

Fear Is Not Love

Spring 2024 Newsletter

Looking back over 50 years in the community...

1991

"I was under the impression that I could not make it on my own because I was a woman, had three children and was not allowed to think for myself. One night I phoned the helpline and talked to a very comforting lady who told me that if I could come in the morning they could certainly help me... They made me realize that if I could handle the previous year's situations, why do I think I can't handle this."

1994

"I am here today going forward with the support and encouragement I received. For me, it had been the first time I could trust and reach out for help and find someone willing to help me and be there. It has made all the difference in the world to me and helped me strive forward each day in new ways. Little did I know that the door I closed at home and the door opened to me at this agency would be the start of a new life."

2008

"I could not believe all the kindness and love that was given to my family and they did not even know us – my boys and I had a real hard time when I left their dad and I am so thankful for the hand up that I was given. You will never know how much what you did meant to us. We thank you."

1999

"It's actually quite difficult to look back and see the trail of destruction that followed me up until last year. I owe so much to the Men's program and I also have to thank the other men who decided to take responsibility for their actions and participated in the group sessions. Without the other men, it would have been very difficult to see my own mistakes."

2016

"If I could talk to myself all those years ago or to any women who is being abused and feels trapped, I would say to be strong, and to make the call. You need to do it for yourself, and for your children if you have them. Above all, make sure you love yourself – no matter what."

A Message from our Chief Executive Officer

KIM RUSE Fifty years and more than 270,000 lives changed



Fifty years of working to protect individuals and families, and prevent domestic violence is both a victory and a vantage point. We are successful for the lives we have changed to date, but our 50-year milestone is also an opportunity to see where we are, and where we need to go.

The history of FearIsNotLove has been a long and rich one. From our beginnings as the Calgary Women's Emergency Shelter, the first of its kind in Western Canada, we have come a long way from just being a physical sanctuary for women and children fleeing abuse. As the need for help in the community has grown and evolved, so have we. Though the Emergency Shelter remains the cornerstone of our agency, we have always sought out ways to grow and serve more members of the community, that's why we evolved to FearIsNotLove.

The face of domestic violence has changed dramatically and it is 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. The Calgary Women's Emergency Shelter name, however, no longer captured the true impact we have in the community. FearIsNotLove opens up new connections and new dialogue that is long overdue across our greater community, changing the conversation about domestic violence and abuse.

Since our inception, we have established ground breaking and engaging programs to support anyone experiencing domestic violence, or those who use abuse and choose to change.

- 46 years ago, we began services for children
- 34 years ago, we began men's counselling
- 31 years ago, we began a youth prevention program
- 23 years ago, we piloted the Connect Domestic Violence and Abuse Helpline

Domestic violence and abuse is a critical issue and it takes a community to be engaged in a solution. We believe that domestic violence can be eliminated with your help. A lot has been accomplished in 50 years and there has been forward movement in our community. We have come a long way.

As we continue to adapt and change to serve those in need and respond to the changing context, we do so with confidence. By changing the conversation, we will help those affected by domestic violence and abuse today while working to end it in the future. This is a time to reflect on the last fifty years, but also a time to look forward with excitement at the broader community change that is growing and spreading.

The history of FearIsNotLove and the Calgary Women's Emergency Shelter is far too rich to ever be forgotten. Its journey since 1974 to the present day has been exciting and eventful, with many defining moments over the years. Behind every historical moment are the faces of many dedicated volunteers, employees, supporters and community members who care deeply about ending domestic violence and abuse, and empowering those we serve.

Without the hard work, commitment and contagious passion of our supporters and community, we would not be able to continue to serve those in need. The community has always supported the work of our agency and for this we are grateful. It would be ideal if there was no need for our existence, but the need is still great and continues to grow. Thank you for continuing to help us achieve our vision for the past 50 years. A great deal more needs to be done, with your continued support, we will move toward the bold vision of a day when we are no longer needed.

Every human deserves to feel safe, respected, supported and loved.

