



LEGACY

2016 - 2017 ANNUAL REPORT

A MESSAGE FROM OUR PRESIDENT & EXECUTIVE DIRECTOR



HAPPY 35TH ANNIVERSARY SCARBOROUGH WOMEN'S CENTRE!

What an incredible achievement - Thank you for the big and little things you do every day to improve the lives of women and girls in Scarborough.

Joanna began her term as chair in Fall 2016, and she says, "I have been privileged to serve on the Board of Directors of the Scarborough Women's Centre for four years now. I am in awe of the Centre's dedicated team and all the programming available. It's because of your hard work, the countless hours of planning, organizing and mobilizing that inspire the many people and organizations in our city to open their wallets and support all that you do - I remain inspired by the generous support from our donors."

Violence against women and girls impacts us all. In line with its mission and strategic plans, the Centre continues to do more to improve the lives of women impacted by violence and economic dependence.

There is something different and distinctive about the Centre. It's resilient. It's responsive. It runs lean, yet continues to meet the needs of its community. Further, many of the women utilizing its services have remained in contact with and supported the Centre over the last thirty-five years.

We are pleased to report that since 1982, the Centre has impacted the lives of over 170,000 women and their children - just incredible. By proactively investing in programming and services, the Centre has empowered women to live economically and emotionally independent lives.

Their families and communities continue, and will continue to grow stronger as well. A shining beacon for many women has been the Centre's innovative programs, all of which have supported women and helped them on their journey of life - developing skills for success, self-confidence and introducing them to networks that will help guide them in achieving their goals.


In addition to celebrating our thirty-fifth year anniversary, we welcomed new staff, volunteers, Board and committee members this year, and we also say goodbye to those stepping down - Thank you for making the Centre so vibrant and a special safe space for so many.

We would like to recognize one of our Board members, Mary Heinmaa. Mary is retiring from the board, but will remain a passionate ambassador and friend of the Centre, which she has led as Board chair for the last three years. We thank Mary for her passion, leadership, generosity and commitment to the Centre and lives of women and girls.

Thank you to all the staff, volunteers, donors, partners and board and committee members. Your ongoing support has been invaluable and helps to ensure the Scarborough Women's Centre is ready for the challenges and achievements in 2018 and the next thirty-five years to come!

Joanna Noble, *President*
Lynda Kosowan, *Executive Director*


WHAT OUR SERVICES USERS HAVE TO SAY:



"When women support each other, great things happen!"



"I feel 110% empowered now!"



"I took away that I need to be self-assertive and invest in myself."

