



**2021 – 2022**

**AGM**

**Annual General Report**

Huronion Transition Homes

(La Maison Rosewood Shelter, Athena's Sexual Assault Counselling & Advocacy Centre, Choices for Children, Aquarius House, and Operation Grow)

## Table of Contents

### Contents

<b>OUR MISSION</b> .....	<b>3</b>
<b>BELIEFS AND AIMS</b> .....	<b>3</b>
<b>BOARD OF DIRECTORS 2021 – 2022</b> .....	<b>4</b>
<b>2020-2021 Annual General Meeting Minutes</b> .....	<b>5</b>
<b>Chairperson’s Report</b> .....	<b>8</b>
<b>Treasurer’s Report</b> .....	<b>9</b>
<b>Independent Auditor’s Report</b> .....	<b>11</b>
<b>Acting Executive Director’s Report</b> .....	<b>13</b>
<b>Nomination Committee Report</b> .....	<b>15</b>
<b>Program Review</b> .....	<b>16</b>
<b>La Maison Rosewood Shelter</b> .....	<b>16</b>
<b>Exchange Works</b> .....	<b>16</b>
<b>Crisis Line</b> .....	<b>16</b>
<b>Counselling Program</b> .....	<b>16</b>
<b>Transitional Support Program</b> .....	<b>17</b>
<b>Child Support Program</b> .....	<b>17</b>
<b>Human Trafficking Program</b> .....	<b>17</b>
<b>Choices for Children</b> .....	<b>17</b>
<b>Athena’s Sexual Assault Counselling &amp; Advocacy Centre</b> .....	<b>18</b>
<b>Crisis Line</b> .....	<b>18</b>
<b>Crisis Counselling</b> .....	<b>18</b>
<b>In-Depth Counselling</b> .....	<b>18</b>
<b>GROUPS</b> .....	<b>18</b>
<b>Operation Grow</b> .....	<b>19</b>

## OUR MISSION

We believe that all violence against all women and children must end. We are community members who are committed to education, advocacy, harm reduction, and poverty reduction as a means to end violence. HURONIA TRANSITION HOMES is also committed to providing shelter and support to abused women and their children and to providing counselling to women survivors of sexual assault and socioeconomic opportunities through social enterprise.

## BELIEFS AND AIMS

Huronia Transition Homes exists to serve women and children dealing with violence and abuse. We are here only to serve those women and children. Our understanding and analysis of violence and our role in ending it is based and framed by this belief.

Violence against women is a global social reality. It is used to control women and is a symptom of women's ongoing inequality.

Violence against women is a human rights issue. Perpetrators— both individual and systemic— must be held accountable for the violence they engage in, whether explicitly or implicitly. At the same time, women's response to the violence they experience should not be criminalized or pathologized.

All of us are responsible for working to end violence against women and children so that all women will have the right and freedom to live and act as they choose.

We use an intersectional feminist framework (IFF). This framework attempts to understand how multiple forces work together and interact to reinforce conditions of inequality and social exclusion. An IFF examines how factors including socio-economic status, race, class, gender, sexualities, health, ability, geographic location, refugee and immigrant status combine with broader historical and current systems of discrimination such as colonialism and globalization to simultaneously determine inequalities among individuals and groups.

It supports our work to reduce barriers to major social systems faced by many women.

We bring a harm reduction philosophy to our work. This means we meet people where they are at with compassion, understanding and knowledge, providing support and resources foster connection.

We make every attempt to understand and respect women's diverse life experiences and the impact of violence on their lives.

While we understand the primary mandate is the provision of direct services to women and children, we locate that work in the broader context of the community, provincial, national and international movement to eradicate violence against women and children.

Where their philosophies, beliefs and aims are compatible with ours, we belong to, work with and support relevant provincial, national and international groups and associations.

We understand that some women face greater challenges and more barriers because of their lived realities, and we work to make our properties and services as accessible as possible to all women as well as to educate ourselves and our community about issues of oppression, discrimination and accessibility.

Based on these beliefs and aims, how we do our work is constantly evolving as we understand more about the needs of women and children we serve.

