

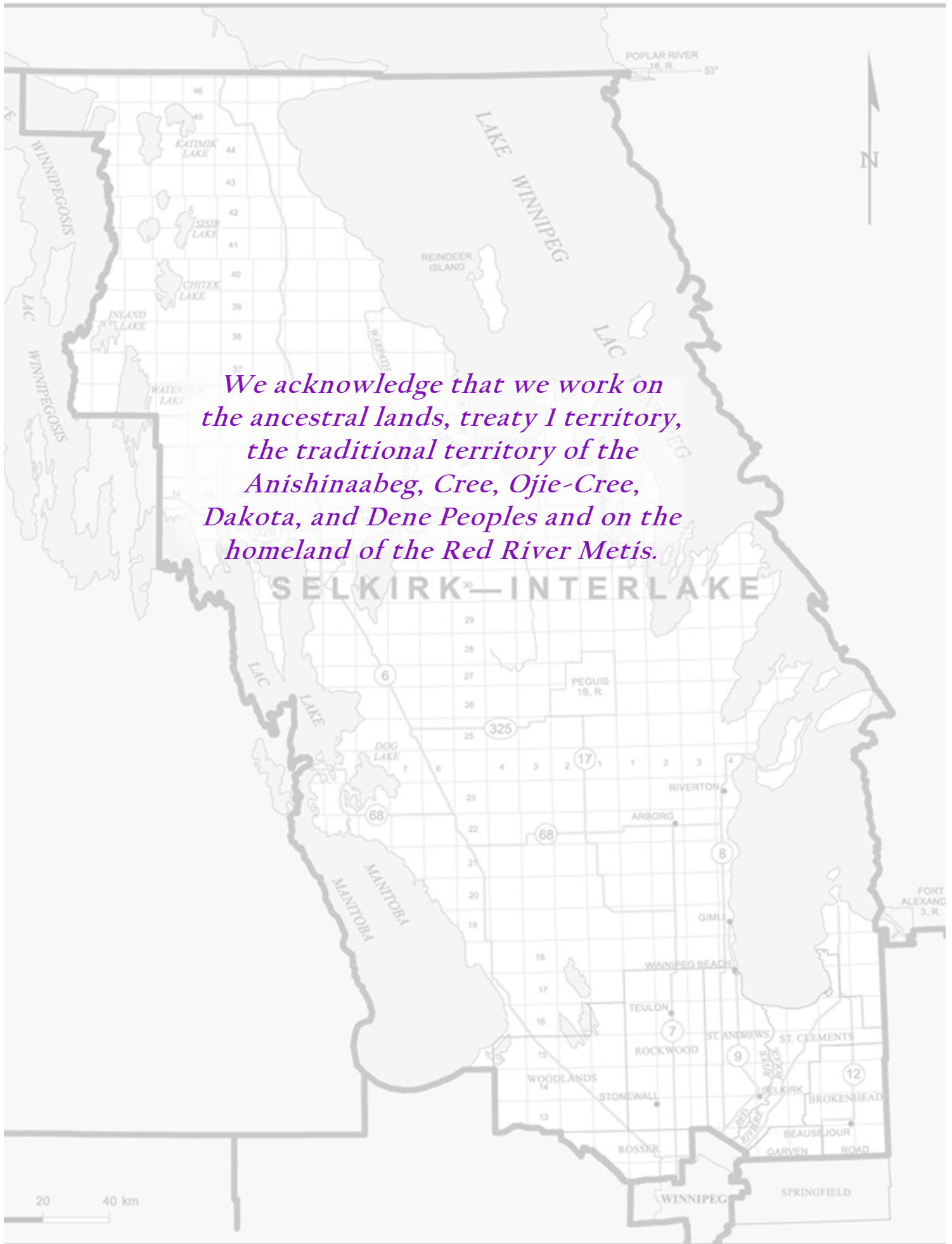
*Growing Together*

Annual Report

2021 - 2022







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*We would like to thank all of the staff who helped Nova House through this fiscal year but left for new journeys. A special thank you to Lisa Karol who left us for a new adventure after 15 years of dedicated service.*

