



a future without violence.



**anova**

**2017-2018**  
**Annual Report**

formerly Women's Community House  
and Sexual Assault Centre London



# Chair and Executive Director Annual General Report

This was Anova's first full operational year with combined budgets and services, and it has been busy as we evolve our new organization and merge cultures and practices. When we decided to unify, we did so with some very clear goals in mind, which we are proud to report are unfolding with increased accessibility and responsiveness on all fronts! Our crisis and support line has been integrated, and with over 10,000 calls this year, that is a very good thing!

We have changed shelter staff schedules to address the needs of those we serve, done extensive trauma and violence informed training with all staff and were able to initially reduce our sizable waiting list for sexual assault counselling. The timing of these accomplishments proved to be crucial as our service needs increased significantly through the #MeToo and "Time's Up" movements. We have also now implemented a new integrated database that will eventually capture all the services we provide to those we serve.

We have begun looking at developing more housing options for women\* and children, and with our partner Changing Ways, are researching the feasibility of sheltering men in order to keep women\* and children safer in community. We would like to extend our heartfelt thanks to all those in our community who are helping us to gather information on this potential initiative. Gratitude is also extended to *Maria Sanchez-Keane* for shepherding us through the process of developing **Housing First Plus** to increase safe housing options with support for abused women\* and their children in London.

For the past two years, we have been hosting an incredible group of people who sit on a committee called **Opening the Circle (OtC)**. These wonderful survivors have been developing their peer support skills through this initiative and are moving towards being accredited by **Peer Support Accreditation and Certification Canada (PSACC)**. Additionally, they have an excellent website ([Openingthecircle.ca](http://Openingthecircle.ca)) and a wonderful personal tool for assessing an individual's needs called the Lifespan Tool. Please check out their website, it is fantastic!



In 2018, Anova completed **LEAP21**, an online sexual violence toolkit for the child welfare sector. **LEAP21** invites users to make the leap to "imagine a world without sexual violence" by taking concrete steps to reflect on our attitudes, change negative behaviour, develop a deeper understanding of the issues and to take actions of support and advocacy. The interactive toolkit provides a wealth of resources for youth in and/or leaving care, adults who support them and child protection professionals. One of the most innovative elements of **LEAP21** is the **4ME app** that was created to support individuals in documenting experiences of sexual assault or harassment. The project was funded by the Ministry of Children and Youth Services under the **Sexual Violence & Harassment Action Plan**.

Thanks to our incredible community and its support of **Wine Dine and Showtime**, we have been able to offer our **ManMade** programs on an ongoing basis. Our public education offerings have increased, and we are working on our relationship with the Thames Valley District School Board to see how we can work more collaboratively to inform children and youth in our community about consent and gender identity.

In September 2017, we hosted an engaging community consultation on our strategic plan. The feedback about the goals and strategies suggested was exceptional and resulted in the following strategic directions for the next 3-4 years: 1) revolutionize systems and innovate service; 2) cultivate Anova presence and empower brand ambassadors; 3) leverage our skills, abilities and knowledge to mindfully foster a culture that reflects our feminist roots and core values; 4) attain financial sustainability to meet evolving community needs.

We are happy to report that we are moving forward with our strategic plan in all areas. Some of our many accomplishments this past year are: we formed a fabulous communication committee with the support of: *Dan Towers* and *Joanna Suntres* from Arcane, *Anne Baxter*, *Katrina Fortner*, *Katie Van Den Berg*, *Kelsey Adams*, *AnnaLise Trudell* and *Kate Wiggins*, we have



developed our strategy with key messages and a communication plan. What remains is to train our incredible number of ambassadors and roll out our plan.

We worked on two significant documents this year relating to our feminist roots, our intersectional feminist framework and our anti-oppression policy. Additionally, our governance committee created bylaws and a code of conduct and developed a "one-pager" on the characteristics of a feminist board.

We are in the process of forming a major gifts committee made up of board members and friends in the community to help increase our fund development goal. All our events are now to be managed by our Special Events Coordinator. And last but not least, our own salad dressing will soon be produced and sold, with proceeds returning to Anova.

As Kate retires at the end of this year, the Board has completed a search for our new Executive Director, and will be thrilled to soon announce this appointment. The Board acknowledges Kate's immeasurable contributions to the organization, and thanks her for her tireless dedication, her wisdom and her humour.

We would like to acknowledge and thank all of our volunteers and donors in the community who have supported us, with special thanks to our support line volunteers. We would also like to acknowledge and thank Daya who have been in partnership with us providing counselling to folks seeking service through the Counselling and Support Centre since it opened in 2014. Special mention and heartfelt thanks to our principal funders: the Ministry of Community and Social Services, the Ministry of the Attorney General and the United Way of Elgin Middlesex. We would be remiss if we didn't extend huge appreciation to all our staff who worked so diligently this year to help create a **future without violence**.