**HURONIA TRANSITION HOMES**  
**BOARD OF DIRECTORS 2021 – 2022**

<b>Chairperson</b>	Alice Louise Stafford
<b>Vice-Chairperson</b>	Thea Jones
<b>Secretary / Treasurer</b>	Judy Larmand
<b>Members at Large</b>	Samantha Docherty
	Lorraine Hebner
	Victoria Ellery
	Shawn Pollock
	Jennifer Watson-Choi
<b>Executive Director</b>	Kathy Willis
<b>Acting Executive Director</b>	Haily MacDonald

# Hurononia Transition Homes 2020-2021 Annual General Meeting Minutes

**Date:** September 27, 2021

**Time:** 5 p.m.

**Location:** ZOOM

## 1. Welcome

Louise Stafford called the meeting to order at 5:05 pm and welcomed guests.

## 2. Establish Quorum

Quorum was established.

### Taking of Attendance

**Present:** Louise Stafford, Judy Larmand, Thea Jones, Shawn Pollock, Samantha Docherty, Victoria Ellery, Heather Henderson

**Auditor:** Kerri Graham, CA - BDO

**Guests:** Karyn Slaven, Regional Manager – Ministry of the Attorney General, Caroline Chassé, Athena's Program Supervisor, Jennifer Watson-Choi

**Recorder:** Mary MacLean-Bradley

## 3. Approval of Agenda

Moved by: Judy Larmand

Seconded by: Victoria Ellery

**THAT THE AGENDA BE ACCEPTED AS PRESENTED.**

Motion carried.

## 4. Approval of September 28, 2020, AGM Minutes

Item 6.3 date of the year-end is incorrect and should be March 31.

Moved by: Heather Henderson

Seconded by: Judy Larmand

**THAT THE MINUTES OF THE SEPTEMBER 28, 2020, AGM MINUTES BE ACCEPTED AS AMENDED.**

Motion carried.

## **5. Joint Report Chairperson and Executive Director**

Louise Stafford and Kathy Willis presented the Joint Chairperson and Executive Director report.

Moved by: Louise Stafford

Seconded by: Judy Larmand

**TO ACCEPT THE CHAIRPERSON'S REPORT AS WRITTEN IN THE ANNUAL REPORT.**

## **6. Treasurer's Report**

### **6.1 Presentation of the Treasurer's Report**

Judy Larmand presented the Treasurer's Annual Report

Moved by: Judy Larmand

Seconded by: Heather Henderson

**TO ACCEPT THE TREASURER'S REPORT AS PRESENTED.**

Motion carried.

### **6.2 Introduction of the Auditor (Kerri Graham)**

Judy Larmand introduced Kerri Graham, CPA, CA, partner from BDO who presented the audited financial statements for the 2020-2021 year.

### **6.3 Presentation of Audited Financial Statements**

Kerri presents Audited Financial Statements for March 31, 2021. Judy referred to the audited Financial Statements for the 2020-2021 year for the motion.

Moved by: Judy Larmand

Seconded by: Shawn Pollock

**TO ACCEPT THE AUDITED FINANCIAL STATEMENTS FOR THE FISCAL YEAR ENDING MARCH 31, 2021, AS PRESENTED.**

Motion carried.

### **6.4 Appoint Auditor for 2021-2022 Fiscal Year**

To appoint BDO as the auditor for the fiscal year ending March 31, 2022.

Moved by: Judy Larmand

Seconded by: Thea Jones

**TO ACCEPT BDO AS THE AUDITOR FOR THE FISCAL YEAR ENDING MARCH 31, 2022.**

Motion carried.

## **7. Nominating Committee Report**

Heather Henderson presented the Nominating Committee Report.

Moved by: Louise Stafford

Seconded by: Judy Larmand

**TO ACCEPT THE NOMINATING COMMITTEE REPORT AS WRITTEN IN THE ANNUAL REPORT.**

Motion carried.

### **7.1 Call for Nominations**

Heather Henderson – Call for nomination's 3 times from the floor. No nomination's received.

Moved by: Louise Stafford

Seconded by: Judy Larmand

Motion approved.

## **8. New business**

No new business.

## **9. Adjournment**

Moved by: Louise Stafford

Seconded by: Victoria Ellery

**THAT THE MEETING BE ADJOURNED AT 5:50 p.m.**

Motion carried.

---

Chairperson

---

Secretary / Treasurer

## **Chairperson's Report**



This is my last year as Board Chair and as a Board member at HTH. As I reflect on my history with the organization, I am grateful for the experience and the opportunity to support positive change in my community. When I first started with the organization, Operation Grow was just an idea and Aquarius House had yet to be envisioned. I was fortunate to be on the working group that led the development of Operation Grow and am humbled to see the social enterprise thriving today. As I leave the Board, I am excited at the work ahead for HTH.

