

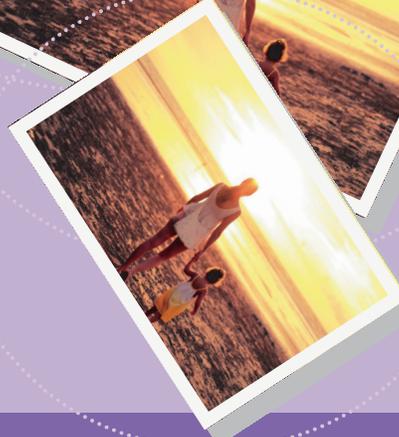
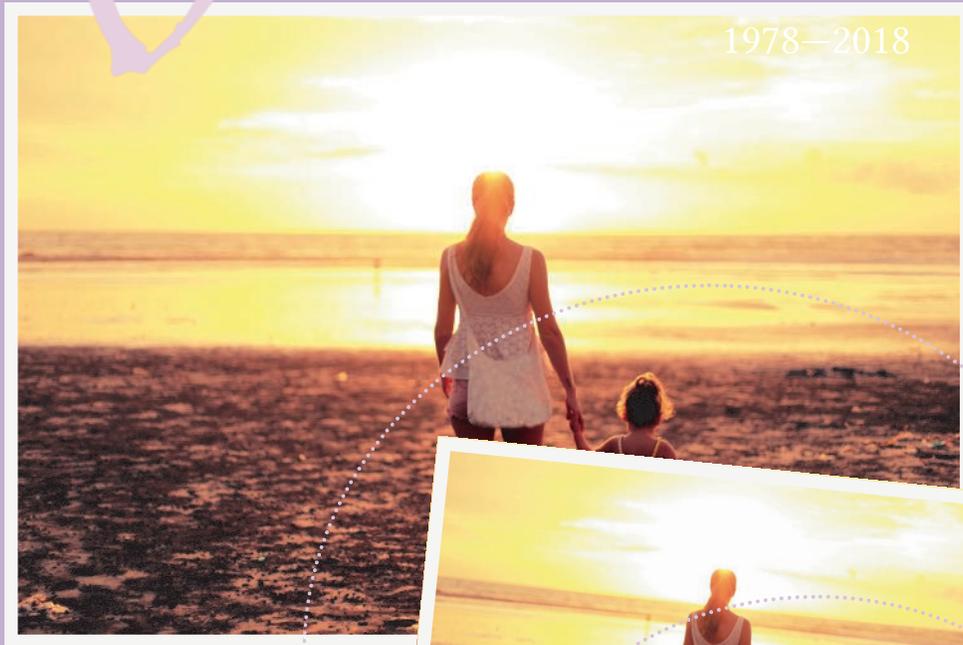


haven
society

40

Years of Promoting Safety
for Women, Children, Youth and Families

1978—2018



Because
safety
doesn't
happen by
itself.

Our Mission

To promote the integrity and safety of women, children, youth, and families and the development of a respectful and healthy community.



The vast majority of women who are killed by an intimate partner are not connected to a community advocate.

EVERY 6 DAYS
IN CANADA,
A WOMAN DIES AT
THE HANDS OF AN
INTIMATE PARTNER

We dedicate this annual report to all the women who have died at the hands of an intimate partner.

Letter from Our Leadership



Ashley Metcalf
President



Anne Taylor
Executive Director

Safety does not happen by accident! It requires the dedication of many individuals, bringing diverse gifts and contributions. It requires a high level of perseverance, commitment and passion to fuel all of the activities involved. It requires a coordinated community response to all of the women, children, youth, and their families who reach out to Haven Society. This year that number is higher than ever.

In 40 years we have grown from an idea held by a few women to an organization with more than fifty staff who respond to thousands of our friends, colleagues, neighbours, and family and community members.

Gender-based violence is invisible. It is indiscriminate and could happen to any one of us. It is kept well-hidden behind closed doors. There are many barriers that prevent us from reaching out: blame, shame, confusion, and fear. We don't want to let others know that we are currently experiencing violence, that we have experienced violence in the past, even as a child, or that we are an offender.

Haven Society has been, and always will be, dedicated to promoting safety for everyone in our community. The safety, dignity, and integrity of everyone we see is our guiding mission and fuels all of our efforts. Our deeply committed staff, volunteers, and board members focus every day on ensuring the safety of an ever-growing number in our communities. Statistics tell us the sombre reality in Canada: every six days a woman dies at the hands of her intimate partner. This is what motivates us, each and every day, to remain accessible 24/7, 365 days a year, and provide a full range of services.

For 40 years, we have developed responses to help provide the basic human right for safety. We have walked alongside thousands of women, children, youth and their families who came to us seeking safety. There are no easy answers. Everyone is unique and deserves to be treated with care, kindness and compassion. We endeavour each day to provide that response to everyone who reaches out to us.