Peace,

*Shannon Wilson*  
Shannon Wilson  
Chair

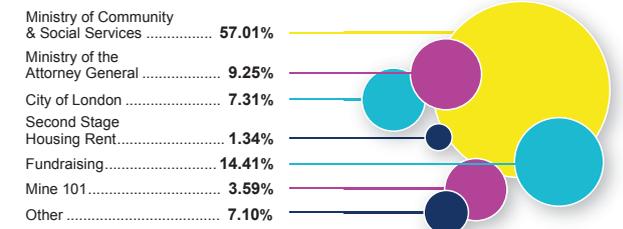
*Kate Wiggins*  
Kate Wiggins  
Executive Director

women\* (including trans women, non-binary and two-spirit)

## 2017-2018 Statistics

Total Residents	483
Number of Women	335
Number of Children	148
Women & Children Referred Elsewhere	117
Crisis & Support Line Calls	10,128
Walk-Ins	817
Second Stage Housing Tenants	38 women, 51 children
Transitional Outreach Clients	504
Family Court Support Program	200 clients
Community Group Program	41
Public Education/Workshops	226 speaks/groups, 7,800 attendees
Sexual Assault Counselling	643
Youth Programming	576
Volunteer Hours	26,500

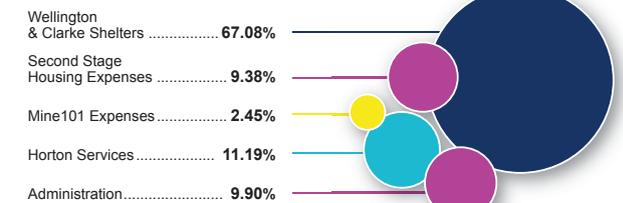
## REVENUE



Ministry of Community & Social Services	\$ 3,292,706
Ministry of the Attorney General	533,953
City of London	421,907
Second Stage Housing Rent	77,114
Fundraising	832,141
Mine 101	207,507
Other	410,057

Total Revenue .....\$ 5,775,385

## EXPENSES



Wellington & Clarke Shelters	\$ 3,907,276
Second Stage Housing Expenses	546,300
Mine 101 Expenses	142,479
Horton Services	651,857
Administration	576,603

Total Expenses .....\$ 5,824,517

Excess (Loss) Revenue over Expenses .....\$ (49,132)

THESE FIGURES MAY NOT CORRESPOND TO AUDITED FINANCIAL STATEMENTS  
This report is available, within a reasonable timeframe, in accessible formats for all abilities (large print, audio form, etc.) and may be ordered by contacting **Pamela Coray** at 519.642.3003 ext 2252 or [pamelac@anovafuture.org](mailto:pamelac@anovafuture.org).

## Shelter

*We provide safe shelter space for women\* and their children.*

### ● Two Emergency Shelters

The Wellington Road Shelter (40 beds) and Clarke Road Shelter (27 beds) are open 24/7, high-security and universally accessible, providing crisis intervention and counselling services for women\* and their children who have experienced domestic violence and/or abuse.

Our operating costs are reduced at our shelters with the generous support of our community through in-kind donations of new and gently used items, as well as volunteer support.

### ● Second Stage Housing

A rent-g geared-to-income, (25-unit) apartment complex, in South London offering housing to women\* and children who require safe, medium security housing. Tenants can stay up to four years.

Individuals trying to make a new home after leaving shelter have special needs beyond a roof over their heads. One half of those living in our shelters have personal incomes less than \$10,000 per year, and one fifth have personal incomes less than \$2,000 per year.

women\* (including trans women, non-binary and two-spirit)

## Support

*At Anova we offer a variety of free and confidential support programs to best serve those impacted by violence in our local community.*

### ● Children's Community Group Program

Provides an opportunity for children to begin to understand the abuse that happened in their family. Groups are offered for children aged 5-12, are free of charge, and are held in safe, accessible locations. Transportation is available. Parents/caregivers also have the opportunity to explore and reflect on how to support their children's healing.

### ● Coming Out Over Coffee

A facilitated drop-in discussion and support group, for

people 19+ who identify as part of the LGBTQIA2+ community. Individuals can share, engage, and discuss issues of gender based violence affecting their lives, including coming out. Held twice a month at Family Service Thames Valley. Learn more at [www.familyservicethamesvalley.com/events](http://www.familyservicethamesvalley.com/events).

### ● Community Outreach

Provides on-going assistance within the community to individuals experiencing violence. Counsellors meet clients in a place that is safe for them to discuss various topics such as individual safety plans, assisting with navigating the systems (legal, financial, housing, health, etc.), safe and affordable housing, connecting to resources and supports in the community, and advocacy and referrals.

