



LCIHCS NEWS

Updates from Lanark County's Only Anti-Violence Organization



Rising to Meet the Moment: Standing in Solidarity with Women Everywhere

As autumn settles over Lanark County, the realities facing women here and around the world grow harder to ignore. Rates of intimate partner violence (IPV) are rising—locally, provincially, nationally, and globally. Across Lanark County and neighbouring communities, we are seeing an alarming increase in the severity and frequency of gender-based violence. Yet at the very moment when demand for support is surging, resources for women's organizations are under threat.

Federally, the proposed 80% funding cuts to Women and Gender Equality Canada (WAGE) would decimate frontline services and advocacy organizations that form the backbone of women's safety across the country. In Ontario, Bill 173 and Bill 55—both of which would formally declare IPV an epidemic—remain stalled without action. At the time of writing, we still don't know what the outcome of the federal budget will be, but the message from both the provincial and federal governments is clear: women's safety is still being treated as negotiable.

Meanwhile, around the world, women's rights are facing coordinated attacks. From the rise of "trad wife" ideology and far-right movements promoting the rollback of gender equality, to the ongoing dismissal of survivors like those in the Epstein case as "hoaxes," we are witnessing a dangerous resurgence of misogyny dressed up as moral revival. The global pattern is unmistakable—and deeply connected to what we are seeing here at home.

In Canada, the Hockey Canada trial has again exposed the cracks in a justice system that continues to fail survivors. When five former World Junior players were acquitted of sexual assault this fall, survivor E.M. called the verdict "devastating." We share her grief—and her courage. As our Executive Director, Erin Lee, said in an interview following the verdict, "Justice has not been served. Old myths and stereotypes about sexual violence continue to be considered viable." Erin's words echo those of advocates, survivors, and allies across the country who know this ruling sends a chilling message: that even in 2025, disbelief and victim-blaming remain deeply embedded in our institutions. The lessons from the Renfrew County Inquest and the Nova Scotia Mass Casualty Commission are being ignored, despite clear recommendations calling for epidemic-level funding, trauma-informed responses, and bystander intervention education. The same systems that once promised to learn from these tragedies are now turning away from their own findings.

And yet, we refuse to be silent. At LCIHCS, we are doubling down on our commitment to education, prevention, and advocacy. We believe survivors. We believe every woman who has ever been silenced, discredited, or dismissed. We believe that our communities can and must do better. This moment demands solidarity—not only with survivors here in Lanark County, but with women and girls everywhere whose rights and safety are under attack. Because when we say "everyone deserves to live in safety and with dignity," we mean everyone—no exceptions, no excuses.

From Carleton Place to Parliament Hill:

Taking Back the Night

In September, over 150 people came together in Carleton Place to Take Back the Night. It was an evening filled with energy, solidarity, and fierce commitment to ending gender-based violence. Together, we marched for survivors, for justice, and for a future where safety is not up for debate.

From Carleton Place to Parliament Hill, our voices carried a unified message: women's safety is non-negotiable. After the local march, a small but mighty group from Lanark County boarded a bus to Ottawa to join hundreds of others from across the province for a historic Take Back the Night and Take Back the Budget rally

Every two days in Canada, a woman or girl is killed—most often by a current or former partner. Indigenous women, 2SLGBTQI+ people, and women with disabilities experience violence at rates two to three times higher than others. These are not just numbers; they are lives, families, and futures cut short.

The rally on Parliament Hill demanded urgent action from the federal government. At the time of writing, we still don't know what the outcome of the federal budget will be, but reports of proposed cuts of up to 80% to Women and Gender Equality Canada (WAGE) funding have sparked deep concern. These cuts would devastate frontline services and advocacy organizations that form the backbone of women's safety across the country.