This year, HTH's Board engaged in a strategic planning process facilitated by Corrie Schneider of Mindbridge Strategies to complete the organization's 2022-2025 strategic plan. The process included an in-depth discussion of HTH's strengths, challenges, opportunities, and threats, which lead to the identification of four strategic priority areas being identified including: Board Governance Framework, Social Procurement, Asset Management and Leadership Transition. The newly developed three-year strategic plan

should guide the organization to develop critical infrastructures to support stabilization and position HTH for further growth and development.

Board development this year included reading and discussing, "The Imperfect Board Member: Discovering the Seven Disciplines of Governance Excellence" by Jim Brown. Discussions centered around how the seven disciplines of governance excellence exist or can be enhanced at HTH.

The Board welcomed a new member, Jennifer Watson-Choi. Jennifer comes to the Board with a background in business and a passion for trauma-informed counselling. She owns her own business training individuals in mindfulness meditation and breathwork and works as the Training Manager at a retail and training facility dedicated to the health and safety of communities.

In June 2022, Shawn Pollock also announced her resignation from the Board. Shawn joined the Board in 2019 and, during her time, provided thoughtful strategic leadership to the organization. Shawn has been a long-time supporter of HTH and she certainly applied her passion to the work with the Board.

This year was the second year operating within the reality of the COVID-19 pandemic. This reality created new challenges for the organization; however, as always, the staff at HTH rose to the occasion and all programs were able to remain operational throughout the year. The team at HTH has established an important relationship with the Simcoe Muskoka District Health Unit which supported them to ensure all best practices to minimize the spread of the virus were implemented. Following direction from the Ontario Chief Medical Officer of Health, the Board established a vaccination policy for HTH staff, contractors, and volunteers.

HTH continues to set a positive example across the county and the province of service excellence and innovation. Board members and staff ensure the organizational mission to end all violence against all women guide all our work. The resiliency of the women we serve inspires this dedication and the ongoing commitment to create a world free from violence.

Respectfully submitted,

Louise Stafford



## Treasurer's Report



The BDO Audit provided Huronia Transition Homes with a clean audit report. As presented by the audit team at BDO, our financial position at the end of the fiscal year was strong.

### Summary Statement of Funding Received for the Year Ending March 31, 2022

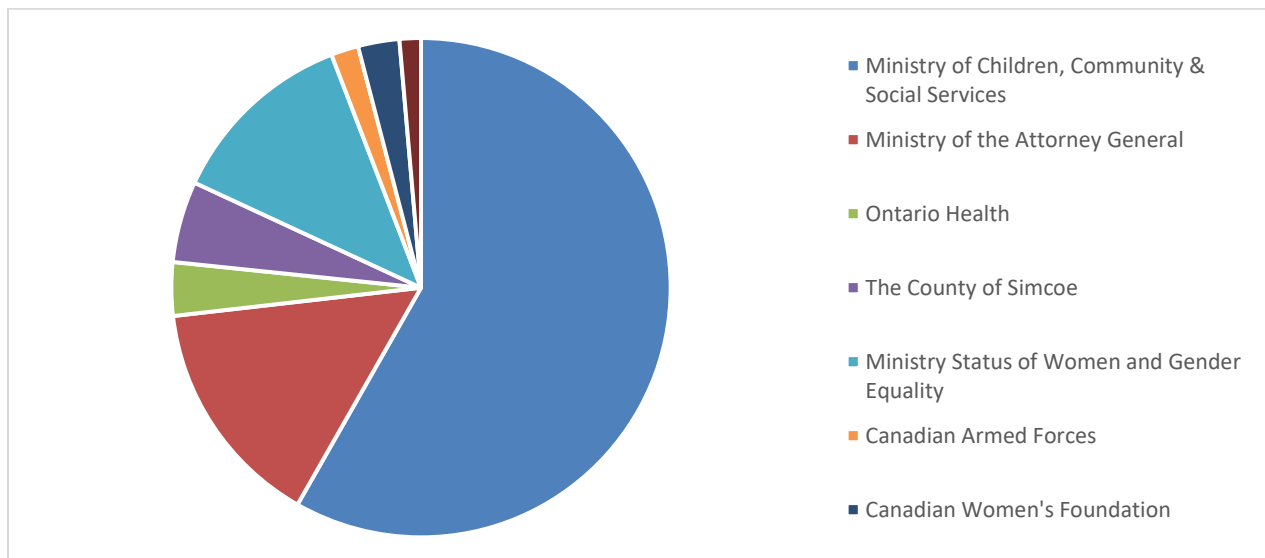
Total Revenue from all Sources	\$	2,955,636
Total Expenditures	\$	2,955,636
Net Surplus	\$	0.00

