

REPORT TO COMMUNITY 2023-2024

FearIsNotLove

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

FearlsNotLove.ca

ABOUT US

FearlsNotLove serves anyone experiencing domestic violence and abuse.

Regardless of who a person is, how they identify, or where they come from or who they love—we are here to help. We serve anyone who is being abused, anyone concerned that they have hurt a loved one and want to change, or someone looking to support those impacted by domestic violence and abuse.

You may have originally known us as the Calgary Women's Emergency Shelter. We're still us, but have evolved from our beginnings to start this new chapter.

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

FearlsNotLove more closely represents the important work and true impact of our agency, which helps more people identify domestic violence and abuse, and recognize they can find support here and reach out for help.

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

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

FearlsNotLove.ca

MISSION

To inspire and build a dignity driven movement cultivating communities that are free from domestic violence and abuse.



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GET INVOLVED

CEO & PRESIDENT'S MESSAGE

Kim Ruse *CEO*

Shelly Norris **President**

This past year we continued to amplify our new brand that was launched in 2022. This evolution helps serve even more people impacted by domestic violence and abuse. FearlsNotLove is a far-reaching brand that people can see themselves in, inviting them to access support at an earlier point on their help-seeking journey.

In the first year of our new brand, we have seen a positive response in the community and in the impact made. As FearlsNotLove, more people recognize that they can find help here, and it more closely reflects who we are and our impact in the community. It highlights our ongoing commitment to innovation and excellence in service delivery, and signifies our focus on inclusivity and support for anyone impacted by domestic violence and abuse.

In addition to offering our programs and services, we are also focused on raising awareness and changing the conversation in tangible ways. We aim to spark a social movement in the city to educate and inspire individuals to start new dialogue, and to breakdown barriers and tackle the unfair attitudes, stigma and shame that have been attached to domestic violence and abuse for too long.

As the community continues to face economic challenges, it has placed a strain on both our agency and those we serve. With increased affordability constraints, victims are facing more challenges and barriers to access support, and are in more dangerous and high-risk situations. With increased demand for our services and in the complexity of our work, we continue to adapt and navigate the ways in which we support those in need of our services.

This year, we unveiled our new strategic plan, laying the groundwork for ambitious and new opportunities to make a difference in the community. It outlines a new vision, mission, and fundamental priorities and strategic commitments, while we remain guided by values of respect, courage, collaboration, and learning. These principles will help us navigate the challenges and opportunities that lie ahead.

We cannot do this work alone. We are grateful for the unwavering support and dedication of our donors, partners, staff, volunteers and community. Your contributions enable us to make a difference in the lives of the many individuals and families we serve each year. We are truly grateful for your continued generosity and commitment.

Looking ahead, we remain committed to service excellence and continuous improvement. We are dedicated to enhancing our programs and services to better meet the evolving needs of our community, and to engage and work collaboratively to change the conversation about domestic violence and abuse.

In the spirit of truth and reconciliation, we recognize the importance of acknowledging the past and nurturing safety, healing and repair within our community. FearlsNotLove is committed to working with Indigenous peoples to build relationships based on mutual understanding and respect. We are dedicated to listening, learning and adapting approaches to advance reconciliation, and to move forward in a positive and impactful way. As we commemorate 50 years of service in this next year, we will honour our legacy and renew our commitment to creating freedom from domestic violence and abuse for everyone.

PROGRAMS & SERVICES

FearlsNotLove serves all people to live free from domestic violence and abuse through a comprehensive range of innovative programs and services.



CONNECT DOMESTIC VIOLENCE & ABUSE HELPLINE

Crisis counselling, information and questions provided around neglect, violence, and abuse. Trained counsellors answer the phone 24 hours a day, 365 days a year. Multi-lingual and email support are also available.



CALGARY WOMEN'S **EMERGENCY SHELTER**

A safe haven and secure shelter for adults who identify as women, with or without children, who are fleeing domestic violence and abuse. Some rooms can accommodate pets, which can often be a barrier for individuals leaving dangerous and unsafe situations.



COMMUNITY **SERVICES** COUNSELLING

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.



COURT **PROGRAM**

Help with navigation of the court system, for anyone who has experienced domestic violence and abuse.



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

Violence prevention counselling for youth experiencing struggles or have concerns with a peer, family or dating relationship. Individual or group counselling is offered in schools for both victims or those who use abuse.



MEN'S COUNSELLING SERVICE

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



An educational program designed to help informal supporters provide helpful responses to people who are

TAKE A

STAND

INITIATIVE

experiencing domestic violence and abuse.



CHILD, YOUTH & FAMILY THERAPY PROGRAM

Support and counselling for children, youth and their family members who have experienced domestic violence and abuse in the home.



