

eInn POWER ment

Annual Report 2014-15



MISSION:

Scarborough Women's Centre facilitates the empowerment of women to make long-term, positive changes with confidence.

Since its inception, SWC has helped 165,000 women and their children. The Centre is an invaluable resource that provides information, education and support services to assist women in the transition to economic and emotional independence. The Centre has successfully accomplished many valuable projects, which have been emulated in communities around the world.

Scarborough Women's Centre
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www.scarboroughwomenscentre.ca

MESSAGE FROM OUR PRESIDENT & EXECUTIVE DIRECTOR



We have had a very successful year at Scarborough Women's Centre (SWC) and are proud of our accomplishments towards facilitating the empowerment of women to make long term, positive changes with confidence. SWC is grateful to all of our partners and supporters who help make this important work possible. Our efforts to inform and engage the general public have also been successful (as noted through our "I know a place" informational video) and have demonstrated to us that many in our city do care about assisting women out of abusive situations and poverty towards economic and emotional stability.

SWC's programs serve the individual needs of women through counselling, mentoring and educational workshops. The Centre also offers two special outreach programs geared towards women between the ages 15 and 19, and women with disabilities. Over the past year, we have supported over 3,500 women, empowering them to make positive changes and achieve their goals.


Thank you to all those who are involved in making the Centre a positive place for women. We would like to pay special thanks to our staff, volunteers (including the Board of Directors) donors and community partners. We are

confident that by continuing to work together we can reach our goal of building brighter futures for women.

Mary Heinmaa,
President, Scarborough Women's Centre

Lynda Kosowan,
Executive Director, Scarborough Women's Centre

"...proud of our accomplishments towards facilitating the empowerment of women to make long term, positive changes with confidence."

A person wearing a light-colored sweater is holding a lit sparkler. The sparkler is bright and glowing, with sparks flying out. The background is a soft, out-of-focus green. The overall image has a green tint.

***“I am a worthy
person”***



OUR PROGRAMS & SERVICES

Information referral

Learning about resources that are available to women in their local community is key to supporting women in meeting their individual goals and this can be the first step for many women who engage with the Centre. This service 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. Many women who utilize this service go on to access other resources that are available at the Centre. Staff at the Centre, professional placement students, and trained volunteers coordinate this fundamental and successful program. **Funding info:** City of Toronto Community Service Partnership grant. For the first three months of the year, we had a part time Information Referral and Outreach Worker funded through the City of Toronto Investing in Neighbourhoods program.

2,255

**contacts by email,
phone & walk-in**

Education

Learning new skills provides the building blocks for personal development which is essential in supporting women to achieve their goals for independence. The Centre provides education through courses and workshops for small groups, to suit each women'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.

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. **Funding info:** Government of Ontario through Ontario Women's Directorate, City of Toronto Community Service Partnership, George Lunan Foundation, Tippet Foundation, JCS Canada, McLean Foundation, Royal LePage Shelter Foundation, Royal LePage Estate Realty

71 workshops &
courses

686 participants

3,008 hours of
service

Nina* was married to Roshan*, a loving, successful man who was a good provider before he started drinking. When Roshan drank he became a different person and displayed abusive behaviour which became intolerable. With counselling provided by Scarborough Women's Centre along with support from Children's Aid Society and other professionals Nina was empowered to advocate for herself and others. Nina set limits with Roshan, communicated her feelings effectively and maintained boundaries that helped him to stop drinking.

***Note: The names have been changed to protect privacy and confidentiality.**



“I feel empowered and enlightened”

7

Counselling, Mentoring & Tutoring

A professional counselor at the Centre provides women with options to explore goals that they would like to work on so that they can understand and manage their challenges. Common issues which women discuss at the Centre include gender-based violence, healthy relationships, newcomer integration, emotional health, employment, and education. Counselling is provided on a one-to-one basis and primarily follows a cognitive-behavioural approach, although other models may be used based on each women's individual needs.