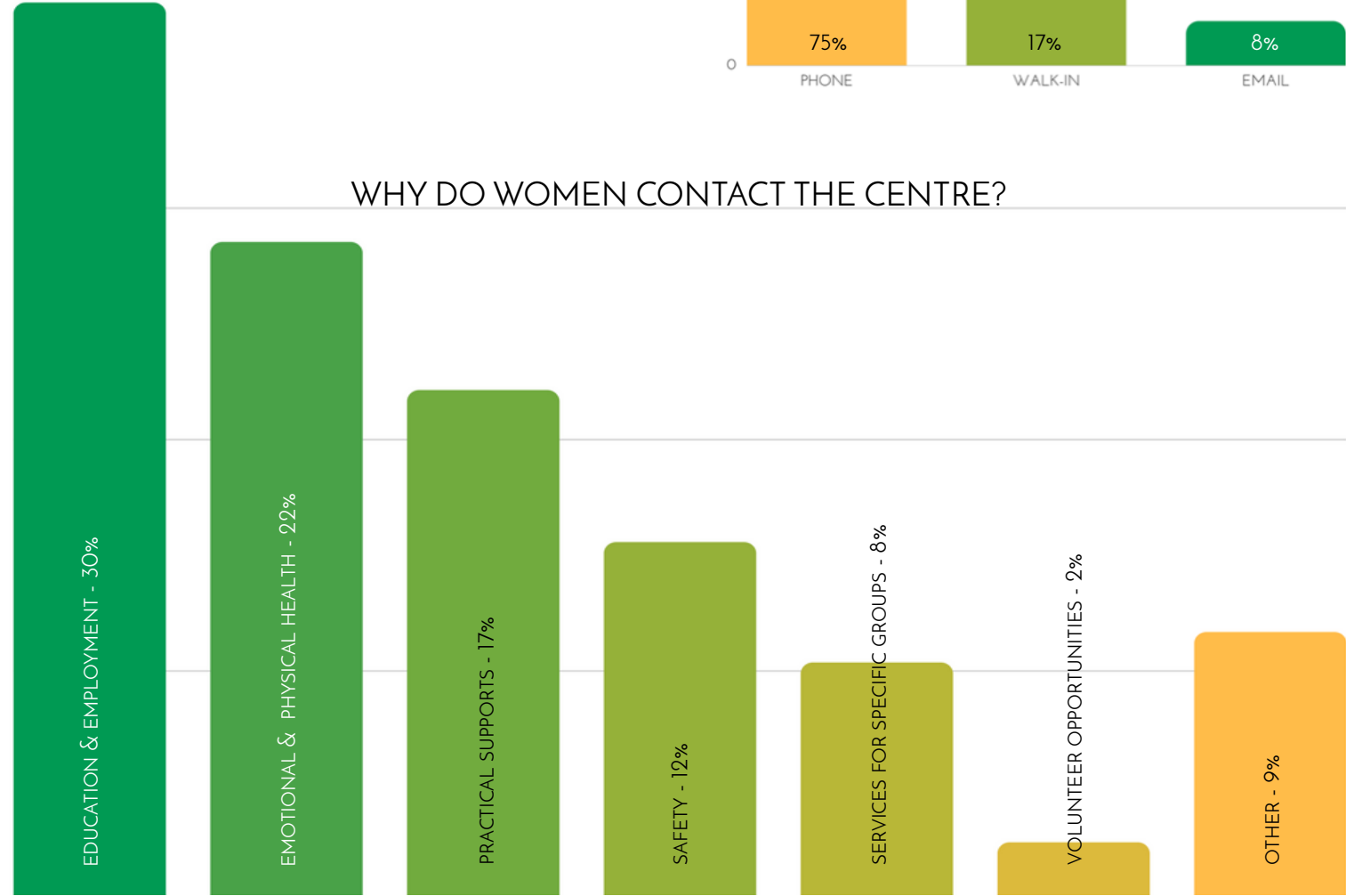
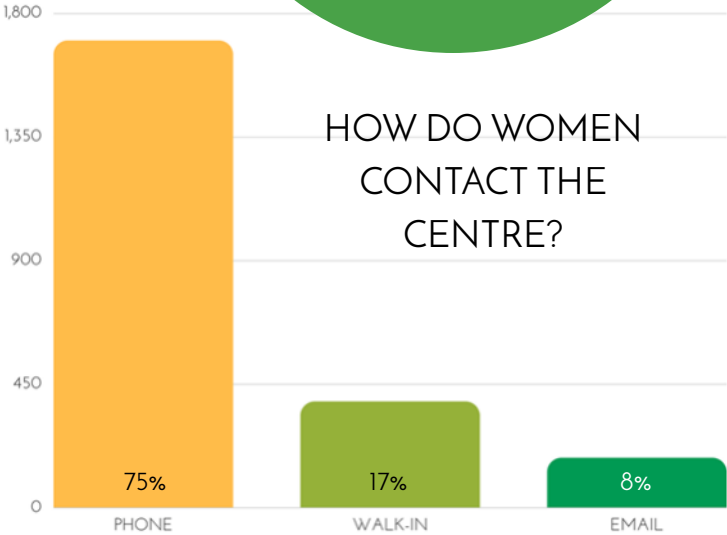
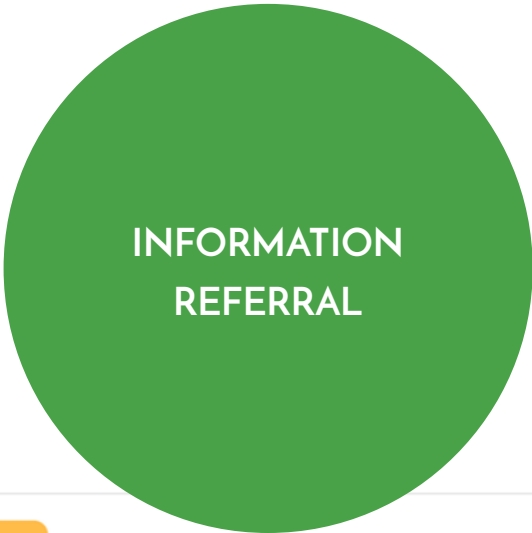
"I am learning to love me and get me back."

