



anova

**MORE ACCESS AND
SUPPORT FOR MORE NEED**

2022 – 2023 ANNUAL REPORT

A FOCUS ON THE FUTURE, WITH GRATITUDE

message from the board chair

Change and growth at Anova are inevitable and welcomed. What remains constant is our commitment to live and be guided by our values to serve survivors and our community, which is exactly how Anova operated in a year which was both exciting and challenging.



In September 2022, for the first time since 2019, we were thrilled to host our hallmark fundraising event in person. It was a night filled with energy, possibility, and hope. It was also a night that highlighted the after-math effects of the pandemic on our most vulnerable, and the increasing need for financial support. The negative impacts of the current social and economic landscape have been, and continue to be, felt in every area of our organization. We know that the needs of our clients, staff and community have changed, and the timing is right to review how we will manage this in the coming years.

As we approach the end of our 2020 – 2023 Strategic Plan it gives us an opportunity to do just that. Earlier this year, we engaged Kalabash Consulting to lead staff, the board of directors, and community members to support the development of our new strategic plan. We worked to create a plan that would do three key things: build on the experience and success of Anova's past work rooted in our feminist values, align with our journey to become more equity-minded, and continue to centre the people we serve through support and resources to heal, grow, and thrive. We are excited to now be launching our 2023 – 2026 Strategic Plan.

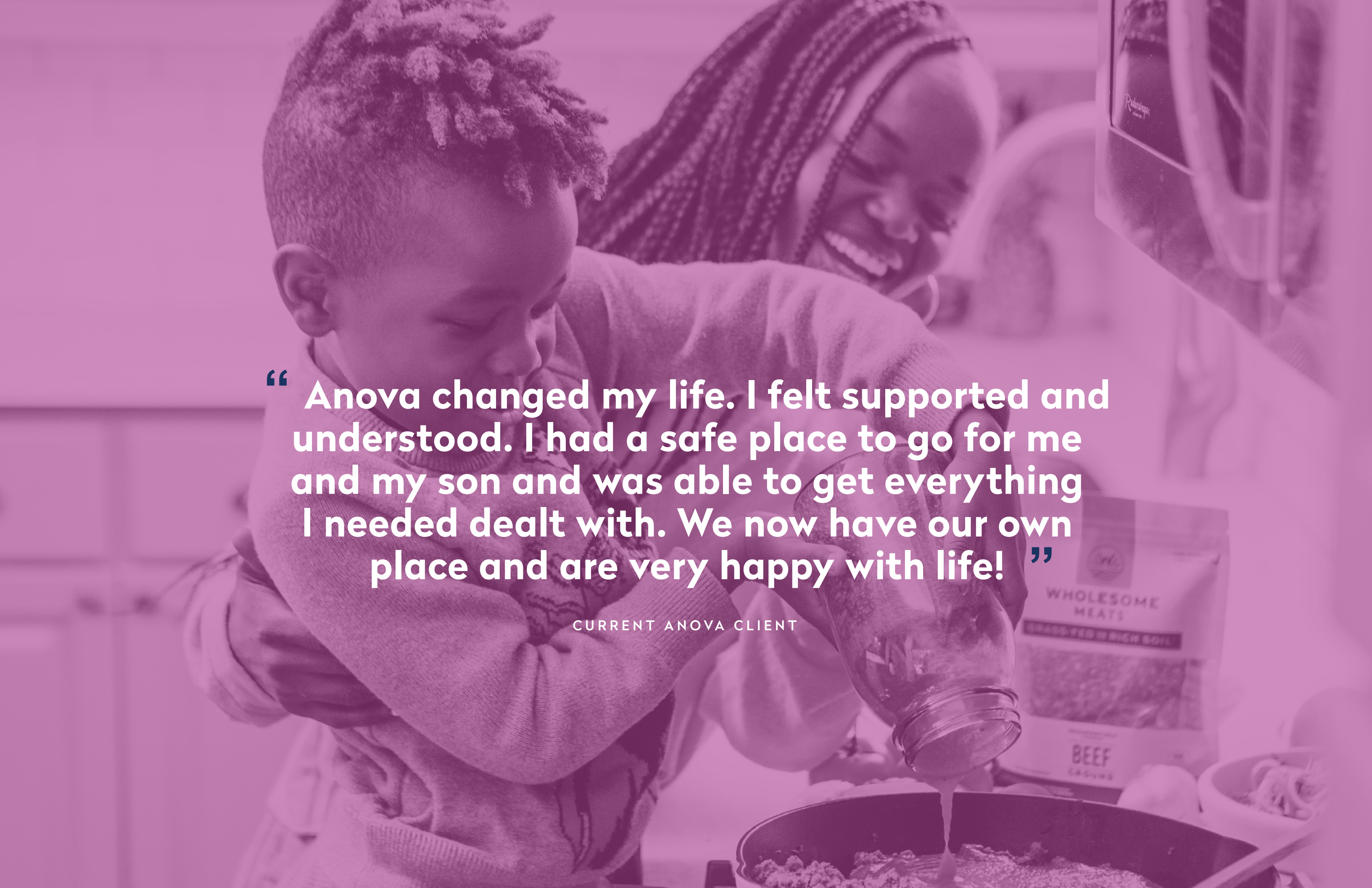
We also initiated the exploration of a new shelter! We are at early days in this process starting with a needs assessment to incorporate feedback from staff, residents, and community partners. Though we are in the early stages of the important project, we are optimistic that we are one step closer to a new, trauma-informed shelter that is both accessible and considers the increasingly complex needs of current clients including those facing mental health challenges. We will need the support of you – our community and partners – to manifest this new shelter into existence. And I know that you will rise to the challenge as you always have, which I'm beyond grateful for.

