

Issue #12



THE ELIZABETH FRY SOCIETY OF PETERBOROUGH

NEWSLETTER

NOVEMBER 2019



@chiefladybird

Working to end the
criminalization of
poverty, addiction,
mental health and
domestic violence.

 the
Elizabeth Fry
Society of Peterborough

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What's New

New Programs!

We are excited to announce two new programs starting January 2020!

Stay & Play: Drop-in Support Group

Wednesdays from 1-3pm, starting January 15

Motherhood can be lonely. Join us for our Stay and Play Drop-In Support Group starting January 15, 2020 from 1-3pm. This group allows mothers of children aged newborn to 3 the opportunity to connect with other mothers who are facing similar life challenges.

Contact Annessa at the Elizabeth Fry Society for more information.

Parenting Skills Workshops

Thursdays from 1-3pm, starting January 16, 2019

Our Parenting Skills Workshop will be offered in six workshops, each focusing on teaching skills such as creating routines, child nutrition, budgeting, and building bonds with our children. Registration is not required and participants are welcome to attend as many workshops as they like. A letter of participation will be given to participants.

Current Programs

Story Telling Workshop

Wednesdays from 1 to 3pm—Join anytime!

We are excited to announce our newest workshop, **The Art of Storytelling**. This workshop will teach participants how to transform their life story into art. Led by theatre artist, Peyton Le Barr, these group sessions will encourage ways of expression through creative writing, acts of sharing, and exercises in taking up space.

Have you ever thought about turning your life into a one woman show? Perhaps you would rather quietly write your thoughts down without sharing? This workshop suits all levels of interest in expression and there is no required level of sharing.

Workshops will run weekly and it is not mandatory to attend all sessions, but consistent attendance is encouraged as the work we explore will build upon previous exercises as we progress. Peyton is a theatre artist, producer, and activist. As an actor, Peyton has worked in the UK, Russia, and all over Canada and has performed lead roles on such acclaimed stages as Shakespeare's Globe. She also once led a protest flashmob that stormed the National Theatre with over 200 participants dancing for women's rights.

Healing from Within Art Group

Healing From Within is a group program which focuses on non-death related losses that women may have faced and allows participants to express their grief through art classes provided through the Peterborough Art Gallery. All materials are provided. We had another successful group this November.



Our next Healing from Within Group will be starting in February; date TBD. We would like to thank the Peterborough Soroptimists for funding the February sessions!

Drop-in Art Group

Led by a Peer Facilitator, the weekly Art Drop-in group supports women in expressing their creativity through various forms of art expression. Check out some of the art work completed by our participants! **Mondays at 1-3 pm.**

Join us in making X-mas Wreaths for this holiday season! Or make whatever else your heart desires, there are no limits placed on creativity!

2020 Program Schedule: Call to register **705-749-6809**

Taking Control: Making Healthy Relationships

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 14th – March 3rd, 2020

Stay and Play Drop-in Support Group (newborn to 3 years)

Wednesdays: 9:00 – 11:00 AM (8 weeks)

Start Dates: January 15th – March 4th, 2020

Parenting Skills Workshops

Thursdays: 1:00 – 3:00 PM (6 weeks)

Start Dates: January 30th – March 5th, 2020

Anger Solutions

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: April 7th – May 26th, 2020

Self Esteem

Thursdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: April 9th – May 28th, 2020

Available as needed:

Substance Use Program and Women & Integrity Program

You're Invited!

Join us for our annual Christmas party!

Friday December 20th, 2019

1pm-4pm

@EFry Office

150 King St. 4th Floor



It's that time of year again...

Cheese and Chocolate Sales

We will once again be teaming up with the amazing chocolatier at NAKED chocolate and selling delicious packages of Empire Cheese. Sales begin **December 5th, 2019!** Stay connected through our social media so that you don't miss out! We have made it easier by setting up sales to be done **online** this year! You can shop on our new website: www.efryptbo.org



Cheese and chocolate
are my two main food
groups



Upcoming Events

Polar Plunge

Once again, E Fry will be participating in the Polar Plunge organized by the Bel Rotary. This year the plunge will take place on February 2nd, 2020 at 2 pm. We are recruiting brave volunteers to join our team—*The Tragically Dip*.

Are you **cool** enough to take the plunge? If you would like to join our team, contact us!



2019 E Fry Staff and Volunteers taking the plunge!

Tag Days

You can find E Fry staff and volunteers tagging in various locations across the city. Tagging allows us to connect with locals about the important work E Fry does and supports us financially. This year's remaining tag dates are: December 7th, 14th, and 21st. Catch us at the Peterborough markets!