"Enlightening and empowering."

"I learned new techniques to live life better."

The Information Referral program at Scarborough Women’s Centre provides women with an opportunity to discuss their situation confidentially, while receiving support and information tailored to their needs to empower them to find the solution that works best for them. This year, SWC referred 2268 women to resources in the local community. These women accessed this program by calling, walking in to or emailing the Centre.

Women who contact the Centre are seeking out information on a number of topics, such as, education/employment, emotional and physical health, practical supports (legal advice, housing), safety, services for specific groups ,and volunteer opportunities.



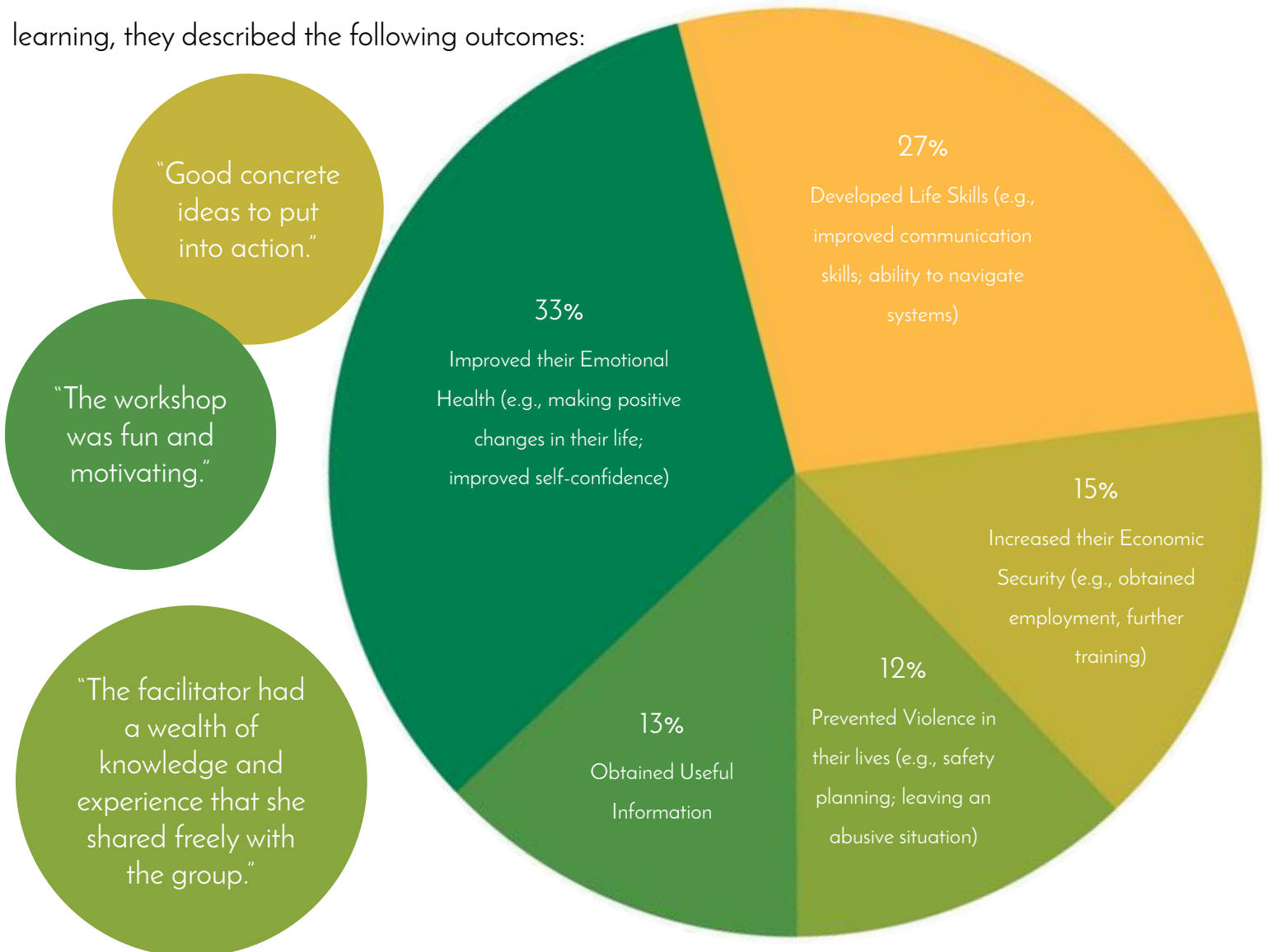
EDUCATION

Scarborough Women's Centre provides education through courses and workshops for small groups, to suit each woman's individual goals. Our education program covers a range of skills training and topics such as:

- Self-esteem, assertiveness, effective communication, anger management, stress management, conflict resolution
- Finding your life purpose
- Family law, dealing with debt, and healthy living.

These courses and workshops also provide an invaluable opportunity for women to build and maintain support networks with other women which can help to empower them to make difficult changes.

This year, 825 women participated in over 70 workshops and courses. When asked to evaluate their learning, they described the following outcomes:



SUPPORT: COUNSELLING & MENTORING

The Counselling Service at Scarborough Women's Centre assists women to implement both immediate and long-term changes, with a focus on growth and development. Common issues that women discuss at the Centre include gender-based violence, healthy relationships, newcomer integration, emotional health, employment, and education.

