

**ELIZABETH
FRY SOCIETY
OF PETERBOROUGH**



WE PROVIDE GENDER-RESPONSIVE COMMUNITY SUPPORTS FOR PEOPLE WHO HAVE BEEN, OR ARE AT RISK OF BEING, CRIMINALIZED, WHILE ADVOCATING FOR BROADER SOCIAL CHANGE TO PREVENT OR PROVIDE ALTERNATIVES TO INCARCERATION.

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CHECK US OUT!

During the pandemic, EFry has undergone many changes. We have tripled our staff, expanded our services to include Peer Programs, a large student placement program, Outreach and Housing programs. We have also partnered with One City Peterborough to offer a collaborated drop-in service Monday-Friday.

While many businesses and community members were hit hard during the pandemic, the need for services in the community skyrocketed. Our capacity has grown to now include all members of the community - men, women, gender-diverse individuals, and all members of the LGBTQ2+ community.

As a feminist agency, we strongly believe that feminism is about inclusivity. While we will still continue to offer programs and groups to women and female-identifying members of the community, we have also added a number of programs and groups for men and gender-diverse community members.

WHAT'S UP AT EFRY?

EFRY'S GLOW-UP

While we are currently working away on a brand new website, we have also changed up our logo to better reflect our services and values.



Our Vision

A world without prisons where those who experience systemic inequities are no longer criminalized.

Our Purpose

We provide gender-responsive community supports for people who have been, or are at risk of being, criminalized, while advocating for broader social change to prevent or provide alternatives to incarceration.

Our Guiding Principles & Values

The Elizabeth Fry Society of Peterborough is a feminist, abolitionist organization that believes in the liberation of women and gender-diverse people from oppression of all kinds.

We believe that systemic inequities driven by racism and colonialism, and their consequences, including poverty, violence, trauma, mental illness, and substance use, lead to criminalization.

Guided by these principles, we operate from the following set of core values:

- **Dignity:** We believe everyone deserves respect. We meet people where they are at, without judgement, and we see people for who they are, rather than the challenges they are faced with.
- **Inclusivity:** We welcome people of all backgrounds, identities, and needs. We work hard to make sure no one is turned away from our organization. We amplify voices of those with lived experience.
- **Compassion:** We treat people with care and empathy, and we honour the voices of lived experience.
- **Collaboration:** We work as a team within our organization, with service users, and with our community partners to address broader systemic challenges and pursue shared goals.
- **Transparency:** We operate in an open and accountable manner within our organization, with our service users and community partners, and with the public.

EVENTS

EFRY SHOP

In celebration of our new look, EFry is now offering staff-designed buttons and clothing in our E Fry Shop. This is a chance for us to share our vision with members of the community and to raise awareness of social issues such as abolition, harm reduction, housing, mental health and addiction. It is also a chance for members of the community to show their support and rock their passion for advocacy!

All proceeds from purchases go directly to supporting our programs and services.

AVAILABLE ON OUR WEBSITE

[HTTPS://EFRYPTBO.ORG/HELP-US/EFRY-SHOP/](https://efryptbo.org/help-us/efry-shop/)



AVAILABLE ON OUR SHOPIFY SITE

[HTTPS://EFRYPTBO.MYSHOPIFY.COM](https://efryptbo.myshopify.com)



EVENTS

ART NIGHT UPDATE

We're coming up on the last Art Night for this first run. Come by Murray Street Baptist on April 25th at 4:30 for an evening of art, good company, and fun!

It will be continuing through the summer as well, please watch for updates!

SHOWCASE OF ART FROM GROUP



EVENTS

LGBTQ2+ GROUP

**Pride Peer Support @ Efry is excited to announce Pride Movie Night
April 21st from 3:30-6:00 PM!**

This event is FREE!

Please get in contact with Elisa at elisa@efryptbo.org or call 705-790-5452 to answer any questions and confirm seats!

**Limited seating available, masking required!
We can't wait to see you there!**

MOVIE NIGHT



April 21st, 2022 - 3:30pm to 6:00pm

Space is limited and COVID-19 safety protocols will be in place.

**Contact Elisa to sign up!
Location will be provided upon sign up.**

Email: elisa@efryptbo.org

Phone: (705)-790-5452



LIFE AT EFRY: A STUDENT'S PERSPECTIVE

STUDENT WRITE-UP

"Elizabeth Fry gave me the courage to embrace myself truly for who I am and allowed me an opportunity to shine doing what I love, providing hope and motivating others." - Claire

"My Placement at EFRY has truly been life changing. It has taught me many invaluable skills, like community navigation, advocacy and how to offer meaningful support to community members. Perhaps most importantly, EFRY has shown me that my lived experience not only should not be seen as a point of shame, rather it is asset that equips me with humility, compassion and the unique ability to meet community members where they are at as a Peer. Each day at placement I am met with support, understanding and guidance from my fellow placement students, supervisors and all of the workers I encounter. I feel empowered to approach my new career with confidence thanks to my time here at EfrY. " - Kristal

"Doing my placement at EFry has been a wonderful experience. I have had the chance to meet so many interesting and kind people, but staff and service users, and I'm excited to continue this experience into my next semester." - Noelle

"My experience being a placement student at Elizabeth Fry has given me the opportunity to use all of the skills and learning I gained in the social service worker course at Fleming College and put them into practice. The work that I have been involved with here, I can see, firsthand the positive impacts this organization has on the lives of so many people in the Peterborough community. I am thankful for the chance to be part of this amazing agency and have had many opportunities for growth and learning during my time here." - Jill



