REPORT TO COMMUNITY

2022-23

It's time to CHANGE THE CONVERSATION



Every human has the **right to feel safe**, **respected**, **supported** and loved.

FearlsNotLove.ca

MISSION

To support all people to live from fear, neglect, violence and abuse.

VISION

A community free from fear, neglect, violence and abuse.

ABOUT US

You may have originally known us as the Calgary Women's Emergency Shelter. We're still us. We have evolved from our beginnings to FearlsNotLove.

FearlsNotLove. These four words share perhaps the most important thing you need to know about us. It's who we are. And it's what we stand for.

In this bold evolution, we will elevate the conversation around domestic violence and abuse, and spark a social movement in the city. We aim to educate and inspire Calgarians to start new dialogue and to break down barriers and dismantle the stigma attached to neglect, violence and abuse.

Our goal is to help all people to have violence-free lives, to live without fear, and get to the ultimate outcome-love. It's what we all want and need.

Every human has the right to feel safe, respected, supported, and loved.

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CEO & PRESIDENT'S MESSAGE

Kim Ruse *CEO*

Shelly Norris President

It's time to Change the Conversation.

This past year has been a significant one for our agency. Following an extensive stakeholder engagement process, we entered a new chapter for our organization, an evolution that will help serve even more people impacted by domestic violence and abuse in Calgary.

In recent years, you've heard us say "*we're more than a shelter*". Because we are. But because of our name, many people didn't know the real us.

They didn't know what we offer and question if they should reach out for help, or not. Most people didn't see our name as having something to offer them. We've never been just for women and we've always been more than a shelter.

The Calgary Women's Emergency Shelter began as it is today—a much needed and critical support for women experiencing violence and abuse. Growing out of the clear vision and deep sense of care of our founders nearly 50 years ago, the work continues today as a beacon in the community. The face of domestic violence and abuse has changed dramatically over the years and is now much more complex. The experience of domestic abuse cuts across, gender, economic and social boundaries in ways that have demanded us to work better and smarter to care for all involved. When people of all genders and ages experience violence, shelter isn't the only thing they need. The Calgary Women's Emergency Shelter name no longer captures the true impact we have in the community.

FearlsNotLove is our new name. It acts as an avenue to launch a major social change movement and help elevate the conversation around domestic violence and abuse. It's who we are. And it's what we stand for.

Neglect, violence and abuse are life-altering, terrorizing behaviours.

We call attention to the behaviours that lead partners and family members to not feel safe to be who they are, to feel afraid to speak their minds, and to feel terrified in their own homes. This can happen to anyone—regardless of how strong, intelligent, capable, educated, resilient or successful they are.

It's a standard that everyone, especially young people, can use to assess the health of their close relationships.

FearlsNotLove tackles the unfair assumptions, embarrassment and shame that have been attached to domestic violence and abuse for too long.

FearlsNotLove applies to both the victims and the people who use abuse and who want to change their behaviour.

The work we do is critically important. We are transforming and saving lives. We are helping people make different choices for themselves and carving new paths. We want to offer more help, serve more people, and get involved earlier, so we can actually stop domestic violence and abuse from happening in our community.

Now as **FearlsNotLove**, many more people impacted by neglect, violence and abuse will recognize that they can find help here. Our goal is to help people to have violence-free lives, to live without fear, and get to the ultimate outcome love. It's what we all want and need.

The Calgary Women's Emergency Shelter facility is, and always will be, an integral part of our services. This will not change. It is a key part of who we are and who we serve, but it's time for a shelter to become a movement. It's time for us to start new dialogue and change the conversation about domestic violence and abuse. Moving our cause forward.

We know that with this courageous step, we will have a larger, more visible and an even louder platform to reach people. To connect, educate and inform, and to raise our sights on helping more people who need us.

Our agency is always committed to ongoing improvement and finding new ways to ensure we are a healthy and informed organization. The 2023-2026 strategic plan will continue with the great work from the previous plan, while creating new possibilities and building a foundation for focused operations and practice in our new evolution. As we look ahead, we will continue to collaborate with diverse stakeholders, including a commitment to engage with the calls to action of the Truth and Reconciliation Report.