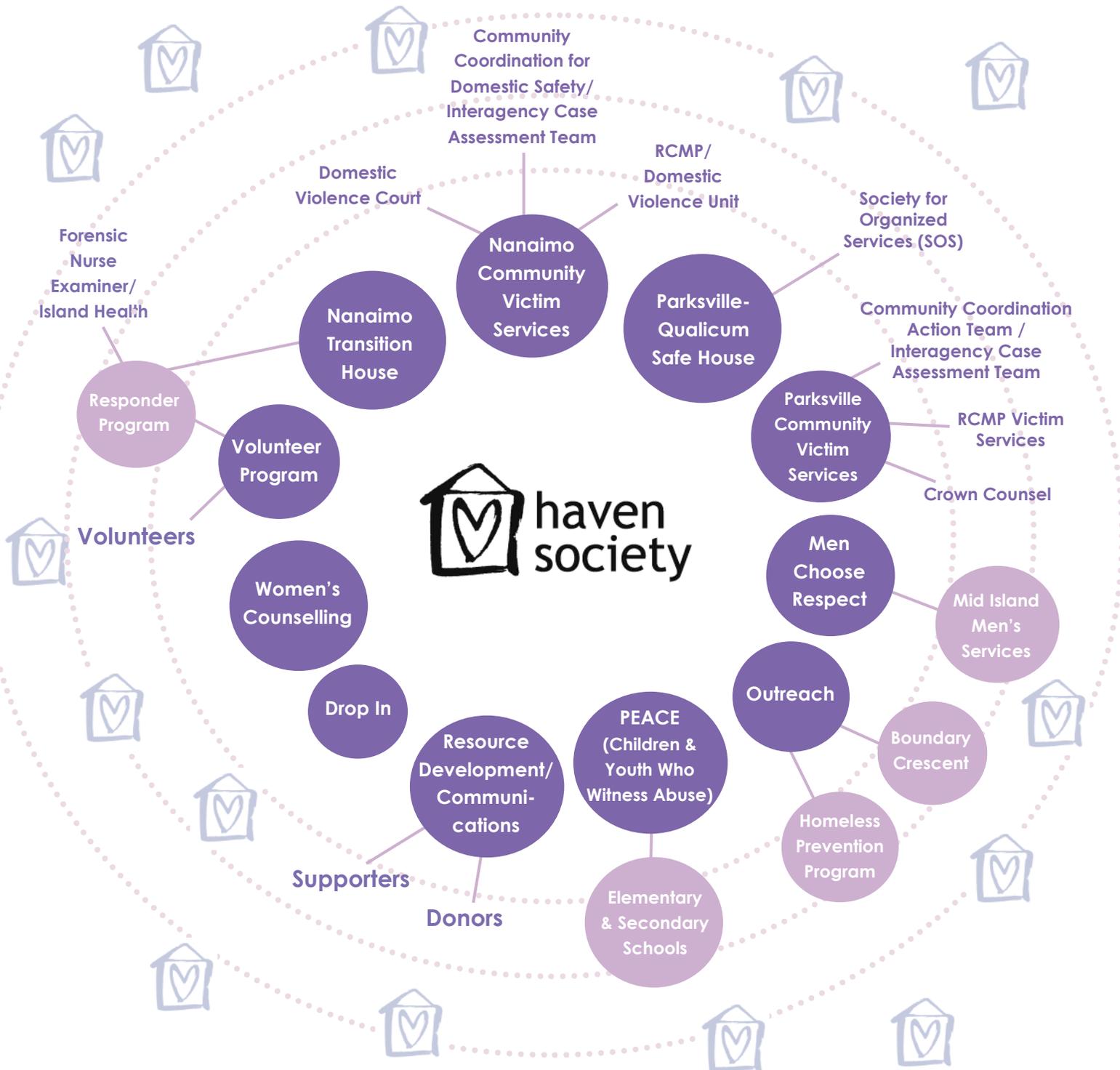
We know that the pathway to safety, once broken, is challenging to rebuild. We know that many victims of violence feel completely alone. We know that when we listen, believe, support and connect people, it makes a difference. We know it takes a community to provide a positive social response. This annual report will show you the full range of how we are responding.

We are proud to be part of the central Vancouver Island communities who have supported Haven Society for 40 years. We are grateful to all of our staff, past and present, who have persisted no matter what, often making the impossible possible! We are honoured and humbled by the volunteers who started this organization, who kept it going throughout the years, and who currently contribute in priceless ways! We will always be inspired and motivated by those we serve!

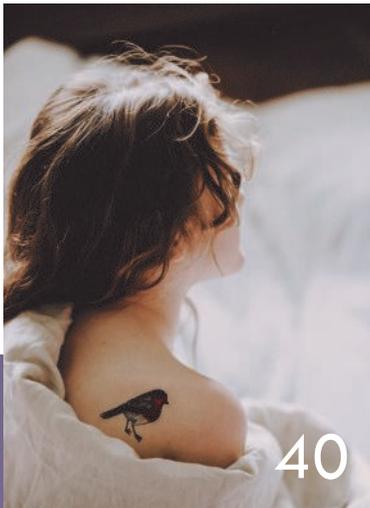
We stand strong, united in our mission to promote safety for as long as is needed. Thank you to all who have stood with us in the past, those who stand with us now and those who will join us as we move forward!

Anne and Ashley

5,000 women, children, youth, and men were supported in Central Vancouver Island thanks to our donors, supporters, volunteers, partners, and staff



As a leading anti-violence organization operating from feminist principles, Haven Society provides a continuum of services, public education, and advocacy.



