



LCIHCS NEWS

Updates from Lanark County's Only Anti-Violence Organization



A Note From Executive Director Erin Lee

As the leaves continue to change and fall and we begin to prepare for the holiday season and winter ahead, we hope this newsletter finds you healthy and well. The agency has been busier than ever with lots of new projects underway! The fall/winter newsletter will keep you up to date on all of our upcoming events, fundraisers and update you on what is new at Lanark County Interval House and Community Support.

As an agency, we continue to navigate and support women and their children impacted by violence with passion and dedication. The pandemic continues to impact families as the “recovery” phase sees increased pressure on finances, food security and housing.

Our numbers remain high, our crisis line busy, groups are full, and our shelter and alternate housing programs remain 100% occupied.

LCIHCS played an active role in the Renfrew Inquest, and we continue to lead local discussions and implementation strategies of the 86 jury recommendations. We encourage you to read the outcomes of the first rural focused inquest and work with us to; when we SEE violence, we NAME it so that together we can CHANGE it!

We thank you for being an engaged member of our community - we couldn't do it without your support!



2021/22 SHELTER STATS

63

WOMEN & CHILDREN LIVED IN THE SHELTER

3,025

CRISIS CALLS

120

NUMBER OF DAYS SHELTER OCCUPANCY RATE AT 100%

76 DAYS

AVERAGE LENGTH OF SHELTER STAY

Renfrew County Inquest

In June of 2022, the inquest into the 2015 femicides of Carol Culleton, Anastasia Kuzyk and Nathalie Warmerdam began in Renfrew County. Thirty expert witnesses, including our Executive Director Erin Lee, gave testimony. Several of our staff members attended and tuned in to the live stream to show support for our neighboring community.

The jurors called upon the Ontario Government to improve with 86 recommendations to prevent Intimate Partner Violence (IPV). According to the Ontario Association of Interval & Transition Houses, there have been 41 femicides in Ontario since November 2021, including an incident of femicide in Smiths Falls. These reoccurring events remind us femicide and gender-based violence are ongoing issues and the reality of our community.

So what now? As of October 2022, changes based on the jury recommendations have been limited. LCIHCS remains committed to holding the government accountable for preventing further femicides and incidents of IPV.

- **Recommendation Discussions on Lake 88:** Erin has been meeting with Bob Perrault of Lake 88 to discuss one jury recommendation in detail per week. Recordings of the discussion can be found on Lake 88's website and are shared weekly on our social media platforms.
- **16 Days of Activism:** As part of our 16 Days of Activism against Gender-Based Violence campaign, LCIH will be sharing more details about what you can do to help encourage the government.
- **What Now Lanark County? Event:** We invite you to join us for An evening of presentations by individuals involved in the recent Renfrew County Inquest at 6:30 p.m. on December 9th at Almonte Old Town Hall.
- **See It Name It Change It Campaign:** Get involved in our See It, Name It, Change It campaign to take an active role in ending violence in our community!



See It, Name It, Change It is Back!



At our Take Back the Night event in September, we officially relaunched our See It, Name It, Change It campaign! The program, initially launched in 2017 as a tri-county response to femicides in the region, has seen a few changes. The campaign aims to bring an end to violence against women, but has evolved to include anti-racism messaging.

We have launched a promotional video and held a youth-focused public education conference for high schools across the region in late October. New campaign merchandise has also been created - stay tuned for more details on where you can purchase your See It, Name It, Change It swag! More details on our website.

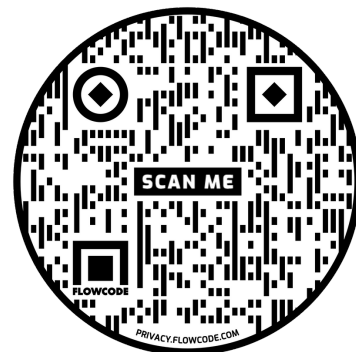
The Holiday Season at LCIHCS!

The staff and volunteers at LCIHCS strive to make the shelter feel like home and to make our residents and clients feel as joyous and festive as possible, especially over the holidays. Residents often feel especially vulnerable during this time and our support workers give extra time and energy to ensure that each resident feels secure, hopeful and loved.

Last year, our holiday giving program assisted over 300 families across Lanark County ensuring they had a wonderful holiday season filled with gifts and food. We sincerely thank our many local donors who made this a possibility! We once again ask that you consider Lanark County Interval House when thinking about your giving plan this year.

There are many ways to support LCIHCS during the holiday season:

- **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 Angel Tree** by hosting a physical tree at your business or corporate office or by **Purchasing a Gift for a woman, teenager or child** in need through our Virtual Angel Tree. Visit www.lcihvirtualangeltree.com or scan the QR code for more information
- **Host a Third-Party Fundraiser** like a pajama or gift card drive. Email cathie.mcormond@lcih.com for more information
- **Sponsor a Family** Email kim.angell@lcih.com for more information
- **Contribute to the holiday dinner at the shelter**



The Perseverance Pantry Serves Up Hope

Introduced in February to tackle food insecurity and the rising cost of living, The Perseverance Pantry provides women and children with food and hygiene items as they recover from the pandemic and navigate the rising costs living. Along with housing shortages, assisting clients with food insecurity has become a top priority of the agency. LCIHCS believes having access to healthy and affordable food is a basic human right; the goal of the pantry is to give women a hand up by providing them with food and hygiene essentials that are of value to them and their family. The pantry can be accessed twice a month by any woman or child registered in a LCIHCS program.