Total organizational funding for the year was \$ 2,955,636, predominantly funded by provincial & federal ministries. Huronia Transition Homes's funders remain stable. The primary funders are:

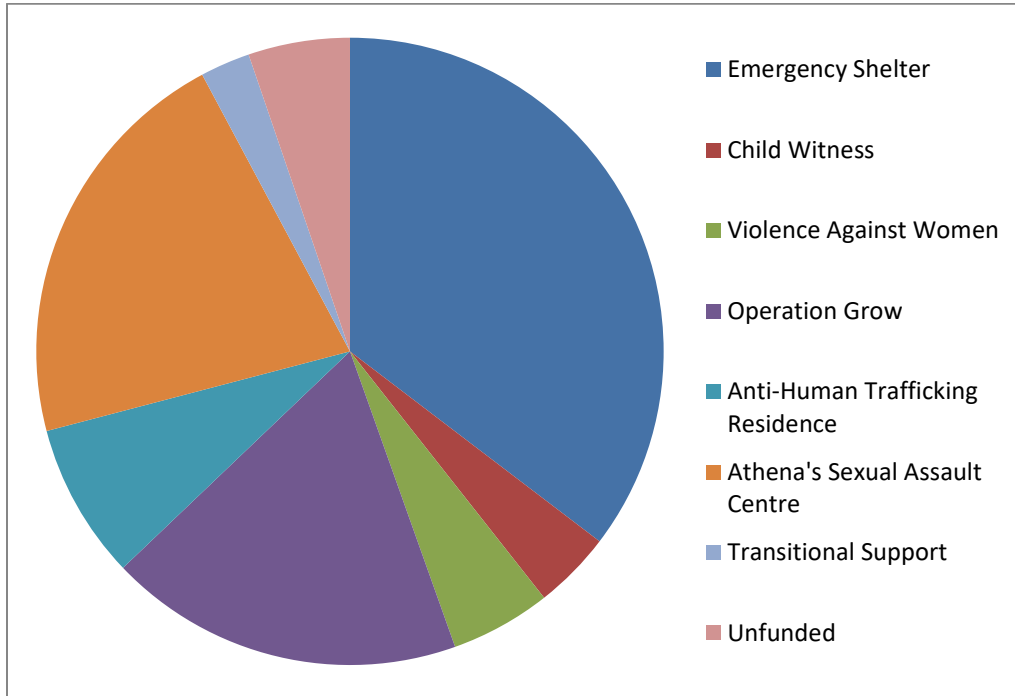
- Ministry of the Attorney General,
- Ministry of Children & Community Social Services,
- Ministry of the Status of Women and Gender Equality,
- Ontario Health
- County of Simcoe
- Canadian Armed Forces
- Canadian Women's Foundation

We gratefully acknowledge their ongoing support.

#### Funding by Source



Expenditures by Program



The investments Huronia Transition Homes investment portfolio held with Cardinal Capital Management remains solid and has earned 4% (before management fees) in this fiscal year.

We would like to thank all our funders and donors for their support.

Respectfully Submitted,

Judy Larmand  
Treasurer



Tel: 705 726 6331  
Fax: 705 722 6988  
www.bdo.ca

BDO Canada LLP  
300 Lakeshore Drive  
Suite 300  
Barrie, ON L4N 0B4  
Canada

---

## Independent Auditor's Report

---

To the Board of Directors of Huronia Transition Homes

### Qualified Opinion

We have audited the accompanying financial statements of Huronia Transition Homes (the "organization"), which comprise the statement of financial position as at March 31, 2022, and the statements of operations, changes in fund balances, and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the organization as at March 31, 2022, and its results of operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

### Basis for Qualified Opinion

In common with many not-for-profit organizations, the organization derives revenues from donations and fundraising, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the organization. Therefore, we were not able to determine whether any adjustments might be necessary to donation and fundraising revenues, excess of revenues over expenses, and cash flows from operations for the years ended March 31, 2022 and 2021, current assets as at March 31, 2022 and 2021, and fund balances as at April 1 and March 31 for both the 2022 and 2021 years. Our audit opinion on the financial statements for the year ended March 31, 2021 was modified accordingly because of the possible effects of this limitation in scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the organization in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified opinion.