At the Heart of our Work:

A Positive Social Response

during which victims of violence
are heard, believed,
and supported

40 Years of Promoting Safety in Central Vancouver Island

The Vancouver Island Haven Society was incorporated as a non-profit society and registered charity on December 22, 1978 to answer a growing awareness that violence and abuse within the family was a reality for many women and children in our community. Women who called Haven's crisis line were given shelter in the homes of community volunteers.

In spite of the generosity and commitment of the volunteers, Haven's service was neither safe nor adequate. On July 1, 1981, in a house provided by the City of Nanaimo and with operational funding from the Ministry of Social Services, Haven House officially opened its doors.

The Society purchased a four-bedroom house in 1985, yet demand quickly exceeded the space available and a seven-bedroom house was acquired in 1991. One year later, a child care centre and a large bedroom for families were added to the building.

In 1993, the Society began offering counselling for women experiencing physical and emotional violence in relationships. Individual counselling and support groups for children who experience domestic abuse also began.

The Haven Thrift Shop opened its doors in 1994 and was consequently sold four years later to 'The Friends of Haven Thrift Store' which continued to offer clothing and household items to Haven clients.

In addition to its services, Haven researched family violence in Nanaimo, conducted a training program for First Nations women, operated a Family Court Advocacy Program, and conducted a Dating Violence Prevention project.

The Haven Oceanside/Parksville Community Victim Services office officially opened in 2004.

Haven played an integral role, in 2009, in renaming the Nanaimo Violence Against Women in Relation-

ships Committee to Community Coordination for Domestic Safety to underpin the importance of a strong network of community stakeholders to ensure the protection of people living with Intimate Partner Violence.

In 2013, in collaboration with the Society for Organised Services (SOS), we opened the Parksville-Qualicum Haven House. This safe house provides shelter for women and children in the Oceanside area who are at risk of or fleeing abuse.

The Boundary project—a second stage housing initiative—came to fruition in 2014 due to a formal partnership with Haven, Nanaimo Affordable Housing, and the Vancouver Island Mental Health Society.

In 2015, the Domestic Violence Unit (DVU) launched, a deep community collaboration between many services focused on addressing domestic violence in Nanaimo, including Haven.

Haven received the Chamber Business Achievement Award for Community Service in 2016.

In 2016-17, driven by the Community Coordination for Domestic Safety, Haven, Nanaimo Family Life Association, and the Forensic Nurse Examiner created the Sexual Assault Responder Program to provide emotional support to victims of sexual assault. That same year, Haven provided a leadership role to the Mid-Island Men's Services Project, a new initiative dedicated to creating a coordinated continuum of services for men who are abusive with their intimate partners.

As we look forward, some of our goals include:

- Sharing decades of knowledge and innovation through training workshops.
- Building second stage housing that includes a daycare and crisis nursery.
- Collaborating on community anti-violence initiatives for youth and families.
- Staffing our Parksville-Qualicum house 24/7.

We are grateful for the thousands of donors, volunteers, board members, staff, community partners, and supporters who walked side by side with the women, children, youth, and men in our community on their healing journey.

Haven Society 2017-2018 Board of Directors



Ashley Metcalf
President



Carolyn Collyer
Vice-President



Kathy E. Lowe
Past President



Allana Patterson
Treasurer



Gillilan Anderson
Secretary



Kim Cook
Policy Chair



Glenda Morrall
HR/Membership Chair



Sylvia Shedden
Director



Adrienne Marskell
Director

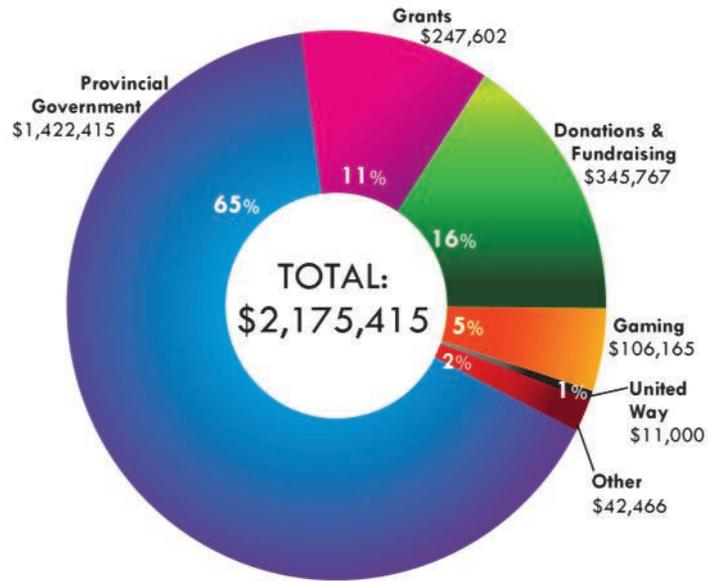
Finance

The last fiscal period was a year of consistent and continuing community support and sound financial management. Fundraising in the last months of 2017 provided additional revenues to 2018 programs, and exciting plans are well underway for fundraising events in 2019.