The Mentoring program is for women in life transition who are working toward specific goals. Participants are matched with trained volunteers to receive support in an informal setting, for a six month or one year contract. Mentors and mentees plan activities to work on building a variety of skills through their weekly meetings. This can include improving language skills, job-hunting techniques, and support to women transitioning out of unhealthy relationships.



"With the help of the counselling service, I have changed my life."

THIS YEAR WE
SUPPORTED

352 WOMEN
TO

IMPROVE THEIR
EMOTIONAL
HEALTH (28%)

NAVIGATE
SYSTEMS (22%)

DEVELOP LIFE
SKILLS (20%)

PREVENT VIOLENCE IN
THEIR LIVES (15%)

IMPROVE THEIR
ECONOMIC SECURITY
(11%)

INVESTING IN WOMEN'S FUTURES

Investing in Women's Futures is funded by the Government of Ontario through the Ministry of the Status of Women. Through an accessible and anti-oppression framework that recognizes women's multiple barriers and identities, we provide VAW counselling and peer support, support to navigate systems, pre-employment training services, and life skills & self-esteem programs.

490
INDIVIDUAL
WOMEN
SERVED

290

OBTAINED SUPPORT RE:
ECONOMIC SECURITY

- TO PURSUE FURTHER TRAINING/EDUCATION
- TO BECOME EMPLOYED/SELF-EMPLOYED

250

WERE SUPPORTED IN
NAVIGATING SYSTEMS
SUCH AS:

- CHILD WELFARE
- ONTARIO WORKS
- HEALTHCARE
- HOUSING

370

DEVELOPED LIFE SKILLS
AND IMPROVED THEIR SELF-
ESTEEM THROUGH:

- COUNSELLING
- WORKSHOPS
- PEER SUPPORT
- INFORMATION SESSIONS

243

RECEIVED VAW
COUNSELLING AND PEER
SUPPORT THROUGH:

- 1 ON 1 COUNSELLING
- GROUP VAW ACTIVITIES
- SAFETY PLANNING

"Treating ourselves
with care, respect
and compassion is
the key to healing
and success"

"I am not alone,
many women are
facing the same
challenges"

"I gained more
awareness that I
need to look after
me so I can look
after others."