## Board of Directors

### Board Executive

Deb Jenkins, Board Chair  
Joanna Tyrna, Treasurer  
Vanessa Luloff, Secretary

### Board Members

Doug Simister  
Carolyn De Coster  
Ingrid Pflug  
Retha Simpkin  
Corrinna Ginther

### *Non-Voting Members*

*Donna Simister  
RJ Currie*

## Staffing Team

### Management

Viktoria Westgate, Executive Director  
Jessica Beaulieu, Staff Supervisor  
Angie Kline, Finance Administrator  
Tammie Bedard, Twice Over Manager

### Social Workers

Danielle Van Gompel  
Melanie Thomas

### Child, Youth & Parenting Counsellor

Lyndsay Dutka

### Life Skills Team

Jasmine McGrath  
Heather McDiarmid

### Residential Support Workers

Minella Perona  
Alex Iwankow-Vinie  
Tara Starr  
Teale Porteous  
Taylor Friederici

### Social Work Practicum Students

Ainslee Willis  
Rebecca Conner  
Avery Welby



# A Message from the Executive Director and Board Chair

*Viktorija Westgate and Deb Jenkins*

With the growing need to evolve and adapt through another year of pandemic pressures, we worked harder than ever to adjust and modify our operations. Throughout this year the Board never wavered in their commitment to the work we do, or in helping to strategize new methods to resolve some new challenges. To them we are forever grateful.

We're having a national, perhaps global, staffing crisis, and Nova House was no exception. Staffing shortages were faced consistently; in fact, our biggest staffing shortage in the history of the shelter. A core base of staff held strong and handled each and every hurdle like the champions they are. Without question, as dedicated a team as they are, they needed some help.

Throughout the struggles faced with staffing we soon realized that not only did we need to close the vacancy gap, we also needed to grow our staffing team. We changed our scheduling profile and rotations hoping it would help close the gap, and it did for awhile. Towards the end of 2021 we moved to increasing our staffing capacity so that no less than two staff would be in the shelter at all times. This proved to be difficult because of the staffing shortages. We wobbled a bit, but in the end prevailed. Staffing does look different: some don't stay as long, and some can't wait to work for us. Either way we continue to have the most dedicated and passionate staff working towards creating better lives for those who stay with us and call us for support.

As we moved through this fiscal year, the Board and management team knew it was time to strategize and look ahead. Facilitated meetings and strategy sessions started and our new strategic plan was completed.

Our first task was to look at and update our Mission and Goals, and to establish a Vision.

## OUR VISION

Helping to build a society that empowers people to live a life free from abuse.

## OUR MISSION

Nova House provides individuals and families with shelter and supportive services designed to intervene in the cycle of abuse. Nova House promotes awareness through outreach services about all forms of abuse in

## OUR GOALS

**1**

To provide a first line response that offers shelter and supportive services to individuals and their children experiencing family or intimate partner abuse.

**2**

To offer comprehensive programming, safety planning, and referral services to help bridge the gap between leaving an unhealthy relationship and rebuilding a life free from abuse.

**3**

To raise awareness in our community about all forms of family and intimate partner abuse, and the devastating impacts it has on individuals and their children.

**4**

To help build a strong community that fosters collaboration and a shared service delivery by offering a full continuum of care for individuals and families recovering from abusive relationships.



# Nova House Strategic Plan 2022-2025

## PREAMBLE

### Sustainability Advancement

To continually improve our financial stability, we need to build a secure funding reserve. Our organization must maintain a positive financial position in order to thrive so we can improve and maintain services, try new innovative approaches, maintain best practices, and secure sustainability. It is a necessary approach to build organizational confidence and to accomplish our vision, mission, and goals.