MEN&

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

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

16,930 CALLS 42 CHILDREN OR YOUTH AND

accessed the Child, Youth & Family Therapy Program

were supported at the Calgary Women's **Emergency Shelter**

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

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



in the Take A Stand Initiative

accessed the **Court Program** 737 ADULTS

accessed the **Community Services Counselling Program**

participated in the **Healthy** Relationships **Program**

accessed the Family Healing Program in partnership with **Tsuut'ina Stoney Corrections Society**

^{*} There may be overlap included in this statistic where an individual or client may have participated in multiple programs within the year.

PROGRAM OUTCOMES



CLIENT TESTIMONIALS

"It was the first time I truly felt heard and I was able to open up about things I have been scared to say to anyone else."

"Healthy Relationships Program

"I've learned I have a lot of inner strength, and resilience and courage."

Community Services Counselling Program

"FearlsNotLove has really changed my life, changed the way I think about things and approach situations. I am a much better person because of the support I have received, and I am very happy with how far I have come."

" Men's Counselling Service

"The Shelter made me feel safe, just like in my mother's house."

" Calgary Women's Emergency Shelter

"The Court Program really helped reduce my anxiety and increase my confidence going into the court room. My counsellor provided emotional support, comfort and ways to prepare myself to go to court. I felt confident and at ease going into court after our talks."

" Court Program

COMMUNITY INITIATIVES & HIGHLIGHTS



The Family Healing Program

By FearlsNotLove and Tsuut'ina Stoney Corrections Society

Men and Women's Family Healing Program
In respect to the unique experience
of our Indigenous population, we
created this program with their
cultural practices and history in mind.
Launched in 2023, this program
aligns with the Cochrane Provincial
Courts mandate.

Family Healing is a 12-week program that takes a cultural approach to helping its participants take responsibility for their actions and acknowledge the harm they have caused. This program places a focus on the impacts of generational trauma and the effects of residential schools. The program offers resources and activities such as sweat lodge ceremonies, smudges, access to guidance from Elders, and more.

Family Healing brings an awareness to the damage domestic violence brings to both the individual and the family, and the community as a whole.

ShelterLink

Powered by FearlsNotLove and YW Calgary, ShelterLink is an innovative web-based application for fostering an integrated System of Care. First launched in March 2023, ShelterLink provides a cohesive ecosystem of support resources for women and families escaping domestic violence, ensuring those in need find community-based services. It provides timely and appropriate support, whether through Shelter accommodations or community resources, leaving no one without essential assistance.

The ShelterLink platform currently hosts twelve women's emergency, transitional, and second stage shelters, in Calgary and its surrounding areas. These shelters collaboratively share bed availability information and support services to assist those in need. Real time data is made available to partners, the Calgary Police Service and eventually other emergency services.

ShelterLink empowers providers to access capacity data across the city and provide seamless service for women and children at times of crisis.

Integrated Intake Line & Referrals

To enhance ShelterLink, FearlsNotLove and YW Calgary launched an Integrated Intake & Referral Process in July 2023.

Both the YW Crisis Line and the FearlsNotLove Connect Domestic Violence & Abuse Helpline are now accessible through one centralized team located at FearlsNotLove. The staff at the Helpline provide warm transfers to shelter beds and outreach services in both agencies, when required.

With this collaborative approach, an individual seeking support is alleviated of the responsibility of calling multiple agencies to seek support, ensuing a timely and streamlined response.

Turning Points Fundraising Gala— It's Time to CHANGE THE CONVERSATION

Our Turning Points Gala took place on April 20, 2023. Hosted by Dave Kelly, distinguished guests, community leaders and supporters joined together to help change the conversation about domestic violence and abuse, while raising awareness and funds for our agency. The Gala featured live and silent auctions; an inspiring docuplay produced by Kelly Brothers Productions and moving performances by vocal ensemble Remix: Powered by Revv52. The event was a great success, raising more than \$595,000 in support of individuals and families in our community striving to live without fear, and free of domestic violence and abuse. Huge thanks to our generous sponsors, donors, supporters, partners, volunteers and committee members.







BOARD OF DIRECTORS

Our Board of Directors is responsible for guiding our organization to fulfill our vision of freedom from domestic violence and abuse for everyone.

Shelly Norris – President Jason Enns – Vice President Jason McGonigal – Treasurer John Wilmot – Secretary

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Darren Dansereau – Director
Imran Gulam* – Director
April Hughes – Director
Cathy Manten – Director
Connie Muller – Director
Tyler Pinder – Director
Kristin Romeril – Director
Ryan Schneider – Director
Laiha Shum – Director
Kim Ruse – CEO – Leadership

^{*}Resigned before the end of March 31, 2024.



TREASURER'S REPORT

Demand for our services continues to increase with revenue increasing 6% year-over-year and expenses increasing 7% year-over-year, which resulted in a second consecutive deficit. Some of this is a result of one-time expenses relating to rebranding or responses to community need, but also continued inflation. Given our previous surpluses we are still well positioned to serve the community, but these deficits cannot continue in perpetuity.

