

About Us

NSW is a progressive collaborative agency engaged in community activity and partnerships. We are significantly involved in a variety of community committees, such as the Children's Services Committee, the Family Counselling Steering Committee, the Domestic Violence Monitoring Committee, the Family Treatment Coalition Management Committee, the Early Psychosis Intervention Steering Committee, the Northumberland Women's Health Matters Steering Committee and the Domestic Violence Court Advisory Committee. We work in a collaborative manner with CAS, the Family Treatment Coalition, the Early Years Centre, Public Health, the Cobourg and Port Hope Police Services and the OPP, Northumberland County Social Services, Horizons, and various other community agencies. We are committed to advocacy and excellence of service for our clients.

Report of the Chair & Executive Director continued from page 1

year to work even more closely with all of our supporters.

In addition to our present services, NSW is pleased to now be able to offer second stage housing through our Cornerstone program. Cornerstone has 14 individual apartments for women and their children. A variety of counselling and support services are offered to the women and children according to their individual needs. This excellent program will help women be successful in starting new lives. Research has shown that this kind of program significantly improves the lives of women and children leaving abusive relationships.

2008/9 was a landmark year for our \$1.5 Million Expansion Program to double the size of our facility to 13, 230 square feet. We gained financial support from the Federal and Provincial Governments, from most of our local Municipal Governments, from Service Groups, companies, and volunteer organizations as well as from many individual donors. At the end of this period we had achieved \$1.2 Million of our target and were in the final push of our capital campaign to raise the outstanding balance of about \$300,000. Due to the urgency of the need, we did not wait until full funding was raised, but constructed in phases using all available funding.

Completion of Phase I renovations to the basement of the existing Shelter added 1,000 square feet of lounge and play space. Since April 2008, this space has served as interim office space for staff. The heritage house, which formerly served this purpose, could then be relocated in mid-May to clear space for the next phases of construction. Phase II additions to the east and west ends of the Shelter added five beds and created communal living areas and program areas to serve residents. These two additions added 1,325 square feet and were completed in January 2009. Construction of

Phase II commenced in March 2009 and will add 4,225 square feet of space devoted to our community counselling services and also accommodate our administrative staff. This last phase of the expansion is scheduled for completion in the next fiscal year.

Another significant accomplishment for NSW this past year has been the successful birthing of the Northumberland Community Counselling Centre. As lead agency, we worked with collaborative partners from the Northumberland Children's Services Committee to build the NCCC. In August 2008, the NCCC was incorporated, and on April 1, 2009 it became a completely independent agency with its own Board of Directors. We wish the NCCC all the best in its future service provision to Northumberland residents.

In summary, 2008/9 has been an important year for NSW, not just in meeting the ongoing and increasing demands for services. We were the catalyst in launching the new counseling centre, created 14 units of second stage housing, improved and increased our residential capacity, and launched the construction of better community counseling facilities. We would like to thank every organization and individual who has helped us along during this crucial year in our history!

Barry Gutteridge
Chair

Linda Janzen
Executive Director

STAFF SERVICE AWARDS:

Kelly Henry: 5 Years
Donna Roberts: 15 Years
Jeanette Sproule: 15 Years



MANAGEMENT TEAM:

Linda Janzen
Executive Director
Linda Perkins
Operations Manager
Jane Lang
Manager of Community Services
Nancy Johnston
Manager of Residential Services
Heather Norris
Manager of Resource Development

BOARD OF DIRECTORS 2008/2009

Barry Gutteridge: Chair
Brenda Liston-Hanley: Vice Chair
Danielle Pulla: Treasurer
Christina Gray: Secretary
Susan Rowland
Pauline Janitch
Edward Chong
Katie Payton

BOARD NOMINATIONS:

1st Term:
Katie Payton
Edward Chong
2nd Term:
Susan Rowland
3rd Term:
Brenda Liston-Hanley

RETIRING BOARD MEMBERS:
Tita DeMattos



2009

ANNUAL REPORT

Mission Statement

NORTHUMBERLAND SERVICES FOR WOMEN provides safety, support, counselling, and an inclusive environment for women and children who have experienced violence. **NSW** advocates against violence and oppression, and collaborates with community partners to provide a continuum of services.