### Accomplishing our goals

Our strategic plan will become a fundamental component to our Board meetings. The Board and leadership of Nova House will monitor the activities, keep up with timelines, and report any obstacles that may hinder the completion of the work.

### Indicators of success

Succession planning is complete and able to provide the full scope of practice for operations. Staff are trained and feel confident to do the job and staff credentials are up to date. Our services are operating within a trauma-informed, best practice philosophy. Nova House is improving access and equity to individuals and families that require support to live a life free from all forms of abuse. Our budget is healthy, we have a solid plan to utilize reserves to secure additional resources (i.e., property for housing solutions and expansion to services).

## OBJECTIVES

### 1 Increase Management Capacity

No single person should manage an organization alone. A qualified and strong leadership team will work together to provide effective systems (program delivery, statistical data, fund management, staff retention). The management team will strategize ways to be forward moving in their approach. Training and professional development will incorporate the vision, ideas, goals, and objectives of Nova House.

### 2 Increase Management Capacity

The interrelationship between complex trauma and family/intimate partner abuse is significant. Nova House must have appropriate staff capacity to provide service delivery that supports trauma-informed and responsive care to women and their children who have complex needs. Nova House will hire sufficient and professional staff to ensure the integration of best practices in trauma informed and person-centered care.

### 3 Provide Safe & Immediate Shelter Solutions

Nova House will ensure that services are accessible and provide effective crisis and case management. Nova House will utilize all platforms for access, i.e., crisis lines, texting/chat lines, social media.

### 4 Provide Access to Continued Services

Nova House has an important role to play in maintaining access to our existing supports and helping women and children secure new housing opportunities. By working with social housing providers in our community, Nova House can ease the transition from temporary shelter stays to safe and secure housing.

### 5 Sustainability

Additional development of private funding sources (Twice Over; second stage apartments/RISE) should include revenue that helps to provide sustainable programming within the service delivery mission, and goals of Nova House.



# Our Services



## 24/7 CRISIS AND TEXTING LINE

We provide immediate help to individuals and families in crisis from intimate partner/domestic and/or family abuse.

Our trained staff answer our 24-hour crisis lines and crisis texting line to help callers navigate their needs for shelter or other services related to abuse, including referrals. Staff will also help callers who are trying to help a friend or family seek support.

Regardless if someone is reaching out for support or shelter, we are here to help them through it.

## EMERGENCY RESIDENTIAL PROGRAM

For over 35 years, we have provided safe and secure short-term accommodations for individuals (with or without children) leaving an abusive intimate partner or family relationship. Our Emergency program provides a trauma informed environment that promotes healing, building self-esteem and confidence. We have full and comprehensive programming run by trained Social Workers, Counsellors, and Life Skills Workers, that is comprised of groups, educational workshops, art healing exercises and individual counselling and life coaching. We provide assistance in accessing community resources, including relocating to safe and permanent housing.

## RISE PROGRAM *Relearning Independence and Supporting Empowerment*

Helping women and their children relearn independence by providing the support they need and empowering them to live a life free from abuse is the goal of this program.

Our RISE program is a residential TRANSITION PROGRAM designed to support women (with or without children) who have completed our Emergency Residential Program and want to continue their healing journey. This program offers long-term residential support for one year or longer.

While many women come to Nova House for short-term support, others may have less opportunity and access to external supports and prefer the structure of a residential program. The RISE Program provides a wide range of supportive services, builds life skills, and offers complex trauma concept programming. This program encourages independence, helps to build self-esteem, and self-confidence and moves at the pace that women need. We also provide workshops and training that help to build skills and self-sufficiency.

Our highly skilled Social Workers, Counsellors, and Life Skills Workers work collaboratively to provide counselling, group therapy, educational workshops, art therapy, life coaching/planning, job skills and development, work experience, and goal setting. Parent and child programming is also on-going in this program.