LOOKING BACK
OVER THE
YEARS







BUILDING — STRONG — FUTURES



The often expressed sentiment of “If I’d only known then, what I know now” from our service users, is what inspired the development of Building Strong Futures: Young Women’s Outreach Program.

This outreach program works with community organizations & local high schools to facilitate the empowerment of young women. Its interactive workshops and programs provide the tools necessary for young women to build self-awareness, strengthen their ability to make positive life choices and to recognize the impact their decisions make on their lives.

Funding: Mackenzie Investments Charitable Foundation, Johansen-Larsen Foundation, TELUS, Unifor Social Justice Fund

557 hours of service enabled 515 young women to attend 20 workshops, leading to

95 young women developing their life skills (improve communication, make positive changes);

62 young women obtaining useful information;

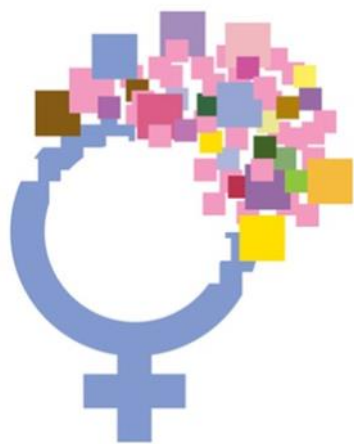
61 young women working on their personal development (solve personal problems, improve self-esteem);

54 young women learning about women’s issues;

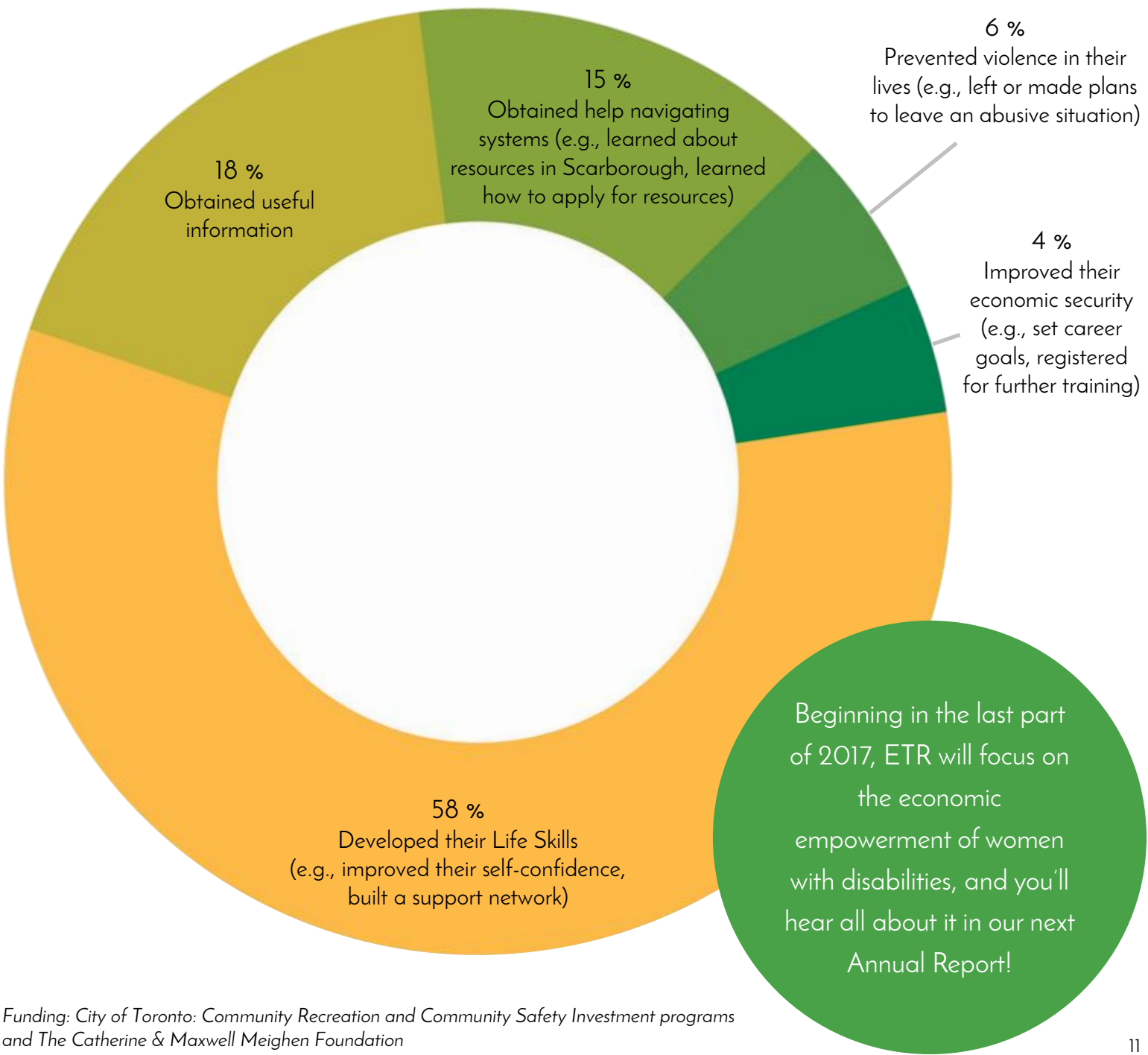
11 young women preventing violence in their lives (leaving or planning to leave an abusive situation);

