

# Alternatives for Women

Confidential help for abused women in Prince Edward County

[WWW.ALTERNATIVESFORWOMEN.CA](http://WWW.ALTERNATIVESFORWOMEN.CA)

# NEWSLETTER

## November 2023

Crisis line: (613) 476-2787

Office line: (613) 476-4435



## OUR SERVICES AND PROGRAMS

AFW aims to end gender-based violence through support, advocacy, public education, and the empowerment of women.

To access services, call our 24 hour crisis line at 613-476-2787, or e-mail [info@alternativesforwomen.ca](mailto:info@alternativesforwomen.ca).

Services offered by AFW include:

- 24 hour Crisis Support
- Free & Confidential Counselling
- Transportation to Emergency Shelter
- Safety Planning
- Group Counselling
- Outreach Counselling
- Transitional Housing (Kiosan)
- Public Education

## DID YOU KNOW?

### Prince Edward County

- 233 domestic violence investigations in 2022
- AFW provides services to 100 women a year
- AFW provided transitional housing to 14 women and 9 children within the last year

### Provincial

- 52 femicides occurred in Ontario for 21-22
- 55 femicides have occurred in Ontario this past year

### National

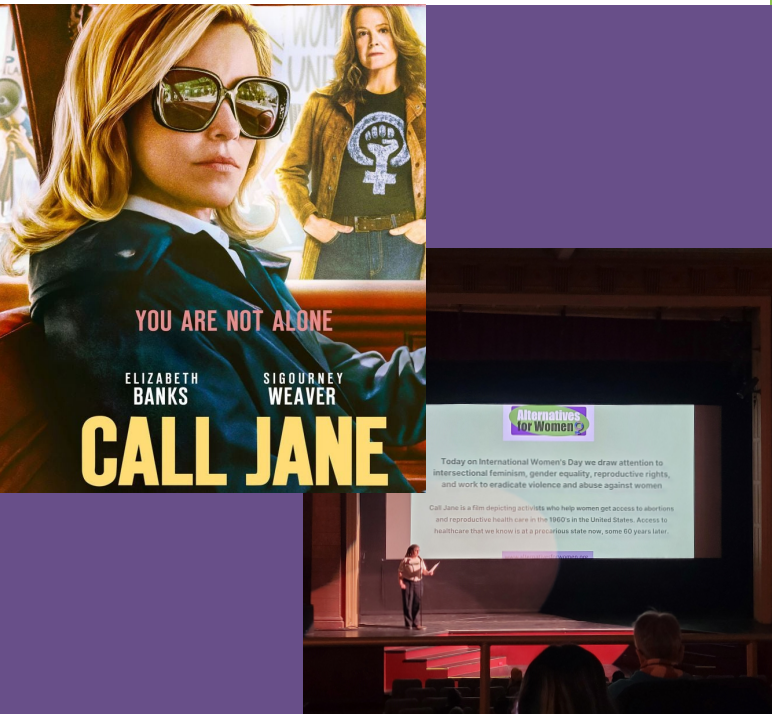
- Every 6 days a woman is killed due to intimate partner violence
- Rural women are 75% more likely to experience intimate partner violence



## Upcoming Events

- November 25th- International Day for the Elimination of Violence Against Women
- December 6th- Vigil at Benson Park at 6pm for the National Day of Remembrance and Action on Violence Against Women

# Events



Pictured is the Call Jane poster and Training and Public Engagement Coordinator, Holly Baines at Regent Theatre.

## INTERNATIONAL WOMEN'S DAY

This year we celebrated IWD with the screening of Call Jane at Regent Theatre. Thanks to everyone who came out to support AFW, IWD and the many amazing women in our community!

**Stay tuned for details on our next IWD event March 8, 2024!**

## No More Nice Girls

We were thrilled to host an In Conversation With Lauren McKeon, author and feminist. We discussed her book "No More Nice Girls", gender power dynamics, the cost of gender-based violence and why people are afraid of the word "feminist"!



Pictured is Lauren McKeon, Executive Director Julie Watson and Training and Public Engagement Coordinator, Holly Baines at Books & Co.

## TAKE BACK THE NIGHT

Thanks to everyone who came out to Take Back the Night with us on October 25th. This is an annual event where we march to take back the streets for the safety of women.



Pictured are the posters and participants of the march.



