



Women's House
Serving Bruce and Grey

Women's House Serving Bruce & Grey

Newsletter - Fall/Winter 2021

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Toll Free #: 1.800.265.3026

Local #: 519.396.9655

Sexual Assault #: 1.866.578.5566



Programs & Services

- Women's Shelter
- 24/7 Crisis Lines
- Outreach Counselling
- Group Counselling
- Community Development
- Volunteer Opportunities
- Transition & Second Stage Housing Services
- Sexual Assault & Human Trafficking Services
- Child Witness Counselling

I Am So Worth the Effort BY WENDY

Wendy is a courageous and strong female survivor; she chose to share her story in hopes of helping others while healing.

I am so grateful for my three children who love me and taught me how to love them back,
And so together we broke the cycle of abuse.

I am so worth the effort.

I am so fortunate to have a partner who truly wishes me the best at all times, and with kindness, tries to be supportive and understanding.

My partner is the only man I have ever trusted (until my sons were born). And when our daughter was about two I became kind of paranoid about people being around our kids; the trust thing.

I am so worth the effort to free myself from the past and release the wee me who was sexually, physically, emotionally abused.

No one discussed where my sister and brother went, leaving a terrified child searching...

I am so worth the effort.

I witnessed the daily abuse my mentally unstable alcoholic mother was subjected to. She was terrified of him; he was a violent alcoholic who believed we were his property to do whatever he desired, whenever. In the sixties the police would come and take him away for the night sometime; however, they also put the blame on her, saying, "What did you do to provoke him - you know he is nasty when he drinks."

He was gross, smelled like whiskey all the time. He always abused me in the tub in the basement at the end of the stairs. Mom was usually in bed, sick: recovering from hangovers, and beatings, and ill health.

I am so worth the effort.

I moved out at 16 and had my own apartment that had a big lock on the door.

Married at 18, first baby at 20, first mortgage payment at 21.

I am so worth the effort.

Flashbacks. Wow, not a fun ride down intense-anger memory lane; no warnings.

You learn in therapy the tools to begin to understand that your feelings have merit.

I had a lot of work stress at that time. I was 2 years back from breast cancer. My post-cancer workplace experience eventually had me quit that workplace. I was suicidal over leaving my job, cancer, and the pre-cancer workplace was gone. I was now unemployed.

I am so worth the effort.

He always said I was a dirty girl, and that meant a stunned c**t, good for one thing only.

I am so worth the effort.

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Triggered by smells that can really cause me great anxiety, eventually graduating to panic attacks. Memories of being made to eat my own vomit, being hungry, loud men, hearing my mom screaming and knowing by how drunk he was, what kind of event was about to take place. I always slept with a knife, always.

I drank and did drugs. I loved the numb feeling.

I am so worth the effort.

One time at a trailer park we went to one summer, Dad threw Mom out the trailer door by her hair because she burnt something. She started to run towards the highway, and I was about three and I ran after her. We walked along the highway shoulder until we got to the old Kmart and Mom phoned a cab. As an adult I realized just how long of a walk that was.

I am so worth the effort.

Driving on the highway, he would try to push her out of the car; it was so awful.

I am so worth the effort.

I was five when I knocked him out with a frying pan. The others were laying on the floor lined up just like he told 'em to - he was holding a gun to my mom's head and a boot to my brother's head. Not me though, 'cause I was his favourite.

So when he came around I had the gun pointing in his face. For years I remember thinking I could have ended all the suffering if I had just shot the b*****d. Instead he grabbed me and punched me in the head. I ran outside.

I am so worth the effort.

As part of my journey with trauma therapy, I was hypnotized by a wonderful Indigenous healer who led me through age regression sessions to go find my little self who was in desperate need for safety, comfort and love. I could not find me but I did find my sister. Later, I found myself, after one particular nightmare where I found my wee self in the basement of the house we lived in, the house was on fire and I electrocuted him, with the very live wire that electrocuted me when I was very little.

I am so worth the effort.

Trauma counselling has been a lifesaver quite literally, as I was suicidal.

I am so worth the effort.

My story has a lot more to it, as life does. And I am now looking forward to it all, and embrace everything.

I am so worth the effort.

The necessary work it takes to have a chance of living a life that is worthy of living is something I work on every day.

I have come a long way and today I can even say out loud, "I am an incest survivor, and

I AM SO WORTH THE EFFORT!

Did you know that COVID protocols have limited our ability to hold events AND to use the services of volunteers?