The organization is focused on engaging our donors and finding sustainable sources of funding to meet the ever growing and changing needs of our community. We appreciate the ongoing support of the community, our donors, and all stakeholders as we continue to work towards a community free from fear, neglect, violence and abuse.

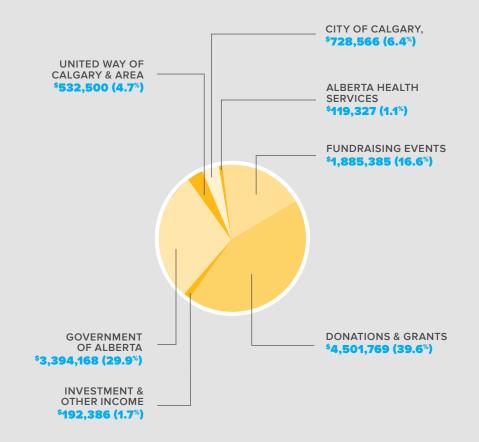
Jason McGonigal *Treasurer*Board of Directors

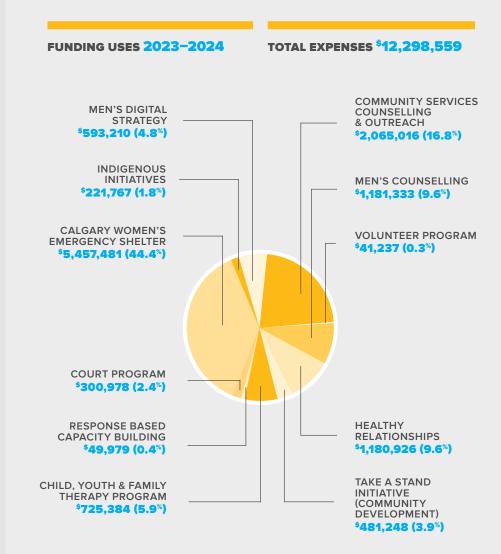


FUNDING SOURCES & USES

FISCAL PERIOD ENDED MARCH 31, 2024

FUNDING SOURCES 2023-2024 TOTAL REVENUE \$11.354.101





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 makes a difference in the lives of those we serve in our community, move towards their journey of healing and safety, living without fear.

FUNDERS

- · Alberta Government
- Alberta Health Services
- City of Calgary
- Government of Canada
- · United Way of Calgary & Area

CORPORATIONS & ORGANIZATIONS

DIAMOND \$100,000 +

- · Alberta Law Foundation
- · Suncor Energy Foundation

PLATINUM \$50.000 - \$99.999

- AMJ Campbell
- Borger Group of Companies
- **Brookfield Properties**
- · Cedarglen Living Inc.
- · CTV Calgary Bell Media
- Inter Pipeline Ltd.
- · Royal LePage Solutions/ Royal LePage Shelter Foundation
- Shaw Birdies for Kids presented by AltaLink
- · Shoppers Drug Mart -Giving Shelter Campaign

GOLD \$25,000 - \$49,999

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- · Calgary Co-op Community Foundation
- · Cenovus Energy Inc.
- Logel Homes
- · Norton Rose Fulbright Canada LLP
- · Postmedia
- · Women's Shelters Canada

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BRONZE \$5.000 - \$9.999

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- Centra Cares Foundation
- Connect First Credit Union
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- · Estate of Katherine Annie Kittle
- · Estate of Leone Christine McGregor
- · Estate of Shauna Lee Wilson
- · Norris Family Foundation
- · Stephen Laut and Lori Egger
- The Flanagan Foundation

PLATINUM \$50,000 - \$99,999

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- · Calgary Foundation
- · P.E.A.R.L. Foundation

GOLD \$25,000 - \$49,999

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

EVERYONE CAN DO THEIR PART TO HELP PREVENT DOMESTIC VIOLENCE AND ABUSE IN OUR COMMUNITY

LEARN MORE

about domestic violence and abuse.

HELP

someone you know or think is being abused.

SPEAK UP

and start the conversation about domestic violence and abuse.

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in community engagement opportunities and events.

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donate and/or volunteer.

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and understanding.







In the spirit of reconciliation, we honour and acknowledge Treaty 7 lands, which are the traditional territory of the Blackfoot Confederacy consisting of the Siksika Nation, the Kainai Nation, and Piikani Nation, also included are the Tsuut'ina Nation and Stoney Nakoda Nation, and an important trading centre for the Métis of Region 3 of the Métis Nation of Alberta. We recognize that we are Treaty people and have a responsibility to understand our history and the spirit and intent of Treaty 7 so that we can honour the past, be aware of the present, and build a just and caring future based on peace, friendship



REPORT TO COMMUNITY 2023-2024

FearIsNotLove

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

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