Profound gratitude only begins to encapsulate the emotion that I have consistently felt at Anova this past year. Anova could not do the important, and very often difficult, work we do without its incredible and committed staff, leaders, volunteers, and donors, of whom we are incredibly grateful for. And I would be remiss if I did not acknowledge and thank our past Chair, Kerry McGladdery, for sharing her wisdom and instilling confidence in me as I stepped into the Chair position, one which I accept with great honour and responsibility.

Thank you,

A handwritten signature in black ink that reads "Iris Merino".

Iris Merino | Chair



“ Anova changed my life. I felt supported and understood. I had a safe place to go for me and my son and was able to get everything I needed dealt with. We now have our own place and are very happy with life! ”

CURRENT ANOVA CLIENT

A NEW STRATEGIC PLAN FOR A NEW ERA OF CHANGE

All of our efforts are guided by our volunteer board of directors and the strategic plan that we co-create as a community. This year we are embarking on a new strategic chapter with a refreshed strategic plan that takes us from 2023 to 2026.

This plan, developed in partnership with our stakeholders, is bold and energizing and asks us together to dig deep and focus on five key strategic priorities:

- Operational/ financial sustainability
- Internal relationship building/ employee engagement strategy
- Enhancement of services to meet population growth within the service region
- Focus on Gender-Based and Family Violence prevention
- Increase gender diverse client services

These priorities ask us collectively to be revolutionary and disruptive as we lead our communities and grow our much-needed funding. They also ask us to model the world we believe is possible; this means sharing power and building truly inclusive spaces. We are committed to this important work and to modelling cohesive culture, embracing change and fostering compassionate relationships.

This is hard work. It won't be easy, but it is possible and we can do it, together.

A key new priority is our commitment to increasing access to and support for gender-diverse clients. The strategic plan provides a roadmap for achieving this goal over the next three years. Through education, policy development, service expansion, and community partnerships, **Anova will provide more inclusive and comprehensive services to all survivors of gender-based violence.**



A BED OF ONE'S OWN

A safe place to rest and retreat from the world is so important for anyone dealing with the impacts of gender-based violence. That's why a core part of Anova's work is providing shelter for survivors and this past year our residential programs have continued to operate at maximum capacity. So, when the end of ministry and government mandated restrictions arrived, we celebrated because that meant the ability to use our spaces in ways that we have not since March 2020. Ultimately, it means more space for more folx and we couldn't be more grateful for that change.