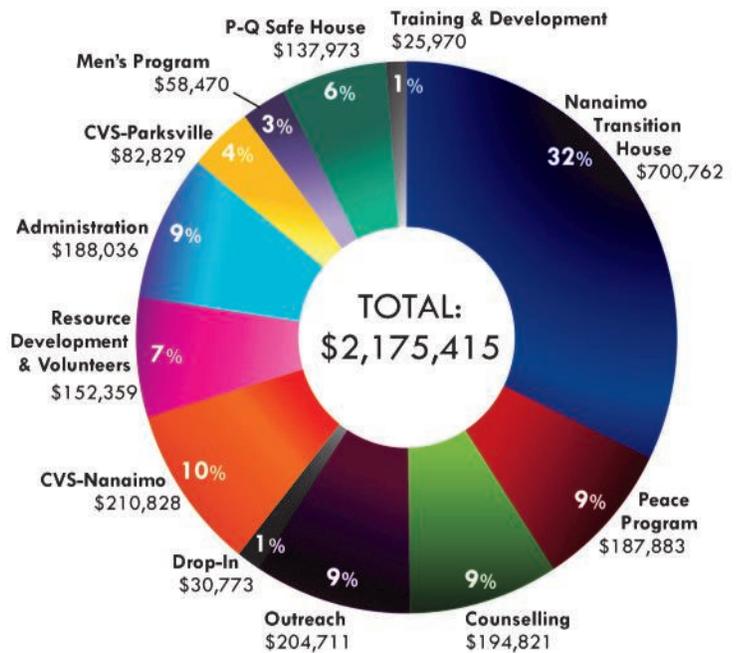
Haven's committed staff and management team have excelled in the delivery of essential and compassionate services to our community.

We remain deeply grateful to the community and to our funders for supporting us in our work.

Sources of Funding



Funding by Program



Our Partners

help us to provide a Positive Social Response to victims of violence and help to change thousands of lives in our community each year

FUNDING PARTNERSHIPS



The Rogers Foundation



CORPORATE PARTNERSHIPS



HOMESENSE

WOODGROVE

COMMUNITY PARTNERSHIPS



For privacy reasons, all stories and names in the following pages are fictional, and all photos are stock images. But the stories reflect the experiences of our clients.

Nanaimo Community Victim Services

“I still have that quilt you wrapped me in the first time we met. It reminds me to be strong.”



Sherry’s mind was numb as she walked through the door at Haven. Her body shook, inside and out. Was she doing the right thing? Maybe she should have called the police first? Maybe she should have gone to the hospital?

“Hi, something just happened to me,” she managed, her throat tight, “I’m not sure if I should be here or if I should have gone to the police.” The receptionist smiled and told her not to worry, that she would call someone who could help her.

A Community Victim Service Worker (CVSW) came out and invited Sherry into her office. She wrapped the shaking woman in a cozy quilt that had been donated; Sherry knew, then, that she was safe. After speaking with the CVSW, she had decided on her next steps.

Community Victim Services

Women experiencing financial challenges due to various barriers requested support at family court trials where offenders, convicted of violent crimes and with funds for legal counsel, attempted to gain custody, access to, and/or visitation of children.

Several women were charged with partner assault, many of whom were abused by their partner for years. They were isolated, had little income, had a disability or various trauma responses like anxiety, or had children. Typically, when women defended themselves, their partners called the police.

- The family court process was explained to clients as being an opportunity to gain support and resources.
- For self-care, grounding and coping strategies were offered.
- CVS staff attended court with clients to support them and provide debrief.
- Safety plans and emotional safety plans were created.
- Women and men were connected with Haven and other service providers.
- Barriers were removed as women created support networks.

Outcomes varied, but women appreciated Haven’s presence and support, saying it had a calming effect. In most cases of partner assault, charges were stayed due to Nanaimo’s dedicated therapeutic Domestic Violence Court, as well as a woman’s commitment and self-advocacy.

**1,572
Clients
Served**

200 new clients
1,192 potentially high risk cases
7 males
34 children/youth

Drop In

Many women walked in experiencing crisis, seeking support outside of Drop In hours. During this time, staff were often unable to attend to each person due to scheduled appointments.

To better serve clients, it was decided to expand Drop In, as of January 2018, to Monday to Friday from 1-3 p.m. each day.

**133
Clients
Served**

Domestic Violence Unit (DVU)

In the past two years, the preventive collaboration of the DVU has reduced the number of highest risk cases for the ICAT (Interagency Case Assessment Team).

By sharing safety-related information for life-threatening incidences, the DVU team members were able to create comprehensive safety plans with victims and provide offender management in a timely and strategic manner.

**134
Women
Served**

135 victims discussed per month
2 ICAT cases

2017-18 ACCOMPLISHMENTS

An extra part-time worker resulted in one day follow ups and more time for appointments—and no waitlist.

A focus on self-care and professional growth and communicating with other Haven programs and administration helped us to feel that we were all working together for one cause.

Regular team meetings helped us to discuss our work and options for gaps/concerns, to collaborate on complex cases, and to resolve issues.

Our coordination skills strengthened and we engaged more with community providers, enhancing our relationships.

Women's Counselling

2017-18 ACCOMPLISHMENTS

We trained a practicum student and volunteers to ensure that counsellors had more time for clients. One volunteer conducted 188 phone intakes within two weeks of contact and updated our wait list.

In the face of external pressures, we built team cohesion and capacity.

The Strategies for Empowerment workshop was offered to women within a few months of calling us, so that they could begin their counselling process.

We completed a comprehensive program review. We got clarity about what we've accomplished and we prioritized new ideas for future growth.

Women come here looking for trauma informed, feminist counselling with a specific focus on violence and abuse.