During COVID we have not been able to accept the help of volunteers. Pre-COVID, volunteers provided several hours of support, saving us costs in areas that we would otherwise have had to pay for. For example, volunteers used to provide a significant number of those hours towards transportation services for the women we serve. Without volunteers, we have had to rely on the added expense of taxis to transport them for shelter admissions, discharges, transport to and from appointments, etc. Due to demand, taxi costs have risen significantly; without events, we cannot fundraise to cover extended costs like these. We don't know when we'll be able to accept volunteers again, and when we do, we don't know how many will return to help us. The chart below outlines how your donations could help.

How Do Your Donations Help?

\$40 Travel costs for one round-trip to the pharmacy to pick up a prescription

\$80-\$100 Travel costs to a legal appointment

\$100-\$200 Travel cost associated with co-parenting/visitations

\$200-\$300 Travel costs for trip to neighbouring community for medical appointment

\$300-\$500 Travel costs for travel/admission of woman and child to shelter



We accept cash, cheque or credit card donations - make your donation:

On-line:

Visit whsbg.on.ca/donate/ to be directed to our CanadaHelps page - tax receipts are automatically sent to your email!



Mail (cheques):

Women's House Serving
Bruce & Grey
Box 760 Kincardine, ON
N2Z 2Z4

Phone or email: Contact Michelle at (519) 396-9814 ext. 225 or mlamont@whsbg.on.ca

The Violence at Home Signal for Help

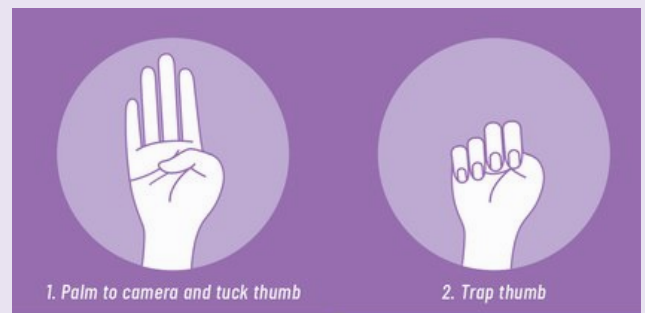
FACT:

Home isolation can increase the risk of violence. If this is the case for you, use the signal on a video call to ask for help. If someone gives you the signal, keep reading below for how to help and visit canadianwomen.org/signal-for-help to find more support resources.

Some Ways You Can Check In Safely

- Call them and ask **questions that can be answered with "yes" or "no"**. This may reduce risk if someone is listening.
 - "Would you like me to call 911?"
 - "Would you like me to call a shelter on your behalf?"
 - "Should I look for some services that might help you and call you back?"
- **Use another form of communication** such as text, social media, WhatsApp or email and ask general questions. This may reduce risk if someone is watching the person's device or accounts. For example, you can ask:
 - "How are you doing?"
 - "How can I help you out?"
 - "Get in touch with me when you can."
 - "Do you want me to reach out to you regularly?"
 - "How else can I support you?"

If they are in immediate danger, or these forms of communication are not possible, call 911 or your local emergency services (police, fire, ambulance)



1. Palm to camera and tuck thumb

2. Trap thumb

THE VIOLENCE AT HOME SIGNAL FOR HELP

Use this signal to ask for help on a video call without leaving a digital trace.

If you see this sign on a video call, find out how to help below.

"Signal for Help" is a Simple One-Handed Sign

- It can help a person silently show they need help and want someone to check in with them in a safe way.
- If it is safe to do so, check in with the person to find out what they need and want you to do.
- Listen and be there for them. They may ask for help finding services.

You can be a great source of support and information for a friend or family member. Visit our website at whsbg.on.ca/help-a-friend for more resources



HOW TO HELP



FIND A SHELTER

Find shelters across Canada by visiting sheltersafe.ca

You can locate a shelter in a specific geographic area along with its 24-hour emergency phone number.

If you are already a Women's House donor, sponsor, or supporter, thank you for your generosity and we hope you enjoy our newsletter!

Please help Women's House in our goals to help the environment AND save money so we can provide more for the women and children we serve by requesting that you receive this newsletter electronically. Contact mlamont@whsbg.on.ca to make your request. Thank you for your part in making this a better world for everyone!

I would like to support the work of Women's House Serving Bruce & Grey throughout the year!

My donation of \$_____ will help to ensure the continuation of all programs to assist women and children in crisis.

I am enclosing my cheque for: \$50 \$75 \$100 \$250 \$500 Other _____ I would like a charitable receipt

I prefer to use my: VISA MASTERCARD

Signature for credit card: _____

Card number: _____ / _____ / _____ Exp. Date: _____ / _____

Name: _____

Address: _____

Email Address: _____

Scan this code with your phone's camera to be directed to our online CanadaHelps donation page!



Please consider an affordable monthly donation, as it gives us the security of your continued support when we need it most.