The change in restrictions also meant the opportunity to welcome back colleagues from the Muslim Resource Centre for Social Support and Integration, and the Middlesex-London Children's Aid Society, who are able to meet with survivors in shelter once again, offering safe access to their important programs and support.

Our residential teams continue to deliver high quality service to all the women, children and pets who come through our doors- supporting them with safety planning, housing, children's needs and healing from trauma.

While this is happening, our entire team is also focused on community building, and going above and beyond to help everyone in our residential programs feel valued and as though they belong to a community that cares for them.

STATS

342 survivors & dependents (and 44 pets!) who resided in shelter and safe spaces

2395 number of times Anova turned individuals away from shelter due to lack of beds

48 days is the average length of stay in shelter

BREAKING DOWN STRUCTURAL INEQUITIES

While we work day-to-day to support survivors we are simultaneously advocating for real, systemic change to those inherently unequal and violent structures that perpetuate fear and harm. We invested in this over this past year with significant advocacy efforts to all levels of government. With our municipal government, we focused on renewing the pledge the City of London made four years ago to a standing pillar that addresses keeping London safe for women and girls and we are excited to see that the pillar has expanded to gender-diverse and trans members of our community.

Provincially, our organization has had several opportunities to share with MPPs, ministers and ministry leaders about the significant challenges Anova is facing in delivering our mandated services. From the cost of living and the housing crisis, to the very real increasing rates of gender-based violence and femicide in the province, our team has consistently and assertively communicated the urgent need for change at Queens Park.

Federally, our advocacy has also continued, focusing on the needs of refugees and immigrants, human trafficking and the need for reform to the bail system in Canada.

All this advocacy works hand-in-hand with day-to-day work with our community, informing our agenda as we move forward in using our voice to speak to those who are in positions of power and can help make policy and funding decisions that will support our community and respond to concerning levels of gender-based violence in London.

ANSWERING THE CALL

Trauma-informed, gender-based support is core to the efforts to provide safety and support to survivors. This past year saw us continue to respond to a high volume of requests for sexual assault counselling, outreach services and our Family Court Support Program. We were able to reduce wait times in the Sexual Violence Counselling programs for a period of time, thanks to a Masters of Counselling student intern from Western. Their support eased the wait list for a time and responded to the call for more support in our community.

Our Family Court Support Program was able to welcome a second full time staff person to help support the large number of folx going through the family court system. Despite the addition to the team the work continues and demand increases. Our Outreach Team also continued to see high requests for services and experienced a higher degree of need from survivors, with more touch points and more support requested. Our small but mighty team continues to answer the call as survivors in our community continue to experience more and more complexity in their lives.

A PEEK AT THE DETAILS

233 individuals received Sexual Violence Counselling

59 individuals on the waitlist for Sexual Violence Counselling services

8153 calls received through the 24/7 Crisis and Support Line

1504 individuals supported through walk-in services, outreach, or the Family Court Support Program

113 attendees to our youth programming

GROWING COMMUNITY EDUCATION

This past year, the education team continued to address the community concern around consent on campus by increasing connections with our post-secondary partners and expanding the delivery of 'Undressing Consent' to all first-year students living on the campuses of Western, Huron, Brescia and Kings universities. This work includes supporting 40+ post-secondary facilitators as they support incoming students in understanding consent, rejection and how to navigate their years at university safely.

Along with this work, Anova continues to co-lead the UN Safe Cities initiative with the City of London. This year we launched an alternative reporting website for Londoners to identify where in the city they experience sexual violence, as a means to understand the scope of gender-based violence better in our city. We are also excited to deliver gender-based violence bystander training to all outdoor workers at the City of London this year- an important part of the work of Safe Cities by our education team.