### Unaudited Information

We have not audited, reviewed or otherwise attempted to verify the accuracy or completeness of the schedule on page 18 of the organization's financial statements.

### Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the organization or to cease operations, or has no realistic alternative but to do so.

1

BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the International BDO network of independent member firms.



Those charged with governance are responsible for overseeing the organization's financial reporting process.

#### **Auditor's Responsibilities for the Audit of the Financial Statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the organization's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

*BDO Canada LLP*

Chartered Professional Accountants, Licensed Public Accountants

Barrie, Ontario  
June 27, 2022

---

## **Acting Executive Director's Report**



Another year operating in a pandemic has passed and HTH persevered providing critical services to women across Simcoe County who have experienced violence. The organization navigated through changing public health requirements, COVID-19 outbreaks at La Maison Rosewood Shelter and countless zoom meetings to ensure continuity in services.

The pandemic brought about staffing challenges to businesses and organizations across the country. HTH was no exception to this, with the brunt of these challenges being felt by the team at La Maison Rosewood Shelter which reached critical staffing levels on multiple occasions this year. Staff had to be redeployed as the frontline shelter team to ensure that the shelter doors remained open. A tremendous thank you to the teams at La Maison Rosewood and Aquarius House for their ongoing flexibility in meeting the needs of the women in service. HTH worked hard and continues to work towards filling vacancies and is excited to welcome many new employees to the organization!

In spite of the challenges faced by HTH, throughout the pandemic, the organization has been able to adapt to the changing times. Last year, Choices for Children worked hard to adapt its curriculum for virtual delivery. This year the staff in the program successfully facilitated five groups, engaging women and children from each of the five catchment communities: Alliston, Barrie, Midland, Collingwood, and Orillia. Thank you to the Choices for Children team for your adaptability and perseverance in ensuring the successful delivery of the program.

La Maison Rosewood and Aquarius House began an on-site nurse practitioner pilot, in an attempt to provide low-barrier trauma-informed clinical supports to women in residential service. The pilot project will be evaluated to assess the uptake and impact of the program. Some services provided to date at the on-site clinic include: psychiatry services with an on-site psychiatrist; opioid agonist treatment; hepatitis C treatment; administration of birth control and other prescriptions; and support with the completion of special diet and Ontario Disability forms. Thank you to the staff at La Maison Rosewood and Aquarius House for your support in coordinating this pilot.

Athena's Sexual Assault Counselling & Advocacy Centre completed their third year working on the Sexual Assault Centre Contribution Program project through the Canadian Armed Forces. As a result of this project, a Canadian Armed Forces – Sexual Violence working group was formed. The group met consistently throughout the year to provide feedback on project deliverables, as well as shared knowledge and identified gaps in services for individuals who have experienced sexual abuse who are affiliated with the Canadian Armed Forces. Thank you to the staff at Athena's for your hard work on this project.

Operation Grow continues to be embraced and celebrated by the community. OG's Instagram now has over 1,200 followers, and its Facebook page has amassed more than 2,600 followers. This year the farm faced some challenges, however with a new farm team and some tremendous efforts to problem solve, farm production is now stable and farm health is thriving. Thank you to the team at Operation Grow for your ongoing perseverance.

The work of HTH happens at the frontline of many of the following crises: the toxic drug poisoning crisis, the poverty crisis, the housing crisis, and the gender-based violence crisis. As the negative consequences of these crises become greater, so do the trauma and injustice experienced by women in service and the labour required from staff to adequately provide support. Women in service continue to suffer the consequences of injustice and inequity in our communities and staff both experience these injustices and bear witness to them.

Substance use is often used as a coping mechanism from trauma. This leads to a number of toxic drug poisonings and related deaths within the gender-justice sector. Staff and women in service at HTH are continuously navigating the grief and trauma related to the toxic drug crisis. "The COVID-19 pandemic has had a disproportionate impact on people who

use drugs locally, provincially, and nationally. In the 19 months of available data since the start of the pandemic (March 2020 to September 2021), there were 245 opioid-related deaths in Simcoe Muskoka. This is nearly 70 percent higher than the 145 opioid-related deaths in the 19 months prior to the start of the pandemic (August 2018 to February 2020)”<sup>1</sup>. The increase in the number of toxic drug poisonings can largely be related to a disruption in the ways people access their substances, and the contaminated street supply of drugs available in the community. A regulated drug supply and local supervised consumption sites are evidence-based best practices to reduce toxic drug poisonings. HTH is in full support of the proposed supervised consumption site at 11 Innisfil Street in Barrie, Ontario.

