



Spring 2018 newsletter

“

If it wasn't for my sister's support, I don't know where I would be now... She took the time to listen and with the help of the Calgary Women's Emergency Shelter, I now live a happier and safer life".

IT TAKES COURAGE - AMY'S STORY

From the outside, Amy and her husband looked like any happy couple. Thirty years of marriage, in a beautiful home, with good jobs, and pets to love. Sure, Brad had a short fuse, but he was generally a nice guy.

However, like with many cases of family violence and abuse, behind closed doors there was a different story. Ten years into their marriage, Brad's verbal abuse became physical abuse. Hitting, spitting, choking, cutting, and punching. He threatened her and broke her personal things. Years went by and to survive, Amy withdrew from her friends and family. She didn't want anyone to know what was happening at home, and was tired of coming up with excuses.

“I was ashamed.”

Until one day Amy's sister called her with open arms offering support, hoping she could help Amy. It was this gesture that made all the difference for Amy. She called the 24-hour Family Violence Helpline and started on her road to safety.

This road was winding however. Amy confronted Brad about the abuse, and though he said he would change, he never did. Hope and memories of the good times they shared, kept Amy coming back, trying to rebuild the life she had with her husband, family, and friends.

Amy left and returned nine times.

But Brad's abuse did not stop. Amy realized she needed to rebuild her life independently, and she did this with the support of her friends and family.

“There is great truth in saying that when doors close, new doors open.”

Through her journey, Amy carried a ‘courage’ rock - a symbol of moving on. She realized it was Brad, not her, who was accountable for Brad's abuse. She healed and kickstarted her new life with a three-month bike trip. Now focusing on herself, she could sleep soundly again.

Today, Amy believes she has discovered her true self, is excited for her future, and has become a support to others going through difficult times.

Amy passed on her courage rock to someone else who needed a touchstone, a reminder to stay strong.

*Names have been changed

Message from our Executive Director *KIM RUSE*



Public discourse about violence and abuse is becoming mainstream, creating new possibilities for creating awareness and working for change. Subjects that were once considered ‘academic’ or ‘activist’ are now in the public domain in ways that are inviting individuals to share experience and participate in dialogue. In the public domain, these opportunities are at risk of lowering, rather than raising the level of our public conversation. The Me Too and Time’s Up campaigns are receiving a lot of global attention. Notions of “engaging men and boys” to end violence are fast becoming acceptable and mainstream. Everywhere you turn communities and groups are talking more openly about experiences that were previously kept in the shadows. Myths are being shattered and stigmas are disappearing.

As more people come forward and share their experiences, community members are seeking more information. Locally, we are seeing more and more interest from informal supporters wanting to provide effective and useful responses to victims and perpetrators of family violence and abuse. In March, the Calgary Women’s Emergency Shelter launched the Take A Stand initiative to support informal supporters to provide effective and helpful social support. This initiative provides practical, hands on training to supporters and community members about how to respond to people dealing with the issue of family violence and abuse.

We all have a role to play in ending family violence and abuse in our community. We may not always be present to it or feel it until it sneaks up on us in the form of a surprise disclosure from a friend, a colleague or someone else unexpected. What do you say when someone close to you confides “I need help, I am being abused”. Or... “I need help, Am I being abusive?” Have you ever felt that awkward lurch in your stomach when you are caught by a surprise disclosure and words fail you? The Take A Stand Initiative can help you be prepared for that difficult moment. Not only can it help you feel more confident in your response, it really can help the person you are supporting.

The Take A Stand Initiative can help you learn to RECOGNIZE the signs of abuse. What is a healthy relationship? What is not? How can you determine the difference?

The project can also help you learn how to effectively RESPOND to someone who discloses that they may be experiencing abuse. Or to someone who is being abusive. A socially supportive response can truly help someone pursue resources and help that make a significant difference in their healing journey.

The Take A Stand Initiative will also support participants in learning how and where to REFER people to access resources to help them with their healing process.

Effective support goes a long way to helping people deal with the impact of family violence and abuse. I would like to take this opportunity to thank all of you as well for your ongoing and tireless support and efforts to end family violence and abuse. Your support of the Calgary Women’s Emergency Shelter is critical in making our work possible. Thank you so very much!



Take A Stand Against Family Violence Turning Points 2018



The Calgary Women's Emergency Shelter is hosting the 24th annual Turning Points Fundraising Gala on Thursday, April 26, 2018 at the TELUS Convention Centre.

Turning Points; Take A Stand Against Family Violence and Abuse will celebrate members of our community and their courageous efforts in striving to make change and put an end to family violence and abuse, as well as commemorate the work of our agency. The Gala will feature a dinner, silent and live auctions, and inspiring stories. Turning Points will be emceed by Dave Kelly.

The Gala will highlight our programs and services, and our new community project, the Take A Stand initiative which educates and empowers community members to effectively support individuals experiencing family violence and abuse.

