



SCARBOROUGH
WOMEN'S CENTRE

2017 - 2018
annual report

scarborough women's centre: a year in review

We hope you will enjoy our annual report as we complete a year of wonderful accomplishments. 2017-2018 was a period of perseverance and dedication to empowering women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence. Our successful achievements in 2017-18 include:

- Celebration of our 35th anniversary of service to the community
- Launch of our new systemic change program focusing on improving the economic security of women with disabilities
- Recognition in Scarborough Toyota's Canada 150 campaign
- Being chosen for Shoppers Drug Mart's Growing Women's Health campaign by 19 Scarborough stores

SWC would like to thank the wonderful community members and businesses who helped support us.

We want to give a special thank you to Paridhi Bhola, Marie Bomba, Dr. Lauren McInroy, and Janice Nicholson, who are retiring from the Board this year. Congratulations to Janice on completing 5 years and to Lauren for taking on a Professorship in the USA after 3 years on the Board, and 8 years of association with the Centre, starting with her MSW placement in 2010.

Deep appreciation to our staff, volunteers, Board members, community partners, funders, donors and allies – and to the wonderful women we serve...We look forward to continuing to work with you to build a strong Scarborough where women are economically and emotionally independent and free from violence.



our programs & services

“I’m so thankful to have a place like Scarborough Women’s Centre to go to.”

“I learned the importance of developing resilience.”

“Your past doesn’t define your future.”

“I am now able to create boundaries, learned about myself and my needs.”





“I’m grateful for the support SWC has provided. It has really made a difference in my life.”



information referral

We know that "information is power". Women often have little access to support because they aren't aware of what is available to help them. Through the Information Referral program we can assess a woman's needs with her input and help her connect with the resources that will address those needs and move forward to achieve her goals. *Funding: City of Toronto Community Service Partnership*

How many women contact SWC?

In the 2017/18 year, 2449  women contacted the Centre via  phone (79%),  email (12%) or  walking in (9%)

Who are the women that contact SWC?

Of those women that disclosed personal information, 76% were 20 - 50 years old and 24% were 50+ years old, while 60% of the women were newcomers

Why do they contact SWC?

The issues women contacted the Centre about are:
Education & Employment (28%), Practical Supports - legal help, housing etc. (23%), Emotional & Physical Health (18%), Women's Safety (8%), Services for Specific Groups (4%), Volunteer Opportunities (4%),
Other Issues - Donations, Men's Services (15%)

How did they find SWC?

42% found us online, 13% were referred by friends and family, 45% were referred by community partners, police, health care providers

education

The Centre offers courses and workshops for groups of 12-15 women, with a trained facilitator. A wide range of topics is focused on supporting women to achieve their goals for economic and emotional independence and freedom from violence. They have the opportunity to develop peer support networks, as well as benefit from knowledge experts in family law, emotional health, life skills, communication and healthy relationships. *Funding includes: City of Toronto Community Service Partnership, The Government of Ontario through the Ministry of the Status of Women, Royal LePage Shelter Foundation, Shoppers Drug Mart LIFE Foundation, Realtors Care Foundation, Tippet Foundation*

Over the year, SWC offered **75** courses and workshops, encompassing **2462** hours of service to **931** participants. Participants said that attending courses and workshops improved their emotional health (**32%**), helped them develop their life skills like communication and self-care (**26%**), increased their economic security (**17%**), helped prevent violence (**12%**) and allowed them to obtain useful information (**13%**)

“Fantastic workshop, I loved the balance of discussion and sharing, with tools and exercises to apply in daily life.”

“I learned a lot from the facilitator and the other women in the group.”

“A lot of concrete strategies that I can apply in my life.”

counselling & mentoring

With the support of a professional counsellor, women are able to resolve personal barriers to success and well-being. Issues that women often discuss relate to gender based violence, healthy relationships, newcomer integration, emotional health, employment, and education.

