

Women at the Centre Winter 2007 Newsletter

WALKING THE TALK

On December 6th, 2006, the Centre contributed to a display called "Walk the Talk to End Violence against Women and Children". Organized by volunteers from the Accountability Committee of the Woman Abuse Council of Toronto, shoes were on display to symbolize each woman and child murdered this year in Ontario as a result of domestic violence. Vanessa Falcon, on placement from the Assaulted Women and Children's Counselling Program led in this project.

Our shoes prominently display an image of an imbalanced scale of justice. They commemorate **Cindy MacDonald**, 29 years of age, from London, Ontario:

Cindy was found with a knife through her chest in the backyard of her home. Her boyfriend was charged with second-degree murder. He was out on bail with a no-contact bail condition ordered in April after he was released on a charge of uttering a death threat against Cindy. (June 2006)

Each participating agency was challenged to write 3 sentences, and here is what we said:

"END VIOLENCE AGAINST WOMEN NOW!"

We all deserve to walk our own path that is free of violence and oppression.

Violence against women must end so that women now and in the future do not experience the same walk as Cindy.

Women and children have the right to be protected, balance the scales of justice and help end the violence!"

The Centre has many programs of interest to women who are survivors of abuse, include our Case Management/Counselling service, and Educational Programs like Building Self Esteem, Dealing with Anger, or Getting the Strength to Leave. Please call if you are interested in learning more.



CONSUMER ADVISORY GROUP

Women who have participated in our programs are invited to join the Consumer Advisory Group. It's a place where you can share opinions about how to improve our services. Join us at the first meeting of 2007 on January 25th at 6 pm over pizza. We need your RSVP by January 20th, please.

Our winter programs start the following week, and can be found on the website or in the program flyer. Get your copy today, because there are many wonderful workshops and courses on offer between February and July.

You are invited to our wonderful Spring Tea fundraiser. Good company, silent auction, and an interesting speaker.

Bring a friend! Everyone is welcome

Check out our website for details.

Sunday, May 6th 2007, 1 - 4 pm at Kelsey's (McCowan and Ellesmere Road)





TAKING PERSONAL RESPONSIBILITY OF MY LIFE: A REVOLUTIONARY ACT!

Over a six month period, I received counseling from Tahereh at the Scarborough Women's Centre. It was an amazing journey of self-discovery and I had a couple of epiphanies along the way. I now see how my settling for less and less in my personal life, resulted in my having less and less to show for myself. In hindsight it is obvious, but it wasn't so clear then.

My desire to be introspective came as a result of the devastating split between my beloved husband and I. This was what it took for me to get the motivation to take a long hard look at myself. I wanted to find out how I could have contributed in ruining something that mattered so much to me.

It also didn't help that over the recent past I had become 40-pounds overweight and had suffered from depression, severe post-natal depression and severe suicidal tendencies. I screamed at my children, was fearful about life and had lost faith not only in the world around me, but in myself as well!

Getting counseling at the Scarborough Women's Centre helped me to realize that I was suffering because I had taken myself for granted. I had not realized how crucial it was to my well-being for me to express joy in my life and to take pride in myself. My inability to praise

myself for all the wonderful things I did, had resulted in me being in chronic pain and self-destructing.

My counseling sessions with Tahereh re-awakened in me the need to acknowledge my own magnificence on a daily basis. To wake up each day and know that I am safe, strong and happy. I now go about my daily business in dignity and love myself, respect myself, take pride in myself and have joy in my life. For I am and aspire to always be, in the words of Louise L. Hay, "living proof of the joy of living"!

The pain, misery, bitterness, anger, angst, anxiety and fear of my past are now behind me. My marriage collapsed because I had unwittingly allowed my childhood hurts to hold me hostage emotionally; thus rendering myself unable to revel in my present life fully.

I am renewed and empowered and recognize that all I need to be happy dwells within me. This reality was rekindled during my counseling sessions with Tahereh at Scarborough Women's Centre. The work we did there together was priceless, and the lessons I learned will last my lifetime.

THANK YOU!
ELIZABETH WAMBUGHA KUBO-BUNZIGIYE



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

Letters and suggestions are very welcome.

Please forward to
Lynda Kosowan, MSW, RSW
Executive Director and Editor of this publication

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Have you seen our Website?



It's full of Information regarding programs, volunteering and special events.

