professional contact with pregnant and/or post-natal women, you can play a critical role in detecting abuse by using your "RADAR":

- R** - routinely screen every client or patient who you see - all women are at risk
- A** - ask every woman directly, kindly and in a safe place
- D** - document your findings, including photographs and legible notes
- A** - assess the client's/patient's safety
- R** - review options and provide referrals

For further information on responding to abuse during pregnancy, contact Scarborough Women's Centre for a training outline.

If you are a pregnant or post-natal women being abused:

- **You are not alone.** 1 in 6 adult women and 1 in 5 teen women experience some form of abuse during pregnancy, 40% of these women are experiencing abuse for the first time
- Talk to someone you trust ( a friend, co-worker, family member) - talking to someone is the first step in breaking the silence
- Develop a safety plan - plan and rehearse the steps you will take if you have to leave quickly, and learn them well

- Tell a professional - if you see a doctor, nurse, Lamaze coach etc. during or after your pregnancy talk to them about it. There are a range of services that can help you meet your safety, financial and housing needs. There are also services that can help your children deal with the impact of violence
- Memorize two or three emergency phone numbers
- Teach your children how to call 911

We would like to express our gratitude to the United Way, Freedom from Violence program for their support.

*Roma Beckles  
Safe Motherhood  
Project Coordinator*

## STRETCHING YOUR DONATION DOLLARS

Did you know that many corporations have Matching Gift Programs or ambassador programs. That means that your personal donation to SWC is matched by your employer - for example, a \$500. donation could become \$1,000. for programs and services that benefit the Centre. Your gift goes twice as far! If you are a volunteer with the Centre, your corporation may also be willing to consider making a grant or donation in recognition of your involvement. Check it out!

## ESS PROGRAM UPDATE

Hi! My name is Elizabeth Sahoye-Shury, ESS Program Coordinator to March 31<sup>st</sup>, 2003. I am coordinating the Economic Self Sufficiency Program during the maternity leave of Rishma Mirshahi. I have quite an extensive background in women's and children's services for over 10 years. I started in March 2002 and am quite excited to have joined Scarborough Women's Centre and to participate in the much-needed ESS Program.

Many good things are happening with the ESS group beginning in September 2002. We are continuing our positive working relationship with Aisling

Discoveries Child and Family Centre and Agincourt Community Service Association. We have been overwhelmed by support from the community to become volunteers with the programs offered at Scarborough Women's Centre. We have also been involved in networking activities and presentations on the many services SWC provides.

The next ESS group starts September 17<sup>th</sup>, 2002 and we look forward to providing support, workshops and services. If you are a woman who has been out of her abusive situation for at least three months and want to become economically and emotionally independent, this program may be for you!

*Elizabeth Sahoye-Shury*  
ESS Program Coordinator

## SPEAKING OF WOMEN NOVEMBER 16/2002

Our second annual Speaking of Women fundraising event is scheduled for Saturday November 16<sup>th</sup> from 2 - 4 p.m. at the Centennial College Conference Centre (Progress and Markham Roads). There will be presentations by three women about their journeys in life; a silent auction; and refreshments. A great opportunity to meet other women who are moving forward in their lives. \$25.00 per person. Please RSVP by calling the Centre (416-439-7111) by November 8<sup>th</sup>.



Please see the attached insert about our wonderful funders, supporters and donors.



**Scarborough  
Women's  
Centre**

2100 Ellesmere Road, Suite 245, Scarborough, Ontario M1H 3B7 TEL. (416) 439-7111 FAX. (416) 439-6999  
website: [www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca) email: [scar.wom.ctr@sympatico.ca](mailto:scar.wom.ctr@sympatico.ca) TDD: 416-439-7321

**Support the Centre!!**  
**Make a donation, become a member, or volunteer**

Name: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_  
No. Street Apt. # Postal Code

E-mail address: \_\_\_\_\_

I would like to be a member of the Centre. \_\_\_\_\_ Please send an information package. \_\_\_\_\_

My donation of: \$500. \_\_\_\_\_ \$200. \_\_\_\_\_ \$100. \_\_\_\_\_ \$50. \_\_\_\_\_ \$20. \_\_\_\_\_ Other \_\_\_\_\_

Enclosed is my cheque for \$ \_\_\_\_\_ payable to Scarborough Women's Centre.

Visa Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

**Registered Charitable # 10795 9660 RR001**