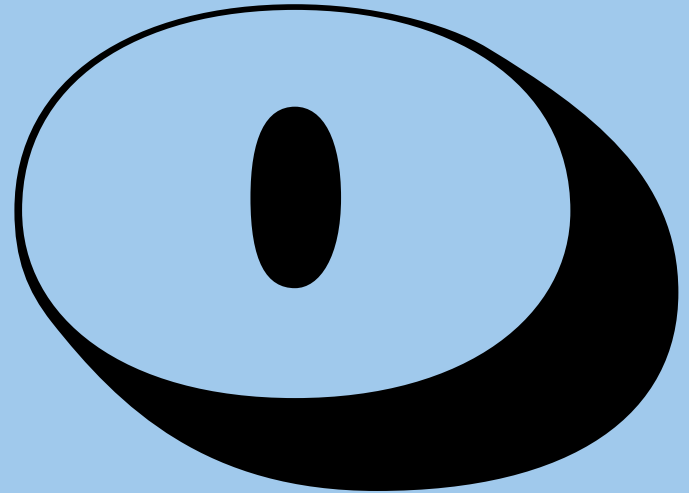


NEWSLETTER

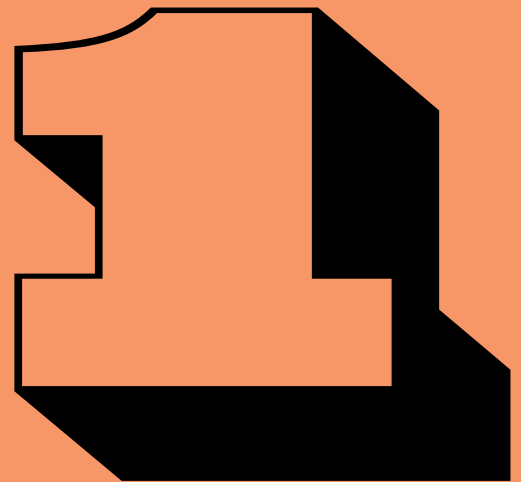
January 2021



new year, same dream

Updates on pg. 2

(See pg. 4)



Updates

COVID-19

Please note the changes that will occur due to the province wide lockdown beginning Dec. 26, 2020.

Our office will be closed service users are able to reach us by phone for the duration of the lockdown. All appointments and counseling services are being offered by phone remotely.

Clients are welcome to access programming and counselling 1:1 over the phone or online via our new Learning System. We can be reached remotely at the following numbers:

E Fry office: **705-749-6809**

Toll Free: **800-820-7384**

Text: **705-559-0763**

Bail Verification and Supervision Program:

Peterborough: **705-808-5680**

Lindsay: **705-559-1225**

SUAP Program: **705-768-0792**

Programs now available Online!

In response to COVID-19, we prepared to move many of our programs to an online platform to better support our clients virtually. The platform will allow clients to access and complete the program material on a flexible schedule with additional support from staff.

We are excited to announce that now all of our programs are available online!

Our programs are: Anger Solutions, Taking Control: Making Healthy Relationship Choices, Wellness & Self Esteem, Goal Setting & Stress Management, Women & Integrity: Solutions for Theft, Fraud, and Breach of Trust. I

If you would like to register for the program or if you would like more information, please email Annessa at annessa@efryptbo.org, or call 705-749-6809.



Welcome to our New Students

We are so happy to welcome several placement students this term! They will share a little bit about themselves in the next newsletter.

Meet the Board!

ALLISON WIGHT

I am thrilled to be part of this team as I am passionate about reform of the criminal justice system and supporting holistic alternatives to incarceration. I've worked in various types of shelters, supportive housing and harm reduction units in St. John's, Sioux Lookout, Whitehorse and Victoria. I've recently moved to Peterborough to complete my Social Work Degree. I am honoured to serve as Secretary on the Board of Directors at Elizabeth Fry Society and to meet more of you soon!



Warrior Yoga

In partnership with the Warrior Yoga Network, we will be offering our clients FREE online wellness packages. These packages include a 40-minute yoga practice video and breathing exercises and will be sent to participating clients each week. Clients who are interested can contact Annessa to sign up (annessa@efryptbo.org)



WARRIOR YOGA
NETWORK



E FRY is ready to take on 2021.

At E FRY, we believe that change comes from implementing and promoting programs which reduce the size of the criminal legal system while investing in community safety and well-being. We believe that this is the future of justice.

Most of the people in jail have not been convicted of crimes and are waiting for their trial because they are unable to make bail due to lack of personal support system. The Bail Verification and Supervision Program (BVSP) stops the misuse of jail by providing supervision to low-risk individuals who are facing criminal charges. Alternatives to bail and incarceration means personalized support and services to address underlying issues. Bail and the overuse of prison trap people in cycles of poverty and perpetuate inequality.

Our programs provide alternatives to incarceration to address the root causes of crime. We understand that systemic issues such as racism, poverty, and gender based violence contribute to women being criminalized.

We provide counselling and innovative programs which provide skills to reduce rates of recidivism and promote healthier individuals, relationships, families, and communities.

We advocate and bring awareness to the many barriers faced by those who struggle with substance use, mental health, poverty, and gender based violence, and who find themselves locked up behind bars rather than supported in their home communities.



Yes, We believe in prison abolition; in creating a community with a proactive approach to crime rather than a reactive approach. Prison abolition to us means addressing the systemic causes of crime and building a sense of community for everyone. Prison abolition to us means no one having to wake up one day to their daughter, wife, mother, sister, aunt, grandmother, missing from their home, sitting behind bars.

We believe in prison abolition because the year is 2021 and we should no longer be putting our people in cages.

Donations to the Elizabeth Fry Society are so important and they help our team to continue doing the work we do.

*There are several ways to donate. You can donate using the [Canada Helps link](#), complete the Form below and send us an e-transfer, or you can go old school and send us a cheque. All donations are greatly appreciated! E-Transfer details are: info@efrytbo.org. Please set the password to **efry150**.*

Donor Name

Phone

Address

City

Postal Code

E-mail address

Please make cheques payable to Elizabeth Fry Society
150 King St. 4th Floor K9J 2R9 Peterborough, ON

Charity Number: 129863379 RR0001

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