"Family violence and abuse continues to be an issue in our city. It crosses all neighbourhoods, age groups, religions, ethnicities and economic backgrounds," says Kim Ruse, Executive Director of the Calgary Women's Emergency Shelter, "All proceeds from the Turning Points Gala will fund our programs which provide much needed support, services and information aimed at ending family violence and abuse in our community."

Tickets are \$300, or \$2,400 for a table of 8 and are available at www.calgarywomensshelter.com or phone; (403) 290-1552 ext. 410 or email; info@cws.ca.

Live Auction prizes:

- Private Vineyard Tour and Wine Tasting for four at a beautiful **Giusti Wines Italian Winery**, with a 6-night stay in a boutique property and special evening and dinner at a local historical castle; includes 300,000 Aeroplan Travel miles
- A 7-night stay at **Seven Stars Grace Bay Resort** in **Turks and Caicos** for six people
- A 3-night stay for four people in **Las Vegas**, including airfare, tickets to a hockey game and Super Car Driving Experience
- A relaxing week at **Marriott Desert Springs Villas** in **Palm Desert, California** including \$1,000 towards airfare
- A 1-week stay at the **Grande Luxxe Villa** in **Nuevo Vallarta, Mexico** including two complimentary massages and 16-rounds of golf at the Jack Nicklaus Golf Course
- A private fully equipped **Calgary Flames Suite** for 12 people during a hockey game in the 2018-2019 season with \$500 towards food and beverage

Take A Stand

A Community Capacity Building Initiative

We are proud to launch our latest project in pursuit of ending family violence and abuse.

“The majority of victims of violence turn to someone they know first for help, as opposed to a Shelter, the police or some other formal service,” says Kim Ruse, Executive Director of the Calgary Women’s Emergency Shelter, “How these family members, friends and co-workers respond is incredibly important in shaping what a victim does next.”

When someone experiences family violence and turns to family members or friends for support, those people may not know how best to respond. Many people want to reach out and be supportive of victims, but aren’t sure how. The reactions of informal supporters, or “social responses” can have very positive or negative impacts for a victim.

That’s why we implemented the Take A Stand Initiative, so that we can help empower the community with the skills and knowledge to support victims experiencing family violence and abuse.

Organizations and community groups can now book Take A Stand presentations, where we will help people learn how to identify family abuse and violence in all its forms, ways in which to compassionately respond to victims, and how to connect them with the resources they need.

Together we can take a stand against family violence and abuse. Offering non-judgmental, compassionate support is a powerful way to help end violence and make positive change in our community.

For more information and to book a presentation, visit www.calgarywomensshelter.com.
Or call: (403) 290-1552 ext. 426 or email: takeastand@cwes.ca.

Alberta Government Inspiration Awards

We are proud to announce that our very own Executive Director Kim Ruse has received an Alberta Government Inspiration Award for Leadership in Family Violence Prevention.

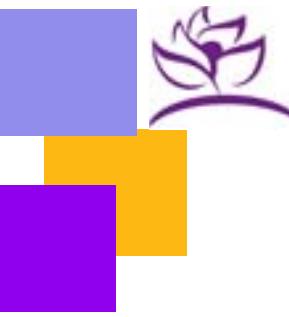
With November being Family Violence Prevention month, Alberta Human Services honoured those who do just that.

Kim has been recognized for her leadership at our organization and development of violence prevention programs that provide our clients with the skills to take the best next steps and make healthy choices overall. She has also developed a strong partnership with the Tsuu T’ina First Nation, in their efforts to enhance services to their community and combat family violence.

Congratulations to Kim! Her leadership and work has made a remarkable impact on the community, our agency, and our clients. She is an inspirational, collaborative, and innovative leader, making a difference in both responding to and preventing family violence and abuse.



Irfan Sabir, Minister of Community and Social Services presents the Inspiration Award to our Executive Director, Kim Ruse.



National Volunteer Week

April 15 - 21, 2018

“As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others”

– Audrey Hepburn



In honour of National Volunteer week, we would like to take the opportunity to express our greatest thanks to all of our volunteers for their hard work and dedication!

It takes a lot to keep an organization like the Calgary Women's Emergency Shelter going. We would not be able to accomplish all the work we do each year with the support of our volunteers. These dedicated people of all ages and backgrounds are an integral part of our agency. Our volunteers are true heroes, who are willing to contribute their personal time, talents, and energy to help us succeed.

The work of our volunteers reduces costs to enable us to provide better services to our clients.

By volunteering for the Calgary Women's Emergency Shelter, you are taking a stand against family violence and abuse. THANK YOU!

Get Involved!

Volunteer with us in various roles and at different events throughout the year.

Upcoming events include;

- Calgary Woman's Show (April 14-15)
- Turning Points Gala (April 26)

For more information:

www.calgarywomensshelter.com
volunteer@cwes.ca



Tulip Awards

Host Angela Knight from CBC Calgary's *The Eyeopener* honoured community leaders taking a stand against family violence and abuse at our 2017 Tulip Awards in November, during Family Violence Prevention Month.