# Community Engagement & Advocacy

Alternatives  
for Women

## TRAINING PROGRAM FOR LOCAL BUSINESSES

About the training:

- Delivered by the Training and Public Engagement Coordinator of Alternatives for Women.
- Our 1.5 hour introductory training focuses on educating staff and management regarding Gender-Based Violence.
- Training can be offered at your offices or a third party location organized by AFW.
- Training is available during regular work hours or on the evenings and weekends, where necessary.
- Follow-up trainings can be designed to meet your business's specific needs.
- Don't hesitate to reach out with questions.

## Training and Public Engagement

AFW's Training and Public Engagement Program aims to address systemic barriers experienced by survivors, combat harmful gender norms, and advance gender equality. We offer free training and presentations to businesses and service providers.

- Please contact us at [hollyb@alternativesforwomen.ca](mailto:hollyb@alternativesforwomen.ca) or (613)476-4435 for more information!

### Volunteers

A HUGE thank you to our wonderful volunteers who because of their hard work, make it possible for childcare to be offered to our clients, removing a barrier to seeking help and participating in programs!

## Workshops held this year

- Draw Your Feelings
- At Home Maintenance 101
- Plant Walks
- Art for Equity
- Art Kitchen
- Mom, Baby, Toddler drop in
- Youth Peer Support
- Women's Self-Defense

## Upcoming- open to everyone!

- November Book Club
- Write Your Joy
- Dance Break
- Yoga - Wednesday nights at St Mary Magdalene Church

THIS CALL TO ACTION IS FOR  
**EVERYONE.**

Wear a purple scarf during  
**#WomanAbusePreventionMonth**  
to show support for survivors of **#GBV.**

## Wrapped in Courage Campaign

November is Woman Abuse Prevention Month and AFW is participating in the OAITH Wrapped in Courage campaign. Shelters across Ontario raise a purple flag for the end of gender-based violence. Wearing a purple scarf\* during November shows support for survivors of gender-based violence

\*Scarves can be purchased  
at the Love Loft in  
Bloomfield!



END  
GENDER-  
BASED  
VIOLENCE

OAITH

# Bill of Rights for Women

*I have the right...*

- not to be abused
- to anger over past abuse
- to change the situation
- to freedom from fear of abuse
- to request & expect assistance from police or social service agencies
- to share my feelings & not be isolated from others
- to want a better role model of communication for my children
- to be treated like an adult
- to leave the abusive environment
- to privacy
- to express my own thoughts & feelings
- to develop my individual talents & abilities
- to legally prosecute the abusing partner
- not to be perfect

## Donors & Funders

- Ministry of Children, Community & Social Services
- United Way HPE
- Feminist Recovery & Relief Fund –WAGE Canada
- PELASS
- Women’s Shelter Canada
- Prince Edward County
- Canada Helps
- Elementary Teacher’s Federation
- Wellington Rotary Club
- Many Happy Returns
- Base 31
- Northern Craft Supply Co
- St Mary. Magdalene Church
- C3 Solutions
- Kingfisher Financial
- Hawthorn Herbals
- Lockyers Country Gardens
- Hagerman’s Farms
- Odette Salon
- Rosehall Run
- Marysburgh Mummies Theatre Group
- Picton BIA
- The Yellow
- Lils Cafe/Books & Co.
- 555 Brewing
- Milford Fair Board of South Marysburgh
- Catholic Womens League
- Demorestville Womens Institute
- Evergreen Kids Thrift
- Wellington United Church
- Legion Shuffleboard League
- Pickering Horticultural Society
- County Picnic
- Ambivalently Yours
- and many more!

**Thank you!**



Ministry of  
Children, Community &  
Social Services



United Way  
Hastings &  
Prince Edward



WOMEN'S  
SHELTERS  
CANADA



Women and Gender  
Equality Canada



The County  
PRINCE EDWARD COUNTY + ONTARIO

Shelters and  
Transition Houses  
United to End Violence  
Against Women

# PEC DECLARES INTIMATE PARTNER VIOLENCE AN EPIDEMIC

The Renfrew Inquest has recommended Ontario declare IPV an epidemic, to date 66 municipalities have done so including Prince Edward County on May 9, 2023.



The Renfrew Inquest addresses the femicides of Anatasia Kuzyk, Nathalie Warmerdam and Carol Culleton, for more information:

<https://www.alternativesforwomen.org/blogs/post/13-months-later>