



Gratitude Edition

NEWSLETTER FALL 2025

A Message From the Executive Director



Autumn is undeniably a time of change as we leave the long, warm days of summer and prepare for the short, cold days of winter. It's a time to celebrate the harvest of growth, knowing that soon enough there will be time for rest and contemplation. In this part of the world, we know from a life of experience that seasons change; that harvest follows summer growth, and that winter prepares for spring renewal. Our experience of changing seasons, means that we know what to expect and how to prepare; it eases the transition.

During times of unexpected or even planned change, it's

normal to experience emotional responses that can seem contradictory or confusing; our go-to survival response of fight, flight, faint, or fawn takes over. Whether it's a crisis, when quick decisions are needed, or a planned change looking forward to new horizons, letting go of what was comes with a sense of loss and grief.

Change is an event or situation that shifts things from the familiar of what was to the unknown of what is. After a change event, taking time to discover what's lost, what's left, and what's possible, makes room for what's next. Letting go of who we were in the familiar past is a complex task that moves into the process of transition.

But, when change is constant and unpredictable, the personal energy and resources needed to keep breathing and moving are depleted by waiting for the next time. For women who are living with an abuser and children who witness abuse, the impact of unpredictable violence is traumatic.

Women who enter into our Journey of Care are welcomed and supported along the change continuum – from contemplation to planning for safety, then transitioning toward wellbeing, imagining what's possible,

and building confidence in their successes along the way.

Leaving behind what was, celebrating small moments, and re-imagining what might be... our knowledgeable, insightful teams at Crossroads, Centennial Crescent, HERS, START, Stevenson Hall, and the Women's Centre provide necessary supports, from supportive counselling and family court support, to income and housing resources, capacity building, and more.

We know from decades of experience that when women are heard and believed, offered resources and safety planning tools, and encouraged every step of the way, anything is possible. Your help as allies, donors, and friends is so important as we strengthen our resilience and resolve to build each other up despite the wicked events that flood the news. We believe a safe, just, and peaceful world is not only possible, it's necessary. We are so grateful that you are with us on the journey.

Yours in peace, justice, and equity

Kim

Kim Dolan
Executive Director

Fortifying Freedom from Fear, One Donation at a Time:

YWCA Peterborough Haliburton continues to be extremely grateful to all of our generous community friends and partners who choose, **on a monthly basis**, to support the services and programs that many women and children rely on when escaping from violence and abuse.

A monthly gift is one of the easiest and most effective ways to give. Not only does giving monthly help ensure that your gift has the most mileage throughout the year, it also guarantees that you are able to play a part in long term projects that continuously support the women and children within **our safety network on their journey toward healing.**

On behalf of the women and children we serve, thank you!

Our Turning Point Partners:

YWCA's Turning Point Partners are community members **who make an annual gift of \$1,000 or more** in support of the organization's vital programs and services that assist women and children escaping from violence and abuse.

We thank our generous 2025 Partners for their generous consideration:

- Carol & Jerry Allen
- Stephanie Ford Forrester
- Julia D. Harrison
- John & Val du Manoir
- Rosemary & Robin Maughan
- Bernard Wolfe & Linda McElroy
- Jacob & Naida Morgan
- Linda & Alan Slavin
- Shirley & Clare Trussler
- Anonymous (2)

Interested in becoming a Turning Point Partner? Please contact Tina Thornton, Director of Philanthropy at 705-743-3526 x113 or email tthornton@ywcapeterborough.org

Investing in the Future | Youth Engagement Initiative

Youth voices are community voices. This year at YWCA Peterborough Haliburton, our philanthropy team engaged young people in new ways, empowering them to support our programming through fundraisers held at Lakefield College School, St. Peter's Catholic Secondary School, Trent University Emergency First Response Team, and more.



By inviting the next generation into meaningful dialogue, we're helping shape a future rooted in equity, diversity, and inclusion. Our team opened up vital discussions about gender-based violence and consent at St. Peter's and made Walk a Mile more welcoming for students with our first-ever discounted student rate.

In simple terms: We want young people to leave not just saying, "I volunteered there once," but instead, "YWCA believed in me, gave me a voice, and helped me see myself as a changemaker."

Did you know the YWCA has an email version of our newsletter?

Justice Demands Action | Strength in Community



With each powerful event, Take Back the Night: Rage & Resistance, National Day for Truth and Reconciliation, and Nogojiwanong Pride, we're reminded of the strength found in coming together. This year's Pride theme, "All of Us or None," feels especially urgent as we face ongoing challenges to basic rights and safety. These gatherings are more than moments; they're calls to action.

YWCA is here for our community in our collective efforts towards peace, equity, and justice.

Looking ahead, we're excited for our Wrapped in Courage campaign and 16 Days of Activism. We invite you to join us, whether by participating, volunteering, or lending your support, every action helps build a stronger, more caring community.