As the only free counselling service in Nanaimo for women who have experienced childhood sexual abuse, sexual assault, and violence in intimate relationships, our program received numerous referrals from doctors, family members, psychiatrists, lawyers, and counsellors.

Women need a safe place to talk about and work through the impact of historical abuse which, for many clients, occurred in early childhood and has never been talked about. Their usual coping strategies may be less effective. They may be experiencing panic attacks, nightmares, flashbacks, suicidal thoughts, or extreme fear and anxiety.

- Based on best practices in the field, we offered a multi-phased approach to supporting clients so that they could manage the impact of trauma without being re-traumatized.
- Both groups and one-on-one sessions started with a focus on safety, trust, and relationship building.
- We offered the opportunity to reprocess historical trauma, supporting diverse clients by working through their stories using many tools, some of which included art, visualization, body work, storytelling, and mindfulness.

"The best thing was being in a place of safety. Being heard, not lectured to. Learning healthy ways to relax and ground myself. Realizing that I have safety within myself."



When Meagan first came to the Strategies for Empowerment group, she was really nervous. She had never been to a group before or even to a place like Haven. Her family was concerned that her husband was abusive, but she wasn't sure that he was.

The first session was about safety. "I heard about the idea of resistance for the first time. This was new to me, but it made sense. Maybe shutting down and going inside my head was the best way for me to fight back, to protect myself from all the verbal abuse."

During the sessions, the women shared how they coped. Meagan felt so safe and comfortable with the other women by the final week.

Now, when she needs it, Meagan attends the Weaving Our Voices group to connect to Haven and some of the women from her group.

**246
Clients
Served**

246 women referred

160 women accessed the program

977 one-on-one sessions offered

42 groups delivered to 80 women

166 crisis calls

Outreach

Many women who were homeless or at risk of homelessness lived independently in secure housing for the first time, addressed underlying issues, and stepped out of the cycle of violence.

It was a busy year; the current housing crisis in Nanaimo has increased the need for financial support for clients. Our client base also faced greater challenges with mental health, addictions, long-term exposure to violence, and chronic homelessness.

- We strengthened our relationship with Nanaimo Affordable Housing, Nanaimo Aboriginal Centre, Tillicum Lelum Aboriginal Friendship Centre, Island Crisis Care Society, and other landlords.
- Collaborative relationships were built with mental health providers and drug/addiction counsellors.
- Low barrier support groups were offered at two sites.
- Clients' social isolation was reduced through volunteering at Community Gardens, weekly outdoor activities, and community dinners.
- Women were driven weekly to the food bank.
- Community donations assisted women in creating welcoming home environments and meeting basic needs.



After leaving an abusive relationship, Ava and her two kids were staying at her mom's, but her mom's landlord wasn't happy that they were there. Ava was scrambling to find a place to live.

The few apartments available were too expensive, too small, or unsafe. One had gone to two men—with jobs, the landlord had added. They don't have kids to care for, she grumbled, frustrated and on the verge of tears. She had to find something soon or they would be homeless.

Ava's social worker suggested she speak with Haven's Outreach Workers about housing options. At Haven, they gave her a list of apartments, reviewed her budget with her, and offered her a short-term rental subsidy. She attended the "Process of Change" support group to help figure out her next steps.

Ten months later, Ava has continued to maintain a two-bedroom apartment, she quit smoking, and she is studying business administration. Ava feels more confident about her future and is grateful for the help that bolstered her when she needed it.

"I'm taking care of myself—walking, studying, quit smoking. Now my kids have a happier mother."



2017-18 ACCOMPLISHMENTS

We successfully assisted women to move through a continuum of care:

1. From homelessness/at-risk of homelessness to Transition House or Homeless Prevention Program;
2. From supportive housing for single women at Boundary Crescent to market housing or affordable housing;
3. To long-term stability in housing and personal empowerment and independence.

Women attended employment and educational programs at VIU and private institutions to improve their skill base and financial stability.

Women shifted from survival mode to long-term stability, healthy lifestyle choices, and future planning.

We facilitated drop-in support groups that women could attend any time without commitment to reduce barriers.

Women had opportunities to enjoy recreational activities in our beautiful outdoors, from which marginalized women are often disconnected.



319 Homeless Prevention Program supplements handed out

We built a continuum of care with Outreach, agency, and community resources that responds to client needs and directs our work.

Nanaimo Transition House

2017-18 ACCOMPLISHMENTS

We advocated for full-time child care and have now implemented it.

Our *Women Support Workers* (WSWs) continued to support women with complex issues 24/7.

Staff painted murals in the house.

The Transition House sponsored a children's skate.

We are collaborating with Haven's Community Victim Services and Volunteer Program to deliver the Responder Program with our community partners. Our WSWs answer all the calls for assistance.

Every one of our WSWs and *Family Support Workers* (FSWs) work hard each day to help women—those staying at the transition house and those calling the Crisis Line—find housing and to support their varied needs.



“The workers were available and actively listening. The continuous support has helped my children and me in so many ways.”

Mina sat on the edge of the bed in her room at Haven's Transition House, her one-year-old daughter, Anita, on her lap. Her four year old, Ryan, burst through the door followed by Mary, the Child Care Worker.

“Mommy, I drew these pictures,” he exclaimed, grinning from ear to ear. Mina accepted the drawings.

