



September 2010

PATHS Newsletter

Volume 1, Issue 1

Featured Shelters:

- Regina Transition House
- Moose Jaw Transition House
- SOFIA House
- Regina YWCA Isabel Johnson Shelter

Inside this issue:

Welcome	1
Introduction to PATHS	1
Featured Shelters	2-3
Quick Facts & Stats	3
PATHS Update	3
Members	4
Announcements	4

Welcome to the PATHS Bi-Monthly Newsletter!

The PATHS Newsletter is a bi-monthly publication that will bring you up-to-date information on what is happening around our province within the sheltering community. It will also provide you, shelter staff, with valuable information, resources, and tools to help in your work supporting women and children fleeing violence and abusive situations.

Content of future newsletters depends solely on what PATHS members would like to learn more about. The PATHS Staff Advisory Committee will collect input from shelter staff and provide the PATHS office with direction for content. If your shelter does not have a PATHS Staff Advisory Committee member, please contact Stacey Kesten directly at the PATHS office (skesten@sasktel.net) with feedback and suggestions for future content.

PATHS: Who We Are...

Our membership is comprised of shelters for women who have experienced violence and their children, second stage housing programs, and services whose primary mandate is to provide support and referrals for abused women. Our **mission** is to create a society free of violence against women and their children. The PATHS office is located in downtown

This is your time to get involved in your Saskatchewan sheltering community!

Those who work in the area of interpersonal violence know first hand how challenging this work can be. This newsletter is intended to help support you in your work by offering information about supportive and effective interventions, providing you with a forum to share information, thoughts, feelings, and experiences, and lastly, by reminding you that you are not alone in the important work that you do...you are part of a rich, proud tradition of women helping women achieve their full potential by fighting against the violence, inequality and injustice that many women and children face. Every day you help our world become that much closer to a world without violence...a world where women and children are safe!

Regina.

Diane Delaney is the coordinator of PATHS and has been in this position for over 5 years. She has been involved with the shelter movement since 1986 and has worked in various capacities including Acting Manager of the Isabel Johnson Shelter and Executive Director of SOFIA House.

Brief History of the Sheltering Movement

Sheltering in Canada has been around since the mid 1970's. WISH, Regina Transition House, and Saskatoon Interval House were among the first women's shelters to open in the country. The need for sheltering women was first identified in the late 60's as a result of women's consciousness raising groups and the identified need to help women be safe from violence. **PATHS** was formed in 1984 as our provincial shelters felt the need to have a network so that they could work together on this important issue. We also saw the need for education at a time when the issue was not on the public agenda. Provincial associations now exist across the country providing support for their members, engaging in research, program development, and public education.

Stacey Kesten is the Director of Research and Communications for PATHS. She is nearing the completion of a Masters Degree in Educational and Counselling Psychology. She has worked in the area of interpersonal violence on the front-line as an outreach coordinator, counselor, and public educator.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”

-Dr. Seuss

Regina Transition House

Since opening its doors on January 12, 1976, Regina Transition House has been providing services and short term emergency housing to women and children fleeing violence. The shelter operates on a 24 hour, 7 day per week basis. The shelter provides safe housing, support counseling, information and education, advocacy and referral services for women and children, as well providing basic needs and emergency transportation. We have 11 full time employees including an Executive Director, Office Manager, Child Counsellor, Shelter Coordinator, Outreach Coordinator

and 6 Domestic Violence Counsellors as well as numerous DV Counsellors employed on a casual basis. The shelter is licensed by the Ministry of Social Services. Regina Transition House has 6 family rooms which can accommodate up to 18 people. The shelter has offered service to over **12,000** women and children over the past 33 years. This past year Regina Transition House received 420 requests for entry and 298 women were put on a waiting list when the shelter was full. During the 2009/2010 fiscal year 103 women and 103 children

stayed in shelter with an average length of stay of 17 days. Operating funds are received from the Ministry of Justice and Attorney General, the United Way of Regina, City of Regina, and Saskatchewan Housing. Project grants and donations from individuals, groups, and businesses provide additional operating funds each year.

-Kim Fellner, Outreach Coordinator

Moose Jaw Transition House

The Moose Jaw Transition House offers safe, short term housing, crisis counseling, and advocacy for women and children fleeing violence. Our shelter has been in operation since 1978 and has grown from providing solely sheltering services to offering an offsite outreach program, a children exposed to violence program as well as a shelter support and follow up program. The Moose Jaw

Women's Transition House Association is a non-profit organization governed by a volunteer board. Our shelter provides services for rural and urban women and their children who are victims of partnership violence. The shelter itself offers a 24 hour crisis line, housing, meals and emergency clothing for up to 5 women and their children. The shelter has video surveillance and magnetic

doors increasing the safety of the residents. Shelter staff are available for emergency counseling either in person or by telephone. We also make referrals to community and government agencies and assist women and families on their journey to living without violence.