LIFE AT EFRY: A STUDENT'S PERSPECTIVE

STUDENT WRITE-UP

"I completed my Social Service Worker Diploma placement here at Elizabeth Fry, I loved every second of it. I was a Community Programs Assistant, working closely with Annessa and I got to learn a lot about the enrollment process, intakes, community programs, etc. I felt very understood and accepted here at Efrey, I was able to be myself and contribute ideas to support service users - and created a new community program called WEvolve: Understanding and Understanding ourselves which is focused on Self-love." - Jordan

"I can honestly say, my experience at EFRY PTBO has been one that has enriched my life immensely. I have never experienced such genuine support and sense of community as I have at Elizabeth Fry. Annessa is extremely compassionate and eager to help us find where our passions lie within the social services sector. I feel incredibly lucky to have been able to complete my placement at Elizabeth Fry Peterborough and see with my own eyes, the positive impact they have on our community. It would be a great honour to work with Elizabeth Fry Peterborough in my future endeavours, in one way or another." - Jessie

"Having the opportunity to complete my placement with the Elizabeth Fry Society has been an amazing one in a lifetime experience! thank you to all the staff who made this possible for myself, and all other placement students" - Callahan



LIFE AT EFRY: A STUDENT'S PERSPECTIVE

GOODBYE STUDENTS

With the warmer weather comes the end of another fantastic semester. I have had the opportunity to work with some outstanding students this semester and can proudly say that the social service sector is going to welcome a wonderful group of helping professionals.

During this semester, our students have achieved more than I could have ever imagined. I have watched them create and facilitate new virtual groups, develop a new community initiative with Art Night, build and implement our Outreach program, support many community members during our busy drop-in service, and overcome the challenges of achieving their educational goals during a pandemic.

I can only hope that you have enjoyed your time with us as much as we have enjoyed having you. You have brought so much energy and joy to EFry and unconditional support and compassion to our service users.

I wish you only the best in your future endeavours - I have no doubt that you will achieve beautiful things.

- Annessa Stillman, Community Programs Manager (the luckiest student supervisor around!)

"WHEREVER YOU GO, GO WITH ALL YOUR HEART" - CONFUCIUS



SAY GOODBYE!



CLAIRE
CALLI
LIANNE
MEAGAN
ALYSSA
MONICA
KRISTAL
JENNIFER
JESSIE
JORDAN
NOELLE
JILL

LIFE AT EFRY: WELCOME TO...

LORISSA MCNEIL

Here at Elizabeth Fry we want to give a warm welcome to Lorissa who is joining us as a Peer Support and will assist with the Outreach team. Welcome Lorissa!

CLAIRE BELDING

Claire Belding is a current student at Elizabeth Fry who has accepted the position of Justice Services Case Manager. She is highly-driven and hard working individual who cares deeply about her service users, co-workers, and fellow students. Welcome Claire!

CAICO GOMEZ

Caico joined our team in January as our Justice Services Peer Support/Cultural Support Worker. Caico is a past placement student who brings a passion for supporting service users and a love of advocacy to our agency. She has a huge heart and is looking forward to growing the Justice Services team. Welcome Caico!

KATE BUCKLEY

Kate also joined our team in January as our STEPS program coordinator. She has recently taken a position as our newest BVSP Court Worker / Bail Supervisor. While we miss her terribly in the Community Programs, we are excited to see her flourish in Justice Services. Welcome Kate!



PROGRAMS AND GROUPS

GROUPS



Sharing Our Sorrows



Grief & Support After Ambiguous Loss

For parents who have lost or given up access to their children/ren due to substance use

12 week structured support group.
Next session:
May 6th
Call 705-872-6357
to register



Drop in support group starting March 11th from 2-4pm at One City PTBO 541 Water St

Gift cards given at the end of each session

We are excited to announce our new "Sharing Our Sorrows Group: Grief and Support after Ambiguous Loss" for parents who have lost or given up access to their child/ren due to substance use is beginning May 6th.

We will also be hosting a drop-in support group starting March 11th, from 2-4pm at One City PTBO (541 Water St.)

Participants will receive a gift card at the end of each session.

For more information or to register, please call 705-872-6357

A big shoutout to @communityfoundationptbo for your continuous support

PROGRAMS AND GROUPS

ONLINE PROGRAMS

Healthy Relationships: Taking Control Making Healthy Relationship Choices

Anger Solutions

Self Esteem

Goal Setting and Stress Management

Truth & Integrity: Understanding Theft and Fraud

Inhale, Exhale: Weekly Wellness Course Connected Caregiving

WEvolve: Hounoring and Understanding Ourselves

Shifting Gears: Building Healthy Relationships for Men

Weathering the Storm: Anger Solutions for Men

PROGRAMS VIA THE PHONE

Healthy Relationships: Taking Control Making Healthy Relationship Choices

Anger Solutions

ALSO OFFERED

8-Session Supportive Counselling



HOURS AND CONTACT INFO

DROP-IN SERVICES

We are excited to announce that we have partnered with our friends at One City Peterborough to combine our drop-in services and provide support 5 days a week!

Community members can access food, clothing, and harm reduction supplies at 541 Water St, Monday-Friday from 12-4.

We will no longer be offering drop-in services at our office at 150 King St.



DONATIONS OF CLOTHING AND FOOD CAN BE DROPPED OFF AT ONE CITY PETERBOROUGH.

CONTACT INFO

**OUR OFFICE IS
OPEN FOR
APPOINTMENTS
ONLY
MONDAY-FRIDAY
9-4PM**



**705-749-6809
TF: 800-820-7384**



705-749-6818



**150 KING STREET
4TH FLOOR
PETERBOROUGH, ON**