Instead of scaling back, we need sustained, long-term investment in prevention, supports, and systems that keep survivors safe. That's why we joined advocates across Ontario to demand the following:

Our Calls to Action

- Maintain and increase WAGE funding, including reinstating core funding. When project funding sunsets, services disappear—and survivors lose support.
- Declare intimate partner violence an epidemic, recognizing it as a public health and safety crisis.
- Create an independent GBV watchdog to hold governments accountable to their promises, no matter who is in power.
- Prioritize prevention and early intervention, especially in communities most targeted by sexual and gender-based violence.
- Fix broken systems that trap survivors in cycles of violence, including the housing crisis, income insecurity, and legal barriers.

As one advocate put it, “The government finds money for big companies overnight, but when it comes to ending violence and femicide, survivors are told to wait. Building Canada must mean building safety for women, children, and gender-diverse people.”

Lanark County showed up strong, loud, and united — and our voices will not be silenced. Together, we take back the night, we take back the budget, and we keep demanding a Canada where safety and equality are not negotiable.



Violence Prevention Through Knowledge: Our Public Education Program

In late June, LCIHCS was thrilled to welcome a new Public Education Coordinator to our team. Education has always been a cornerstone of our work, and we know that increasing awareness about intimate partner violence (IPV) and gender-based violence (GBV) is a critical step in creating safer communities. Through our See It. Name It. Change It! campaign, and our broader Public Education Program, we work to break the cycle of violence by providing free workshops and training to schools, service providers, and community groups across Lanark County. By equipping youth, educators, and community members with knowledge and practical tools, we help foster culture change and create safer spaces for everyone.

Our workshops cover topics such as healthy relationships, dating violence, the impacts of domestic violence on children, gender and media representation, and how neighbours, friends, and families can safely support survivors, as well as an overview of LCIHCS programs and services.

We also offer customized workshops for teachers, service providers, and community groups, ensuring that content meets specific needs and curriculum requirements.

Coaching Boys Into Men: Shaping Respectful Leaders

This fall, we were proud to launch Coaching Boys Into Men (CBIM) in Lanark County! Our Public Education Coordinator, along with four additional staff members, completed specialized training to deliver this award-winning, evidence-based program to local coaches and athletes. CBIM equips coaches to have meaningful conversations with young men about respect, consent, healthy relationships, peer pressure, and mental wellness—helping prevent violence before it starts.



In September and October, we offered four CBIM trainings for boys' coaches across Lanark County and presented the program at a local Sports and Recreation Conference. The response has been incredible—coaches have shown enthusiasm, thoughtful engagement, and a strong commitment to fostering positive change in their teams.

Coaches are often trusted mentors who play a powerful role in shaping how young men behave on and off the field. Through team talks, practices, and everyday interactions, they have the unique opportunity to reinforce the message that violence and disrespect have no place in relationships. Athletes, too, hold influence within their schools and communities. They often lead by example, embodying qualities like teamwork, discipline, and integrity—qualities that also form the foundation of respect and healthy relationships. By engaging both coaches and athletes, CBIM helps build a culture where leadership is defined not only by athletic success, but also by empathy, accountability, and respect.

For more information about Public Education programs or Coaching Boys Into Men, contact Sadie Kotze at sadie.kotze@lcih.com or 613-257-3469 ext. 128.

Celebrating Local Business Support

At our September Annual General Meeting in Perth, we celebrated the generosity and enduring support of businesses from Perth and the surrounding area who have stood with us for many years. Their consistent contributions make a lasting impact on the women, children, and families we serve.

We are grateful for the support of:

- Red Brick Emporium
- CC's on the Rideau
- Fashion Envy
- Strévé Design
- Lavender & Lace Lingerie and Accessories
- Top Shelf Distillers
- Giant Tiger Perth
- Chiropractic Care and Longevity Center
- Your Independent Grocer
- Foodsmiths "The Good Food Store"



Their commitment strengthens our community and allows us to continue our work empowering women and children to live free from violence.

Matt and Cressida Barnabe of Barnabe's Your Independent Grocer in Perth were among the businesses we chose to honour.