“These are really good, sweetie,” she forced herself to smile as she looked at a crooked, green sailboat.

“Ryan was so well-behaved the whole time,” said Mary, the Child Care Worker. “Did you see that apartment?”

“Yes, but it's small, even for a one-bedroom.” Mina stared at the floor. “I haven't gotten any calls from the others, not that I can afford them.” She bit her lip to stop the tears. “I don't know what I'm going to do.” Bobbie, a Women Support Worker, popped her head in the open door.

“Mina, I made an appointment for you to see one of our Outreach Workers tomorrow. They're really good at looking at all the housing options.” She smiled encouragingly. “Don't worry, you'll find something.” She noticed the drawing. “Wow, Ryan, I love your green boat. Would you like to help me wash some fruit for snack time?”

Mina appreciated the staff's kindness with her children and their ever-present support as she got back on her feet during the most difficult situation she had ever faced.

129 women and 97 children housed
Average length of stay: 30 days
128 women turned away due to no space
Answered and assessed 3,581 crisis calls
House at capacity 291 days

Housing Shortage

Rents are unaffordable for most women. They often call many places and do not receive a single call back. Women and their children are forced to live in extremely small or unsafe spaces.

Our WSWs and FSWs as well as Haven's Outreach Workers worked hard every day to help women find appropriate housing so that they can live with dignity. Donations of bedding, towels, and food make a huge difference for families facing such challenges.

More Clients with Complex Needs

Mental health challenges and addictions are increasing, but few resources are available. WSWs continue to assist women with complex needs 24/7 in person and via our Crisis Line.

WSWs provided invaluable support and advocacy for women with medical issues released from the hospital and unable to manage on their own.

They also helped many women with cognitive, physical, and health issues who had difficulty accessing resources that could help their unique needs.

Parksville-Qualicum Haven House

This past year:

- We offered several presentations to the community, to agencies, and to a real estate group.
- We participated in Project Connect run by Oceanside Homelessness Task Force.
- Our Residential Coordinator is a member of the Oceanside Homelessness Task Force, Community Coordination Action Committee, and Integrated Case Assessment Team (ICAT) for high risk domestic violence in our community.
- Staffing now ranges from 4 to 6.5 hours every day. Our vision is to be a full transition house in the future.

Since we opened in 2013...

- Over 100 families and 60 children were supported.
- Approximately 13 high risk cases stayed here and one family was escorted to another community for safety reasons.
- More than 500 crisis calls were answered.
- We are responding to ever more complex needs, like mental health issues caused by trauma.
- We are receiving more high risk calls that we are unable to handle in our community for safety reasons and because we are not staffed 24/7.

14 women and 15 children housed
40 women attended support groups
127 crisis calls

2017-18 ACCOMPLISHMENTS

We ran 16 Steps and Weaving Our Voices groups for women in our community.

Thanks to Oceanside's Community Fundraising Group, we were able to increase staff hours. The Oceanside community is very generous and understands the importance of supporting women and children fleeing abuse.

Renovations to the house: painting, new roof/gutters, new furnace/heat pump, emergency preparedness shed, and driveway paving for stroller/wheelchair accessibility.

Our productive team works well together and has developed an effective communication strategy.



"I feel safe now using my voice in situations where it wasn't possible before."

June had escaped to Haven House one year ago after leaving her husband of 30 years. Her first month at the house had been spent grieving the loss of her marriage and considering her next steps.

Then, staff had helped June to move into second stage housing—her own suite with support when she needed it. Through the Weaving Our Voices group, she had worked on building her confidence. After a few months, she had surprised herself by choosing to attend some career training.

Now, one year later, June had her own apartment and a job she loved. She even had a boyfriend, someone who let her speak and who listened to her. The path to reach this point had been fraught with fear and many unknowns, but June was thankful that she had risked it.

Thank You Oceanside community! Your donations stay in our community and change the lives of women and children in our neighbourhoods.

Parksville-Qualicum Haven House would not operate without our collaboration with the Society of Organized Services (SOS).



Parkville-Qualicum Community Victim Services

During this past year, we responded to client and community needs when Police Based Victim Services Program in Oceanside closed for several months.

Collaboration and coordination with Crown Counsel's office was very effective in providing space for a specialized pre-trial interview. We supported Crown Counsel in assisting and accompanying a young adult woman having to testify in court and helped with her needs for witness testimonial aids.

Collaboration with Island Health Family Support Workers was instrumental in reducing barriers for mothers accessing our services who could speak with our staff without disruption.

The CVS Program Coordinator continues to chair the Community Coordination Action Team (CCAT) meetings. The CCAT Committee, comprised of several organizations, addresses relationship violence and abuse by identifying gaps and barriers, promoting safety, and working towards healthy relationships. The focus is coordination and collaboration, streamlining services, and creating community protocols.

We currently have an Interagency Case Assessment Team (ICAT) in Oceanside.

We want to recognize and honour all our partners and community members in Oceanside and surrounding areas who help us help our clients with their physical, emotional and mental well-being.

2017-18 ACCOMPLISHMENTS

Clients were grateful to have a safe, comfortable place to debrief and to obtain information on how to navigate the criminal justice system and access community resources. Whether it is assisting them with Victim Impact Statements, Crime Victim Assistance Program Forms, Safety Planning, or other information, clients continue to let us know that this program not only provides them with the information they need, but also helps them to heal from the effects of victimization.