Since The Pantry opened, we have completed over 200 orders for 63 women and 85 children. The average order ranges in value from \$50-80, depending on the needs of the client. We have used grants to purchase items, but many items have been donated by local businesses and individuals in the community including Independent Grocer, Starbucks Carleton Place, Desjardins Insurance Agent Jeff Julian, The Beckwith Butcher and a local farmer who donates dozens of fresh eggs each month. Some fresh vegetables have been grown in our garden by a staff member and residents.



Our New Partnership: Shelter Movers Ottawa

We are thrilled to announce we have partnered with Shelter Movers Ottawa as they expand their service reach to include Lanark County.

Shelter Movers is a national, volunteer-powered charitable organization providing moving and storage services at no cost to women and children fleeing abuse.

We will have a kick off event on November 17, a free soup contest!

Shelter Movers is looking for volunteers in the Lanark County area, for more information visit www.sheltermovers.com!

Going Beyond 2nd Stage

With the support of the local, provincial and federal governments we were able to purchase an under used 9-bed rooming house in the fall of 2020 to support COVID recovery and resilience. The building has been renovated over the course of 2021 to offer six housing units, including a family unit and a barrier free unit.

Rent subsidies have been secured through the County of Lanark to ensure an affordable and safe housing option for women who are ready for a more independent living environment. The doors of the new, 6-unit building opened in Spring 2022.

Upcoming Events

| | |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nov. 10 | Launch of our Holiday Giving Campaign! |
| Nov. 17 | Shelter Movers SoupShare Event Learn more about Shelter Movers & Enjoy a free soup lunch 11-3 p.m. at Carleton Place Canoe Club |
| Nov. 25 | Violet Femmes Tickets available on our website |
| Nov. 30 | Write Our Stories Event Story sharing from Lorrie Potvin & Brenda Missen and an activity as we write our own stories. 1:30-3:30 p.m. at Carleton Place Library |
| Dec. 6 | Ntl. Day of Remembrance & Action on VAW Vigil 6 p.m. outside Crystal Palace in Perth |
| Dec. 9 | What Now Lanark County? Event An evening of presentations by individuals involved in the recent Renfrew County Inquest December 9th, 6:30 p.m. at Almonte Old Town Hall |

Visit our website for more event information!

Exciting Times Ahead at As Good As New

Since Fall 2021, the Suit Yourself program has been an ongoing project at LCIHCS. We have been working with an excellent team to put together videos and resources for women to prepare for court dates and job interviews. You may see a new, friendly face at the As Good As New store as you are shopping. In preparation for the official launch of the Suit Yourself Program, we have hired a new team member, Sue, in September 2022 to coordinate the As Good As New Store and Suit Yourself Program. Part of the plan for the Suit Yourself program involves a renovation of the existing building. We hope to be able to announce these changes very soon. In the meantime, stop by As Good As New to give Sue a warm welcome and pick up some new items for you, too!

New: Housing Advocate

Another new LCIHCS program this year, the Housing Advocate Program provides support, advocacy and connections to our clients in precarious housing situations. The Housing Advocate is an active representative in housing conversations in the community, with stakeholders, municipalities and other agencies. The program will connect LCIHCS clients to education opportunities to build less precarious incomes to assist with stabilizing housing options available to them.

The Housing Advocacy Program was developed in response to a prevalent ongoing issue affecting our other programs: access to affordable housing.

Thank You to our Donors & Community Partners!

We live in such a generous community and are always blown away by the wonderful support we receive!

We would like to thank all of our wonderful donors - we couldn't do what we do without your support.



Left: August 2022 presentation of the Starbucks Carleton Place Neighbourhood Grant and received a donation of \$3750! Right: October 2022 donation from Jackson Homes' Baseball Tournament Fundraiser for us: over \$10,000 raised! Thank you!



www.lcih.org



LanarkCountyIntervalHouse

Stay Connected!

16 Days of Activism to End Gender-Based Violence

Keep up with all the activities we have going on for the 16 Days of Activism using this calendar and our social media pages. Do your part to end violence!

16 DAYS OF ACTIVISM 2022



The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------|
| 27 Talking about Femicide | 28 See It, Name It, Change It. | 29 GIVING TUESDAY | 30 WRITING OUR STORIES EVENT 1-3:30 @ Carleton Place Library | 1 TUNE IN TO LAKE 88 to learn about Renfrew County Inquest recommendations | 25 VIOLET FEMMES EVENT | 26 <i>Uniting to end violence</i> |
| 4 Telling My Story: Words from Sarah Bell | 5 WEAR PURPLE DAY take a photo & tag us! | 6 N.T.L. DAY OF REMEMBRANCE & ACTION ON VAW VIGIL 6pm Outside Crystal Palace in perth | 7 Write a letter to your MP or MPP urging them to be proactive on Inquest Recommendations | 8 TUNE IN TO LAKE 88 to learn about Renfrew County Inquest recommendations | 9 SO WHAT NOW, LANARK COUNTY EVENT 6:30 P.M. @ Almonte Old Town Hall | 10 NIGHT IN, NIGHT OUT Movie night & giving |

NOVEMBER 25 TO DECEMBER 10

I wish to make a donation to Lanark County Interval House and Community Support

A donation of any amount would be greatly appreciated! Donation of \$_____ or circle one of the following amounts.
\$49.00 \$79.00 \$99.00 (circle one)

Payment by Cheque
Payment by Visa
Payment by MasterCard
Online donations can be made at www.lcih.org/gift-of-money

Cardholder's Signature
Card Number
Expiry Date

PLEASE MAKE RECEIPT OUT TO:

Name: _____
Address: _____
Postal Code _____ Phone Number _____ Email _____

LANARK COUNTY INTERVAL HOUSE P.O. Box 107, Carleton Place, Ontario K7C 3P3
(Charitable Registration # 11900 4901 RR0001)

We thank you for your support!