Visit us at:

www.scarboroughwomenscentre.ca

YOUNG WOMEN'S OUTREACH

We are pleased to announce that the Centre has begun an outreach to young women, 15-20 years of age.

These are important years in our lives. We make decisions about the future, learn how to form healthy relationships, and consider our options and rights. These decisions will affect us for the rest of our lives.

Young women are invited to get involved as peer outreach volunteers; and also to participate in a young women's group which will focus on mutual support, and learning together in a safe and welcoming atmosphere. Get the information you need to build a happy, healthy life.

Please call Sophia Santos at the Centre if you would like more information.

Our thanks to Alcoa Foundation for their support of this initiative.



WELCOME NEW BOARD MEMBERS!

Our Annual General Meeting was held on September 14th, 2006, celebrating Lynda Kosowan's 20th anniversary as Executive Director of the Centre. The notes for Lynda's reflections are available on our website. Four new volunteer Board members have been elected to take leadership responsibility for the agency.

♥ **Rahwa Haile** was referred through Boardmatch. Her employment includes more than 6 years in strategic marketing, enterprise and web-enabled business process solutions. She received the MBA from the Schulich School of Business, York U in 2006; has a Post grad diploma in Applied Information Technology; and a B.A. in Communication, Public Policy and Public Management. Rahwa volunteers with Women in Capital Markets; and organized the Women's Leadership Conference 2005, a gathering of Canadian women executives, leaders, corporate professionals, academics and business students.

♥ **Lyn McDonell** is a governance, strategy, and organizational effectiveness consultant, assisting mainly not-for-profits. She works with Leader Quest Inc., The Institute on Governance (Ottawa), Brown Governance, Humber Corporate Education Centre, and Banff Executive Leadership. Lyn has been a Chief Executive Officer and a Chief Operating Officer in two major charities in Canada, and is a board member of Altruvest Charitable Services. Lyn joined the Centre as a

way to give back to a community which she greatly appreciates – Scarborough!

♥ **Farayi (Paula) Mundangepfupfu** was referred through abc.GTA. She is originally from Zimbabwe by way of the Caribbean. Her employment in the past 6 years has included York University, Roynat Capital and Ministry of the Environment. Farayi is working on her Business Admin Certificate at Seneca; has done course work on Urban and Regional Planning at Ryerson and holds the City and Guilds AutoCAD Certificate, UK. Previous volunteer work includes The Power Within Speaker Series; and Hospital for Sick Children.

♥ **Savey Shiwnarain** is Guyanese Canadian. Her employment includes 14 years with the City of Toronto – 9 as a Community Development Worker with Metro Housing, and 5 with Toronto Social Services. She is currently in the Employment Resource Centre at Scarborough West Social Services, and seconded to United Way as Division Coordinator for the City of Toronto campaign. Volunteer experience includes the Board of Downsview Community Legal Services; and Downsview Conflict Mediation Services.

We said goodbye to several Board members who are retiring after making wonderful contributions to the Centre. They will all continue to sit on our committees and provide consultation, which we deeply appreciate!

♥ **Marie Campbell** has been our policy expert for the past 2 years, instrumental in development of the accommodation policy for women with disabilities; and is working with staff on a pandemic/outbreak policy. She participated on the Access;

Program Evaluation; and Governance Committees, and was also the Building Agency Capacity liaison. She currently sits on the Service and Program Needs Steering Committee.

♥ **Brenda Chalmers** served as Chair of the Human Resources committee, Complaints Advisor, Executive Committee member, and Corporate Secretary, providing a unique perspective, based both in the non-profit community sector and government sector.

♥ **Elaine Dandy** chaired the Fundraising Committee, and participated in the Human Resources committee the year before. She is a tireless advocate for the Centre, using her extensive networks to make it possible to grow and prosper, serving women in need.

♥ **Sunita Kossta** has been a member of the Strategic Planning Committee, and the Service and Program Needs community focused on our work with newcomer women.

♥ **Xiaolin Ni** has participated on the Fundraising Committee and was actively involved in all fundraising activities. She generously involved her employer, IBM, in fundraising including an employee campaign, and the donation of a new laptop computer.

♥ **Kate Wicik** was Vice-President, chaired the Access Committee, and the ad-hoc Access/Program Evaluation Committee. This past year, Kate welcomed the birth of her son, Mason, and missed only 1 Board meeting during her recovery!