SWC also utilizes the expertise of trained volunteers to provide an additional level of support to women who access the Centre through the mentorship program. Volunteers participate in a comprehensive orientation program run by the Centre's staff before they are paired up with an appropriate woman based on her goals. 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.

Funding info: Government of Ontario through Ontario Women's Directorate, City of Toronto Community Service Partnership, City of Toronto Investing in Neighbourhoods Program, RBC Foundation, J. P. Bickell Foundation, Tippet Foundation, George Lunan Foundation, JCS Canada, McLean Foundation, Royal LePage Shelter Foundation, Royal LePage Estate Realty

Build. Act. Change.

Providing education and raising awareness about violence against women is a fundamental step in the journey towards long-term change and prevention. These were the goals of the Build. Act. Change. Preventing Violence Together (BAC) special project and program at University of Toronto Scarborough campus. Survivors of violence learned that they could move away from harm and the community was actively engaged in conversations about the relationship between gender, equity, access, and violence. Women were provided with safe spaces where they could come together to discuss their concerns about their safety and learn about accessible resources on- and off-campus for support. The engagement of men through this program was also key. Men participated as staff, volunteers, and activists committed to making women's lives safer. This program completed in May 2014 however, campus partners have committed to continue the engagement efforts to prevent violence against women. **Funding info:** This program was made possible through a generous special project grant from Status of Women Canada.

292 clients

Over three month period:

3 events held
50 participants
300 hours of service

Zehra* sponsored her husband so that he could move to Canada and they could start their life together. At first their relationship was great. A few years later Kabir* developed a disability which prevented him from working and made him very frustrated and extremely abusive. Zehra persevered and took on the role of provider for their family for years, until she became sick. Kabir's behaviour became worse and the abuse escalated. With counselling and support from Scarborough Women's Centre Zehra was able to process her feelings, explore options, create a safety plan and prepare supports for leaving. Zehra finally left the abusive situation and found a safe, secure place to live.

*Note: The names have been changed to protect privacy and confidentiality.



“I now realize the only person I can change is myself.”

Building Strong Futures: Young Women's Outreach

Marginalized young women (ranging from ages 13 to 19) are empowered to make positive life choices and to create successful, independent futures through the Building Strong Futures: Young Women's Outreach special program. Interactive workshops and leadership development training held in schools and community organizations as well as social media platforms have been utilized to cover topics such as self-esteem, healthy relationships, positive body image, impact of media, feminism and goal setting. Young women learn tools and techniques to identify their options, rights and to recognize the impact their decisions make on their lives. With these tools, young women are better equipped to make decisions, have better judgement about entering relationships, have formed positive support networks and are better able to support at-risk peers. **Funding info:** Intact Foundation, Johansen-Larsen Foundation, Kiwanis Club of Toronto Foundation, Mackenzie Financial Charitable Foundation