We publish two newsletters each year, in Spring and Fall. If you'd like to switch to emails, please contact us at (705) 743-3526 or communications@ywcapeterborough.org or sign up online at ywcapeterborough.org/newsletter!

Help Build a Better Tomorrow | Leave Your Legacy:

For over 130 years, YWCA has been working to ensure that women and children have a safe space within the community to grow and thrive. With the express goal of cultivating a just, equitable and inclusive community, YWCA Peterborough Haliburton is always working on maintaining programs and services that will support women and children for decades to come.

You too can be a part of this continued vision through your personal legacy.

By leaving a legacy gift to YWCA--as a bequest in your Will, a life insurance policy, or RRSP--you can help build a better tomorrow for both the community and its most vulnerable members.

Alongside offering a tax benefit, leaving a legacy gift will help cement your spirit of

community giving and generosity, and will help continue to uplift future generations.

YWCA Peterborough Haliburton is sincerely grateful to those supporters who have already notified us of their intention to recognize the organization with a legacy gift.

To learn more about planned giving options, contact Tina Thornton at 705-743-3526 x113 or tthornton@ywcapeterborough.org.

The Holiday Season is Just Around the Corner...

With the Season of Giving almost here, YWCA Peterborough Haliburton would also like to thank all community members who donate items or gift cards to the women and children staying with us over the holidays.

If you are interested in giving a gift this holiday season, please check out our website for an updated list of needed items. For gift cards, please consider giving those for gas, groceries, pharmacies or clothing stores.

Visit ywcapeterborough.org/give/wish-lists for more details!

Celebrating Your Support | Recent Acts of Kindness:

Our Community Leaders are those who have made gifts of \$5,000 or more in the past year to provide generous and committed support for YWCA and our programs.

Thank you for serving as active agents for community change and for standing alongside YWCA Peterborough Haliburton and its vision of an end to gender-based violence.

- Aon Inc.
- Community Foundation of Greater Peterborough
- Dr. Neera Jeyabalan & Dr. Greg Bishop
- Dr. Donald Foster & Mrs. Bev Foster
- F.K. Morrow Foundation
- Glen Colborne Fund
- Michelle Pawliw
- Nancy & Robert Martin*
- Olivia & Gord James
- Remembering Otto and Marie Pick Foundation
- Royal LePage Shelter Foundation
- Shoppers Drug Mart Life Foundation
- The Arscott Family Fund
- The Barron Cowan Foundation
- The David and Patricia Morton Family Foundation
- The Lloyd Carr-Harris Foundation
- Val & John McRae
- Women's Business Network of Peterborough
- Anonymous (4)



*YWCA Peterborough Haliburton is immensely grateful for Nancy Martin's longstanding involvement in our work. A devoted community leader, Nancy was a dedicated supporter of YWCA's vision and deeply involved in our efforts to create a community where all women, children and gender-diverse people can thrive. She served as a past member of the YWCA Peterborough Haliburton's Board of Directors, and her generous and community-focused spirit will be deeply missed. Her legacy of generosity will continue to live on in the women and children that were helped by her care and consideration.

YWCA Peterborough Haliburton, a funded Partner Agency, gratefully acknowledges the partnership with the

United Way and the financial support received.



Controlling your Narrative | Thrive Hive Wellbeing Program

Beginning a new chapter is never easy. Yet every day, the women we serve remind us of the power of resilience and determination to build brighter futures, no matter the obstacles.

"People feel cared for—that's the biggest part."
– Thrive Hive Family Support and Women's Wellbeing Worker

The Thrive Hive Wellbeing Program provides a safe, supportive space for women and children, focusing on mental health, community building, life skills, and addiction support. With guidance from our Family Support and Women's Wellbeing Worker, partners, and volunteers, participants access group activities, closed circles, or individualized support. Programming includes conflict resolution, budgeting, creative arts, social events, and community-building activities, with special events like therapy dog visits, end-of-school BBQs, and field trips with Dreams and Wishes.

Though limited organizational capacity and funding can restrict program offerings and attendance incentives, Thrive empowers women to set their own goals, prioritizing collaboration, relationship-building, and empowerment, recognizing that healing always begins with connection.

Her Journey of Care:

At YWCA Peterborough Haliburton, we provide so much more than a safe space for women and woman-identified people to recover from gender-based violence. **Her Journey of Care is a wrap-around support model** that provides women with guidance on an individualized journey from fear to safety, from trauma to healing, from control to independence. Check out the programs in the below graphic.



Her Journey of Care supports women at each step of the journey from crisis to healing

For more information about all of the services and programs included in Her Journey of Care, visit:
<https://ywcapeterborough.org/our-journey-of-care/>



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

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216 Simcoe St, Peterborough, ON | 705-743-3526
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YWCA Women's Centre of Haliburton County
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