Clients continued to acknowledge the unique services we provide in Oceanside, such as free specialized Reiki and access to books and DVDs. They appreciate being given information about abuse dynamics and unique tools to manage their impact responses due to victimization.

150
Clients
Served

3 high risk files
400 phone calls
325 in-person sessions

The day after Naomi and her boyfriend split up, he knocked on her apartment door. Tyson—Ty—said he just wanted to talk, so she reluctantly let him in. He apologized and asked her to get back together, but she told him that she couldn't deal with his temper and jealousy anymore. That's when all hell broke loose.

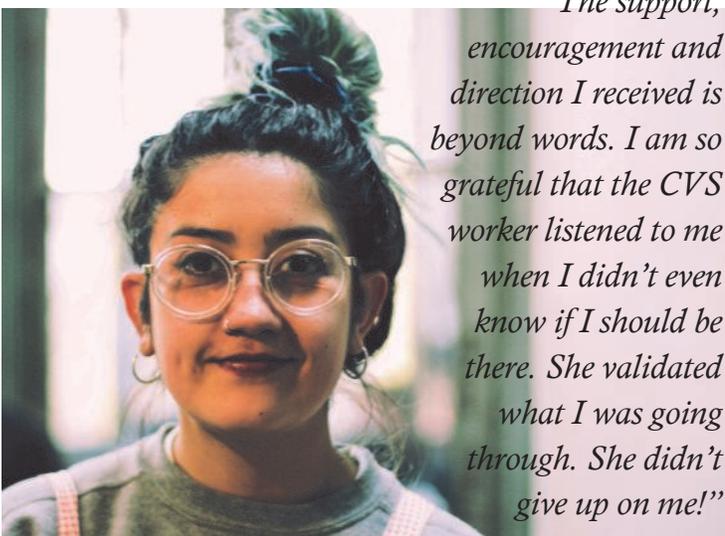
Ty ended up raping Naomi, but told her he was 'making love' to her. He told her that it wasn't a crime for a boyfriend to make love to his girl one last time.

That week, Naomi felt humiliated and upset, and couldn't focus at work. How would the incident be viewed? Would people blame her for letting him in? Would they shrug it off as a lovers' quarrel?

Naomi finally decided to go to the drop in at Haven's Community Victim Services (CVS) in Parkville to get information.

The CVS worker listened to Naomi's story—really listened. She acknowledged Naomi's feelings, without judgement. She talked with Naomi about her options and about the criminal justice process so that the young woman understood what would be involved.

Before Naomi left, the CVS worker lent her a book about violence in relationships and a video with meditations to help relieve her stress. Naomi was so relieved and grateful for all the information and, most importantly, for the caring, compassionate support.



"The support, encouragement and direction I received is beyond words. I am so grateful that the CVS worker listened to me when I didn't even know if I should be there. She validated what I was going through. She didn't give up on me!"



**Program for Children and Youth
Experiencing Violence**
Prevention, Education, Advocacy,
Counselling and Empowerment

PEACE Program for Children & Youth

In 2017, through consultation with stakeholders and partners, the children and youth program's name was changed from Children & Youth Who Witness Abuse (CWWA) to PEACE—Prevention, Education, Advocacy, Counselling, Empowerment (see the new logo above).

The PEACE Program remains a provincial intervention/prevention program that addresses the needs of children and youth (3-18) who have experienced family violence.

This Year...

The PEACE program received an increase in requests for presentations and programming within the community.

We continue to grow positive working relationships with outside agencies in order to provide PEACE services in the community and refer families with complex issues to appropriate community resources.

ACCOMPLISHMENTS

Weekly counselling support was offered to John Barsby Wellness Centre.

Weekly Wellness Circle was provided to Raven's Lelum teen parenting program (December to May).

Respect presentations on sexualized violence and consent were delivered to Dover Bay Outreach and School District 68 Learning Alternatives.

Believe Project presentations were offered to seven elementary schools.

Five PEACE groups were facilitated at Fairview and Georgia Avenue Community Schools.

Violence Is Preventable presentations were delivered to 30 classes at Brechin Elementary School and Fairview and Georgia Avenue Community Schools.

Staff delivered *Responding to Sexualized Violence* presentations at Vancouver Island University and North Island College.

Haven's PEACE Program was chosen as a pilot site in a research project, *Reaching Out With Yoga*, to provide trauma informed yoga practice to children/youth in our program.



“Every time I came to my sessions I felt welcomed and that my counsellor genuinely cares about me.”

84 families referred
391 individual counselling sessions
71 group counselling sessions
30 presentations delivered to 768 students in School District #68



When the noise started, Julian would instinctively reach for his headphones and turn the volume up to cover the sound of his dad yelling and his mom crying. He remembers the feeling of shame and guilt—he couldn't help his mom because his dad scared him. Sometimes when his dad wasn't looking, Julian would throw away a few of his dad's cigarettes or delete contacts from his phone just to confuse him.

Then, one morning, he and his mom left. They waited for his dad to go to work then rushed to get some clothes and personal belongings into the car. As they drove, his mom told him that she had been speaking to people at Haven Society who had offered to help. Julian watched the bruises on her neck move as she spoke.