A Swinging Success: Second Annual Golf Fore Change Tournament

Our second annual Golf Fore Change tournament was a beautiful day filled with community spirit, generosity, and fun! Thanks to our incredible supporters, the tournament raised over \$22,000 to support women and children fleeing violence in Lanark County.

We're deeply grateful to everyone who made this event such a success – our players, volunteers, sponsors, donors, board, and staff. Your enthusiasm and commitment created a powerful day of compassion, connection, and purpose.



A heartfelt thank you to the Mississippi Golf Club for hosting us once again, and to Ellis, our local pro, for bringing so much energy and skill to the day. We are continually inspired by the kindness and community that come together in support of our work.

SAVE THE DATE: May 29, 2026 - we can't wait to tee up for change again next year!

16 DAYS OF ACTIVISM 2025

SUN

MON

TUE

WED

THU

FRI

SAT



25
Launch
Ending Digital Violence Against Women & Girls

26
Wear Purple Day
Take a photo wearing purple and share it to social media. Don't forget to tag us!

27
Shop with a Purpose
at As Good As New and Pam's Kindness

28
Cheers for Change


29
Finding Your Power Through Art
Workshop with Concious Canvas Collective
1-3PM | \$30 |
Perth Community Services Hub

30
Presentation by Erin Lee at Trinity United Church in Smiths Falls 10 AM

1
Men as Allies
Video

2
Giving Tuesday

3
Girl Power Trivia
6-7 PM | \$15 | Jazzy's Brewhaus in Perth

4
See It. Name It. Change It!
Ending Violence in our Community
Presentation
6PM | Free | Location TBD

5
Love Bites:
Unpacking Toxic Romance in Twilight
Interactive Movie Screening
6PM | \$25
Mississippi Valley Textile Museum

National Day of Remembrance and Action on VAW Vigil
1 PM | Free |
Perth Women's Monument (next to Crystal Palace)



7
Board's Eye View: A message from our Board of Directors

8
Ending Digital Violence
Video 

9
Skin Deep:
Ending GBV for Aestheticians Seminar
6-7:30 | Free | CP Library

10
Self Guided Pebble Mosaic Tour



Every year from November 25 to December 10, individuals, organizations and communities across the globe come together to raise awareness, take action and call for accountability to end violence against women and girls. This campaign is rooted in the recognition that gender-based violence is not only a private or individual issue, but a profound human-rights violation.

This year the campaign's focus is on ending digital violence against women and girls. That means shining a light on how violence takes place in virtual spaces – online harassment, stalking, abusive sharing of images, digital surveillance, algorithmic bias, and networked power dynamics – and how these harms intersect with offline gender inequities and physical safety.

By participating in events, sharing messages on social media, and advocating for change – whether in your local community or online – you join a global movement working to build a world where women and girls are safe, respected, and free from all forms of violence.

HOW TO SUPPORT
**LANARK COUNTY
INTERVAL HOUSE**
THIS HOLIDAY SEASON

By giving to LCIHCS, you will make a difference not only for the women and children who will call Interval House “home” this December and beyond, but for the 300+ families we serve in the community.

How Can You Help?

- **Make a Donation** through CanadaHelps.ca, our website lcih.org, or send an e-transfer to finance@lcih.com
- **Donate a Gift Card** to a local store or restaurant. Gift cards can be mailed to P.O. Box 107, Carleton Place, ON K7C 3P3
- **Support Our Holiday Giving** by purchasing a gift for a woman, teenager or child in need. We ask that you especially keep teens in mind this holiday season.
- **Host a Third-Party Fundraiser** like a pajama or gift card drive. Email cathie.mcormond@lcih.com for more information
- **Sponsor a Family** Email lindsay.hunter@lcih.com for more information
- **Contribute to the holiday dinner at the shelter**

Consider Donating

- Gift Cards
- Hyenine Items
- Home Decor
- Socks & Cozy Items
- Outdoor Toys
- Books or Journals
- Self Care Items
- Sweet Treats
- Items for teens
- Arts & Crafts Sets
- Board Games or Puzzles
- Headphones

Gift cards empower women by allowing them to make choices about what their children receive for the holidays. Plus, they make great gifts themselves!

