

people are saying...

"Everyone is having a hard time right now dealing with the uncertain economy. But some have it so much harder than others. This is why I decided to donate to Ernestine's Women's Shelter. I want to make a difference in the lives of the women and children who have so little because I have so much." Michelle Hanna, donor

wish list

The recent state of the economy has affected everyone; however many are worse off than others. Please help us provide the following items to our clients:

- Gift certificates to Winners, HBC, Wal-Mart, grocery stores, drug stores, and clothing stores
- Toiletries – soap, shampoo, conditioner, toothbrushes, toothpaste
- Diapers – all sizes

Food Bank Items:

- Rice
- Pasta
- Tuna
- Oil
- Sugar
- Cereal
- Flour
- Baby food
- Canned milk

To arrange delivery of your donation, please call our donation line at 416-746-3701 ext. 2100 and leave a

our mission

Ernestine's Women's Shelter, an organization run by women, provides support and shelter for women and children escaping violence.

Ernestine's assists women and children in rebuilding their lives by providing crisis intervention and a range of holistic support services, while acknowledging the multitude of issues facing survivors of abuse.

Ernestine's adapts its services to honour diversity and the unique needs of the individual.

Ernestine's promotes awareness, education and advocates for early intervention and prevention.

Ernestine's
inspire.

Ernestine's Women's Shelter P.O. Box 141, Station B Etobicoke ON M9W 5K9
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Kingsway-Lambton United Church

Art Show and Sale

Art for Goodness' Sake

Saturday, April 4, 2009

10 am – 4 pm

85 The Kingsway, Toronto

A fundraiser for local charities, including
Ernestine's Women's Shelter

Admission: \$10

For more information about the artists, visit:
www.kingswaylambton.ca/art_show.html

Inspirations

Reaching out to Children and Youth

Corporate Partnership in Action: CapitalOne Funds New Program

Written by Sayurie Naidoo

The newest program at Ernestine's Women's Shelter is our Outreach Child and Youth Program. With the help of our friends at CapitalOne, we were able to kick off the program three months ago on November 3, 2008. The goal was to meet the physical and emotional needs of high-risk children and youth once they leave the shelter.

Deborah James, Outreach Child and Youth Programmer, transitioned from her role as Child and Youth Programmer for in-house children to run this new program. Previously, direct service had only been provided to children and youth while they lived at the shelter. The outreach program provided support to the children's mothers, which then indirectly trickled down to the children. However, this did not always meet the unique needs of each child.

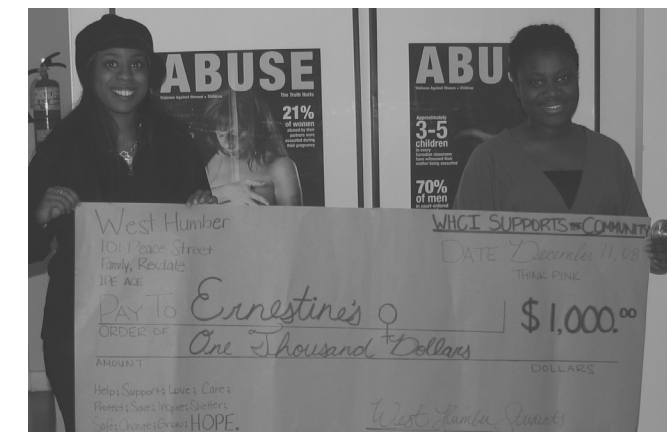
With the introduction of the new program, Ernestine's is now able to provide outreach children and youth with essential services. For instance, clients are able to drop by the shelter for a homework club twice a week. CapitalOne also helped out by donating laptops to Ernestine's, which have been put to great use during the weekly homework club.

"Ernestine's is like family", said one youth who had left the shelter 3 months ago. He still comes back to visit with staff, as do many other children and youth who have since moved out of the shelter. Now, he is able to stop by the shelter for more than just a friendly visit.

The program has been well received by many clients. Recently Ernestine's was able to arrange interpreter services for a mother who had to attend a hearing for custody over her toddler son. The mother expressed her relief as she was able to understand the proceedings completely.

As she and her young son have no family in Canada, she was thankful to receive a simple phone call from the caring staff at Ernestine's. She expressed how appreciative she was that the staff took the time to see how she was doing.

Hearing this encourages Deborah, the Outreach Child and Youth Programmer, to continue doing the "little" things. She says, "We often get 'caught up' wanting to do big projects and big events for the clients and forget every little things counts and can make a BIG difference in their lives."



Laverne Blake, left, Legal Support Counsellor, and Deborah James, right, Outreach Child and Youth Programmer pose with a cheque from West Humber Collegiate Institute. Students at the high school raised money for Ernestine's during their annual "Peace Week".

A regular newsletter by Ernestine's Women's Shelter
February 2009

Ernestine's
inspire.

It's the little things...

