

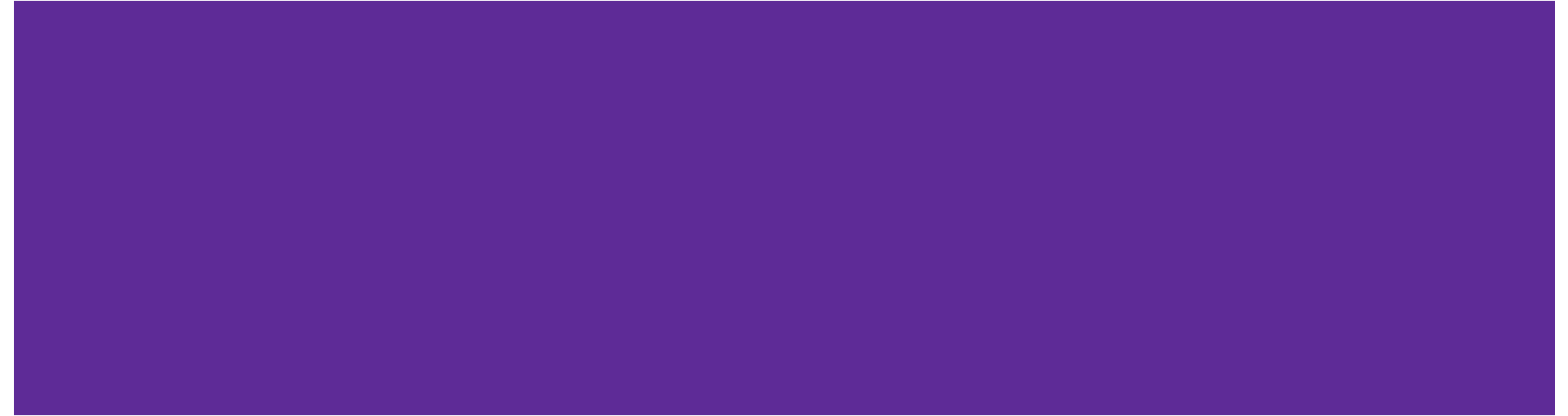
My Friend's House Programs & Services

Supporting Women and Children in
South Georgian Bay



Introductions

Alison FitzGerald
Executive Director



Our Purpose Today

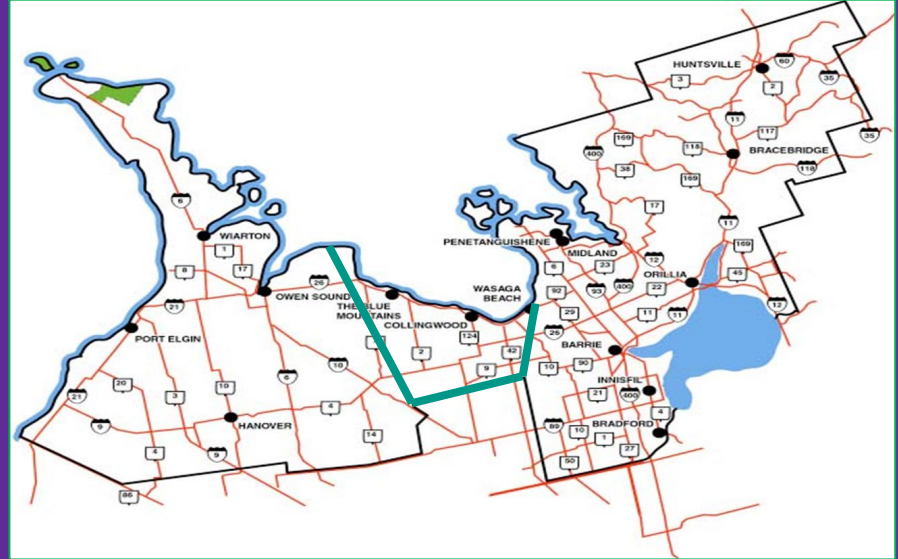
Women living in rural communities are 75% more likely to be abused by their romantic partner than women living in urban centres. We are here to raise awareness of our programs and services available to women and their children in the Blue Mountains community and to share how they're being used currently.

Who We Serve

Women & their children in South Georgian Bay
(Collingwood, Wasaga Beach, Clearview
Township, The Blue Mountains & Meaford)
who are fleeing abuse and women at risk of
violence.

What We Do

- Residential shelter program for women and children
- 24/7 Crisis Line and Support Line
- Counselling – VAW, Mental Health & Addictions, Child & Youth
- Transitional Housing and Legal Services





SHELTER

12 Bed Secure Shelter

Counsellors present 24/7

Personal needs provided

No limit on length of stay

Programs adapted to the individual needs of the women and their families



Programs & Services Offered



VAW Therapeutic Counselor

Works directly with women who've suffered trauma due to abuse



Child & Youth Workers

Works directly with children who've suffered abuse



Wellness Coordinator

**Provides mental health & addiction support
Advocates on behalf of women for referral supports**



Transitional House & Legal Services

**Works with women to connect with housing opportunities
Works with women on legal supports for court appearances, custody etc.**

Collaborative Group Programming

Our team is able to work together to provide total care for our clients. All of this is available.

Therapeutic Counsellor and Wellness Coordinator

- Drop in Group
- Making Connections
- Stepping Forward

Youth Counsellor and Wellness Coordinator

- Family Distress Tolerance
- Pro Social Groups
- Healthy Eating



The Blue Mountains by the numbers

386 calls to our 24/7 crisis line in 2022 – we want to ensure women know about this and feel confident using this support

18 individuals were housed in our shelter in 2022.

21 women have accessed our VAW Therapeutic program.

11 women have received Transitional Housing and Legal support.

Women can also connect with our counselors over the phone for support with housing, legal services or VAW Therapy



Increased Outreach Needed



- Often women and youth cannot access services due to transportation, financial constraints, possible isolation – funding for these pieces in other communities has come from Service Clubs (like Rotary) and special events.
- Partnering with organizations like South Georgian Bay Community Health Centre, as we have in Wasaga Beach, increases accessibility of our services
- We can provide reciprocal wrap around support for women and children by connecting with other agencies and appreciate any of your recommendations in the Thornbury area

How Can You Help?

- Connect us to other community service providers for outreach partnerships
- Share our programs and services where you can, including thorough social media and other community groups
- Keep us top of mind when you hear of funding opportunities that may align with our work. We are responsible for raising approximately half of our operating dollars which totals about \$700K per year

Questions?

Thank you for having us!