We cannot do this crucial work alone. Our donors, funders, supporters, community partners, staff and volunteers are a key part of our path forward in this bold new direction. Thank you for your generous and ongoing support.

PROGRAMS & SERVICES

FearlsNotLove supports individuals, families and communities to live free from domestic violence and abuse. We serve all people to live free from fear, neglect, violence, and abuse through a comprehensive range of innovative programs and services.



CONNECT DOMESTIC VIOLENCE & ABUSE HELPLINE

Crisis counselling, information and referrals for anyone needing support with domestic violence and abuse. Trained counsellors answer the phone 24 hours a day, 365 days a year. Multi-lingual support is available. Text and email support are also available.



A 50-bed secure shelter for adults who identify as women, with or without children, who are fleeing domestic violence and abuse. Stay is for up to 21 days.



Offers counselling to any person in the community experiencing abuse, violence, or neglect in their close relationships. Counselling is offered in-person at a safe location, through virtual technology, and over the phone.



Help with navigation

of the court system,

for anyone who

has experienced

and abuse and

identifies as

a woman.

domestic violence

MEN'S RESOURCE LINE

Phone counselling, information and support for individuals in the area of emotional and relational wellness. Available 24 hours per day, 365 days a year.

HEALTHY RELATIONSHIPS PROGRAM FOR YOUTH

Individual and group counselling for youth who have concerns about their close relationships.



Individual and group counselling for adults interested in creating or enhancing safety in their close relationships.

TAKE A STAND INITIATIVE

An educational program designed to help informal supporters provide helpful responses to people who are experiencing domestic violence and abuse.

CHILD, YOUTH & FAMILY THERAPY PROGRAM

Counselling for children and their parents, when there has been domestic violence and abuse in the home.



An online resource offering trusted, accessible support, information and resources for the complex mental and relational health challenges men face. **menand.ca**

To learn more about our vital work in the community: FearlsNotLove.ca

YEAR IN REVIEW

In 2022–2023, we supported 19,686 individuals.

to the Connect **Domestic Violence and Abuse Helpline**

OR YOUTH AND OPARENTS accessed the Child. Youth & Family Therapy

200 WOMEN 286 CHILDREN

were supported at the **Emergency Shelter**

210 ADULTS

accessed the **Court Program**

16,040 calls 1,048 participants

in the Take A Stand Initiative

772 ADULTS

accessed the **Community Services Counselling Program**

253 уолтн

participated in the Healthy Relationships Program

415 ADULTS 109 PARTNERS

were helped through the **Men's Counselling Service**

218 INDIVIDUALS

participated in the Cultural Helpers Program as part of the Men & Project

REPORT TO COMMUNITY

PROGRAM OUTCOMES



of women who accessed the **Emergency Shelter** indicate that they feel safe from their abuser while in shelter.



of clients served through **Community Services Counselling** report they have learned how to keep themselves safe.

99%

of Take A Stand participants feel more confident to respond to someone who discloses domestic violence and abuse, in a supportive, non-judgemental way.

93%

of clients who accessed the **Court Program** indicate that they have a better understanding of the court process.

> of parents have seen a positive change in their child as a result of the supports they received from the Child, Youth and **Family Therapy Program.**

7%

of men served through **Men's Counselling Service** report that they are able to handle conflict and stress in a way that is respectful towards their partner.

of youth indicate that they have learned the skills to help 90% build Healthy Relationships through their participation of the program.

"I felt I was safe at my Mom's house; loved and supported. The Emergency Shelter felt like home."

" Michelle

CLIENT TESTIMONIALS

"I found it very helpful that I could speak freely about what I was feeling. I never felt judged or blamed, and now feel much stronger and confident."

~ Tom

"I believe empowerment is the word that explains what I have gained. Every aspect of my life has changed through the support, guidance and the resources that I have received. I am now able to move forward."

~ Susan

"My kids and I were provided with so much support and many helpful tools. The combination of emotional support, counselling, and practical resources was a powerful combination."

~ Karla

"I can now stop blaming myself for the abuse, or thinking 'if only I tried hard enough'. I also don't feel guilty to reach out for help anymore, and understand how critical it is to talk about these issues. The support I received helped me process my emotions, gain confidence in myself, and the courage to reach out for help."