Historical Timeline of FearIsNotLove

1970s

- 1973** - Group of visionary women open a small volunteer-run shelter for women and families
- 1974** - Calgary Women's Emergency Shelter becomes a registered charity
- 1978** - Services for children developed



1990s

- 1990** - Outreach Counselling Program begins
- 1991** - Beginning of Men's Counselling Service
- 1993** - Start of Healthy Relationships youth prevention program
- 1994** - First Turning Points Fundraising Gala
- 1997** - Emergency Shelter burns down
- 1998** - New Shelter Opens



2010s

- 2010** - Specialized child care services offered at Shelter
- 2012** - Shelter renovated increasing capacity from 40 to 50
- 2017** - Programs accredited for the first time
- 2018** - Start of Child, Youth, and Family Therapy Program
- 2019** - Turning Points Gala 25th Anniversary



1980s

- 1986** - Calgary Women's Emergency Shelter moves to a new facility



2000s

- 2001** - 24-Hour Family Violence Helpline piloted
- 2003** - Shelter increases bed spaces from 35 to 40
- 2004** - Start of Children's Outreach program & Men's Counselling Service begins partner support program
- 2008** - Court Support program initiated & In-house wellness clinic accessible for clients
- 2009** - Response Based approach embraced by the agency



2020s

- 2021** - Launch of children's book "Stanley on the Shoulders of Giants"
- 2021** - Launch of **men&** online resource
- 2022** - Launch of Cultural Helpers program by Men&
- 2022** - Launch of our brand evolution to

FearIsNotLove

- 2023** - Launch of Family Healing program by Men&
- 2024** - Celebrating 50 Years In the Community!

Looking back with Pat Moore



50 years ago, a women's shelter was a radical idea. It was pioneers like Patricia (Pat) Moore whose leadership and vision has significantly contributed to addressing and raising awareness about domestic violence and abuse.

Pat Moore has been a key influence in ending domestic violence and abuse in our community. Her involvement in this critical issue started many years ago in Edmonton at a time when women's shelters were non-existent and there was nowhere for women and their children who were being abused to go, but to sleep in the streets.

Pat was so moved by the stories she had heard about victims of abuse, that it pushed her to take charge in finding a safe place for them to go. She arranged for food and beds to be available in a church basement. Eventually this 'makeshift shelter' moved to an empty store, all while raising awareness about the true experiences of victims of violence, fundraising and advocating for better services.

A lot can happen in half a century, and FearsNotLove has been through a lot in that time. From fire to renovations, new programs, innovative research, and much more.

Pat Moore has been along for most of our journey, supporting us in different ways as well as acting in various roles since 1978. She has become a key advocate for the health and wellbeing of women and children facing adverse conditions.

In reflecting on how the views of domestic violence and abuse have changed over the last 50 years and how far we've come, Pat says, *"It's my own personal feeling that Alberta was ahead of the curve for sure. One of the reasons why they always said Alberta had the highest rate of domestic violence is because we are aware of it. If you're not measuring it, there isn't a problem."*

Speaking about the most impactful moment for her in the history of FearsNotLove, she says *"When I heard about the men's program, to me that was the best thing to happen, it was a way to keep the family together. It's a way to change behaviour, it's not causing a great upheaval. To me that's been the best thing about [the agency] and why I've stayed all these years involved in it."*

Her heart is in sharing stories and she champions our Turning Points Gala as an important event for the agency and opportunity for awareness. As one of the founders of our fundraising gala, Pat reflects back to the first event that took place in 1994, *"we started out the Turning Points dinner with a volunteer committee, and in the early days the shelter had no expertise in event planning. Back then, women's shelter dinners were in church basements with a handful of ladies. Our gala had a lot of support from men. This was a community thing."*

"It wasn't always easy, but I think we were the first non-profit to have a big dinner... If you don't have to go out and ask for money, you don't get a chance to tell your story. So, there's always an upside. A lot of work was done through our Turning Points dinner and we had a chance to tell people what we were doing and it was amazing how Calgarians rallied."

When asked about what she would like to see in the next 50 years of FearsNotLove, her response was simple.

"Well of course, it would be good if we didn't need it!"

SAVE THE DATE
APRIL 25, 2024 6PM

FearIsNotLove

CELEBRATING

50

YEARS IN THE COMMUNITY

2024

TURNING POINTS

FUNDRAISING GALA

Join Us for A Memorable & Inspiring Evening

**FOR INFORMATION,
SPONSORSHIP OPPORTUNITIES & TICKETS:**

turningpoints@fearisnotlove.ca
403.290.1552 Ext. 410

CHAIR

Shelly Norris

HONORARY PATRONS

Sherri & Tim Logel

PLATINUM SPONSORS



GOLD SPONSORS



Tom & Jennifer Foss



FearIsNotLove.ca

Join us for the Turning Points Gala as we commemorate 50 years in the community. Hosted by award winning interviewer and writer, Dave Kelly, this unique and memorable social event will feature inspiring conversations, dinner, live and silent auctions, raffles and more! It will celebrate the many courageous individuals and families in our community striving to live free from domestic violence and abuse, while raising awareness and much-needed funds.

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

Your support will make a difference in changing the lives of those impacted by domestic violence and abuse.