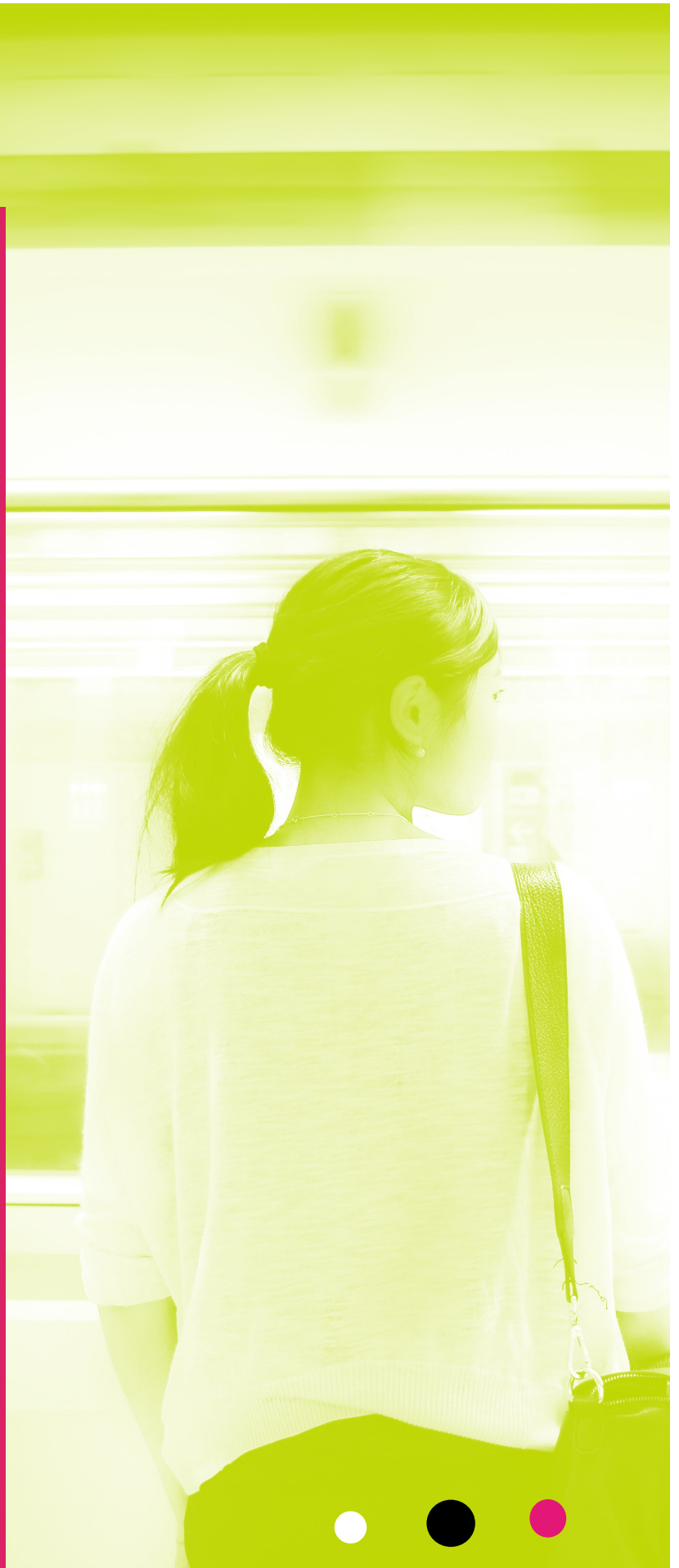
43 workshops
489 participants
832 hours of
service

Expanding the Reach: Outreach to Women with Disabilities

Women with disabilities are provided with workshops and leadership development training through the Expanding the Reach: Outreach to Women with Disabilities program. A variety of topics are covered during these educational workshops including: human rights, healthy relationships, self-care, maintaining boundaries, housing and employment. Education was also provided to staff and volunteers of the Centre to support them in learning about ableism - discrimination in favour of able-bodied people - and the impact that this can have on women with disabilities. **Funding info:** City of Toronto Community Safety Investment Program and City of Toronto Access, Equity and Human Rights Program

26 workshops
204 participants
601 hours of
service

“I was able to discuss and change my pattern of unhealthy relationships. I talked about my feelings at my own pace, and was empowered to make positive changes in my life.”



Investing in Women's Futures

Investing in Women's Futures is funded by the Government of Ontario through the Ontario Women's Directorate. 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 and self-esteem programs.

