

July 2018 Newsletter



CARE, SUPPORT & ADVOCACY

because women's rights are human rights

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When one looks over the pictures contained in this most recent newsletter it is clear that our staff and volunteers are a dedicated bunch! We have started off this year with innovative fundraising and participation in our community in a variety of ways. We were fortunate to have Senator Kim Pate present the Prison Law Course, discussing key issues related to human rights violations within our correctional system. We received support from KPRSB E.T.F Regional and a beautiful donation of artwork from Centennial College. We participated in a movement workshop and in the Polar Plunge for the second year! We have a new group program starting in the fall: Healing through artistic Expression. Join us as we celebrate our successes and look forward to the coming months!



Issues in Criminalization and Imprisonment: Prison Law Course with Senator Kim Pate

On January 17th, 2018, the Elizabeth Fry Society was proud to host the Prison Law Course taught by Senator Kim Pate at the Naval Association of Peterborough. The course was designed to orient lawyers and advocates to key issues related to incarceration and the correctional system.

We would like to thank Kim for facilitating this informative day. Thank you to CAEFS and specifically Kassandra Churcher, Savannah Gentile, and Candice Pilgrim for speaking at this exciting event. Thank you to our board of directors for your support in making this event possible.



Every year the Elizabeth Fry Society of Peterborough is invited to attend the Canadian Association of Elizabeth Fry's National conference. It is an excellent opportunity to network with other Elizabeth Fry Societies from across Canada and collaborate on ways to achieve our mission. This year's conference "Opening Doors" focused on Alternative to Incarceration. The mission of EFry is decarceration. When we move women out of the institution into the community it is only then that we can make real differences and provide adequate support for poverty, addiction and mental health.



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DO MORE STUFF productions teamed up with the Elizabeth Fry Society of Peterborough to create a video to raise awareness of the mission of the Elizabeth Fry Society of Peterborough. Please go to our website: <http://www.efryptbo.org/> to view the video and please share to help spread the message.





Storytelling the Body Workshop

On February 22nd, 2018 the Elizabeth Fry Society welcomed Norah Sadava and Amy Nostbakken from the Quote Unquote Collective who were in town to perform MOUTHPIECE at Market Hall Performing Arts Centre.

Norah and Amy facilitated a free workshop for our staff, volunteers, and clients focusing on grounding in the body, building confidence, and feeling empowered to find their voice.

Thank you to Norah, Amy, and Market Hall for providing this fun and creative opportunity.

Photo credit: Brooke Wedlock



**Thank you to the
KPRSB Elementary
Teachers
Federation-Local**

Shirley Bell, President of the Kawartha Pine Ridge Elementary Teacher’s Local presents a cheque to EFry to match funds donated from the Provincial Office in support of Women’s Organizations who provide service to women in crisis in our Community.



Thank You to Our Outstanding Volunteer of 2017

As part of National Volunteer Week, the Elizabeth Fry Society highlighted one of our most dedicated volunteers, Jordan.



Since September 2017, Jordan has been supporting the Elizabeth Fry Society team at reception and has volunteered over 450 hours of her time! She is an extremely dedicated and competent individual who provides compassionate support over the phone and in-person to clients and community members. She has assisted with special events like our recent Prison Law Course, and also assists staff in the training of our placement students.

The E Fry community has also grown to love Jordan’s service dog, Shoboka, who has become an office mascot. Thank you Jordan for all your hard work and support, you are an invaluable addition to our team!

New Program Starting August 2018!

We are excited to announce the start of a new group! The Healing Loss through Artistic Expression program is a project which will provide structured counselling, and a both guided and expressive art experience for women who have experienced a loss other than death. These type of non-death losses can include: the loss of children through apprehension by the Children’s Aid Society, separation from children due to incarceration and reintegration upon release, losses associated with getting a charge such as loss of employment status, loss of feelings of value in community, etc.