Tickets are \$300, or \$2,400 for a table of 8.

To purchase tickets or for more information:

FearIsNotLove.ca
(403) 290-1552 ext. 410 or turningpoints@fearisnotlove.ca

Changing the Conversation about Domestic Violence and Abuse Through Language

You've heard us use the phrase **Let's Change the Conversation about Domestic Violence and Abuse** but what does that really mean? It means we believe that our words have power. The way we talk about something, and the words we choose to use, have a profound effect on those who hear them. Especially when they are coming to us for help.

It is our hope that through **education and awareness people will start to talk about domestic violence in a way which more accurately reflects what really happens in these relationships, so that victims* feel supported, get help sooner, and one day with enough support, domestic violence rates may even decrease.**

There are a lot of things we say that can unintentionally hurt victims, diminish their experience, blame them, and excuse the behaviours of the perpetrator*.

It was just a fight

“Fight”, “conflict”, or “argument” suggest both parties were responsible for the abuse and violence

What did you do to make them angry?

This blames the victim and also suggests the perpetrator did not have any choice but to behave abusively.

She was attracted to abusive guys

No one wants to be abused. Often people who are abusive begin relationships by being kind and respectful, and this is what was attractive to the victim.

He ignored red flags

This places attention on the victim rather than on the perpetrator's choice to behave abusively. It is often easier to identify that something was a red flag in the aftermath of violence and abuse. In the moment it can be easy to explain a “red flag” as something that might make sense in a particular context.

They were in an abusive relationship

This suggests both parties are responsible for the abuse – in the same way the term a “loving relationship” suggests both parties are loving towards one another.


While arguments are a natural thing in a healthy relationship where both partners can express themselves freely; if there is domestic violence, it is not safe for one of the partners to communicate openly. Furthermore, abusive and violent behaviour is often much more than argumentative behaviour. It is planned, deliberate behaviour intended to hurt, manipulate or control their victim. **When we use words like “argument” or “conflict” to describe domestic violence, we are diminishing the suffering of the victim, and also implying their willing participation in the abuse.**

A common misconception is that victims passively accept abuse. However, all victims resist abuse and violence. They sometimes resist directly and openly, but more often they resist in subtle or private ways. Domestic violence is an affront to dignity and often dangerous, so people often oppose the violence, stand up for their dignity, and protect their children or other family members in subtle ways that others might not notice. On the outside it may not look like resistance, because, “if they were really resisting they would just leave,” but we know that leaving is not always the right choice for everyone, and that often victims are in very complex situations where there is no easy solution. We know, for example, that victims often face poverty when they leave, or they may lose some access to their children and may feel, therefore, they can better protect their children when they are always present in the home. We know that a victim’s highest risk of lethality, is when they try to leave. Whether victims wish to leave or to be supported while they are still in the relationship, we have many resources and services available to them. We also have services and support for people who use abuse, and believe in their ability to change.

When we start to unpack the nuances of domestic violence, we start to unravel the stereotypes and stigmas about victims and perpetrators.

By choosing awareness, compassion and understanding, we are saying we believe that abuse is never okay. We believe victims, and support perpetrators to change. And we believe every human deserves to be safe, respected, supported, and loved.

***Note:** We have used the terms *victim* and *perpetrator* in the above, because the word victim makes it clear that the person experiencing abuse is in no way responsible for the abuse. The word perpetrator describes someone who uses abuse, however we wish to be clear that the abusive behaviour does not define them. People who use abuse often also behave respectfully and they have the ability to choose to change at any point in time.



**Domestic violence and abuse can affect anyone.
If you or someone you know needs support, or you are concerned
about your abusive behaviour, **we’re here to help.****

FearIsNotLove.ca

Connect Domestic Violence and Abuse Helpline

(403) 234-SAFE (7233)

help@fearisnotlove.ca

If you are in immediate danger, call 911.

AMJ Campbell



FearIsNotLove is grateful to the team at AMJ Campbell for their 15 years of incredible support!

AMJ Campbell has been helping people move for decades. Giving back to the communities where they do business is a big part of their mission.

In 2009, when FearIsNotLove was looking for storage space in the community, AMJ Campbell Calgary stepped in to help. They provide space to store donations from the community and help to get the items over to the Calgary Women's Emergency Shelter - to the women and children that need them most.

In 2014, when the first Toy Mountain campaign was being planned, AMJ Campbell rose to the challenge and committed trucks, people and storage space. The inaugural campaign, planned in just a handful of weeks, was a success. Ten years on, Toy Mountain is a signature holiday campaign which gets bigger and bigger each year. With more toy drop off locations and more toys to collect, AMJ Campbell continues to step up and provide time, talent and space to this important campaign.

