

Issue #11



THE ELIZABETH FRY SOCIETY OF PETERBOROUGH

NEWSLETTER

SUMMER 2019



 the Elizabeth Fry Society of Peterborough

Contents

pg.2 Updates

pg.4 Grant Announcement

pg.6 Events

pg.8 Thank you

This painting by Chief Lady Bird was gifted to us by **Lorie Fuentes** for our new office space

Updates

We Moved!

In April of this year, E Fry moved from our previous location on Aylmer St. N to 150 King St. on the 4th floor. We are very excited to be in this neighborhood, easing our ability to partner with neighbouring organizations!



New address: 150 King St. 4th Floor

Partnerships

We are continuing to support our friends at the **Kawartha Sexual Assault Centre (KSAC)** on the 3rd floor with their Expressive Arts Drop-In group on Fridays from 10 to 12pm.



Through our collaboration with **Peterborough Aids Resource Network (PARN)**, we are now offering a limited supply of Harm Reduction Kits at the office!



Bibliotherapy

This June, we were very honoured to be able to collaborate with **Trent Valley Literacy Association (TVLA)** in hosting their Bibliotherapy group. The group allows women the opportunity to connect with other women as they examine the positive effects books, poetry, song lyrics, and other written material have on our wellbeing. The 4-session weekly program began on June 5th and is facilitated by a trained reading specialist who reads from selected material and guides the group members in a discussion of their thoughts, impressions, and reactions to the material.



Services

The Elizabeth Fry Society of Peterborough is a not for profit organization committed to advocating and providing services to all women in our community with a special focus on women who have been victimized, marginalized, criminalized and institutionalized. We are committed to ending the criminalization of poverty, addiction, mental health, and domestic violence. We recognize the rights of women to dignity and respect in all aspects of their involvement with the criminal justice system.

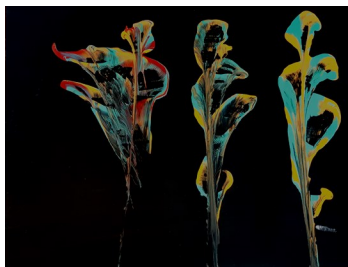
Staff Changes

This year has seen some staffing changes at E fry. We said farewell to two of our staff: *Katherine Palimaka* (Support Counsellor/Group Facilitator) and *Eddie Dzingala* (BVSP program). We would like to thank Katherine and Eddie for all their hard work over the years and wish them the best in their future endeavours! They will be missed but not forgotten!

Joining the E Fry team are *Annessa Stillman* as Support Counsellor/Group Facilitator and *Bakhtawar Riaz* as Court Support Worker.

Correen Day transitioned into a new role with the BVSP program but is continuing as Court Case Manager once a week. See p. 5 for the current staff list

Arts Drop-in



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 1pm



2019 Schedule

Anger Solutions	Tuesdays: 1:00 – 3:00 PM (8 weeks)
Start Dates:	January 15 th – March 5 th , 2019 May 28 th – July 16 th , 2019 October 15 th – December 3 rd , 2019
Self Esteem	Thursdays: 1:00 – 3:00 PM (8 weeks)
Start Dates:	January 17 th – March 7 th , 2019 May 30 th – July 18 th , 2019 October 17 th – December 5 th , 2019
Goal Setting & Stress Management	Tuesdays: 1:00 – 3:00 PM (8 weeks)
Start Dates:	March 26 th – May 14 th , 2019 August 13 th – October 1 st , 2019
Taking Control: Making Healthy Relationship Choices	Thursdays: 1:00 – 3:00 PM (8 weeks)
Start Dates:	March 28 th – May 9 th , 2019 August 15 th – October 3 rd , 2019
Available as needed: Substance Use Women & Integrity Healing Loss through Artistic Expression	

FUNDING ANNOUNCEMENT



E Fry Staff and Board posing with Hon. Maryam Monsef following their announcement of federal funding

This year, the Elizabeth Fry Society of Peterborough was successful in receiving funding from The Ministry on the Status of Women through their Capacity Building Fund. This grant is for the development of a hub in partnership with the Kawartha Sexual Assault Centre and the Peterborough Community Legal Centre to increase our Capacity to offer services to women with Complex Trauma.



Status of Women
Canada

Condition féminine
Canada

The Team

Board of Directors

Our current Board of Directors

Chair- *Frances Wilbur*

Treasurer- *Mary Goddard*

Secretary- *Louisa Norris*

Members:

Candice Pilgrim

Emily Rashotte

Marlis Lindsay

Caitlin Bragg

Barb Jinkerson

Caitlin Currie

E Fry Peterborough Team

Debbie Carriere (Executive Director)

Katharine Brodie-Dinsdale (Manager of Justice Services)

Annessa Stillman (Support Counsellor/ Group Facilitator)

Bakhtawar Riaz (Court Support Worker)

Correen Day (Court Case Manager and BVSP Court Worker)

Lorie Fuentes (BVSP Court/Indigenous Worker)

Chelsey McGowan (BVSP Court Worker)

Placement Students

E Fry is happy to provide placement opportunities for students from Fleming and Durham Colleges each semester. Check out what some of our students have to say and what they have been up to!