The goal of this project is to provide a space for women to heal by providing material on coping and healing with loss within a four session group format which will be delivered at Elizabeth Fry Society of Peterborough, followed by a six session structured art expression course taught by a professional art instructor where participants will be taught how to develop a water colour painting over six weeks. The final part of the project is a six session art expression support group where clients will meet again at the Elizabeth Fry Society group room to create expressive art pieces and to offer a support group format where clients will be able to share the meaning of their work with others as a way to facilitate healing conversation under the guidance of one of our counsellors.



Four Session Group Support: Tuesdays 1-3pm starting August 7th, 2018 at the Elizabeth Fry Society.

Six Session Structured Art Expression Course: Tuesdays Location TBD.

Six Session Art Expression Support Group: Tuesdays at Elizabeth Fry Society office.



Thank you to the students and faculty of Centennial College for choosing the Elizabeth Fry Society of Peterborough as the recipient of this beautiful painting honouring various gender representations that now welcomes clients in the office lobby.

Bail Supervision and
Verification Program Staff
Changes



The BVSP program, funded by the Ministry of the Attorney General, has been running successfully for one year, and we are excited to welcome to the team Chelsey McGowan, former placement student with the Mental Health & Addictions program at Fleming College.

We also congratulate Natalie Ephgrave from our Lindsay BVSP team on her new position at FourCAST. She will be missed!

Volunteer Opportunities

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're currently looking for volunteers to assist at **Delta Bingo**.

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@efrytbo.org.

Board of Directors

The board of directors is a policy board comprised of committed and enthusiastic individuals who are knowledgeable in law, risk management, financial management and resource development.

We would like to thank Sheila Cowan for her years of support on our board as she resigns this year.

Are you interested in joining our Board of Directors? See our website for further details and the application.



The Elizabeth Fry Society would like to thank reBOOT for their support in our long-standing partnership.

This year, reBOOT donated a computer for client use at our office that provides free access to internet to assist women in working on resumes, job searches, housing searches, and staying connected with loved ones.

Thank you to Lars and the reBOOT team for your support!

Please visit rebootpeterborough.ca for more information.



• Since 2014 •

The Elizabeth Fry Society would like to thank SOCKS Peterborough for their ongoing donations in support of our feminine care purse kit program.

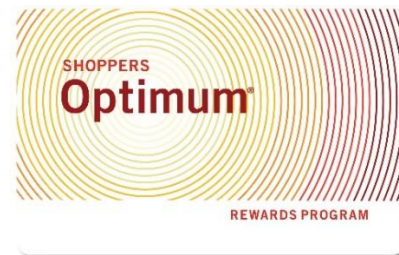
SOCKS Peterborough collects new socks for women, children, and men and donates them to locate shelters and charities. Check out SOCKS Peterborough on Facebook for more information on how you can help.

The Elizabeth Fry Society of Peterborough recently joined Flipgive.ca as an exciting new fundraising resource.



Team members can raise money for their favourite charity or team by joining the site and doing their regular online shopping. Participating stores will donate a percentage of the purchase to a charity of your choice. Best of all is that there is no extra cost to the shopper.

Visit www.flipgive.com for more information.



Donate your Shoppers Optimum Points to support local charities! The Elizabeth Fry Society of Peterborough uses points donated by our generous supporters to buy hygiene supplies needed to better support our clients.

Visit www.shoppersdrugmart.ca/en/optimum for more information. Once there, you can search for Elizabeth Fry Society of Peterborough to donate.

Upcoming Programs – 2018



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Phone: 705-749-6809
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Wise Women: Skills for Everyday Living

Start Date: August 7th – September 25th
Tuesdays: 1-3 (8 weeks)

Taking Control: Making Healthy Relationship Choices

Start Date: August 9th – September 27th
Thursdays: 1-3 (8 weeks)

**Substance Use Program & Women & Integrity
Program Available Individually**

PLEASE CALL 705-749-6809 TO REGISTER

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.
I would like to donate \$25____ \$50____ \$100____ Other _____ Charitable Number: 129863379 RR0001
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
or donate online at www.efryptbo.org

THANK YOU FOR YOUR DONATION!

- am interested in becoming an E Fry Volunteer
- would like to become a voting member of E Fry