450
participants

AWARDS RECEIVED: STAFF & VOLUNTEERS

TORONTO#2015 PanAm Games

Lynda Kosowan, Torchbearer
representing the City of Toronto

2015 Ontario Volunteer Service Recognition Awards

Simi Lachman

2014 Ontario Volunteer Service Recognition Awards

- **Claudia Fuller**
- **Mary Heinmaa**
- **Koreen Simon**
- **Cindy Tan**

2014 Scarborough Women's Centre Volunteer of the Year Awards

- **McMillan LLP**
- **RBC Foundation**
- **Claudia Fuller**

2014 Ontario's Leading Women/Leading Girls, Building Strong Communities Award for Scarborough-Guildwood

Mary Heinmaa, Board President

2014 Birchmount Bluffs Neighbourhood Centre Community Engagement Award

Melissa Simas, Project Coordinator,
Expanding the Reach program



**“I learned that I
need to focus on
myself and value
myself”**

FINANCIALS 2014-15

Revenue	\$486,553
Expenses	\$475,032
Excess of revenue over expense	\$11,521
Unrestricted contingency reserve	\$54,529

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:

Expanding the Reach: Outreach to Women With Disabilities

Birchmount Bluffs
Neighbourhood Centre
East Scarborough Storefront
Springtide Resources

Building Strong Futures: Young Women's Outreach

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

Build, Act, Change.

University of Toronto at Scarborough
Department of Student Life, UTSC
Women's and Gender Studies Program, UTSC
Campus Police, UTSC
UTSC Womyn & Trans Centre
SCSU (Scarborough College Student Union)
Health & Wellness Program (University of Toronto)
University of Toronto Assault Counsellor/Educator

Counselling

Multi-lingual Community Interpretation Services (MCIS)

Student Placements

Centennial College: Social Service Worker Program
George Brown College: Assaulted Women and Children's Advocate Program
University of Toronto: Faculty of Social Work, UTSC Community engagement placements
University of Guelph at Humber: Family and Community Social Services program

Consultation

McMillan LLP
salesforce.com

Inter-Agency Collaboration

Woman Abuse Council Toronto
Connecting Women with Scarborough Services (formerly Scarborough Access Centre)

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

A YEAR IN PICTURES





WITH THANKS TO OUR DONORS & PARTNERS

Government funders:

Service Canada
Status of Women Canada
Government of Ontario through
Ontario Women's Directorate
City of Toronto, Access, Equity
& Human Rights Program
City of Toronto Community
Service Partnership
City of Toronto Community
Safety Investment Program
City of Toronto Investing in
Neighbourhoods Program

Corporate donors:

Boost Motor Group
Centennial College
Claren Inc.
Jarden Consumer Solutions
Royal LePage Estate Realty
Sager Family Law
Torkin Manes, LLP
Wal-Mart Canada

Foundation donors:

Barrick Heart of Gold
Foundation
BLG Foundation
George Lunan Foundation
Johansen Larsen Foundation
JP Bickell Foundation
The Kiwanis Club of Toronto
Foundation
Mackenzie Financial Charitable
Foundation
McCarthy Tetrault Foundation
McLean Foundation
Ontario Realtors Care
Foundation
RBC Foundation
Royal LePage Shelter
Foundation
salesforce.com Foundation
SDM Tree of Life Foundation
Tippet Foundation

Groups:

Agincourt Civitan Club
Blessed Mother Teresa Catholic
Secondary School
Elementary Teachers'
Federation of Ontario
John McRae Public School
Ontario Power Generation Inc.
Employee & Pensioners' Charity
Trust
Ontario Teacher's Insurance
Plan (OTIP)
Rotary Club of Agincourt
St. Marks United Church

Individuals:

Anonymous
Tamara Akopcan
Ian & Joyce Archer
Jen MacBruce Bonsu
Carolyn Borovicka (CBA
Management Services)
Dr. Ari Dassanayake
MaryJo DeCoteau
Manjeet Dhillon
Christina Friend
Lynn Fournier-Ruggles
Karen Grimshaw
Mary & Arthur Heinmaa
Debbie Herridge
Francine Hickman
Julie Hiroz
Heather Johnston
Kathy Killinger
Larry & Rhonda Kosowan
Lynda Kosowan
Nan & Bill Kosowan
Prof & Mrs. Pedro & Anne Leon
Brigitte Livingstone
Judit Marincan
Kathryn McKechnie
Jyothi Menezes
Darcy Miller
Christine Miranda

