

Out of Violence

The Canadian Women's Foundation invests in programs to prevent and intervene in situations of gender-based violence.* They provide services such as emergency shelter, housing support, help to rebuild life after abuse, sexual assault and exploitation crisis support, child witness to violence programs, and healthy relationship education for teens. They do complex work necessary to break the cycle of violence in families and communities.

- » **Teen Healthy Relationship grants** enable young people of all genders to learn about dating violence, sexual assault, and how to build safe, healthy, and equal relationships
- » **Rebuilding Lives grants** help survivors find safe housing, sexual violence support, counselling, legal support, and help children witnesses to violence

Excellence Beyond the Local Program: Every survivor should be supported, cycles of violence must be broken, and gender-based violence must become a thing of the past. We support regional and national service providers to coordinate their work, share promising practices, undertake research on new approaches to end violence, and influence decision-makers to approach violence in the most effective ways.

**Programs are supported for a three or four-year grant cycle.*



In Participants' Words



“When I look at my life now, I am proud.”



“These programs need to be available to everyone. I want future generations to grow up in a different world. I want equality.”



“You help us defy the statistics.”



ALBERTA

Specialized Sexual Violence Crisis, Counselling & Support in Northern Rural Alberta, Dragonfly Counselling & Support Centre (Bonnyville)

Provides culturally safe counselling and support to those impacted by sexual violence. Serves 45+ rural and remote communities in North Central/East Alberta.

Land-Based Learning Program, Boys and Girls Clubs of the Foothills (Black Diamond)

Offers traditional Land-Based and Indigenous-led means of healing for children and youth who have witnessed abuse.

Healthy Relationships for Trans, 2-Spirit, Non-binary, Gender Nonconforming Youth, Centre for Sexuality (Calgary)

Creates a safe and welcoming space for gender nonconforming and nonbinary youth to explore their identities; experience a sense of belonging and acceptance; and build their knowledge, skills, and confidence to maintain healthy relationships with themselves, others, and their communities.

Pitone, Grande Prairie Friendship Centre (Grande Prairie)

Led by youth, for youth, this culturally-based program helps young people of all genders aged 10 to 19 reflect on how their thoughts, beliefs, biases and fears impact their relationships. Explores gender biases, violence, and inequalities. Elders and Knowledge Keepers provide the guidance, lead Ceremonies, and provide one-on-one

support. Aims to reduce the rate of violence experienced amongst youth.

BRITISH COLUMBIA

Indigenous Women's Family Reunification Program, Fort St. John Women's Resource Society (Fort St. John)

Provides specialized support and a stable housing environment with the goal of reuniting Indigenous women who have faced abuse with their children taken into child protection systems.

"The Way Out" Work Therapy Program for Survivors of Trauma and/or Abuse, The Castlegar and District Community Services Society (Castlegar)

Helps participants build self-confidence and independence after experiences of trauma and abuse and develop strategies for adapting to new work placements.

Beyond Peer Support: Reconceptualizing a Community Empowerment Model for Im/migrant Sex Workers Who Experience Violence, Supporting Women's Alternatives Network (SWAN Vancouver) Society (Vancouver)

Empowers immigrant women who do sex work to lead their own initiatives, addressing gender-based violence in their personal and professional lives.

Youth Warrior Program, Victoria Native Friendship Centre (Victoria)

Focusses on Indigenous children aged 6 to 14 who have witnessed violence at home and/or at school, helping them heal from

inter-generational trauma through cultural supports and practical skill-building. Offers a 6-week training that addresses self-image, boundaries, anti-violence, and cyber-bullying and includes land-based learning, storytelling, and a coming-of-age ceremony steeped in traditional teachings with Elders.

UPstanders Against Violence, Prince George Sexual Assault Centre (Prince George)

Offering a continuum of support, this program brings together community expertise, school/faculty, and youth leadership to increase young people's knowledge, awareness, capacity, and resilience in the face of gender-based violence.

MANITOBA

SARAH Follow-Up Program, Survivor's Hope Crisis Centre Inc. (Pinawa)

Provides ongoing support to survivors through one-on-one counselling, support groups, and workshops for friends and family of survivors to equip them support their loved ones.

Positive Adolescent Sexuality Support (PASS), Ma Mawi Wi Chi Itata Centre, (Headlingly)

This peer-based, community education program for Indigenous youth fosters healthy relationships and promotes healthy sexuality in a culturally relevant, safe, and supportive learning environment. Workshops focus on the mind, spirit, body and emotions and address issues such

as dating violence, birth control, sexually transmitted infections, and self-esteem.

We Know Our Worth, The Pas Family Resource Centre, (The Pas)

Through Sharing Circles, young people are provided safe space to lead discussions about healthy relationship issues such as establishing boundaries, mutual respect, individual identity, communication, and gender fluidity. Tools and information are adapted for parents and community members as well.

NEW BRUNSWICK

Healthy Futures, Second Stage Safe Haven (Saint John)

Cultivates healthy relationships and safe spaces for teens. Provides training and resources for educators, guidance counselors, and facilitators in middle schools, provides healthy relationship programming in both official languages for youth, and provides healthy relationship training for high school facilitators working with vulnerable youth and youth in the LGBTQ2+ community. Also identifies effective interventions for cyberbullying and sexual assault.

NEWFOUNDLAND

The Ins and Outs of Healthy Relationships, Newfoundland & Labrador Sexual Health Centre (St. John's)

Harm reduction program that empowers youth to understand healthy relationships of all kinds and gain skills to improve or end

unhealthy relationships. Enables them to take their learning into the world and aims to lower rates of intimate partner violence, empower gender minorities, and build understanding of healthy relationships.