Please drop off your unwrapped gifts by December 11th to one of our drop off locations.

IDA Carleton Place



Rona Carleton Place



Rona Smiths Falls

Equator Coffee Almonte



Barnabe's Independent Perth

For More Information

Cathie.McOrmond@LCIH.com

613-434-1222

Catch Us on the Airwaves!

We're excited to share two new ways to learn about issues affecting women, rural communities, and gender-based violence:

First, our RAGE (Rural Advocacy for Gender Equality) podcast is now live! Hosts Erin, Emma, and Jess discuss current events, rural realities, and challenges facing women, often joined by special guests. Available wherever you get your podcasts.

We're also re-joining Bob Perrault from MyFM for Silence Broken, a follow-up podcast exploring the 86 CKW Inquest recommendations and what has—or hasn't—been done since. Each week, Bob and Erin will be joined by a new guest.

Tune in, learn, and join the conversation!

Making Waves at the Carleton Place Dragon Boat Festival

We had an incredible time at this year's Carleton Place Dragon Boat Festival, and we're so honoured to have been chosen as the 2024 charity partner. The festival raised an amazing \$7,000 in support of LCIHCS – funds that will go directly toward helping women and children rebuild their lives free from violence.

Our team of staff, board members, friends, and family gave it their all on the water – even without practice! We were thrilled to take home 3rd place in the Community Mixed B Final. A special shoutout to Leigh and Brian for drumming and steering, and to Tracey and Susan for volunteering and lending a hand throughout the day.

We're so grateful to the festival organizers and committee, everyone who paddled, volunteered, cheered, and stopped by our booth, and all those who showed their support. It was a beautiful day on the Mississippi River and an inspiring reminder of what our community can do when we come together.



Our Healing Garden Blooms

At our AGM last September, we announced that, in honour of 45 years of service, we would be planting a Healing Garden – a lasting tribute to the resilience, compassion, and connection that define our community.

Six of our community partners were recognized with medicinal plants, each one symbolizing their unique relationship with the agency. This meaningful project came to life thanks to Mary, Joanne, and the incredible team at Carleton Place Home Depot, who arrived bright and early to help us bring the garden to life.



Alongside these six special plants, we added two more in memory of our dear friends Deb Kinder and Donna Howell. A beautiful bench and angel sculpture have since been installed, creating a peaceful space for healing, reflection, and joy. Our heartfelt thanks go out to Home Depot for their generosity and partnership in making this vision a reality.

Standing with Survivors

This past May, Lanark County Interval House and Community Support once again took part in the We Stand With Survivors campaign in partnership with The Women’s Sexual Assault Centre of Renfrew County.

Now in its fourth year, this initiative raises awareness of sexual violence and stands as a visible reminder to survivors that they are seen, heard, and believed. We were honoured to be joined by Mayor Christa Lowry and Councillor Bev Holmes for the unveiling of our banner along the OVRT Trail near the Almonte Library, where it was displayed throughout the month.



New See It. Name It. Change It! Gear

The latest T-shirts feature the slogan in English, French, and Spanish, reflecting the reach and impact of the program across communities. Long sleeve shirts are also available, with hoodies and half-zip sweaters coming later this fall.

Stay tuned for your chance to grab one at an upcoming event!



Remembering Carol, Anastasia, and Nathalie

This fall, we honoured ten years since the senseless femicides of Carol Culleton, Anastasia Kuzyk, and Nathalie Warmerdam – three women whose lives were taken on September 22, 2015, in Renfrew County.