Our student **Gurpreet Kaur**, is currently working on a project involving food services in Peterborough. Her goal is to compile an informative list of food-based services for our clients to access such as food banks, cooking classes, nutrition classes, as well as food services available at Fleming and Trent. This will benefit our clients who are struggling to access food and will provide them with resources to expand their knowledge of nutrition.

After having completed a placement at PARN, **Elisa Hollingsworth** has been looking for ways to expand our partnership. She has involved E Fry with Peterborough Pride and is working on our agencies to collaborate in gardening. Come garden with us! Mondays from 3-4:30, meet at the offices and we can walk over together

Events

2019 CAEFS Conference

"No Woman Left Behind 2019"

This year's CAEFS Conference was held on June 1st 2019, at Carleton University in Ottawa. It was an opportunity for Elizabeth Fry Societies across Canada to come together and learn about current issues involving women who are and have been incarcerated or criminalized. Some of the topics included at the event were: the history of the prison abolition movement and the history of colonialism in our systems, barriers to re-entry, health care is a right not a privilege within the prison, how to incorporate women with lived experience into your movement, and about the need for systemic transformation. The conference is held each year. If you are interested in next years conference please contact us for details.

Rebel with a Cause

This year's Rebel with a Cause event honoured three outstanding local women who have shown 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 towards gender equality.

This year we honoured Frances Adams, Ruth Shaeffer, and Dawn McIlmoyle.

This fundraiser occurred on March 20th, 2019 at the Canadian Canoe Museum with entertainment provided by Whitney Paget and Terry Finn. There was also a silent auction and appetizers.

We would like to thank our volunteers, placement students, our Board of Directors, sponsors, and all of those who attended for their support in making this event possible. We hope to see you again next year!



Left to Right: Rebels Ruth Shaeffer, Frances Adams, Dawn McIlmoyle and E Fry Exec. Dir. Debbie Carriere

Polar Plunge

On February 3rd, 2019, staff and volunteers from E Fry Peterborough participated in the Polar Plunge in Ennismore to raise funds for our organization for the third time! Thank you to all those who donated and the staff and volunteers who took the plunge on such a cold and rainy day!



E Fry Staff and Volunteers taking the plunge!

Volunteers

Volunteer of the Year

This year, the Elizabeth Fry Society of Peterborough would like to highlight a long-standing volunteer who has supported our fundraising events since 2017.

Tamara Mann has generously dedicated time each month to assist our team during our charitable assignments at the [Delta Bingo and Gaming Centre](#). She has unfailingly attended and supported our special events, from our annual Rebel with a Cause events to the Prison Law Course. Tamara has donated countless hand-knit scarves and hats for our clients over the years, and consistently checks that we have enough warm winter items for individuals that may drop in to the office. She also connected us with [SOCKS Peterborough](#), a local organization that works to distribute socks to those in the community that need them.

Tamara works hard in our community to promote and connect the resources that she volunteers with to build

a stronger network of supports for those that need it.

Thank you Tamara for all of your ongoing support. We are proud to honor you as our Volunteer of the Year for 2019!

As always, we are so grateful for the dedication of our volunteers and supporters; we couldn't do the work we do without your enthusiastic support!



Volunteer Opportunities

We appreciate and value the contributions made by our volunteers. If you would like to help out, send us an email! We are currently looking for volunteers to assist at Delta Bingo and Gaming Centre.

Open House



On May 10 2019, we held an Open House in support of the Canadian Association of Elizabeth Fry Societies efforts to raise awareness of their **Campaign to End Strip Searches**. The event raised awareness of the fact that routine strip searches rarely turn up contraband and are state sanctioned violence against women. The event also encouraged members of the community to drop by our new office space and learn more about our services and how they can join the conversation and raise awareness. Staff live tweeted the event and engaged with community members who were able to attend. A big thank you goes out to our volunteer, *Amanda Farnsworth*, for her assistance in organizing and hosting the event.

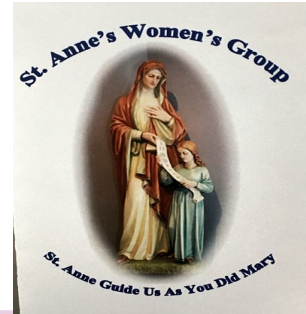
Thank you

We would like to thank St. Anne's Women's Group for their generous donation to our Purse Program.

We are currently looking for gently used purses and new toiletry items for our Purse Program. This program allows us to provide a gently used purse to a woman in need.

We are currently in need of the following items:

- Gently used purses
- Shampoo and conditioner
- Soap, Tooth brushes and toothpaste
- Sanitary supplies
- Pads of paper and pens
- Lip chap, Sunscreen



SOCKS
warming hearts by warming toes
• Since 2014 •

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.



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 _____

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