Some women in transition will be matched with trained community volunteers who will provide mentoring support for a 6 month to one year period. This informal support can also include tutoring for women who have learned English but need to increase their comfort in expressing themselves. Through the development of a caring connection and overcoming isolation, women can better integrate and participate in their communities. *Funding includes: City of Toronto Community Service Partnership, The Government of Ontario through the Ministry of the Status of Women, Royal LePage Shelter Foundation, Shoppers Drug Mart LIFE Foundation, Realtors Care Foundation, Tippet Foundation*

Over the year, 328 individuals accessed our support programs. Through this, they were able to improve their emotional health (30%), navigate systems such as community resources and housing (21%), develop their life skills like communication and self-care (20%), help prevent violence (15%) and increase their economic security (17%)

“With the Counsellor’s support, I am now able to create boundaries, and learn about myself and my needs.”

“The Counsellor is amazing – down to earth and helps bring you back. She gives many helpful tips and information.”

“Meeting and talking with my mentor really helps to shed light on things I’m dealing with. I feel more grounded after we meet.”

investing in women's futures

Investing in Women's Futures is a funding program of the Government of Ontario. Through an accessible and anti-oppression framework recognizing women's multiple barriers and identities, we provide VAW/gender based violence counselling and peer support, support to navigate systems, pre-employment training services, and life skills and self-esteem programs. We are grateful for the support provided to strengthen our community and help build successful futures for women.

Total number of individual women served by the IWF program: 460*

* women are able to access more than one service

1. Total VAW Counselling or Peer Support	180
One-on-One VAW Counselling or Peer Support	140
Group VAW Activities	77
Safety Planning	126
2. Total Support to Navigate Systems	200
<i>Services/support/advocacy and accompaniment to assist women with matters pertaining to: family/criminal law, child welfare, Ontario Works, healthcare, house and other issues</i>	
3. Total Life Skills and Self-Esteem Programs	350
One-on-One Counselling	226
Groups Workshops, Peer Support Groups or Information Sessions	200
4. Total Pre-Employment/Employment Supports	246
One-on-one Counselling or Peer Support	151
Group Workshops, Peer Support Groups or Information Sessions	143
Following Completion of Employment Supports (above) Women will:	
Pursue further training	69
Pursue further education	26
Become self-employed	10
Become employed	20



young women's outreach program

This program offers workshops, leadership development and mentoring to support young women to develop tools empowering them to make positive life choices for their futures. Some updates for our program In 2017-18 include the revamp of our brochure, featuring our new logo; the “Sisters to Sisters – Being A Muslim Ally” workshop on ally-ship and creating a safe space for Muslim young women; the “Take The Lead: Expression Through Movement”, Building self-esteem through dance and movement; and addition of new activities and content of our existing workshops to keep them up to date and current.

**BUILDING
- STRONG -
FUTURES**

Throughout the year, the Centre welcomes several students completing their professional training placements. This is a special thank you to all the wonderful placement students who have contributed to our young women's program over the years, you have left a indelible mark through your participation in workshop discussions, development of workshop content, expanding our social media presence and overall positive energies. Thank you!

- Priscilla Arias, *Program Coordinator*

*Funding: The Kiwanis Club of Toronto Foundation,
Mackenzie Financial Charitable Foundation*

In the 2017/18 year, **692** young women participated in **42** workshops via the Building Strong Futures Program, comprising **779** hours of service.

After their participation in the program, young women reported the following outcomes:

- 34% obtained useful information
- 22% developed life skills
- 19% worked on personal development
- 15% learned about young women's issues
- 10% found help related to employment & training



expanding the reach: to improve the economic security of women with disabilities

In 2017, the Expanding the Reach: Outreach to Women with Disabilities program received funding from the Status of Women Canada to implement a three year project aimed at advancing gender equality across Canada. This will be achieved by engaging three women leaders in our project and in the development of a Gender Equality network. This network is made up of 150 women leaders that will support collaborative action to advance gender equality in Canada. Our project is the only one exploring the impact of gender and ableism on economic security.