Julian and his mom got their own place and after many months they began to feel safe. Julian had to wait for a spot in the PEACE Program but, when he started counselling, he learned that he was much stronger than he thought. The counsellor told him that by listening to music, venting to his friends, and doing small things to annoy his father, he was actually resisting the violence and finding ways to protect himself. Now, when he thinks back on that time, Julian remembers the strength he and his mom had to protect themselves and to build a place of safety away from his dad.

Volunteer Program

For the past 40 years, volunteers who were willing to share LOVE IN MOTION have been a central and guiding force for Haven's work.

At Haven, anniversaries are often bittersweet; we wish our work had not been needed this long. So, while we cannot “celebrate” 40 years of promoting safety, we can truly celebrate 40 YEARS OF LOVE IN MOTION.

Without a doubt, we can joyously celebrate that, for 40 years, individuals from Central Vancouver Island have stepped up in LOVE to create space for, hold up, and walk alongside all the women, children, youth, and families who have been impacted by violence.

2017-18 VOLUNTEERS' ACCOMPLISHMENTS

In 2017/18, volunteers donated over 2,500 hours of their time to the work of Haven Society in Nanaimo and Oceanside: providing administrative support | fundraising | organizing supplies and resources | helping to co-facilitate support groups | providing emotional support to victims of violence | offering direction, guidance, and support through our board.

Not included above is the time spent by our passionate and dedicated volunteers in supporting, educating, and advocating for Haven's work in their day-to-day lives.

Over 80 individuals completed our volunteer training and developed an awareness and understanding of the issues of violence and abuse against women, children, youth,

and families. These individuals are speaking to their friends, families, colleagues, and social groups. As they do so, they are playing an important role in promoting safety within our communities and homes.

With this community advocacy in mind, at the end of this fiscal year, we launched our first ever Haven 101 Information Session. This 2-hour session was developed as a way to share information about Haven's work and to create passionate advocates who will share the messages of safety throughout our communities.

If you would like to promote safety for women, children, and youth in our community, read the Volunteer page on our website at:

www.havensociety.com

Men Choose Respect

Men Choose Respect engages in having conversations to identify a clear definition of Safety and Abuse, developing skills that promote positive, safe, and healthy relationships, identifying decisions and choice, and understanding contributing factors to violence. The curriculum draws on best practices including feminist, response based, and narrative approaches.

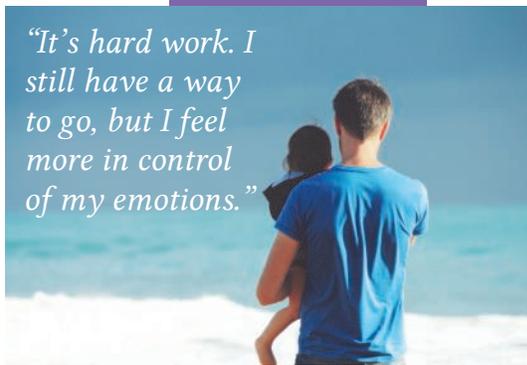
Work, particularly out of province or in the north, was a barrier for men's participation. The program is available days, evenings, and weekends to facilitate attendance.

Transportation is another challenge; men are assisted with public transit or other means.

This year's surveys show improvement consistently for all participants in areas of attitudes, responsibility, and skills.

114
Men
Served

88%
completion rate



"It's hard work. I still have a way to go, but I feel more in control of my emotions."

2017-18 ACCOMPLISHMENTS

Mid Island Men's Services

We received one-time funding from the BC Ministry of Public Safety and Solicitor General for *Supporting Healthy Relationships* to:

- enhance service delivery;
- increase collaboration between men's service providers; and,
- develop and document the delivery methods of Men Choose Respect (MCR) and Beyond Blame, a support group at Nanaimo Family Life Association.

Nanaimo is working on a continuum of men's services and a community social response under the auspices of the Community Coordination for Domestic Safety Committee.

Haven offered services to Cowichan Women Against Violence Society to support the launch of men's services in that region, providing training, development, and facilitation.

Promote safety by offering a Positive Social Response.

Listen.

"Workers were available and actively listening, told me I'm safe and to relax."

"Sharing and being heard and supported was most helpful."

"I realized that there are community agencies that sincerely help."

"I'm able to express my feelings better to understand my situation."

"I now use my voice in situations that was not possible before."



Believe.

"You're the first person to get what I'm going through, what it means to be a victim of sexual assault. It's exactly what I needed."

"That's exactly how I felt, thank you for acknowledging it."

"I learned to love myself."

"There are reasons for my responses. I am not alone in these reactions, nor am I crazy."

"I realize my worth."



Support.

"The continuous support since our first night here has helped my son and me become stronger."

"It was helpful to learn ways I can also support my grandchildren as they go through tough times."

"Connection with women and staff helps me to feel safe and able to move forward."

"I'm still a work in progress. My awareness, enlightenment, empowerment will help me move forward."

"You saved my life."

"I've been able to maintain my home."

"You're caring, but straight with me when it came to safety."



STOP VIOLENCE.



"I do not HAVE to tolerate abuse, I demand respect."

"I've learned it's ok to stand up for myself in a respectful way. No one deserves to be treated badly."

We would like to thank our clients for giving us permission to use these quotes. All photos are stock.



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