

## If someone tells you they're experiencing abuse, here's how you can help:

**Focus on the person being hurt.** Your job is to support them. Make sure you are not putting your anger, shock, sadness, or fear first in the conversation.

**Everyone copes with abuse differently.** They may do things differently than you. That is okay. Be there to support them as they explore what works for them.

**Listen and let them lead.** Instead of telling them what you would do or what they should do, ask them how you can best support them.

**Be judgment-free.** Instead of saying "Why don't you leave?" say: "It's not your fault." "I'm here for you." "How are you doing right now?"

**Be patient and open-minded.** Abusive relationships are scary, complicated, confusing, and traumatic. Figuring things out takes time. You may need to have more conversations with this person. Don't push. There is no one right answer, no quick fix, and everyone deals with these things differently. Remember: leaving is not the right path for everyone. If a person facing abuse stays in an abusive situation, you can still play a supportive role for them.



*On average, it takes a woman 7 attempts to permanently leave an abusive situation.*

## Every one of us is a thread in her safety net

Leaving is never easy. To succeed, she'll need to navigate threats to her safety or those she loves, cycles of violence and hope for change, fears over finances, housing, custody, food, and countless other unknowns.

When schools are closed, healthcare teams are stretched, and employers are forced to reduce hours or layoff staff, her ability to safely create change becomes even more complex. Especially if she feels isolated and alone.

That's why, in situations where it was safe to do so, our Support Team started the New Year by reaching out to clients and increasing our presence on local radio stations. We're working with women to create updated safety plans to account for shifting pandemic restrictions, and we're encouraging you to check in with those you love.

**Know the signs of abuse. Learn about resources in our community and create regular opportunities to check in with the women in your life.**

## Do you know how to respond to the Signal for Help?

#1  
**Open Palm**



#2  
**Tuck Thumb**



#3  
**Trap Thumb**



The Signal for Help is a simple one-handed gesture launched by the Canadian Women's Foundation to help someone silently signify "**reach out to me safely**". It is a tool that can help some people, some of the time. Every situation is different.

*If you see someone use the signal for help, reach out to them safely to find out what they need.* They may ask you to listen and be there for them. They may ask for help finding services. They may want you to call someone to help them. Let the person using the Signal take the lead. If you see someone using the Signal for Help in public or out of a window or door, calling 911 is an appropriate response.

**Check out the Signal for Help Responder's Action Guide available at [www.canadianwomen.org](http://www.canadianwomen.org) and learn how you can support someone experiencing abuse to get started on the path to safety and healing today.**

## Your monthly donation could be MATCHED for 1 year!

In celebration of **International Women's Day on March 8th**, all new and upgraded monthly donations pledged between March 1st–31st will be matched, dollar for dollar, for 1 full year (up to \$5,000).

By becoming a monthly donor or increasing your current monthly gift this March, you'll **DOUBLE YOUR IMPACT** for local women and children for an entire year.

### What makes monthly giving so special?

**Convenience** - Giving always feels good, but it feels even better when it's easy! Choose to give by credit card or directly from your bank account and you'll receive an annual tax receipt for the total of your annual donations.

**Affordability** - Giving in a sustainable way, with donations that are manageable for YOUR budget, allows you to spread your support over 12 months.

**Lower Administration Costs** - Recurring gifts require less time to process which means your gift can make an even bigger impact in the lives of local women and children!

Visit our website or contact Tina MacFarlane at 705-743-3526 x123 or [tmacfarlane@ywcapeterborough.org](mailto:tmacfarlane@ywcapeterborough.org) for more information or to sign up.



## Strengthening our Rural Connections | Women's Centre & HERS

Haliburton County continues to come together in true small town fashion!

The collective partnerships of local businesses, emergency services, community agencies, media, and both seasonal and permanent residents have helped create and maintain powerful ways of supporting women and children seeking safety and the opportunity to thrive.

Domestic violence looks different in rural communities and the barriers women face can put them at greater risk. Strong local relationships are key to supporting a solid circle of care for the women and families we serve.

From the unwavering support of our local EMS teams who provide on-site medical care and COVID testing (*pictured above with Women's Centre Manager Nycole Duncan*), to the compassion of community partners who generously support our programs, to the presence of OPP officers who make time to attend community events and ensure women are connected to us – the relationships we hold save lives.

If you know a group or agency interested in strengthening connections with the YWCA, please don't hesitate to reach out to Nycole Duncan at 705-286-1942 x15 or [nduncan@ywcapeterborough.org](mailto:nduncan@ywcapeterborough.org).

## Eating, Cooking, Growing and Advocating for Good Food | Nourish

Nourish is deeply rooted in teamwork. Despite the limitations of the pandemic, strong partnerships with Peterborough Public Health, GreenUP, and countless other organizations and supporters across our region are making it possible for our team to continue raising awareness around food insecurity and poverty, hearing and amplifying stories, leading cooking demonstrations, supporting community gardens, improving food access, and building a strong sense of belonging.



Thank you for supporting our efforts! Because of folks like you, we were able to safely pack and deliver 5,940 food boxes to porches, doorways, and arms, and send out 17,820 calls and text messages to check in with participants, take orders, send reminders, and issue notifications of delivery in 2021!

To learn more about how Nourish is shifting to help more people in more ways, please visit [www.nourishproject.ca](http://www.nourishproject.ca).



## Creating New Beginnings | Hazel Education Bursary

Anyone lucky enough to have known Hazel knew she believed in using her experiences and strengths to help others. That's why when she passed away in 1996 after a long struggle with breast cancer, friends and admirers were eager to create an education fund in her honour.

The YWCA Hazel Education Bursary is helping women who have experienced gender-based violence reach their goals through higher education or training.