Our three-year project will improve the economic security of women with disabilities at organizational and legislative levels. This will be achieved by:

- A needs assessment that will identify systemic barriers to stable employment and best practices that promote the inclusion of women with disabilities in the workforce
- Action plans and tools that will support employer outcomes in recruitment, hiring, and advancement
- Sharing project learning, recommendations, and tools with our project partners, other committee stakeholders, and elected officials, both locally and nationally throughout the course of the project

To date, we have:

- Completed a literature review and community consultations with women with disabilities to learn more about the employment experiences of women with disabilities
- Hired an evaluation consultant to ensure the

project learning will be successfully shared locally and nationally

- Obtained additional funding from the Women's Xchange 15K grant program to strengthen the deliverables and evaluation of the project
- Represented disability issues at the Gender Equality network meetings in Toronto and Halifax

We look forward to sharing our ongoing learning throughout the course of the project.

We are grateful for the support of our project partners and women leaders: RBC, YWCA Toronto, the Centre for Students with Disabilities at Centennial College, the Centre for Global Citizenship Education & Inclusion at Centennial College, East Scarborough Storefront, Birchmount Bluffs Neighbourhood Centre, Springtide Resources, Fran Odette, and Doris Rajan.

We would like to thank the Status of Women Canada and the Women's Xchange grant programs for their commitment to empowering women with disabilities.

- Melissa Simas,
MSW, RSW
*Program
Coordinator,
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:

expanding the reach: outreach to women with disabilities – promoting economic security for women with disabilities

Birchmount Bluffs Neighbourhood Centre

East Scarborough Storefront

Springtide Resources

RBC Royal Bank

YWCA of Greater Toronto

Employment Services

Centennial College, Centre for

Students with Disabilities

Centennial College, Centre for

Global Citizenship, Education and

Inclusion

Women Leaders -

Fran Odette, Doris Rajan

building strong futures:

young women's outreach

Toronto District School Board

Toronto Catholic District School Board

YWCA Family Support Centre

Pathways to Education

Rosalie Hall

education

Skills for Change

Frontier College

Times Change

Support

Multi-lingual Community

Interpretation Services (MCIS)

Volunteer Toronto

student placements

University of Toronto: *Faculty of Social Work*

Trent University: *Faculty of Social Work*

Durham College

consultation

McMillan LLP

salesforce.com

inter-agency collaboration

Woman Abuse Council Toronto

Connecting Women with

Scarborough Services

Legal Aid Ontario: Toronto North

Advisory Group

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

2017-18 financial summary

For more detailed information, the full audited statements are available on our website.

Yang Chartered Accountant Professional Corporation
July 9, 2018

REVENUE	\$535,331
EXPENSES	\$506,080
EXCESS OF REVENUE OVER EXPENSE	\$29,251
UNRESTRICTED CONTINGENCY RESERVE	\$96,443*

*The Centre has now achieved its goal of having the equivalent of three months of operating costs set aside as a contingency reserve.



awards received by SWC
volunteers & staff

2018 Ontario Volunteer Service Awards

10 year: Arianna Bhagwansingh, Christina Friend

5 Year: Jen Bonsu

**2017 Scarborough Women's Centre
Volunteer of the Year Awards**

Scarborough Shoppers' Drug Mart Stores
(Growing Women's Health Campaign)

#800 - Mr. Namiesh Seth

#811 - Ms. Aleksandra Cerovic-Radusinovic

#826 - Mr. Asad Baig

#829 - Mr. Ghulam Rubbani

#859 - Ms. Nitu Singh

#860 - Ms. Agnes Mendoza

#875 - Ms. Nahid Barday

#880 - Mr. Chieng Cau

#1242 - Mr. Moe Amro

#1314 - Mr. Jerry Ip

#1335 - Mr. Ghulam Rubbani

#1381 - Mr. Jerry Ip

#1382 - Mr. Ed Chan

#1388 - Ms. Karen Ma

#1509 - Ms. Tazeem Dhalla-Sunderji

#1544 - Ms. Nahid Barday

2017 - 2018 at scarborough women's centre



1. Our friends from Vision Care Centre visit to donate funds raised through their Women's Empowerment event. • 2. *Take The Lead - Expression Through Dance Workshop* A mini break from practicing our dance routine for a group selfie!