...that have a big impact

Ernestine's would like to thank the generous individuals, families, groups and companies who provided support to the shelter during the holidays. Your contributions have helped us to provide support to over 100 women and 300 children over the holidays.



Debbie Thomson (pictured centre wearing the hat) celebrates her 50th birthday party with a few of her closest friends. Rather than bring her gifts, each guest made a donation to Ernestine's. We hope you had a wonderful birthday, Debbie!



Employees from Xerox put together welcome packages for new clients moving into the shelter. They purchased toiletries, clothing, and other essential items, and then volunteered their time to put together packages. They were also kind enough to donate a photocopier to Ernestine's.



Smithfield Middle School's "Girls to Women" group helped fundraise for Ernestine's by holding 2 bake sales at their school. Thanks girls!



The head chefs from the InterContinental Toronto Yorkville prepare dinner for the clients and staff at Ernestine's. They were joined by their colleagues who turned our shelter into an elegant dining room before serving a delicious meal.

Upcoming Events

The Ernestine Affair 2009
Thursday, April 30, 2009
6:30 reception, 7:30 dinner

Reception, Dinner, Live Music, Silent Auction, Live Auction
Sala Caboto, Villa Colombo
40 Playfair Avenue, Toronto

Tickets: \$100 per person

All proceeds go to Ernestine's Women's Shelter

For tickets or sponsorship information, please contact Sayurie Naidoo at (416) 743-1733 ext. 2015 or fundraiser@ernestines.ca

Do you collect Air Miles, HBC Rewards, or other types of rewards points? Why not use your points to donate an item to our auction? Contact Sayurie Naidoo at 416-743-1733 ext.2015 or by e-mail at fundraiser@ernestines.ca to find out more about donating your rewards points to Ernestine's. 100% of proceeds from our auction go directly toward our programs.



Inspire: Knowledge A guest column

Sheena is a Social Service Worker student at George Brown College and began her field placement at Ernestine's in late October. After graduation in April she hopes to find a staff position as a front-line counsellor in the Toronto VAW sector.

One of the things that I've come to appreciate most about my student experience at Ernestine's is one that also caused me concern when I first began my placement. Ernestine's has a policy of rotating students through different programs to give each of us a variety of experiences and learning opportunities, but I had thought that I would benefit most from fully immersing myself in only one program. I had hoped to join what I thought of then as the "main" program at the shelter, the Women's Counselling program. What I have learned instead is that each program run at Ernestine's is the "main" program. They each interconnect in a way that is designed to provide a complete range of support and services to the shelter's clients.

I began by working in both the Women's Counselling program and the Transitional and Housing Support program. In the Women's program I got to know the residents and their day to day needs for support and assistance. I worked under several different staff members, each with their own strategies and techniques for serving clients. I began to understand how the work of the Legal and Housing counsellors complements the support offered by the Women's program counsellors.

In the Transitional program I was pleasantly surprised to learn that Ernestine's has made a commitment to offering that same level of well-rounded support to women who haven't yet chosen or been able to leave abusive situations. I was heartened to know that instead of being judged and pushed into leaving an abuser before it is safe or before they are ready to do so, women are truly heard and supported by the shelter regardless of where they are in their own process of change.

Most recently, I've been placed in the Child & Youth and Skills Exchange programs. One of the things that most attracted me to Ernestine's was the shelter's commitment to serving the needs of young clients separately and distinctly from the needs of their mothers. Two days a week I have the opportunity to learn from the Child & Youth counsellors as they put that commitment into action, working with children and youth to ensure their stay at Ernestine's is both safe and healing.

In the Skills Exchange program I've learned how programs and services offered by organizations outside the shelter can be accessed to provide Ernestine's clients the most comprehensive service possible. From hosting internal workshops with nutritionists or budget experts, to organizing outings to musicals or hair salons, the Skills Exchange program works in conjunction with the rest of the Ernestine's team to meet the needs and desires of the shelter's clients.

Every day my learning experience is different, and every day I leave Ernestine's with a better understanding of how one organization made up of several distinct service programs staffed with committed and highly skilled people can bring all these resources together to fully support the needs of the women, children and youth that it serves. My hope, looking forward to my graduation in April, is that I can eventually find myself working on a team as strong as the one that Ernestine's has built.

Would you like to reflect on how your support of Ernestine's has had an impact on you or those around you? To share your story, please contact Sayurie Naidoo, Fundraiser at fundraiser@ernestines.ca or 416-743-1733 ext. 2015.

question & answer

Q: What happens when there is no space at the shelter?

A: Ernestine's is often run at full capacity and therefore there are many times when we cannot accommodate women and children in need of help. If we are full, we refer the woman to a service called Central Intake that monitors space availability throughout the city. If she likes, the woman can also become a client of our Transitional Housing and Support Program that provides services to women outside of the shelter. If a woman comes to the shelter and we have no space, we will not turn her away until we find somewhere safe for her to go.

Please e-mail your questions to fundraiser@ernestines.ca or send them to us in the mail.