NORTHWEST TERRITORIES

Reducing Housing Barriers for Women who Have Experienced Domestic Violence, YWCA NWT (Yellowknife)

Using a culturally appropriate, women-centred approach, this program provides women resources they need to break the cycle of violence, rebuild their lives, and secure affordable housing.

NOVA SCOTIA

Court Support Program, Coverdale Courtwork Society (Halifax)

Provides information, assistance, advocacy support, and personal development programming to women, trans, and non-binary people navigating the criminal and family justice system.

ONTARIO

CHIP (Children's Homelessness Intervention Project), Welcome Centre Shelter for Women & Families (Windsor)

Provides holistic on-site counselling, safe space, and recreation for children, as well as childcare, advocacy, safety planning, emotional support, transition planning, and support to find safe housing.

Expanding The Reach: To Address Violence Against Women with Disabilities, Scarborough Women's Centre (Scarborough)

Offers women with disabilities education and leadership skill development opportunities, as well as training opportunities for service providers to better support women with disabilities who have experienced or are at risk of experiencing violence.

Traditional Food, Budgeting and Meal Preparation Program, Batchewana First Nation (Batchewana First Nation)

Equips Anishnabe Kwe and non-Anishnabe participants who access emergency accommodation at the Nimki-Naabkawagan Family Crisis Shelter with food security skills and resources: meal planning and budgeting, access to traditional and healthy foods, and nutritious meal preparation.

Non-Binary BIPOC Drop-In, Planned Parenthood of Toronto (Toronto)

Weekly drop-in group for teens 13 to 19 who identify as non-binary and Black, Indigenous, or people of colour to explore the intersections of their identities, build community, and gain confidence. Led by non-binary BIPOC youth.

Empowered Youth, Amelia Rising Sexual Assault Centre of Nipissing (North Bay)

Increases teen capacity for healthy relationships through education, counselling, and support groups and inspires a shift to a culture of consent, equity, respect, and safety.

Em(Power) and Allyship, Sexual Assault Centre of Waterloo Region (Kitchener)

Addresses root causes of gender-based violence, including power and privilege, toxic masculinity, and the intersections of racism, homophobia, transphobia, classism, ableism and more. Youth develop skills to address harmful behaviours amongst their peers and help them continue running the group as a club into the future.

Black Peer Education Network, Black Women in Motion (Toronto)

Four-year project to create healthier and safer learning spaces for Black youth aged 13 to 19 across the gender spectrum to challenge rape culture and sexual violence in the Black community.

PRINCE EDWARD ISLAND

Braiding Sweetgrass - Culturally Informed Trauma Counselling for Indigenous Survivors of Sexualized Violence, PEI Rape & Sexual Assault Centre Inc. (Charlottetown)

Offers culturally-informed trauma counselling for Indigenous survivors of sexualized violence. It answers the Truth and Reconciliation Commission's 2015 Calls to Action and is offered at urban locations as well as on Lennox Island and Abegweit Mi'kmaq Reserves in partnership with the Aboriginal Women's Association PEI.

Connect2Protect, Boys and Girls Club of Summerside (Summerside)

For youth of all gender identities and backgrounds in grades 7 to 12, covering

topics such as media influence, healthy boundaries, healthy and unhealthy relationships, consent, sexting and more. Runs weekly and provides transportation and free home-cooked meals.

QUÉBEC

Funding parity among shelters: Federal (ISC) vs. provincial funding, National Aboriginal Circle Against Family Violence/ Cercle National des Autochtones Contre La Violence Familiale (Kahnawake)

In partnership with Women Shelters Canada, this study addresses disparities in funding between on-reserve and off-reserve women's shelters. Findings will be used to help close any funding gaps.

L'Art de Rebâtir sa vie (The Art of Rebuilding One's Life), La Maison Marguerite de Montréal Inc. (Montréal)

Relying on art's inclusive nature, this program provides women in the shelter tools and strategies to deal with the violence they have experienced, prevent further violence, and reclaim their place in society.

Rêve-Action (Dream-Act), Maison D'Haïti (Montréal)

Focussed on racialized immigrant women and young mothers between 15 and 60, this program empowers participants to rebuild their lives after violence by providing them with personalized support and resources.

Respect sans frontières (Respect Without Borders), Bureau de la Communauté Haïtienne de Montréal (Montréal)

In-school program raises awareness about cyber violence and hypersexualization and promotes respect for diversity. Participants launch their own campaigns and unite with other teens around common goals, promoting collaboration, resilience, critical thinking, and leadership.

S.A.R.A.H - les bases d'une relation saine (The Basics of Healthy Relationships), Sexplique (Québec City)

Equips young people with violence prevention tools and strategies through interactive workshops that help them think critically about social media, body image, self-esteem, healthy communication, consent, and more. A youth committee leads wider impact amongst peers and training is offered to parents, caregivers, and partner organizations.

SASKATCHEWAN

On Reserve Counselling Support for Victims of Sexual Violence, Battlefords' & Area Sexual Assault Centre Inc. (Battleford)

Addresses the cycle of sexual abuse in First Nations Communities by offering counselling that speaks to the legacy of residential schools and intergenerational trauma.

The Canadian Women's Foundation

is a national leader in the movement for gender equality in Canada. Through funding, research, advocacy, and knowledge sharing, we work to achieve systemic change. We support women, girls, and gender-diverse people to move out of violence, out of poverty, and into confidence and leadership. Since 1991, the Canadian Women's Foundation has raised more than \$130 million to fund over 2,500 life-transforming programs throughout the country.