## CHILDREN, YOUTH AND PARENTING PROGRAM

Children and youth who have witnessed violence in the home often have feelings of sadness, anger, confusion, and guilt. The goals of the **Children and Youth Programs** are to listen and provide support for children and to help them understand their feelings. The goals of the **Parenting Program** are to help provide the bridge often needed to help repair trust and understanding between a parent and child that may have been lost in the chaos of living with abuse. Our trained counsellor and facilitator helps parents to recognize their strengths and works towards positive change using the tools and methods of the Nobody's Perfect Parenting Program.

This program offers:

- ◆ A safe and supportive environment
- ◆ Individual children's / youth counselling
- ◆ Art expression
- ◆ Children's groups and activities
- ◆ Youth groups, after-school programs
- ◆ Age appropriate information for children about partner/family violence
- ◆ Activities that building of self-esteem and self-confidence
- ◆ Parent and child /youth programming
- ◆ Parent and child / youth workshops
- ◆ Family and Parenting Counselling
- ◆ Life skills building for parent and child
- ◆ Certificate of completion at the end of the Nobody's Perfect program.



*Nobody's Perfect* is a facilitated parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education, offered in communities by facilitators to help support parents and young children.

Sessions are based on what parents want to learn about, not step by step from a book.





# Programming

Nova House is proud of the growth we've made within our programs. We have had to make some sacrifices due to COVID, but our programming content has only been enhanced. We had to modify groups and teach material one-on-one, and we have had to work through virtual platforms instead of in-person. Regardless of the changes we have had to make, we have always been able to maintain a trauma-informed approach and stay up to date with best practices that are relevant to the work we do.

Our Emergency Program teachings move through the Cycle of Abuse and understanding the different types of abuse. We teach about the differences between healthy and unhealthy relationships and red flags. Rounding up the material for this program includes topics like beliefs, values and attitudes; fear and stages of change; boundaries; gaslighting; shame and guilt. All of our programs have an undertone of building self-esteem, building confidence and helping women to feel empowered.

Our RISE program pushes the learning gained from our Emergency Program and moves into more intense complex-trauma material. Helping women understand themselves, and teaching them to love themselves first builds their confidence to reach the goals they set for themselves and helps them work through the areas they feel they need to work on. Topics like self-sabotage, communication, honesty, authenticity, and change are only some of the areas we work on in this program.

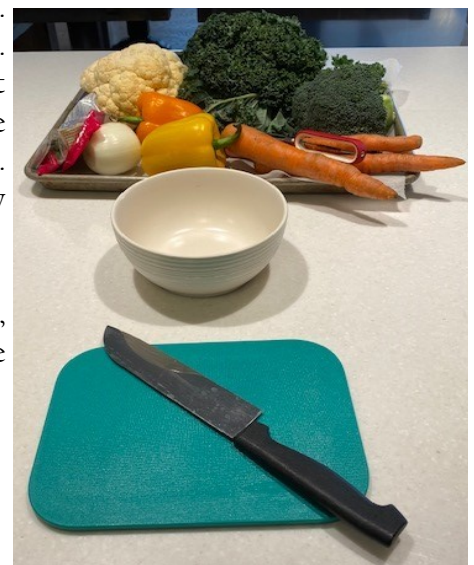
In both of our residential programs we teach by facilitating a classroom-style interactive presentation in one workshop and then the same topic is continued with an art therapy flair in the next workshop.

## Teaching Life Skills

Early in the pandemic Nova House established a Life Skills Program. Staffed by two Life Skills Workers, they work with clients to help them explore new skills and share ideas on how to navigate through obstacles. Life Skills Workers incorporate teaching when cooking meals and through meal prep. They help families organize and clean their space. They work with clients one-on-one and in group settings to build in structure and balance within a shared living accommodation i.e., bedtimes, mealtimes.