~ Charlotte

"This group changed my life and helped me save my family."

~ Michael

HIGHLIGHTS

Dignity for Children & Youth: It takes a Village

In February 2023, we presented an International Conference: Dignity for Children & Youth: It takes a Village. The conference focused on effective, respectful practice in the field of domestic violence by centering the work on the safety and dignity of children. More than 400 quests and speakers from all over the world attended the free 3-day event, both in person and virtually. The goal of the conference was to build better capacity in the domestic violence sector. Thank you to the Centre for Response Based Practice for supporting this event and to our funder, Women and Gender Equality Canada.

Men &

After launching Men & and the accompanying men's resource line in 2021, this past year we, we scaled the digital resources of the project. Online toolkits are now available to support men who want to build their relational and mental health. Interactive as well as downloadable kits are available at no cost. Toolkits include information about managing conflict, depression, goal setting, anxiety, managing life's transitions, fathering and how to apologize. Check the Men & website for additional resources and kits.

Men's Resource Line: 1-877-327-MENS (6367) menand.ca

Turning Points Fundraising Gala— A New Day

On April 21, 2022, we hosted the Turning Points Gala, A New Dayour first in person event since 2019. Hosted by Dave Kelly, distinguished quests, community leaders and supporters joined together to help raise awareness and funds for our agency. The evening featured a panel discussion about family violence prevention and our work with children and youth with the Domestic Conflict Response Team of the Calgary Police Service, our CEO—Kim Ruse and front line staff. An inspiring musical segment was also performed by vocal ensemble Remix: Powered by Revv52. Thank you to our generous sponsors, supporters and quests for making the event a huge success, raising \$665,607 in support of those we serve in the community.

Men's Cultural Helpers Program

This men's Indigenous healing project was launched this year, which includes Cultural Helpers that work to support Indigenous men build healthy relationship practices. It promotes health and healing by strengthening cultural traditions and teachings. Part of the Men & project, this initiative works towards establishing restorative and Land Based programming to augment and offer alternatives to mainstream therapeutic support. This learning approach offers active participation in communitybased on reserve ceremonial activities aimed at physical engagement with elders' wisdom and teaching. It helps men understand their traditional role as provider for the family within modern times and focuses on how to rediscover a sense of community, and reclaim the roles of Father, Husband, Brother, Partner, and Son in a positive and healthy way.

For more information: menand.ca

VOLUNTEER PROGRAM

150

volunteers shared their gift of time and supported our agency.

3,905 volunteer hours of service were contributed last year.

BOARD OF DIRECTORS

Our Board of Directors is responsible for guiding our organization to fulfill our mission to support all people to live from fear, neglect, violence and abuse.

Volunteers are an integral part of our agency.

We are grateful to this dedicated group

volunteers enough.

of individuals who make generous gifts of time, talent, and energy. Their efforts help strengthen our mission and we can't thank our

Shelly Norris – President Jason Enns – Vice President Imran Gulam – Treasurer John Wilmot – Secretary Debbie Blakeman – Director Courtney Burton – Director Laura Estep* – Director Cathy Manten – Director Jason McGonigal – Director Timothy D. Mitchell* – Director Connie Muller – Director Ryan Schneider – Director Suzan Hauszner* – Director Kim Ruse – CEO – Leadership

*Resigned before the end of March 31, 2023.

COMMUNITY EVENTS

Independent special events, or third party fundraisers, big or small, are a very important component of our fundraising activities. Every event held in support of our agency gets us one step closer to achieving our mission to end domestic violence and abuse. Thank you to the many organizations, individuals and groups who organized fundraising events in the past year in support of those living in fear in our community.

Go to the Other Supporters and Events section at the end of this report to view a list of community supporters, or visit **FearlsNotLove.ca**.