But their support does not stop there. AMJ Campbell is an integral part of distributing the toys and essential items to our clients throughout the year. Their dedicated team members, from the office to the warehouse to the delivery drivers, show up, smiles on their faces, and help us move the mountain of toys all year long.

When asked why they feel it's important to partner with FearIsNotLove, Jordan Campese, General Manager, said "No individual should endure the anguish of abuse, and FearIsNotLove has been an unwavering source of support for victims in our community for fifty years. We are privileged to have such vital organizations like FearIsNotLove in our community, and we are honored to contribute to their cause through our involvement with Toy Mountain."

We are immensely grateful to AMJ Campbell for their support of our cause. Together we can do even more to support individuals experiencing domestic violence in our community.



10th Annual Toy Mountain Campaign was a Tremendous Success

This past fall, CTV Calgary, CJAY92 and 98.5 Virgin Radio hosted the 10th annual Toy Mountain Campaign, presented by Trail Appliances. CTV's Toy Mountain collected much needed toys, financial donations and basic essential items for individuals and families served by FearIsNotLove throughout the coming year.

With the generosity of Calgary, a new record was made with the campaign raising over \$1 million in toys, basic essential items and donations! In addition to collecting much needed items and donations, CTV Calgary's Toy Mountain helps raise awareness around domestic violence and abuse, as well as the various programs and services provided by the agency in the community.

Every donation, no matter how big or small, makes a difference in the lives of those impacted by domestic violence and abuse. The agency relies on the support of numerous individuals, corporate partners and community groups to ensure the safety and well-being of their clients.

Thank you to our Toy Mountain 2023

Partners: CTV Calgary, CJAY92, and 98.5 Virgin Radio

Presenting Sponsor: Trail Appliances

Sponsors:

Centra Windows, Country Hills Toyota, EFW Radiology, Sentinel Storage, and South Pointe Toyota

Supporters:

AMJ Campbell, Bankers Hall, Bowridge Bottle Depot, Brookfield Place, CertaPro Painters, Fifth Avenue Place, Money Back Bottle Depot, Sky Castle Calgary, and Suncor Energy Centre

Thank you to everyone who participated in CTV Calgary's Toy Mountain Campaign and for changing the conversation about domestic violence and abuse.



National Volunteer Week is April 21 - 27

A sincere, heartfelt thank you to our volunteers who support the agency all year and really shine during the Toy Mountain campaign. Whether that is sitting at a table changing the conversation about domestic violence through the five weeks of the campaign, accepting and sorting Toy Mountain donations or supporting our many programs throughout the entire year – we appreciate you and are filled with gratitude for your service. The five weeks of Toy Mountain are only a snap shot of the many hands and hearts it takes to ensure that all of the toys and essentials are provided directly to our clients throughout the year; we cannot do it alone, our volunteers – you! – are the backbone of our success!

In the Community

Community Fundraiser: CRAFT Beer Market & Eighty Eight Brewing

Until June 4

CRAFT Beer Market and Eighty-Eight Brewing have partnered to donate \$1 from each Community Tap beer to FearIsNotLove. Available at two Calgary locations: Southcentre Mall: 273 – 100 Anderson Rd SE, Downtown: 345 10th Ave SW

Community Fundraiser: Born Brewing Co. Bingo Night

March 21

Join Born Brewing Co. for a fun night of bingo with delicious drinks and fun prizes. Entry by \$5 minimum donation to FearIsNotLove. Email: reservations@bornbrewing.co to reserve your spot.

Community Booth: National Women's Show

April 13 - 14

Visit our booth at the National Women's Show in the BMO Centre! Enjoy shopping, entertainment and more, as well as learn about some great agencies helping women around the city.

Turning Points Fundraising Gala

April 25

Join us for a unique, memorable and inspiring social event. This year marks 50 years in the community for our agency and the event will commemorate this milestone. More info on page 5.

Safety and Repair with Men: A Workshop with Tod Augusta-Scott

May 7 - 8

For those working with men in domestic violence: Navigate through the 3-Phase process which makes safety and repair possible. The focus is on repairing harm and not necessarily on restoring an intimate relationship. For more info: menand.ca

Save A Stamp

Email info@fearisnotlove.ca to sign up for our E-newsletter.

Share Your Stories

Tell us your story. Inspire others. Change lives. We would like to reach out to past clients, volunteers and staff of FearIsNotLove. We encourage you to share your story and would love to hear from you!

For more information: please contact Hanna at: hanna.deeves@fearisnotlove.ca

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