Catherine Molyneux
Janice Nicholson
David Pauli
Dr. Vivienne Poy
Manisha Ramrakhiani
Donna Rendell
Rowena Rodriguez
Melanie Sager, LLB
David Sanchez
Neeti Sharma
Rob Shaw
Nila Sinnatamby
Penelope Stuart
Nadia Taylor
Pat Wenzel
Sahar Zaidi

Third party events:

Canadian Federation of
University Women
(Scarborough chapter)
Ladies Golf Section,
Scarborough Golf Club
Malvern Cricket and Social
Club
Shoppers Drug Mart, Store
4301
White Haven Public School
Woodside Square

In kind donors:

Marie Duplessis
Emerald Massey
Tim Howe
Simi Lachman
Mackenzie Financial
Corporation
McMillan LLP
Salesforce Canada
Shawn Smith- Systems
Integrated Solutions
Shopper's Drug Mart—1780
Markham Road
Tory Lovekin

With thanks...

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 Coordinators
Koreen Thomas, Information Referral Program Worker
Maureen Saunders, ETR Program Assistant
Teresa Riczsu, Fundraiser
Trish Clarke, Administrative Assistant
Kalum Perera, Coordinator of Volunteers
Bianca Tiron, Outreach and Access Summer Student
Leana Hope, YWO Program/ Outreach worker Summer Student
Vipasha Shaikh, ETR Program worker Summer Student

Placement Students

Bianca Tiron, University of Toronto, Faculty of Social Work
Naszrin Arghoshi, University of Toronto, Faculty of Social Work
Narmisha Vinayagamoorthy, University of Guelph at Humber, Family and Community Services Program
Nancy Rodrigues, Centennial College, Social Service Worker program
Shagufta Sidique, George Brown, Assaulted Women and Children Program

Facilitators (private contractors)

Farah Ali
Naszrin Arghoshi
Priscilla Arias
LeeAnne Dewar
Reshma Dhrodia
Denise Dunbar-McFarlane
Gabriella Dunn
Vivienne Kendry
Michelle Lochan
Susan Ludwig
Darlene Montgomery
Alyssa Muzaffar
Subryna Nabibaksh (Shopper's Drug Mart)
Fran Odette
Jaime Prichard
Cindy Stradling
Gillian Sumi
Bianca Tiron
Lynn Travers
Pat Wenzel
Cheryl Williams, LL.B
Helen Ziral

Volunteers

Kiran Chandra
Marie Duplessis
Darlene Gahite
Bernadette Henderson
Leana Hope
Tim Howe
Simi Lachman
Tory Lovekin
Emerald Massey
Nadia Rahman
Nadia Taylor

Direct Service Volunteers - Mentors/Tutors/Hosts

Kiran Chandra
Claudia Fuller
Sarah Jacobs
Patricia Klaygh
Melissa Lai
Natassia (Beckford) Lawrence
Hattie Liu
Ylona Long
Cindy Manohararaj
Isela Martinez
Sara Omer
Connie Petriglia
Mylini Saposan
Leila Shenouda
Nila Sinnatamby
Mallory Smith
Doris Tay
Ayesha Thorne
Lorissa Tsenis
Atankpo Urang
Kristin Villaneuva

Board

Mary Heinmaa, President
Neeti Sharma, Vice-President
Jen MacBruce Bonsu, Treasurer
Irene Rey, Corporate Secretary
Julie Hiroz
Janice Nicholson
Joanna Noble, Complaints Advisor
Melanie Sager
Rowena R Rodriguez

Board committee volunteers

Arianna Bhagwansingh, Finance
Judit Marincan, Finance
Christina Friend, Communications & Fundraising
Heather Johnston, Strategic Planning