9 young women developing their employment skills (getting further training, setting career goals).

The ETR program at Scarborough Women's Centre provides educational and leadership development opportunities for women with a broad range of disabilities. The program's funding completed in June 2016, but Program Coordinator Melissa Simas was able to conduct a few more workshops and trainings during the fiscal year. This past year 120 hours of service enabled 38 women to attend 5 workshops/trainings. They evaluated their learning as follows:



**EXPANDING
THE REACH:
OUTREACH TO
WOMEN WITH
DISABILITIES**



PROGRAM PARTNERSHIPS

SWC works closely with many different agencies and groups to provide effective programming to women in our community. We especially recognize our active program partners, including:

BUILDING STRONG FUTURES: YOUNG WOMEN'S OUTREACH

Toronto District School Board
Toronto District Catholic School Board
Malvern Family Resource Centre
YWCA Family Support Centre
West Scarborough Neighbourhood & Community Centre
UTSC Womyn & Trans Centre

EXPANDING THE REACH: OUTREACH TO WOMEN WITH DISABILITIES

Birchmount Bluffs Neighbourhood Centre
East Scarborough Storefront
Springtide Resources

EDUCATION

East Toronto GTA Health Team
Frontier College
Times Change
TD Canada Trust
Williams Family Lawyers

COUNSELLING

Multi-lingual Community Interpretation Services (MCIS)
Volunteer Toronto

CONSULTATION

McMillan LLP
salesforce.com
Management Advisory Service

INTER-AGENCY COLLABORATION

Woman Abuse Council Toronto

STUDENT PLACEMENTS

University of Toronto: Faculty of Social Work
Centennial College
Seneca College
Ryerson University: Faculty of Social Work
University of Waterloo: Renison College Faculty of Social Work

CONNECTING WOMEN WITH SCARBOROUGH SERVICES

Legal Aid Ontario
Family Service Toronto
Tropicana
Toronto Police Service
Birkdale Residence
Toronto Employment & Social Services
Scarborough Community Health Centre
Ontario Ministry of the Attorney General, Victim Services
Victim Witness Assistance Program

2016 - 2017 FINANCIAL SUMMARY

Revenue	\$397,220
Expenses	\$392,950
Excess of revenue over expense	\$4,270
Unrestricted contingency reserve	\$67,192

Yang Chartered Accountant Professional Corporation, 12/7/2017

AWARDS RECEIVED: STAFF & VOLUNTEERS

2017 Ontario Volunteer Service Awards

Marie Duplessis, Mary Heinmaa, Neeti Sharma

2016 Scarborough Women's Centre Volunteer of the Year Awards

Lelia MacDonald (Management Advisory Services),
Jorge Orozco,
The Rotary Club of Agincourt

