

Supported By:



United Way
of Calgary and Area



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Charitable # 105200430BN



Annual Report 2012



Mission Statement

Creating individual and systemic change to promote respectful, healthy and peaceful relationships.

Vision Statement

Respectful, healthy and peaceful relationships.

A world where boys and girls can have meaningful, safe, anti-fragile relationships with those they choose and the courage to end or walk away from the ones they don't. This matters because then these children can give back to the world in a way that strengthens our societies, promotes intimacy, honesty and meaningful connections that focus on possibility and creativity.

- Sarah Rosenfeld, Board Member
(written at the annual board strategic planning session)

Thank You to Our Donors

We would like to extend our sincere gratitude to all our donors for their most generous gifts.

Ongoing Support:



\$60,000—\$180,000

United Way Calgary & Area
City of Calgary— Family and Community Support Services
Alberta Gaming and Liquor Commission (Casino)

\$10,000— \$60,000



Community Incentives Fund
Community Spirit Grant
Alberta Human Rights: Human Rights and Multiculturalism Grants



\$1000 — \$10,000

Judith Curry
Eseoghene Omatsone
Laurie M. Anderson
Melanie M. Carter
Debbie D. Johnson
Dale Ellert
Rose Marie Jullion
Staley Corporation
PC Productivity Inc.
W. Chan Investments
Jane M. Oxenbury
Carey Smith

\$1— \$999 (includes gifts in kind)

Joanne McLeod
Calgary Ladies Dart Association
Hemming & Associates
Inst. Of Chartered Accountants
Sylvia Greenspoon
Tamara Zenith
Pamela Alexander
Joanne Murray
Rising Women Magazine
Brahm Silverstone
Rae Ann Wood-Schatz
Meghan Zybutz
J.M Alexander
Deborah Sword
Nina L. Shen
Sylvia Greenspoon
Peter T. Boland
Eric Pianarosa
DK Envy Inc.
Deb Wood Zybutz
Health Span Inc.

Volunteer of the Year

Kelly Coppins

Kelly has been a volunteer with PSSAW since 2011. Throughout this time Kelly has acted as both a group facilitator and community advocate. Kelly gives her all in her one on one work with clients, empowering them to make decisions to enhance their own lives. Combined with her personal experiences and endless passion, Kelly gives her clients hope and strength to move beyond their experiences. As a community advocate, Kelly has given speeches at such events including the Cochrane Take Back the Night. Kelly's work has helped women come forward and reach out for assistance.

Rachel Broome

Rachel has been a volunteer with PSSAW since 2011. Rachel's warm and calming demeanor brings comfort and ease to all of her clients. Rachel has been active in PSSAW as both a facilitator, moving on with mentor and community advocate. Her unending support has helped all of her clients move forward throughout their healing journey's. As a moving on with mentor facilitator, Rachel has worked both one on one with clients as well as at community events hosting mini one on one sessions. Rachel has also broken the silence around domestic violence by giving a speech at the Cochrane Take Back the Night.

In 2012...

- PSSAW had 65 volunteers
- The average PSSAW client attended 8.5 sessions or groups
- We served a total of 549 participants :
202 through Peer Support Groups
271 through the Moving on With Mentors Program
76 through the Same-sex Domestic Violence Program
- We were a part of 47 community development initiatives

Peer Support Services for Abused Women 2012 Annual Report

President	Melody-Bundt-Witwer
Secretary	Eseoghene Omatsone
Treasurer	Wayne Barkauskas

Board Members At Large

Bettina Pierre-Gilles

Judy Curry

Marilyn Oshry

Rae Ann Wood- Schatz

Sarah Rosenfeld

Staff

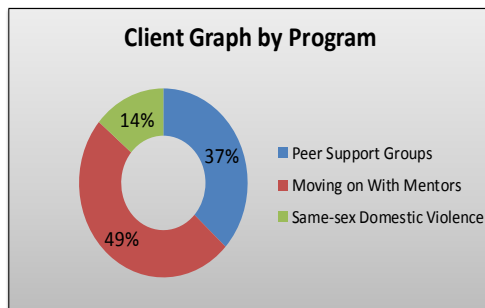
Executive Director	Andrea Silverstone
Office Manager	Melissa De Leon
Program Coordinator	Shannon Smith
CDVC Coordinator	Corinne Ofstie
Program Assistant	Erika Gunzman
Program Assistant	Carrie McManus
Bookkeeper	Cheryl Yowney
SSDV Facilitator	Jane Oxenbury

President's and Executive Director's Report

Peer Support Services for Abused Women continues to be committed to supporting individual and systemic change to promote healthy, respectful, peaceful relationships. In 2012 we continued to operate at capacity and saw some office staff changes to accommodate the requirements of both PSSAW and the Calgary Domestic Violence Collective. The staff are doing great things and we are blessed to have such a dedicated team.

In 2012 PSSAW was able to serve over 480 clients who achieved some of the following outcomes:

- 66% of client reported increased social connectivity and reduced social isolation
- 69% of clients reported being able to appropriately respond to the violence in their lives (i.e. they will have the tools to keep themselves and their family safe from violence)
- 100% of In-house capacity building workshop participants report utilizing learning from in-house capacity building workshops with their clients
- 92% of service providers feel confident in providing culturally appropriate SSDV services to members of the LGBTQ community



We also had some changes on our Board of Directors which increased our synergy and capacity to make necessary changes to increase our funds and the opportunity to influence where needed.