For information about volunteering, please visit our website, or contact Wendy Halse, Coordinator of volunteers. There are many opportunities to make a difference!

Acknowledgements & Appreciation

January 2006 – December 2006

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SWC thanks the following **Individuals** for their **generosity**: Tamara Akopcan; Tracey Aucoin; Sarah Ahmed; Yvette Bailey; Ursula Bell; Lisa Benvenuto; Aruna Bhagwandin; Karen Boniface; Sylvia A. Brooks; Marie Campbell; Lisa Casonato; Eileen Chalk; Ida Chiu; Gloria Costello; Ari Dassanayake; Maureen Edgar; Lynn Fournier-Ruggles; Micheline Gravelle; Lisa Hamel; Mary Heinmaa; Catherine Hanbridge; Debbie Herridge; Francine Hickman; Sheryl Hinds; Melanie Hubbard; Mitzie Hunter; Nigel Jagan; Lynda Kosowan; Nan Kosowan; Sunita Kossta; Marcela Kupfer; Linda Locke; Lorraine Mackie; Ada Murray; Jan Preston; Carol Robertson; Martin Ross; Samantha Singh; Janise Smith; Nadine Spencer; Penni Stuart; Darlene Watman; Kate Wick; Dr. Donald Wright

SWC gratefully acknowledges our **Corporate, Group and Service Club** supporters: **up to \$2,499**: BMO Fountain of Hope; Chinese Ladies Golf Association Of Ontario; Chum Charitable Fdn; Eli Lilly Canada; Hydro-one Employees; Lee Tak Wei Fdn; Malvern Family Resource Centre; Malvern Cricket and Social Club; Nathalie Roze-Fischer; NGK Spark Plugs Canada Ltd; OPG Employees Charitable Trust; Public Service Alliance of Canada; Ram Power Systems; Royal Canadian Legion; TD Financial Group; Teva Novopharm; Toronto Maple Leaf Foods Inc.; Ipsco Sasketchwan Inc.; Rotary Club of Agincourt **\$2,500 to \$4999**: IBM Employees Charitable Fund; Women's Inter Church Council of Canada **\$5,000 to \$10,000**: CIBC; Royal Bank Foundation.

Special Thanks for In-Kind Donations to: Amici Hair Design; Ashworth Associates Inc; Barbie's Basement Jewellers; Big Stretch Yoga Centre; Black Horn Dining Room; Bradley Paint and Wallpaper; Bulova, Christina Demeester; Cineplex Odeon; CN Tower; Connie Jilesen; Costco Wholesale; Dessert Treats; Druxy's Inc; Effie Banakos; Elmwood Spa; Estheticare; Factory Theatre; Fairmont Royal York; Goldstein Rosen Rassos LLP; HBC Foundation; Hilton Toronto; Home Depot; House and Home Media; Insync Organising Services; Jawny Bakers Restaurant; Kids Can Press; Mandarin Restaurant; Mary Kay Cosmetics; MDR Design Consultants; Milestones; Milton Winberg; Naser Raushan (Aaron Rugs n Décor); Oasis Massage Therapy; Omar Adil (CMHC); Ontario Science Centre; Orexis Catering; Paramount Canada's Wonderland; Phillips Copy Centre; Shoppers Drug Mart; Soulpepper Theatre; Sue Firth; Sutherland Chan School and Teaching Clinic; Tarragon Theatre; Tim Howe; TDL Group (Tim Hortons); The Art of Beauty Hair and Estheticare; The Big Stretch Yoga; The Keg; Tiffany and Co; Timex Canada Inc; Toronto Blue Jays Baseball Team; Toronto Maple Leaf Hockey Club; Toronto Raptors; Urban Sun; Vertibelle Creations Inc; Vonage; Wild Water Kingdom; Winners Merchants Inc; Younique Salon

SUPPORT THE CENTRE!!

Make a donation, become a member, or volunteer

Name: _____ Address _____

Apt. # _____ City/Province _____ Postal Code _____

Phone: _____ E-mail _____

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

Enclosed is my donation of: \$35. _____ \$50. _____ \$200. _____ \$500. _____ Other _____

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

Visa/MasterCard _____ Expiry Date: _____ Signature: _____

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Yes, you may acknowledge my donation in your newsletter and website. Please keep me informed of Centre activities.