Our Board of Directors, through the Education Committee and with the generosity of donors in our community, is offering annual bursaries of \$1,500 and \$2,500 to women who:

- have experienced barriers related to the impact of violence and abuse;
- have a dream to strengthen their economic security;
- are a resident of Peterborough or Haliburton County;
- seek to further their formal or informal education, or develop skills.

For details about this year's process, please visit our website or contact Yvonne Porter at 705-743-3526 x116 or [yporter@ywcapeterborough.org](mailto:yporter@ywcapeterborough.org).

*"Mum believed that everyone deserves a chance and that chances should be made possible."*

- Hazel's Daughter



## Join our Virtual Challenge for Mom

Celebrate the special bond of motherhood by taking part in this year's YWCA Virtual Challenge for Mom leading up to **Mother's Day – May 8th**.

Take part as an individual or create a team to help raise funds and awareness about gender-based violence. Every dollar raised stays local to help women and their children gain access to emergency shelter, resources and support so that they can build a life free from violence and abuse.

For details, please visit [our website](#) or contact **Ria Nicholson** at 705-743-3526 x113 or [rnicholson@ywca-peterborough.org](mailto:rnicholson@ywca-peterborough.org).

## Welcoming Brittany Cameron | Crossroads Shelter



Brittany joined the YWCA as Crossroads Shelter Manager earlier this year, with over a decade's experience working with people from diverse lived experiences in nonprofit community-based settings.

*"Being a part of our community, making connections, and making change are all factors that inspire and drive me."* - Brittany Cameron

Brittany also brings a deep sense of connection, community, and the willingness to meaningfully engage, enable, and empower women to find their passion(s) and become active agents of change in their lives and the lives of others. Welcome to the YWCA Team, Brittany!

Photo by Heather Doughty, featured in INSPIRE: The Women's Portrait Project

If you've considered having a conversation with your financial advisor about leaving a gift in your Will to YWCA Peterborough Haliburton, but aren't sure how to start, we have a tool that can help!

For a copy of our free **Guide to Talking to Your Advisor**, visit [our website](#) or contact **Ria Nicholson** at 705-743-3526 x113 or [rnicholson@ywca-peterborough.org](mailto:rnicholson@ywca-peterborough.org).

## Celebrating Strong Local Partnerships



**Community  
Foundation**  
of Greater Peterborough

We are sincerely thankful to **Jennifer DeBues and The Community Foundation of Greater Peterborough** for consistently leaning-in to ensure that every opportunity to support our

community is made possible. Over the last year, CFGF's steadfast support helped us push forward in numerous ways, including:

- sustaining the Nourish Peer Advocacy training series, providing women, including trans women, Two-Spirit, and non-binary identities, with the opportunity to develop greater agency, as well as a sense of belonging, while learning about the resources available in our community;
- offering 1,192 individuals access to healthy, quality food with dignity through our food box program and Curve Lake Community Market; and,
- strengthening our organizational resiliency through a series of staff learning opportunities.

*"The Food Security Grant was a lifeline for us. It enabled us to bring financial stability to our programs and to continue to offer programs based on fostering dignity and health."* - Joëlle Favreau, Nourish

CFGF's support is creating lasting impact, not only on the work we are able to do with women and children, but also on our team as we strive to make our community a better place to live. **Thank you!**



Where would we be without our sisters at the **Women's Business Network of Peterborough**? For more than 30 years, the dedicated support of WBN members has helped women and children in our region gain safety and healing.

We are sincerely grateful to everyone who contributed to the success of last year's Holiday Gala, resulting in 135 Safe Nights at Crossroads Shelter.



A huge THANK YOU to all the **sponsors, participants, artisans, and local restaurants and businesses** who helped support Nourish food programs through this year's **YWCA Empty Bowls** at The Venue on February 26.

To learn more about corporate and community partnerships, please reach out to Ria Nicholson at 705-743-3526 x113 or [rnicholson@ywcapeterborough.org](mailto:rnicholson@ywcapeterborough.org).



We're here for women and the people who love them.  
If you or someone you know needs help, contact us day or night.

**24 Hour Support & Crisis Line:**

**CALL | 1-800-461-7656**

**TEXT | 705-991-0110**

## Our Heartfelt Appreciation goes out to the Mortons!



Upon learning about the increasing need for safety and support caused by the pandemic and the unique challenges women in rural areas are facing, **The Morton Family Foundation** donated \$50,000 to ensure that services at YWCA Haliburton Emergency Rural SafeSpace (HERS) are able to continue.

*"Patricia and David's compassion for others is ensuring that women and children have ongoing access to our Emergency SafeSpace, nutritious food, basic necessities, and 24 hour support when home is the most dangerous place to be.*

*We are deeply moved by their positive impact in the Haliburton County community!"*

- Kim Dolan, Executive Director

HERS has been fully occupied since January 2021. Thanks to the Mortons, we will be able to continue providing space for up to two families at a time, so that women in Haliburton County can move away from the abusive situation in their home, without being forced to leave their support systems, jobs, schools, families, and friends behind.

### YWCA Administrative Office

216 Simcoe St, Peterborough, ON | 705-743-3526  
[info@ywcapeterborough.org](mailto:info@ywcapeterborough.org)

### YWCA Women's Centre of Haliburton County

11 Bobcaygeon Rd, Minden, ON | 705-286-1942  
[ywcahal@ywcapeterborough.org](mailto:ywcahal@ywcapeterborough.org)

**Office Hours** | Monday-Friday, 9:00 am - 4:30 pm

**Charitable Registration #** | 12981 9819 RR001



[www.ywcapeterborough.org](http://www.ywcapeterborough.org)