-Dena DeMarce, Program Coordinator

SOFIA HOUSE

SOFIA House is a second stage shelter in Regina for women and their children who are survivors of abuse. We have been in operation since October 1, 1988. Our facility has 10 completely furnished apartments. While rent is required, through our partnership with Regina Housing Authority we are able to provide rent adjustments based on income. Residents sign a lease and this provides

some sense of stability allowing clients time to breathe and connect with staff; however it is flexible and therefore does not restrict families from leaving and moving on elsewhere. SOFIA House provides counseling services and programming for women and their children. Counsellors assist women in locating community support services and provide direct support in dealing with past

trauma. We assist women in overcoming the many barriers they face as they set out on lives as single parents such as finding employment, upgrading job training or education, improving their financial situation, dealing with legal matters.

-Melissa Laycock, Family Support Worker/Program Coordinator

Regina YWCA Isabel Johnson Shelter

Isn't it exciting to be a part of helping women to grow and change, and in turn, see many of them become a part of helping others in society? As shelter workers, we are truly privileged to be in the workplaces that we're in, working with beautiful women and children that find themselves in challenging situations. The Regina YWCA Isabel Johnson Shelter is located in downtown Regina with 10 beds and provides 24 hour service to women dealing with domestic violence. In 2009 we housed 101 women and 58 children. Due to lack of space, 149 women (plus their children)

were turned away. The housing crisis in Regina has resulted in longer stays in shelter, which in turn has meant more families have been turned away. In addition to providing support to the women in-house, staff also offer information, support, and referrals to women who may not want to enter a shelter. Challenging work, but inspiring women!!! Highlights of 2010 include: It has been a real pleasure to have our former Director, Louise Burns-Murray back as our present director. She hasn't aged a bit and is as full of ideas as ever! Nice to have you back Louise! We

would also like to welcome our new Outreach Worker, Ronda Ryerson, who is full of enthusiasm and excitement in working with our women. She has some wonderful ideas in connecting with our women and is already proving a real asset to both our clients and the rest of the staff. As of November 2009 we have been able to offer Art Programming for our women and children. Our artist, Barbara Meneley facilitates arts and cultural programs to assist in building greater connections between participants and the community.

-Carol Yoner, Shelter Counsellor

Quick Facts & Stats

According to the latest Statistics Canada report on Family Violence in Canada:

- There are 569 shelters across Canada supporting women and children fleeing abusive situations.
- Although police-reported spousal violence has steadily declined over

the past 10 years, over 40,000 incidents were documented.

- Females accounted for 83% of victims of spousal violence reported to the police.
- Police laid charges in more than three quarters of all incidents of spousal violence. Inci-

dents involving female victims were more likely to result in charges being laid than those involving male victims.

- At a rate of 4 per million, rates of spousal homicide are the lowest they have been in over 30 years.

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."
-Edward Everett Hale

PATHS Projects Update

The PATHS office is hard at work everyday tackling a variety of issues that face the community of shelters and support services that make up our membership.

Housing – We have been active in raising awareness about the housing crisis.

Mentoring Pilot Project with

Regina Transition House

Shelter Standards – We are guiding the development of provincial standards.

Position Papers on current issues

Conferences – We plan a provincial conference every 12-18 months.

Website where you can find up-to-date information about PATHS.

Abuse Helplines

Phones for a Fresh Start

Public Education including media and community relations

Research & Program Development

PATHS Contact Information

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Battlefords Interval House
Envision Counselling and Support Centre

Hudson Bay Family and Support Centre

Moose Jaw Transition House

North East Outreach and Support Services

Prince Albert Safe Shelter for Women

Piwapan Women's Centre

Project Safe Haven

Qu'Appelle Safe Haven Shelter

Regina Transition House

Regina YWCA Isabel Johnson Shelter

Saskatoon Interval House

Saskatoon YWCA

Shelwin House

SOFIA House

Southwest Crisis Service

Waskoosis Safe Shelter

WISH Safe House

Visit the PATHS website at
www.abusehelplines.org

ANNOUNCEMENTS

PATHS Board Meeting

A reminder that the Fall 2010 PATHS Board Meeting will take place October 5 & 6 in Saskatoon. The PATHS Staff Advisory Committee will meet in the evening on October 5.

CPAV PeaceMakers Breakfast

The 9th Annual PeaceMakers Breakfast, hosted by the Community Partnership Against Violence will be taking place Tuesday October 12, 2010 at 8:30am in the Regina Inn Hotel. This event kicks off the YWCA Week Without Violence. Tickets are \$10. Please contact Stacey Kesten at the PATHS office for more information.

PATHS Shelter Workers Conference 2011

The Conference Committee has been hard at work planning an amazing conference for Spring 2011! Please mark your calendars and look out for Conference Registration Forms.

YWCA Celebrates 100 Years in Regina

Congratulations to the Regina YWCA in celebrating 100 years of phenomenal service. The city of Regina would not be the same without you. The programs and services offered by the YWCA have truly helped thousands upon thousands of women and children

in our community reach their full potential!!!

Saskatchewan Shelter Data Count

In 2009 Saskatchewan participated in the first ever Global Shelter Data Count Day. PATHS has recently designed a public education/awareness brochure reporting the data from this project.

World Conference of Women's Shelters

The 2nd World Conference of Women's Shelters will be held in Washington, D.C. Feb. 27–March 1st 2012. The conference is titled "Creating a United Voice".