TREASURER'S REPORT

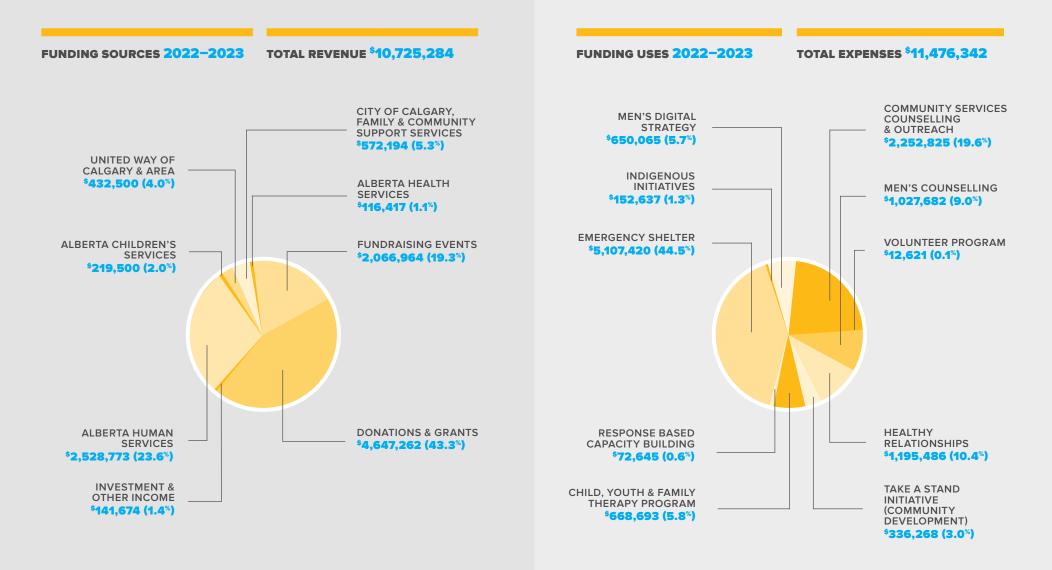
This year, **FearIsNotLove** continued to experience increased demand for our services. To meet this demand, we leveraged our financial surplus to invest in innovative service delivery and to increase the number and types of supports we offer. The community and our stakeholders contributed to 5[%] growth in overall revenue (excluding emergency government funding), and we are grateful for the ongoing support and generosity.

We are focused on developing new, stable funding to ensure we are able to meet the growing and changing needs of our community. We look forward to working with our partners, stakeholders and community to change the conversation about domestic violence and abuse.

Imran Gulam Treasurer Board of Directors

FUNDING SOURCES & USES

FISCAL PERIOD ENDED MARCH 31, 2023



FUNDERS, DONORS, **SPONSORS** & **SUPPORTERS**

THANK YOU to the following funders, donors, sponsors and supporters for making a positive impact in our community and for helping Change the Conversation about domestic violence and abuse. Your generosity has demonstrated your care and commitment to our cause.

Our team could not be doing what we do every day, without your support.

FUNDERS

- Alberta Children's Services
- Alberta Health Services
- Alberta Human Services
- Calgary Foundation
- City of Calgary, Family & Community Support Services
- Government of Canada
- Prevention of Family Violence and Abuse
- United Way of Calgary & Area

CORPORATIONS & ORGANIZATIONS

PLATINUM \$50,000 +

- Alberta Law Foundation
- AMJ Campbell
- **Brookfield Properties**
- Cedarglen Living Inc.
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- Inter Pipeline Ltd.
- Macquarie Group Ltd.
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GOLD \$25,000 - \$49.999

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- Carter Forest Products Inc.
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- Ernie and Elizabeth Pucci
- Estate of Lita Lucille Shepherd
- Estate of Richard Stanley Siluch
- Norris Family Foundation
- P.E.A.R.L. Foundation
- The Greene Family Charitable Foundation

GOLD ^{\$}25,000 — ^{\$}49,999

- Ajay Dhir
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 - Patti and Jerry D'Arcy Legacy Fund at Calgary Foundation
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 - William S. Herron Family
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SILVER \$10,000 - \$24,999

- Annie FreezeAnthony Woolf
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- Children's Hospital Aid Society

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2022-23 REPORT TO COMMUNITY

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IT'S TIME TO CHANGE THE CONVERSATION ABOUT DOMESTIC VIOLENCE AND ABUSE



Our goal is to help people to have violence-free lives, to live without fear, and get to the ultimate outcome-love.

Everyone has the right to feel safe, respected, supported and loved, GET INVOLVED.

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about domestic violence and abuse.

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