Need more information or options to make a donation?

contact **Michelle** at mlamont@whsbg.on.ca or 519-396-9814 ext. 225

THIS YEAR'S WOMEN'S HOUSE FUNDRAISING TARGET IS \$144,900

Women's House provided services to **541 women and 118 children** from April 1, 2020 - March 31, 2021.

*Donor's contribution to the shelter is supported 50% by you!

Upcoming Events

Current pandemic protocols mean that we are limited in the ways that we can hold events that increase awareness about women's issues and raise funds to continue to carry out the vital programs and services that we offer to women and children.

International Women's Day - March 8th, 2022

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity, to celebrate women's achievements and rally for women's equality.

Marked annually on March 8th, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities



Watch for updates and details on our celebration on our social media pages and website!

Don't forget about our annual spring events,

such as Walk a Mile in Her Shoes, Sexual Assault Awareness Month (May) and our various community hosted events – we'll keep you posted on our social media pages!

Due to changing COVID protocols, events and plans are being updated regularly. Please like, follow and check our social media pages and website often to stay up to date on all the latest news and events!



@WomensHouseServingBruceGrey



@womens.house.bruce.grey



@WomensHouseSBG



@womenshouse.bg



www.whsbg.on.ca



Got an idea for a fundraiser? Contact Michelle at 519-396-9814 ext. 225 or mlamont@whsbg.on.ca to share your thoughts or to learn how you can hold your own Host Event to help raise funds for Women's House.

Special Thanks TO OUR TOP SPONSORS



United Way
Bruce Grey
Change starts here



SOCIETY of
UNITED PROFESSIONALS
IFPTE 160

BrucePower™



COMMUNITY
FOUNDATION
GREY BRUCE

We're here for good.



nwmo
NUCLEAR WASTE
MANAGEMENT
ORGANIZATION



UNIFOR
theUnion | lesyndicat

co-operators™
Jennifer Cook & Associates Inc

THANK YOU TO OUR

Women's House Donors

All Donors from April 1, 2021 to September 30, 2021 & All Annual Sponsors from October 1, 2020 to September 30, 2021*

Champions Sponsors: \$10,000+

- Bruce Power L.P.
- Community Foundation Grey Bruce
- Nuclear Waste Management
- Society of United Professionals
- UNIFOR Local 2458 & Ontario Regional Division
- United Way of Bruce Grey

Innovators Sponsors: \$7,500-\$9,999

- The Co-operators and Jennifer Cook & Associates Inc.

Believers Sponsors: \$5,000-\$7,499

- Bruce Telecom
- Howick Mutual Insurance
- Larry Bannerman Foundation
- Nuclear Promise X Inc (NPX)
- Power Workers Union, Local 1000
- Shoppers Drug Mart
- Trillium Mutual Insurance Company
- United Brotherhood of Carpenters & Joiners - Local 2222
- Walter J. Blackburn Foundation

Friends Sponsors: \$2,500-\$4,999

- Aqueduct Foundation, Scotiabank - Enzo Foundation
- Keith & Linda Battler
- Enbridge Renewable Energy Infrastructure
- Greenfield Global
- Matchett Financial Services Inc. Holliswealth
- MODUS Solutions Inc
- Ontario Power Generation
- Town of the Blue Mountains

Contributors Sponsors: \$1,000-\$2,499

- Black & McDonald Ltd
- CFUW - Southport
- Corp. of the Municipality of Meaford
- CUSW (Canadian Union of Skilled Workers)
- E. S. Fox Ltd
- Kincardine Duplicate Bridge Club
- Kincardine Lions Club
- KINCARDINE NIMROD CLUB
- Lucknow & District Kinsmen
- Municipality of Kincardine - Kincardine Community Investment Grant
- OSSTF District 7 (Bluewater) & Occasional Teachers
- Promotion
- Royal LePage Realty
- The Best You

All Donors \$100 and up

- Chepstow Lions Lottery in Trust
- Creative Casuals
- EPCOR Utilities Inc
- Epsilon Alpha Sorority
- Family Y Community & Employment Services
- Gemini Canada
- Georgian Shores United Church
- Hepworth Sauble Beach Pastoral Charge
- Home Hardware
- Huron Shores Lions Club
- Hydro One Inc, Employee & Pensioners Charity Trust Fund
- Kincardine Quick Lube
- OPSEU
- Purple Grove Women's Institute
- Rotary Club of Walkerton
- Royal Canadian Legion Branch 102
- Royal Canadian Legion Branch 290
- St Joseph's Catholic Womens League
- St. Paul's United Church
- St. Paul's United Church
- UAW Local 527 Waterloo - Steamfitters, Plumbers
- United Church Women of Port Elgin

*For privacy reasons, we do not include donations from individuals, unless under their professional name