The agency cannot continue their important work in the community without the generous support of donors and volunteers. The Tulip Awards celebrate significant contributions that make a difference in the lives of families taking courageous steps to end family violence and abuse.

This award is the highest honour we can bestow, and it is with enormous pride and respect that we recognize the individuals and organizations taking significant action towards making lives safer and healthier for the women, children, youth and men experiencing family violence and abuse. **Congratulations to all our award recipients.**

2017 Tulip Award Recipients

Community Partnership Award

- Alberta Children's Services
- Dr. Dawn McBride
- PCL Construction
- Urban Barn

Telling Our Story

- Bearspaw Ladies Legacy
- CREB® Charitable Foundation
- CJAY 92

Philanthropist Award

- Richard and Cathy Bird
- GMP FirstEnergy
- Greene Family Charitable Foundation

Philanthropist of Tomorrow Award

- Lily Berntzen

Taking a Stand Award

- Alice Mateyko
- Business Fore Calgary Kids

Sustainability Award

- Cenovus Energy Employee Foundation



Award Recipients: Bearspaw Ladies Legacy with our board president, Shelly Norris



Different Building, Same Services!

The Men's Counselling Service Provided by the Calgary Women's Emergency Shelter, is moving to our administration building.

200, 1509 Centre Street SW T2G 2E6

For more information:
403-299-9680
mcscalgary@cwes.ca

 **MEN'S** counselling service

provided by Calgary Women's Emergency Shelter

CTV Calgary's 2017 Toy Mountain Campaign *a record-breaking success!*



From November 20th until December 22nd, CTV Calgary, CJAY92, 98.5 Virgin Radio and Funny 1060 AM, hosted the 4th annual Toy Mountain Campaign, presented by Trail Appliances. CTV's Toy Mountain collected much needed toys, financial donations and basic essential items for women, children, men and youth served by the Calgary Women's Emergency Shelter during the holiday season and throughout the year.

Often many individuals and families fleeing violence have to leave everything behind, and have very little belongings and the children have no toys. With the generosity of the Calgary community, the campaign collected **\$512,827** in financial donations, toys and basic need items (includes value of 15,428 toys and basic essential items).

In addition to collecting donations and items, CTV's Toy Mountain helped raise awareness around family violence and abuse, and since the inaugural campaign in 2014, over \$1 million dollars has been raised for our agency.

Every donation, no matter how big or small, makes a difference in the lives of those experiencing family violence and abuse. We rely on the support of numerous individuals and corporate partners to ensure the safety and well-being of our clients.

Thank you to the Toy Mountain 2017 Sponsors and Partners: CTV Calgary, CJAY 92, 98.5 Virgin Radio, Funny 1060 AM, Trail Appliances, Bankers Hall, Brookfield Place, Fifth Avenue, Place, Suncor Energy Centre, AMJ Campbell and Denny's.

Thank you to everyone who participated in CTV Calgary's Toy Mountain Campaign.

Donor Spotlight

Knights of Columbus

The Knights of Columbus is the world's largest Catholic fraternal service organization. Founded in 1882, it was named in honour of Christopher Columbus. With councils all around the globe, this organization provides life insurance and faith-based institutional investing.

First and foremost however is their passion for charitable organizations. In the last ten years, the Knights of Columbus has donated more than \$1.55 billion and 700 million hours to various causes both locally and internationally.

Local Knights of Columbus Council, St. Alphonsus Council No. 4965, has been donating to the Calgary Women's Emergency Shelter for years many now.

In 2017, the local council donated **\$50,000**.

Thank you to the Knights of Columbus for your ongoing support!





Upcoming Events

Calgary Woman's Show

April 14 and 15, 2018

BMO Centre in Stampede Park

Come visit our booth at this two day event, filled with fun, entertainment, education, fashion, celebrity guests and shopping.

www.calgarywomansshow.com

Turning Points 2018

Take A Stand

Against Family Violence & Abuse

Thursday, April 26, 2018

TELUS Convention Centre

www.calgarywomenshelter.com

For more events as they are happening keep an eye on our website!

www.calgarywomenshelter.com/events

Save A Stamp

We have moved to an electronic version of our newsletter. To be added to our distribution list, please send your full name and e-mail address to info@cjes.ca. Please specify E-NEWSLETTER in the subject line.

Share Your Stories

Tell us your story. Inspire others. Change lives. We would like to reach out to past clients, volunteers and staff of Calgary Women's Emergency Shelter. We encourage you to share your story and would love to hear from you! For more information: please contact Hanna at: HannaD@cjes.ca

It's fast, easy and convenient

Donate online

www.calgarywomenshelter.com

Text to Donate

Text ENDABUSE to 587-800-1588. You'll receive a link to complete your donation of any amount by credit card.



@end_abuseyyc



@end_abuse



Stay in touch with us!