Same Sex Domestic Violence

Prior to attending the same sex domestic violence training, Jane felt uncomfortable in her abilities to deal with same sex domestic violence among her clients. Although she was well educated in the area of domestic violence, she was unsure of how this information transferred to individuals suffering from abuse in same sex relationships. This was becoming a large concern for Jane as she recently began to notice an increase in the number of LGBTQ clients accessing services at the shelter at which she worked.

During the training, Jane was able to challenge her own personal stereotypes regarding homophobia and heterosexism and begin to release some of her discomfort regarding this topic. Jane was particularly interested in learning more about the transgendered population, and how to remain sensitive to their issues in the shelter setting. Jane states that she was able to learn about the legal implications surrounding individuals who are transgendered, how to best assist and recognize transgendered clients within her work.



Peer Support Groups (Finding our Voices and Growth Circles)

Kim came to Peer Support Services after leaving her second abusive intimate relationship. Kim had experienced abuse beginning when she was a child, noting that both her mother and father were drug addicts that often left her alone with neighbours. Although Kim had successfully graduated from high school and had begun her post-secondary education, she found herself struggling to focus on her school work as she recognized that she needed to work through her abusive experiences.

Kim took a six month break from school in order to be able to commit herself fully to her healing journey. Prior to beginning groups, Kim came to PSSAW once a week to meet one on one with her mentor. Although discussing her memories and experiences were painful, Kim felt relief in knowing that she was able to talk to someone who understood her circumstances. Kim then entered and successfully completed both the Finding our Voices and Growth Circles programs.

Since completing our programs, Kim states that she has severed all ties with the negative relationships in her life. She is committed to engage in relationships that are respectful and healthy for her. While Kim has rekindled a relationship with both her mother and father, she states that she now has the tools to enforce her boundaries to ensure that she remains healthy and strong. Kim has since returned to school full time, and notes that her ability to focus has had a positive impact on her performance at school. Kim is hoping to return to PSSAW as a direct service volunteer in the future.



President's and Executive Director's Report Continued

We held our fundraising event "PampHer" in November and it was well received by all who attended. The 2013 fundraiser is being organized by an energetic project team and will be held on November 17th, 2013. It is called "Eat, Play, Love" and we believe that we will exceed our goal with the enhancements to the venue, format and auction items. PSSAW is looking forward to this annual event just getting bigger and better.

Our collaboration with other agencies and programs continues to flourish, enhanced through the opportunity offered to us by the domestic violence sector to house the Calgary Domestic Violence Collective and continue to act as the co-chair of this initiative. We have been able to be strategically involved in the provincial strategy to end domestic violence, support informing and educating policy makers about strategies that would address those impacted by domestic violence and work collaboratively to create a collaborative community response to domestic violence in Calgary.

We are excited about 2013 and the opportunities that it holds. We may also have the opportunity to expand provincially in the next year and expand our services to meet the growing and diverse needs of those impacted by abuse in Calgary.

We sincerely thank the Staff, Board, and all our Volunteers for continuing to amaze us with your skills, caring, dedication and innovation in providing service to our women, children and community.

Yours truly,

A handwritten signature in dark ink, appearing to read "Melody B".

Melody Bundt
Witwer

Board President



A handwritten signature in dark ink, appearing to read "C.R. Silverstone".

Andrea
Silverstone

*Executive
Director*



Treasurer's Report

While I will highlight some of the results in the attached financial statements, I encourage members to review these reports on our website.

The Statement of Financial Position reports assets of \$328,070

At the end of the year, the agency had sufficient cash balances to meet its liabilities.

The statement of Operations shows a balance of \$0 for the year.

It is also important to mention that the financial statements do not reflect the value received from the contribution of volunteer services, without which the agency could not operate.

With the funds to be earned from our ongoing funding from United Way and FCSS, and continuing efforts to attract donations, PSSAW is in a good financial position to provide needed services for the upcoming year.

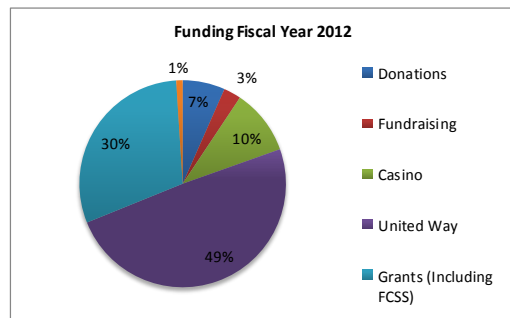
I would like to use this opportunity to thank funders and donors in helping the agency.

Sincerely,



Wayne Barkauskas
Treasurer

Agency Financial Statements available upon request.



Client' Success Stories

Moving on With Mentors

Michelle contacted Peer Support Services for Abused Women after entering the transition program at a second stage shelter. Michelle and her son had experienced ongoing mental abuse that left her suffering from anxiety, depression and a lack of self confidence in her ability to make constructive decisions for her family.

Michelle was looking for a mentor to support her in enhancing her self esteem and the mental well being of herself and her family, as well as support her through the legal process of divorcing her husband. Despite both mental and financial barriers, Michelle was able to work with her mentor to successfully navigate the legal system to obtain a divorce. Regardless of the challenges placed in front of her throughout this process, Michelle was resilient and maintained a positive outlook that she states helped her make it through the difficult process. After completing research with her mentor, Michelle went back to school part time and is working towards obtaining a bachelors degree.

Both Michelle and her son have moved out of the transition program, and are now happily living in their own home. Michelle states that she "doesn't know what she would have done without her mentor as traditional supports offered in the shelter system are not available once in transitional housing". Michelle has contacted PSSAW as she would now like to give back to women experiencing domestic violence by setting up a coffee group for current and former clients.