HTH continues to call for the implementation of the 94 Actions from the Truth and Reconciliation Commission, the 231 calls for justice from the report on Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA+, as well as adherence to its National Action Plan. Specifically in Ontario, HTH stands in solidarity with calls for the ongoing commitment to the Pathways to Safety, the provincial strategy in response to the Final Report of the National Inquiry into Missing and Murdered Indigenous Women, Girls and 2SLGBTQQIA.

Work within the gender-justice sector is difficult, and HTH staff meet that difficulty with care, compassion, and untenable strength. We are fortunate to have such a plethora of knowledge and skills from staff and Board members within the organization. I am tremendously grateful to the women in service, staff and Board members for their ongoing perseverance to create change. Thank you to the Board for your continued strategic leadership and thank you to all staff for your ongoing commitment to the women we serve.

---

<sup>1</sup> (Eisener, Brown, & Gill, *Simcoe Muskoka Opioid Strategy: A report on actions 2018-2021*, Simcoe Muskoka District Health Unit, 2022, p. 5)

Respectfully submitted,

Haily MacDonald

## **Nomination Committee Report**

At the June 2022 Board meeting, two Board members announced their resignations from the Board. This left the Board with three vacancies going into the summer recess. Recruitment for three new Board members occurred over the months of June, July and August. Recruitment advertisements were posted on Huronia Transition Homes' website, on Indeed and on social media.

The advertisements' articulated the Board of Director's commitment to increase diverse representation, specifically welcoming racialized, Indigenous, and queer women to join the membership of the Board of Directors. The advertisements also sought to recruit Board members with financial acumen.

Two applications were received prior to the AGM. A meeting occurred with each of the applicants to better understand their interest in the role, and their corresponding skills. The Board will make a decision regarding the two applicants at the September Board meeting. The search to fill all vacancies will continue until the positions can be filled with appropriate candidates.

Respectfully submitted,  
Haily MacDonald  
Acting Executive Director



## **Program Review**

All Programs of HTH are offered within an integrated harm reduction and intersectional feminist framework.

### **La Maison Rosewood Shelter**

Service area: North Simcoe

Emergency shelter for abused women and their children.

33 women served  
19 children served

La Maison Rosewood offers safe and secure shelter for women and their children experiencing abuse and/or homelessness. The shelter is equipped with 20 beds and operates 24 hours per day, 365 days per year. The average stay is approximately eight weeks. Services are available in French and English and include individual counselling, legal advocacy, emergency transportation, resources and referral information, and psychoeducational support groups.

### **Exchange Works**

In keeping with HTH's commitment to harm reduction, the organization participates in the Simcoe Muskoka District Health Units Exchange Works program. This program provides sterile injection and inhalation kits, offers resources to women, and serves as a drop-off location for used equipment, to ensure safe disposal. Sterile equipment and other harm reduction supplies are available 24 hours per day at La Maison Rosewood shelter, and during hours of operation throughout our other programs.

1766 women served

Distribution of equipment:

- 33,600 syringes
- 7,570 inhalation pipes

### **Crisis Line**

La Maison Rosewood Shelter operates a 24/7, telephone crisis line for women in the community. Staffed by crisis counsellors, the crisis line provides immediate emotional support, crisis intervention, development of safety plans; this service also connects women with community resource information and referrals to appropriate community agencies and resources.

395 Crisis Calls

### **Counselling Program**

The counselling program provides service to women in the North Simcoe community who are experiencing abuse from an intimate partner. The counsellor provides individual counselling support, information, advocacy and psychoeducational support groups.

241 women served

The legal advocate is available to assist women in both navigating the legal system and understanding their legal rights. The legal advocate assists with document preparation, provides advocacy, and provides accompaniment to and from court and/or other legal appointments.



### **Transitional Support Program**

This program provides support to women residing in the North Simcoe community who are exiting abusive intimate partner relationships. The transitional support worker assists women in applying for housing and social assistance where appropriate and assists with social system navigation. This program supports women's short- and long-term personal goals through advocacy, information and appropriate community agency referrals.