3. Sreedevi, Mahayah, Deniz & Thurka, our 2017 summer students • 4. Lynda Kosowan, Joanna Noble, Barbara Jamieson, & MPP Mitzie Hunter (Scarborough-Guildwood) at the 35th anniversary AGM • 5. Lynda visits The Rotary Club of Agincourt • 6. Jen Bonsu (with Lynda) receiving her 2017 Ontario Volunteer Service Award • 7. Scarborough Toyota's campaign to support local charities including SWC. • 8. Capturing a moment from our Young Women's Leadership Development Program • 9. Priscilla and Lynda with the organizers of the TDSB Spotlight Charity Concert • 10. MP John McKay (Scarborough-Guildwood) visits the Centre.

government funders

Status of Women Canada
Service Canada
The Government of Ontario
City of Toronto - *Community Service Partnership Program*
City of Toronto - *Investing in Neighbourhoods Program*

foundation donors

J.P. Bickell Foundation
Mackenzie Financial Charitable Foundation
McCarthy Tetrault Foundation
The McLean Foundation
Ontario Realtors Care Foundation
Royal LePage Shelter Foundation
salesforce Foundation
Shoppers Drug Mart LIFE Foundation
Tippet Foundation
Women's Xchange - *Women's College Hospital*

group donors

Canadian Federation of University Women- Scarborough Chapter
Chine Drive Public School
DUCA Credit Union - DUGood Community Fund
Elementary Teachers' Federation of Ontario
Elementary Teachers of Toronto
John McCrae Senior Public School
The Kiwanis Club of Toronto Foundation
Malvern Cricket & Social Club
Ontario Power Generation Employee & Pensioners' Charity Trust
Probus-Guildwood
The Rotary Club of Agincourt
SATEC @ W.A. Porter C.I.
St. Mark's United Church
Unifor Social Justice Fund

corporate donors

Claren Inc.
Essilor Canada
Le Chateau Inc.
Scarborough Shoppers Drug Mart Stores
Scarborough Toyota
The International Group
RBC Royal Bank
Royal LePage Estate Realty
SKF Canada Ltd.
Vision Care Centre

in kind donors

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

external events

CFUW Fashion Show
Music at Starbucks - 43 Milner
SDM Growing Women's Health Campaign
White Ribbon Campaign - *Centennial College, School of Transportation*

individual donors

Anonymous
Mary Abadjian
Rachel Aghaegbuna
Anita Agrawal
Tamara Akopcan
Katharine Allan
Susan Andoseh
Rashmi Aurora
Meklit Babiso
Mahisha Balani
Tahereh Barati
Marie Bomba
Jen Bonsu
Carolyn Borovicka - *CBA Management Services*
Christopher G. Bradley
Nicole Bruiners
Kiran Chandra

Carole Chauncey
Antonio & Audrey Colantonio
Elaine Dandy
Ari Dassanayake
Filomena De Sousa
Marie Duplessis
Lynn Fournier-Ruggles
Stephie Fung
Jenna Furgieuele
Tara George
Karen Grimshaw
Kerri Harris
Tahira Hassan
Arthur & Mary Heinmaa
Debbie Herridge
F. Hickman
Julie Hiroz
Barbara Jamieson
Shu Jian
Andrew Johnston &