### ● Counselling & Support Centre

Professional counsellors provide support and information for questions relating to abuse and the impact. Risk assessment and safety planning are also available. Walk-in or by phone.

### ● Crisis and Support Line

This line is answered 24 hours a day by trained volunteers and counsellors, providing crisis intervention, support, information and referrals for those impacted by domestic violence, abuse, sexual violence and those supporting them.

### ● Family Court Support program

Provides assistance to survivors of gender based violence going through the Family Court System by providing information about family law procedures, assistance in recording the history of abuse for court documentation, safety planning for court, accompaniment to court proceedings, and more.

### ● New Beginnings Loan Fund

As a result of funding from the United Way of Elgin/ Middlesex, interest-free loans are available to help individuals leaving abusive relationships to start rebuilding their lives.

### ● Opening the Circle

Peer-to-peer community support for individuals who have experienced sexual violence or sexual abuse. Learn more at [www.openingthecircle.ca](http://www.openingthecircle.ca).

### ● Sexual Assault Counselling

Individual and group counselling available to women\*

or gender non-conforming people aged 15 or older, in London and Middlesex County, who have experienced childhood sexual abuse and/or adult sexual assault.

### ● INsite: Your network for mental health & well being

A community collaboration at the White Oaks Community Centre with Family Services Thames Valley, Craigwood, Anova, WAYS and the Women's Rural Resource Centre. This initiative, funded by the London Community Foundation, offers a walk-in space for individuals and families, at no cost, who want confidential immediate counselling and referrals to additional supports.

## Advocacy

*Our job is to ensure that the voices of survivors of sexual violence and domestic violence are heard. Through social, political, economic and legal channels, we work to educate and advocate to create a future without violence.*

### ● Safe City London

Safe Cities is a worldwide United Nations Women program that draws attention to the sexual violence that women\* and girls experience in public spaces; whether that be in the workplace, at school, at a restaurant or bar, while using public transportation or recreation, or in a park.

Anova and the City of London started this 5-year initiative last fall, launching a mapping website that allows us to identify areas of the community where women\* have experienced sexual violence and harassment. In 4 months we have 2000 pins already! This information will lead to concrete actions taken in the following 3 years.

### ● Unfounded Review

In response to the Globe and Mail Unfounded story regarding police responses to sexual assaults, Anova has led on the creation of an advisory committee, comprised of community partners and London Police Services members who are now reviewing all sexual assault cases. This is a transformative approach to supporting survivors, helping to ensure that their experience of the policing system is helpful, appropriate and trauma/violence-informed.

### ● Housing First Plus

Recognizing that shelter is not the only option when leaving an abusive situation, Anova has adapted the Housing First model to meet the needs of women\* and their children in order to increase safe housing with support options in the community.

### ● Keeping Women\* and Children Safe in Community

Anova and Changing Ways have embarked on a feasibility study to explore how to provide timely and effective intervention to high-risk male perpetrators of violence, their victims and children living with violence. The work is ongoing and a report with findings and recommendations will be tabled with both boards in December.

## Education

*Changing culture and changing behaviours is how we will create our world without violence. Through 226 workshops, professional trainings and youth groups this past year, we engaged over 7800 individuals to encourage shifts to healthy relationships and emphasize the importance of consent.*

### ● Public Education

We provide workshops and training that explore all areas of sexual and domestic violence. Topics include consent and rape culture, staying safe online, trauma and its impacts, sexual harassment in the workplace, anti-oppressive practice and diversity training, violence against the LGBTQIA2+ community, and sex positivity.

### ● Girls Creating Change

A discussion group for young women\* to take action in their own communities on gender violence and stereotypes. By building community, young women\* aged 13-25 show that they are change makers in London and Middlesex County.

### ● ManMade

A discussion group about sex, drugs, dating, drinking, pressures, gaming, sports, school, anger and porn. For males aged 13-25 in London and Middlesex County.

# About Anova

## Mission

Creating communities of safe spaces, compassion, healing, renewal, hope, resilience, and advocating for social and political change.



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## 24-Hour Crisis and Support Line

519.642.3000 • 1 800.265.1576

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## Every door is the right door:

### Emergency Shelters

101 Wellington Rd N6C 4M8  
450 Clarke Rd N5W 6H1

### Counseling Services & Business Office

255 Horton St N6B 1L1

### Second Stage Housing

1416 Ernest Ave N6E 3R3

### Mine101 - Social Enterprise Women's Wear Boutique

*Proceeds help our children's programs.*  
900 Oxford St E N5Y 5A1  
519.453.5550

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# anova

**a future without violence**

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[www.anovafuture.org](http://www.anovafuture.org)

Find Anova and Mine101 on



services available in multiple languages including ASL