A decade has passed, yet the echoes of that day remain. Their loss is still felt in families, friendships, workplaces, and communities across Eastern Ontario. The pain ripples outward, touching so many who continue to grieve – and to act.

From that tragedy came a movement for change. The Renfrew County Inquest brought forward 86 recommendations to prevent future acts of gender-based violence. Communities – including right here in Lanark County – have named intimate partner violence as the epidemic it is. Survivors and advocates have refused to be silent, and governments are being called to do more.

We carry the names of Carol, Anastasia, and Nathalie as a promise: that we will not stop until the violence ends. Their stories continue to guide our work and light the path forward. We will never forget.

Exploring the Link Between Basic Income and Intimate Partner Violence

In April, Executive Director Erin Lee and an LCIHCS Board Member took part in a community panel discussion at the Carleton Place Town Hall on Basic Income: A Pathway to Help End the Cycle of Intimate Partner Violence.

Hosted by the Lanark Basic Income Network in collaboration with Lanark County Interval House and Community Support, the event brought together advocates, policymakers, and community members – including Senator Kim Pate – to explore how financial security can reduce economic vulnerability and help prevent intimate partner violence.



We were proud to be part of this important conversation highlighting the connection between economic justice and safety for survivors.

Eco-Friendly Fashions Take the Runway

Some of our fabulous staff and volunteers hit the runway at Eco Fest in Carleton Place, showcasing head-to-toe looks from As Good As New! The fashion show celebrated recycled and sustainable style, featuring creative outfits sourced from local thrift shops – and our models did not disappoint.



Thank You to Our Supporters

As usual, our list of folks to thank is long – and we are so grateful to the many individuals, businesses, and organizations who have supported Lanark County Interval House recently:

- Jacalyn Grimes & the RE/MAX Team – Another amazing RE/MAX Run raised over \$3,600 this year, bringing their total contributions over the past decade to \$50,000+. Your dedication has made a lasting impact on survivors and families.
- Jeff Julian, Desjardines Insurance – Regular donations of food for our shelter and perseverance pantry make a huge difference.
- Royal LePage Team Realty – Hosted the 2nd Annual 5K Harvest Shelter Fun Run at Carleton Place Pumpkinfest, bringing the community together and raising funds for our shelter.
- RONA Carleton Place & Kanata – Volunteering on our properties, hosting fundraising BBQs, donating an amazing new playhouse, and providing handcrafted tulips by Rachele at Project Pine Designs to make our backyard a magical space for children.
- Synergy Farm & Forge – Included us as a chosen charity at their EOF Block Party fundraising event in the fall.
- Perth Shoppers Drug Mart – Created a fundraising basket, with all proceeds supporting our work in the community.
- Carleton Place Public Library – Hosted a Crochet Crash Course, resulting in 34 handmade items including blankets, scarves, and baby items for our clients.
- Caldwell Street Public School (UCDSB) – Students raised over \$600 through a sticker fundraiser and created thoughtful baskets for families we support.
- Ottawa Young Construction Leaders & Super Save Ottawa – Donated \$20,000 through their annual golf tournament, helping us continue vital support for survivors.
- Jazzy's Brewhaus – Donated tea at Festival of the Maples in Perth, helping keep everyone warm and showing incredible community support.
- Ottawa Next Level U16 AAA Basketball Team – Hosted a girls skills clinic, raising over \$600 and donating toiletries.

To everyone who has donated, volunteered, or supported our work in any way – Your generosity, energy, and commitment strengthen our community and help us empower women, children, and families to live free from violence.

Celebrating the Leadership of Judith Haddad

At our AGM in September, we were proud to honor Judith Haddad, for her leadership as Co-Chair and Past-Chair of the Board of Directors.

Judy has been a guiding light, a strong leader, and a steadfast supporter of LCIHCS for many years. Her wisdom, strength, and unwavering belief in this work have made a lasting impact on our organization and the community we serve. We are deeply grateful for her dedication and leadership. Much love and gratitude to you, Judy!