Christina Friend
Carina Kedersha
Kathy Killinger
Jenna King
Larry Kosowan
Lynda Kosowan
Nan Kosowan
Anne & Pedro Leon
Susan Ludwig
Matilda Margousian
Judit Marincan
Douglas Mark
Nancy Maxwell
Kathryn McKechnie
Annisa Mohammed
Nanthini
Namasivayam
Kavitha Narasimhan
Wanjiro Ndungu
Janice Nicholson
Fathima Nizamdeen
David Pauli

Phulmatie Persaud
Vivienne Poy
Savita Rajakannu
Irene Rey
Carol Rheume
Henna Sethi
Rekha Shah
Torrey Shanks
Uzma Sharif
Neeti Sharma
Brian Simon
Kacian Simpson
Lambrini Soulos
Karen Spencer-Goslin
Penelope Stuart
Nabeel Syed
Nadia Taylor
Paul Thurman
Dimitra Tsagaris
Katie Wicik
Joanna Wright
Arifa Yaqub

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*
Allie Kelly, *Communications Coordinator (to July 2017)*
Daycia Patterson, *Communications Coordinator (from December 2017)*
Kaytee Slater, *Coordinator of Volunteers*
Kalum Perera, *Administrative Assistant*
Rubina Bhola, *RBC Career Launch Associate*

bookkeeping services

CBA Management Services

facilitators

(private contractors)

Farah Ali
Naszrin Arghoshi
Priscilla Arias
Prabha Bassoo
Cheryl Champagne
Carole Chauncey
Vera Cheng
Laura Connor
Reshma Dhrodia
Jane Durst-Pulkys
Laura Humphries
Vivienne Kendry
Andrea Kwan
Susan Ludwig
Aurelia Mangunpratomo
Darlene Montgomery
Christine Sarbu
Melissa Simas
Cindy Stradling
Cheryl Williams, LL.B
Joanna Wright
Helen Ziral

placement students

Onsia Ansari (*U of T, MSW*)
Taylor Holtby (*Durham College, SSW*)
Nirosa Nandakumar (*Durham College, SSW*)
Shannyah Weekes (*Trent University, BSW*)

summer students (through service canada)

Thurka Sri Rangan
Deniz Yilmaz
Mahayah Lochan-Aristide
Sreedevi Krishnan

volunteers

Marie Duplessis
Tim Howe
Emerald Massey
Jorge Orozco
Paul Scibberas
Katie Wicik

direct service

volunteers

Rachel Achaegbura
Susan Andoseh
Rashmi Aurora
Mahisha Balani
Nicole Bruiners
Reina Clarete
Susmita Dey
Claudia Fuller
Laura Humphries
Sarah Jacobs
Beza Kebede
Nanthini Namasivayam
Ada Nexha
Fathima Nizamdeen
Savita Rajakannu
Barbara Sanchez
Uzma Sharif
Kacian Simpson
Nila Sinnatamby
Karen Spencer - Goslin
Beena Syed
Doris Tay
Keneisha Williams
Arifa Yaquub

board & committees

Joanna Noble, *President*
Janice Nicholson, *Vice-President*
Paridhi Bhola, *Treasurer*
Marie Bomba, *Corporate Secretary*
Lauren McInroy
Dimitra Tsagaris
Christiana Chen
Tamara Akopcan (*to February 2018*)

Samantha Clarke
Venesse Lewis

Finance Committee

Paridhi Bhola, *Chair*
Jen Bonsu
Arianna Bhagwansingh
Judit Marincan
Christiana Chen
Samantha Clarke
Rebecca Hoang

Communications Committee

Janice Nicholson, *Chair*
Lauren Inouye

Strategic Planning Committee

Marie Bomba, *Chair*
Lauren McInroy
Kiran Chandra
Venesse Lewis
Wanjiro Ndungu

Grants Review Committee

Lauren McInroy

Governance Committee

Joanna Noble, *Chair*
Dimitra Tsagaris

Fundraising Committee

Tamara Akopcan (*to February 2018*)
Janice Tran

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