A PEEK AT THE DETAILS

12,736 participants in our public education presentations, trainings and workshops

GRATITUDE FOR DONORS AND VOLUNTEERS

Over the last year we have continued to see great support from donors and we would not be able to deliver our vital services without this generous support. A sincere thank you goes out to everyone who has contributed financially to this important work this year.



Along with donors, our volunteers have continued to answer the call and support our work.

This includes one very special volunteer: Dorothy Wallis. Dorothy was one of Anova's very first champions and earlier this year we said a final goodbye to this inspiring individual. Dorothy, along with the support of her late husband, Norman was one of the very first chairs of Women's Community House. Dorothy's dedication, unwavering support and hard work helped create the very foundation for Anova. We are so very grateful for Dorothy's thoughtfulness and kindness that endured for her entire life, even after her official role on the board of directors was completed.

We know that without people like Dorothy our organization would not be where it is today. We think of her fondly as one of our fiercest and strongest supporters and donors.

This year we are excited to celebrate and honour four volunteers who have reached a milestone of volunteering their 1000th hour to Anova and one volunteer who has given 500 hours! Without these volunteers and so many others, many who have stuck with us through COVID-19, those experiencing gender-based violence may not have the same access to critical programs and services. From those who support Mine101, to those supporting the donation centre and folx giving time to residential programs and our 24-hour crisis and support line, you each make critical contributions.

Thank you.

A PEEK AT THE DETAILS


1000 volunteer hours milestone: 4 volunteers

500 volunteer hour milestone: 1 volunteer

New volunteers trained: 57

Volunteers engaged: 178

Total volunteer hours: 7,040



“ When I felt like I had nowhere to turn to or no one to speak with regarding my fears and issues, the outreach program gave me so much confidence and strength. I don’t feel so alone anymore. ”

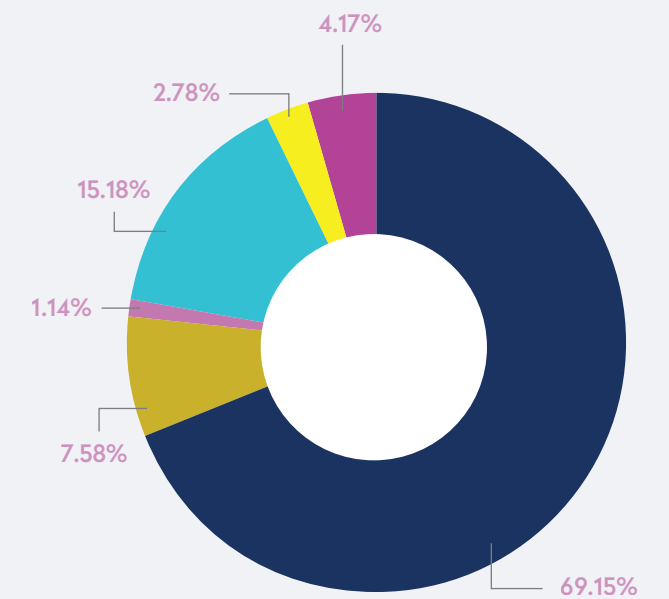
CURRENT ANOVA CLIENT

INVESTING IN HOPE AND SAFETY

REVENUE

- Ministry of Community & Social Services.....\$ 4,187,764
- City of London.....\$ 459,186
- SSH Rent.....\$ 69,028
- Fundraising.....\$ 919,245
- Mine 101.....\$ 168,643
- Other (incl Tsfs).....\$ 252,324