If you are interested in tagging and having a shot at being the Tag Queen/King, contact us!

Who will take the Crown?



Rebel with a Cause

Mark your calendars and save the date! This year's Rebel with a Cause will take place at the Canadian Canoe Museum on **March 11th, 2020!**

Rebel with a Cause is our annual fundraiser where we honour three local women who have demonstrated advocacy and action to address issues of criminalization, challenged practices in the criminal justice system to make them more equitable, and/or worked towards making changes toward gender equality.

Stay tuned to find out who this year's rebels will be!

Updates

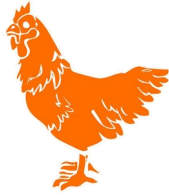
Staff Changes

We would like to say a heartfelt goodbye to **Lorie Fuentes** who has been at E Fry since 2012! Lorie started out as a placement student who was then hired as a Court Support Worker. After completing further studies, Lorie joined E Fry in our Bail Verification and Supervision program Indigenous Services. She has been in the BVSP role since its inception in 2017. She also donated several pieces of Indigenous artwork for our new office space! It is going to be strange not having Lorie as part of the E Fry team and we will miss her. We thank Lorie for her years of service at E Fry and wish her nothing but the best in her future endeavours!

Goodbye and good luck to **Crystal Mohr**; our Lindsay BVSP Court Worker. Crystal's time with us was short but sweet. We thank her for her time with us and wish her the best!

Winner

Winner



Thank you to all those who participated in our raffle for the United Way District of Peterborough. A huge **CONGRATS** to **Kim McIntyre** for winning a \$100 gift card to Hi Ho

Silver through participating in the United Way Fundraiser.

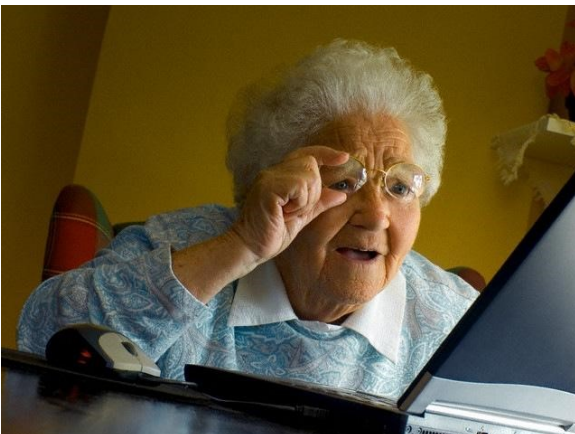


We're now on the 'Gram!



We're getting *real hip* by (finally) joining Instagram. Follow us on Instagram

to see what kind of shenanigans we will be up to: **@efryptbo**



2020 Schedule



Winter and Spring 2020 Programs

Taking Control: Making Healthy Relationships

Tuesdays: 1:00 – 3:00 PM (8 weeks)

Start Dates: January 14th – March 3rd, 2020

Stay and Play Drop-in Support Group (newborn to 3 years)

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Call to register: (705) 749-6809

Thank you



We are working on building a new website! Thank you to AAA Best Driver Training for being our sponsor! You can check them out on their website: <https://www.aaabestdrivertraining.net/>



The Elizabeth Fry Society would like to thank SOCKS Peterborough for their ongoing donations. SOCKS Peterborough collects new socks for women, children, and men and donates them to locate shelters and charities. Check out SOCKS Peterborough on Facebook



Volunteers are a driving force of our agency, we are so appreciative

of everything our volunteers do for us at E Fry and we are always looking for more volunteers. We are currently looking for volunteers to assist at **Delta Bingo for our Friday afternoon shift, 12 to 3pm**

We also want to thank Delta Bingo for their continued support of local charities and our ongoing partnership.

If you're interested in getting involved, please contact the office at 705-749-6809 or email info@efryptbo.org.

Donations to the Elizabeth Fry Society are so important and they help our team to continue doing the work we do. Please follow the Canada Helps link in the Help Us section of the newly designed Elizabeth Fry website or detach the donation form below to donate today. All donations are greatly appreciated!

I would like to help the women in our community who are supported by the Elizabeth Fry Society of Peterborough.

This information will be used to issue your tax receipt. Please print clearly.

Donor name: _____ Phone: _____

Address: _____ City: _____

Postal Code: _____ Email: _____

Please make cheques payable to **Elizabeth Fry Society**
223 Aylmer St N, Peterborough, ON K9J 3K3

THANK YOU FOR YOUR DONATION!

Charitable Number: 129863379 RR0001

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