2016 Ontario's Leading Women/Leading Girls, Building Strong Communities Award for Scarborough-Guildwood

Lynda Kosowan



1. Shoppers Drug Mart - Scarborough Stores visit the Centre
2. Representatives from The Rotaract Club of the University of Toronto with Lynda
3. Heritage Ford visits the Centre
4. Representatives from the Centennial College - White Ribbon Campaign with Lynda
5. Neeti, Marie & Mary at the 2017 Ontario Volunteer Awards
6. Staff and students participate in the YWO Program's #WhatIReallyReallyWant campaign
7. Lynda with fellow recipients of the 2016 Ontario's Leading Women/Leading Girls, Building Strong Communities Award for Scarborough-Guildwood
8. Staff, volunteers and guests strike a pose at the 2016 Annual General Meeting

GOVERNMENT FUNDERS:

Service Canada
The Government of Ontario through
The Ministry of the Status of Women
City of Toronto-Investing in
Neighbourhoods Program
City of Toronto-Community Service
Partnership Program
City of Toronto-Access, Equity &
Human Rights Program
City of Toronto-Community Safety
Investment Program

CORPORATE DONORS:

Claren Inc.
Heritage Ford Sales Ltd.
Joyent
Metro Toronto Ford Dealers Business
Association
Royal LePage Estate Realty
Shoppers Drug Mart - Scarborough
Stores
SKF Canada Employees' Charity Fund
TD Bank Financial Group
TELUS Toronto Community Board
Torkin Manes LLP Barristers

FOUNDATION DONORS:

Johansen-Larsen Foundation
Ontario Realtors Care Foundation
Mackenzie Financial Charitable
Foundation
RBC Foundation
salesforce Foundation
Shoppers Drug Mart LIFE Foundation
The George Lunan Foundation
Royal LePage Shelter Foundation
Tippet Foundation

GROUP DONORS:

Agincourt Civitan Club
Canadian Federation of University
Women (Scarborough Chapter)
Centennial College - Centre for Global
Citizenship Education & Inclusion
Elementary Teachers' Federation of
Ontario
Milliken Mills Lions Club
Ontario Power Generation Employee &
Pensioners' Charity Trust
OPS Women in Law
The Rotaract Club of the University of
Toronto
The Rotary Club of Agincourt
Unifor - Local 25
Unifor Social Justice Fund

THANK
YOU

IN KIND DONORS:

Marie Duplessis
Tim Howe
McMillan LLP
Emerald Massey
salesforce Canada
Shawn Smith - Systems Integrated
Solutions

THIRD PARTY EVENTS:

Centennial College - White Ribbon
Campaign
CFUW (Scarborough) Fashion Show
Music at Starbucks - 43 Milner Ave
OPS Women in Law - IWD 2017
Rotaract Art Gala (University of
Toronto)
Shoppers Drug Mart Growing
Women's Health Campaign

INDIVIDUAL DONORS:

Anonymous	Filomena De Sousa	Julie Hiroz	Lyn McDonell	Christine Sarbu
Tamara Akopcan	Marie Duplessis	Laura Humphries	Lauren McInroy	Henna Sethi
Jill Andrew	Loretta Fines	Lauren Inouye	Catherine Mendez	Rekha Shah
Nicole Arabey	Luisa Fracassi	Beza Kebede	Jyothi Menezes	Neeti Sharma
Joyce Archer	Andrew Johnston &	Kathy Killinger	Catherine Molyneux	Brian Simon
Yvette Bailey	Christina Friend	Lynda Kosowan	Nicole Myers	Kacian Simpson
Theresa Bigayan	Tara George	Nan Kosowan	Janice Nicholson	Harijah Sivakumar
Carolyn Borovicka -	Karen Spencer Goslin	Lisa La Horey	Joanna Noble	Penelope Stuart
CBA Management	Karen Grimshaw	Mai Lee	Fran Odette	Beena Tabinda
Services	Kerri Harris	Jen MacBruce Bonsu	Madeline Over	Nadia Taylor
Chelsea Chen	Tahira Hassan	Glenn Male	David Pauli	Dimitra Tsagaris
Christiana Chen	Arthur & Mary	Judit Marincan	Jessica Pellow	Peeranut Visetsuth
Yu Fei Chen	Heinmaa	Douglas Mark	Dr. Vivienne Poy	Darlene Watman
Daniel Crowell	Debbie Herridge	Angeline Mau	Manisha Ramrakhiani	Nicole Williams
Dr. Ari Dassanayake	Francine Hickman	Nancy Maxwell	Irene Rey	Joanna Wright