Total Revenue \$6,056,190



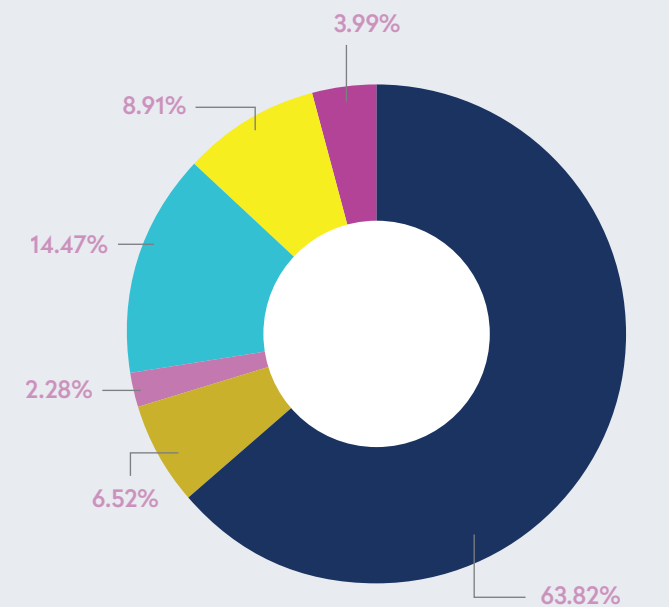
*Including GAIN on GWL investment plus all new SA funding projects: MCYS, LCF, DVCCC, GCC, MM

EXPENSES

- Wellington & Clarke Road Shelters.....\$ 4,069,838
- SSH Expenses.....\$ 415,458
- Mine 101 Expenses.....\$ 145,627
- Comm. Programs.....\$ 923,011
- Admin Expenses.....\$ 568,127
- Net Amortization.....\$ 254,744

Total Expenses \$6,376,805

Total Revenue Over Expenditures -\$320,615



Note: These figures may not correspond to the audit financial statements. This report is available within a reasonable time frame, in accessible formats for all abilities (large print, audio form etc.) and may be ordered by contacting Jessie Rodger at 519.642.3003 or jessier@anovafuture.org.

VOLUNTEERS LEADING WITH CARE

BOARD OF DIRECTORS

Iris Merino • Chair

Senior Manager, Retail Strategy & Solutions, TD Canada Trust

Anju Fujioka • Co-Vice-Chair

Personal Injury and Sexual Abuse Lawyer • Beckett Personal Injury Lawyers

Dina Haddish • Co-Vice-Chair

Resource & Fund Development Coordinator, Central Community Health Centre

Dustin Delegarde • CPA • Treasurer / Secretary

Corporate Business Consultant, St. Joseph's Health Care London

Ashley Cochrane

Case Management & Peer Support Program Lead • Fanshawe College

Leenat Jilani

Associate Lawyer, Spero Law

Brandi McIlvenny

Director, Residential Rentals • Sifton Properties Limited

Najibullah Naeemzadah

Community Member

Nokuzola Ncube

Community Member

Kendra Tobin

Community Member

Jessie Rodger • Executive Director

Officer

VISION, MISSION, VALUES

our mission

By supporting survivors of gender-based violence and working to break down structural inequities, Anova is creating a world without violence. Join us.

VISION

A world free from violence and trauma, where everyone has equitable access to compassionate support and healing.

MISSION

As a settler organization on Turtle Island, ANOVA will provide a space that is inclusive, transparent, accountable, and hopeful for all individuals who have experienced violence and trauma.

CORE VALUES

Grounded in our feminist roots, we value:
Equality, Respect, Integrity, Connection & Accountability.



SHELTER



ADVOCACY



SUPPORT



EDUCATION



**“ Anova allowed me to be where I am
without the need to act differently.
They truly create a healing space. ”**

CURRENT ANOVA CLIENT

We are on the front lines of response and care for survivors.
We work to break down structural inequities.
We believe survivors.

24 Hour Crisis and Support Line

519.642.3000 • 1 800.265.1576

Emergency Shelters

101 Wellington Rd • N6C 4M7

450 Clarke Rd • N5W 6H1

Counselling Services & Business Office

255 Horton St E N6B 1L1

Second Stage Housing

1416 Ernest Ave N6E 3R3

Mine 101- Social Enterprise Women's Wear Boutique

900 Oxford St E N5Y 5A1

519.453.5550

519.642.3003 www.anovafuture.org



[@anovafuture](https://www.instagram.com/anovafuture)



Multiple languages available including ASL

anova