Highlights of 2008/2009

- The launching of the Northumberland Community Counselling Centre
- The development of Cornerstone, second stage housing program
- Significant success in our capital fund raising, although more is still needed
- The completion of Phase One, the residential phase, of the expansion and the beginning of Phase Two adding our new community services area
- Walk A Mile In Her Shoes

Report of the Chair & Executive Director

Throughout this past year, NSW has continued to see increased referrals, particularly into the Shelter program and on the Crisis Line. The additional space added to the Shelter to this point has enabled us to meet these increasing demands; however, the extra space arrived late in the year. Consequently we still turned away 43 women and 35 children – an increase of 43% over last year. We are hopeful that with the extra space, our increased capacity to serve women will result in fewer turn-aways.

At the same time, we have been working with increasing numbers of women from various communities across Northumberland County. We continue to provide service in the rural areas outside of Cobourg and Port Hope, through our Community Services programs. As economic conditions worsen in the County, our clients' needs are increasing. The more resources that we can offer women, the easier it will be for them to leave lives of violence for a happier future.

The support of our communities is essential to our ability to help our clients. Not only are financial resources important; through the work of many dedicated volunteers we increase the help and support available to women and children fleeing abusive relationships. Family violence is a community issue. Costs to the health care system and the criminal justice system are just the beginning. Costs are significantly increased in the following sectors due to family violence: Family court, counselling, shelter, youth justice system, schools, and mental health care. We have been very fortunate in the amount of support that the various communities in Northumberland County have provided, and hope in the coming



Everyday NSW staff listen to women's life experiences. We know how widespread violence against women is. As a society we need to recognize that family violence continues to be a significant and persistent problem. As a community we need to break the silence.



Our Services

Northumberland Services for Women (NSW) is a not-for-profit, charitable organization composed of Shelter and a Resource Centre. A variety of services are offered to women in the County.

Residential Services

NSW has a 10 bedroom, 17 bed Shelter located in Cobourg. Women and children who access the shelter may stay for 6 weeks, with some exceptions when the stay may be increased. Within the shelter we offer programs to women to assist them in staying safe, accessing legal assistance, securing financial support, obtaining housing, and becoming independent from their abuser. Supportive counselling is available 24 hours per day. Accompaniment to appointments is available should the women need this service. Women may access referrals, parenting support and childcare while in the Shelter. Counselling is also available for child residents, as well as variety of children's programming.

Crisis Line

NSW operates a crisis line to provide crisis counselling support and information to women 24 hours a day.

Cornerstone

Cornerstone is a second stage housing program, offering 14 independent apartment units supported by counselling and support services. Women who have left an abusive partner are eligible for this program. There are studio, one and two bedroom units in the building so that women may have their dependent children living with them.

Transitional and Housing Support Program



This program provides assistance to women in the Shelter and in the Community to access and maintain stable accommodation and violence free lives in the community. Counselling, support and referrals are provided.



“I was able to start over with my children and obtain affordable housing without having to return to my partner”

Child Witness Program

The Child Witness Program is a concurrent group program for children as they begin to heal from the effects of witnessing woman abuse, and mothers as they assist their children to heal from the effects of violence.

Community Counselling Services

The Community Counselling Services provides information, advocacy, counselling and support to women in Northumberland County who have experienced abuse. This service also seeks to heighten public awareness of the issues of violence and oppression towards women. Counsellors are available in the communities of Cobourg, Port Hope, Colborne, Brighton, Campbellford and Hastings, and are available in other areas throughout the County.

Student Placements

NSW offers educational opportunities for college and university students who require placements related to family violence for their programs.

Volunteers

NSW operates a busy volunteer program that augments services offered for women, as well as assists in fundraising and other activities.

