

# people are saying...

"Ministry of Labour staff are totally supportive of the invaluable work that Ernestine's does to provide women and children at risk with a safe and nurturing environment in which they can build a better future. We are pleased to have supported that work through the school supply and toy drives over the past five years and look forward to this year's Christmas campaign".

Barb Duckitt, Director of the Pay Equity, Ministry of Labour

"We selected Ernestine's Women's Shelter as the recipient of proceeds from our show because its mandate reflected a goodwill philosophy aligned with the theme of our show. It acknowledges hardships and supports the women in our communities with love and compassion. It was our intention, as artists, to demonstrate how we perceive the beauty, strength and resilience of women, and Ernestine's provides important support services to the very women we wanted the artwork in our show to speak to. It just seemed like a natural fit for a gesture we are very happy to have made."

Jason O'Brien, Artist, JMK Art Collective

## wish list

Please help us provide the following items to our clients:

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

Food Bank Items:

- peanut butter
- pasta
- rice
- baby food
- powdered milk
- canned vegetables

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



Volunteers from Rogers Communications help out around the shelter by painting, organizing donations, and cleaning storage areas. Thanks for your help!



Volunteers from Winners hosted their annual bbq at Ernestine's this past summer. The annual event featured food, fun, and gifts for our shelter, outreach, and transitional clients.

## 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.*

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A United Way member agency

## A Review of 2009

Continuing to Help Women and Children  
Lead Lives Free from Violence

Written by Sayurie Naidoo

We value your commitment to helping us put an end to violence against women and children. Here is an up-to-date on what has been going on at the shelter.

In addition to the essential services we provide, we have enhanced service delivery to many of our programs.

The Child and Youth Program organized a day camp this past summer. This was an initiative put in place as Ernestine's recognized that the City of Toronto strike had left many of our former residents without affordable childcare. Our staff realized that many of these women would not be able to afford alternate child care arrangements, which led to the creation of a summer day camp to support former residents of Ernestine's.

The Transitional Program at Ernestine's has been offering a support group for women called the YES I CAN Circle. The women learn about unusual self employment opportunities such as how to become a secret shopper, how to pursue arts funding opportunities, and how to develop and conduct a micro-business. Mentors have included several Toronto women who are successful in their areas of specialization. If you are interested in becoming a mentor, please contact transitional@ernestines.ca.

The Skill Exchange program at Ernestine's continues to be a force in supporting women to enhance their lives and inform their future both during and after their residency at the shelter. In addition to workshops on topics such as financial planning or healthy eating, the Skill Exchange program now includes a weekly yoga program to relieve stress and promote healthy living.

The Volunteer Program has teamed up with the Outreach Child and Youth Program and Glenforest High School in Mississauga. This initiative has been created by the students to raise awareness of the issue of violence in their community. This initiative is a great way of recognizing that youth in our community have a huge role to play in ending violence against women and children.

In 2009 Ernestine's Women's Shelter has:

- Provided shelter to 49 women and 68 children in our shelter
- Served 308 women and children through our Outreach program
- Served 189 women and children through our Transitional Housing and Support program
- Provided 283 families with food through our on-site food bank
- Provided 1400 hours of legal support

Staff from Ernestine's Women's Shelter show their support at United Way's annual kick-off event. United Way is a great support of EWS' programs and services. We couldn't do what we do without you!



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

**Ernestine's**  
*inspire.*



## It's the little things...

...that have a big impact

### Capital One bake sale

**Event:** Staff at Capital One volunteered by baking goods and selling them at North York Civic Centre

**Result:** Raised over \$1400 for Ernestine's Women's Shelter

**Effect:** We were able to help pay for school uniforms for the children at the shelter. This was an entirely employee-run event. Capital One has been an outstanding corporate partner through the organizational support as well as employee giving!



### Michael Power/St. Joseph Leadership Students

**Event:** Turkey drive for Thanksgiving, and currently running a food drive plus a winter jacket and boot drive. The students also regularly volunteer at the shelter.