34 women served

### **Child Support Program**

This program provides support, counselling and advocacy as well as recreational and craft activities for children residing at the shelter with their mothers. Additionally, Child Support Workers provide support and counselling for women around parenting issues and challenges, as well as assuming care of children while mothers attend appointments.

### **Human Trafficking Program**

HTH has a specialized program for women who have or are at imminent risk of being sex trafficked. The program uses a case management model to support and guide women to access services needed. Services include extended shelter stay, coordinated for each woman as directed by her, system navigation for medical, legal, and housing services, internal referral protocol to ensure quick access to all of HTH programs, and advocacy and accompaniment to all appointments.

17 women served

### **Choices for Children**



Choices for Children is a county-wide program designed to provide psychoeducation and support for children aged 5-15 who have been exposed to abuse against their mothers. This program provides a safe, supportive and respectful environment where children and their mothers are encouraged to explore and discuss their feelings, develop new understandings of abuse and learn coping strategies.

53 women served

98 children served

The mothers' group offers women an opportunity to discuss how the witnessing of violence has affected their children, to connect with one another around a common experience, to share resources, and to learn about the weekly content of the children's program. Women are offered assistance in developing strategies to help support and validate the experiences of their children. The ultimate goal is to strengthen the bond between the woman and her child(ren). Individual support is offered to women and their children before, during and after the group for duration of approximately 3 months.

## Athena's Sexual Assault Counselling & Advocacy Centre

### Crisis Line



Athena's Sexual Assault Counselling and Advocacy Centre operates a 24/7 telephone crisis line for women who have experienced abuse. Staffed by crisis counsellors, the crisis line provides immediate emotional support, crisis intervention and the development of safety plans. This service also connects women with community resource information and referrals to appropriate community agencies and resources.

1120 calls

### Crisis Counselling

This program provides individual counselling to women aged 16 and over who have experienced sexual abuse as children and/or as adults. Crisis Counsellors assist women in exploring the impacts of sexual abuse through a trauma-informed lens. Services are offered individually for a period of up to 6 months. Crisis counsellors support women in working towards self-directed goals and provide community resource information, referrals to services, advocacy, and accompaniment to appointments as requested.

266 women served

### In-Depth Counselling

This program provides one to one counselling to women aged 16 and over who have experienced sexual abuse as children and/or as adults. In depth counsellors assist women in exploring the impacts of sexual abuse through a trauma-informed lens. Services are offered individually for a period of up to 9 months. In depth counsellors support women in working towards self-directed goals and provide community resource information, referrals to services, advocacy, and accompaniment to appointments as requested.

189 women served

This program provides one to one counselling to women aged 16 and over who have experienced abuse from an intimate partner. In depth counsellors assist women in exploring the impacts of partner abuse through a trauma-informed lens. Services are offered individually for a period of up to 9 months. In depth counsellors support women in working towards self-directed goals and provide community resource information, referrals to services, advocacy, and accompaniment to appointments as requested.

### GROUPS

This program provides both structured and unstructured groups to women who have experienced sexual abuse. A weekly drop-in group is available for women to come and connect with others in a non-therapeutic way. Women entering service at Athena's are recommended to begin in a 6-week Understanding Trauma course, which supports women to understand the ways that the body and brain have processed trauma, and how to move forward from the impacts of trauma. Other groups offered include a post-counselling Understanding Trauma course and women's group.

103 groups held

## Operation Grow



Operation Grow is a social enterprise holistically designed to reduce poverty, isolation, food scarcity, and the impacts of trauma for women with a lived experience of violence. Women engaged at Operation Grow become members and have access to many offerings including: a paid apprenticeship program; trauma-informed yoga; cooking and nutrition workshops; and other wellness and skill-building workshops; daily drop-in; and affordable fresh greens from the vertical farm.

127 members

At the core of the social enterprise is a hydroponic vertical farm using cutting edge technology to grow pesticide free, non-GMO produce in stacked rows inside a controlled-indoor environment. The vertical farm provides women with low-barrier flexible employment to top-up income security and reduce their depth of poverty. OG increases access to healthy food by providing women engaged in the program discounts on greens. OG fosters food literacy, nutritional knowledge, and kitchen confidence through weekly cooking workshops. The social enterprise integrates the Sustainable Livelihoods Framework, focusing on stabilizing and engaging women to build solid foundations through acquisition of assets. As assets build, stability increases facilitating opportunities to move out of poverty.