STAFF

Lynda Kosowan, *Executive Director*
Jacynth Fennell, *Counsellor*
Priscilla Arias, *Building Strong Futures: Young Women's Outreach Coordinator*
Melissa Simas, *Expanding the Reach: Outreach to Women with Disabilities Coordinator*
Iman Mohammed, *Communications Co-ordinator (to June 2016)*
Allie Kelly, *Communications Coordinator (from July 2016)*
Moulina Thuraisingham, *Coordinator of Volunteers (to February 2017)*
Kalum Perera, *Administrative Assistant*
Fathima Nizamdeen, *RBC Career Launch Associate*

PLACEMENT STUDENTS

Ayaan Arale, *Ryerson University - Faculty of Social Work*
Christine Sarbu, *Renison University College, University of Waterloo - Faculty of Social Work*
Harijah Sivakumar, *Centennial College - Social Service Worker Program*
Sherin Surenthiran, *University of Toronto - Faculty of Social Work*
Tasneem Yassan, *Seneca College - Community Worker Program*

SUMMER STUDENTS

Margarit Jo
Damindra Liyanage
Sana Najafi
Thurka Sri Rangan

BOOKKEEPING SERVICES

CBA Management Services

FACILITATORS (INDEPENDENT CONTRACTORS)

Farah Ali
Naszrin Arghoshi
Priscilla Arias
Prabha Bassoo
Vera Cheng
Reshma Dhrodia
Jolene Janke
Vivienne Kendry
Andrea Kwan
Susan Ludwig
Darlene Montgomery
Alyssa Muzaffar
Christine Sarbu
Melissa Simas
Cindy Stradling
Bianka Tiron
Sheetal Varma
Judith Wiebe
Cheryl Williams, LL.B
Helen Ziral

VOLUNTEERS

Jenopa Arulanathan
Kiran Chandra
Neetu Dhanju
Marie Duplessis
Tim Howe
Lelia MacDonald
Emerald Massey
Jorge Orozco

DIRECT SERVICE

VOLUNTEERS

Jenopa Arulanathan
Rashmi Aurora
Theresa D. Bigayan
Beth Dangerfield
Medina Faris
Shen Fhie Teng
Claudia Fuller
Karen Spencer Goslin
Laura Humphries
Sarah Jacobs
Natassha Johnson
Beeza Kebede
Isela Martinez
Angeline Mau
Fathima Nizamdeen
Michelle O'Donoghue
Sara Patel
Connie Petriglia
Jerusa Rodrigues
Barbara Sanchez
Kacian Simpson
Nila Sinnatamby
Beena Syed
Doris Tay

BOARD & COMMITTEES

Joanna Noble, *President*
Julie Hiroz, *Vice-President*
Paridhi Bhola, *Treasurer*
Janice Nicholson, *Corporate Secretary*
Mary Heinmaa, *Past President*
Lauren McInroy
Henna Sethi (to November 2016)
Dimitra Tsagaris
Christiana Chen
Marie Bomba

Finance Committee

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Jen Bonsu
Arianna Bhagwansingh
Judit Marincan
Christiana Chen

Communications

Committee

Julie Hiroz, *Co-chair*
Janice Nicholson, *Co-chair*
Christina Friend
Lauren Inouye

Strategic Planning

Committee

Lauren McInroy, *Chair*
Marie Bomba
Kiran Chandra

Grants Review Committee

Lauren McInroy

Governance Committee

Joanna Noble, *Chair*
Mary Heinmaa
Dimitra Tsagaris

Fundraising Committee

Mary Heinmaa, *Chair*
Janice Tran
Sarah Kim



THANK
YOU



OUR VISION:
Embracing diversity
and empowering
women for brighter,
independent futures

**OUR
MISSION**

Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment. The Centre empowers women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence.



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www.scarboroughwomenscentre.ca