**Result:** Donated turkeys, stuffing, mashed potatoes, and canned vegetables

**Effect:** We were able to provide our Outreach clients with Thanksgiving meals. The existing food drive will help us to stock our food bank shelves to ensure that our Outreach clients have food every month. As well, the winter jacket and boot drive will help us make sure that each child at the shelter is dressed appropriately for the months ahead. In addition, the students are a great help at the shelter by volunteering to sort donations, mail out newsletters, help out with the garden, and anything else that is needed. The Leadership Students at Michael Power/St. Joseph are setting a great example for youth everywhere!

### S.H.E. is a Work of Art – JMK Art Collective

**Event:** An art show featuring work inspired by women. The all-male art collective recognized that as men they have a responsibility to take action to end violence against women and children.

**Result:** Raised over \$600 for Ernestine's Women's Shelter

**Effect:** We were able to have baby showers for 2 pregnant women at EWS. Each woman received gifts to help her with her new baby, such as baby clothing, diapers, and bottles. Thank you, gentlemen, for your artistic approach to ending violence against women and children!



### WomenAide & Humber Valley United Church

**Event:** Drive to collect toiletries for women's shelters

**Result:** Nearly 700 items were collected and donated to Ernestine's Women's Shelter.

**Effect:** In addition to supporting the women and children at our shelter, we were able to provide our outreach and transitional clients with necessary items such as diapers, baby food, shampoo, conditioner, toothbrushes, toothpaste, and sanitary products.

# Inspire: Compassion

## A guest column

*Stephanie has been a volunteer at Ernestine's since the spring of 2009. She helps out in various aspects of the shelter through her woman's group, W.H.O. (Women Helping Out).*

In the spring of 2009, some of my friends and I came together to form W.H.O. (Women Helping Out). We are friends and colleagues brought together by the industry we all work in, and held together by our shared feeling that we have something to offer women in our community.

We investigated various organizations with the aim to establish one as a place to focus our efforts and to try to make a difference. I had the pleasure of first meeting with Denise (Volunteer Coordinator) from Ernestine's to learn about the issues facing the women and children who are supported by the shelter, and to discover how the W.H.O. group could help. From Denise I learned of the many wonderful support programs and services offered at Ernestine's. I also learned of the needs they have difficulty meeting without the support of volunteers.

I presented this information to the group, and before we knew it, Denise was meeting with us all to go over the Volunteer Package! Since then we've been involved in food and clothing drives, gardening efforts, Easter baskets, and a reading program with the children on Tuesday nights.

One thing that has struck our group during our time at Ernestine's, is the incredible warmth and commitment of the women who work there. In a place where many people come together, respect for others is critical to healthy functioning. The women at Ernestine's certainly lead by example.

The women of W.H.O. support the mission of the shelter. While we are distressed that there should be need for a shelter like this, we are encouraged by the focus on empowerment and self-determination. We are proud to be a part of this important cause, and above all else we wish for the peace and safety of all the women and children of Ernestine's, past, present and future.

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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: [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca) or 416-743-1733 ext. 2015.

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## gift ideas

Make a donation to Ernestine's Women's Shelter as your gift to your friends and family. With each gift, a holiday card (pictured left) will be sent to the recipient on your behalf.

If you have or will be making a donation to Ernestine's Women's Shelter, ask your employer about their matching gift policy. At no extra cost to you, you may be able to increase your support to Ernestine's!



## question & answer

**Q:** How many women and children can you accommodate at once?

**A:** We have 32 beds in 14 rooms, ranging from rooms for single women to rooms for a mother and her children. Sadly, our shelter is always full. Throughout the year, we have had many times where we were over capacity as there has been great need for a safe place to access. We are 1 of only 13 violence against women shelters in Toronto.

Please e-mail your questions to [fundraiser@ernestines.ca](mailto:fundraiser@ernestines.ca) or send them to us in the mail.