In our Emergency Program the main goal a client has is immediate safety. Secondary to this, families require safe housing before leaving shelter. Typically the home they arrived from is no longer safe and they have to start over. The Crisis Counsellor and Life Skills Worker will collaborate with the Outreach Counsellor to create a team that helps clients gain safe housing. Other short-term goals that a client or family may have in the emergency program will be worked on in the Life Skills program.

In our RISE program, goals may include a variety of things like education, resume building, getting their license or buying a car. For RISE clients Life Skills Workers focus on longer-term goal setting.





# Types of Abuse

Abusers rarely exercise only one form of abuse on their loved ones. It is often the manipulation of several forms of abuse and behaviour that can go from loving and attentive to violent and abusive.

**Physical Abuse** can include slapping, punching, kicking, and choking. It is being slammed against a wall or being injured with a weapon or object.

**Psychological Abuse** includes living with the constant fear and/or threat of violence against you and/or your children, friends, relatives, and pets. Your partner may be harassing you at work by calling repeatedly or by showing up. They may destroy items that you value or may make suicide threats.

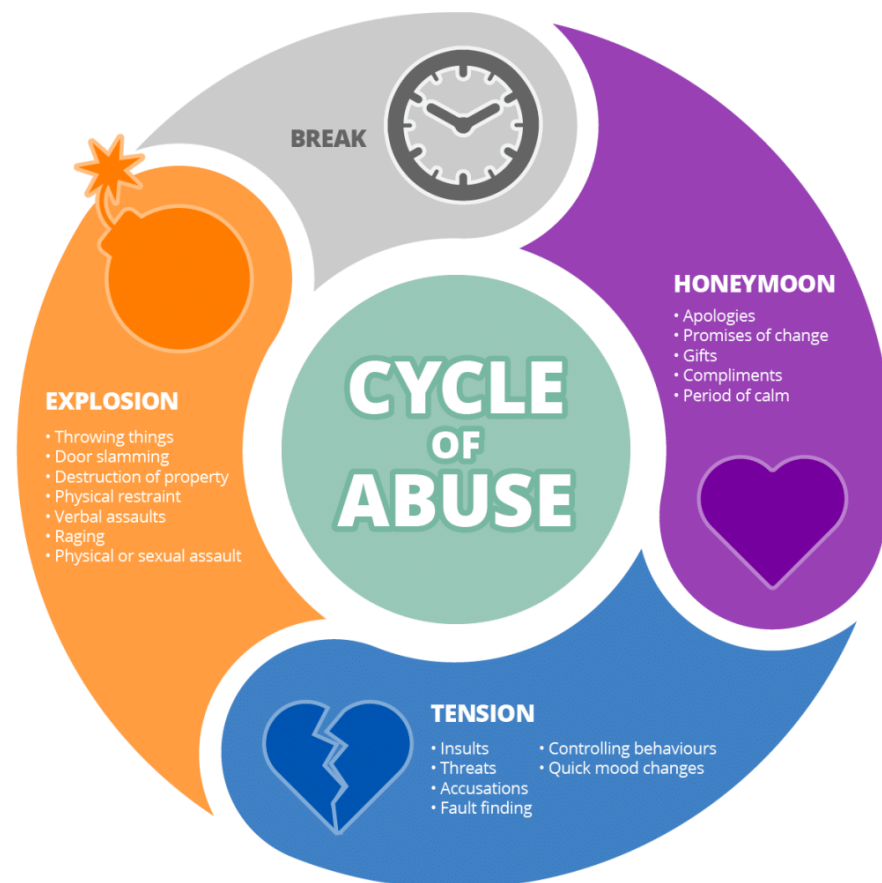
**Emotional Abuse** is never-ending criticism, name-calling, and put-downs, alone or in public. It includes unjust blaming, false accusations about loyalties, and controls on your time, activities, and actions.

**Sexual Abuse or Marital Rape** is being forced against your will to perform sexual acts or to have pain and injury inflicted during sexual activity.

**Financial Abuse** means that you have limited or no access to the family's money and therefore no control over what is spent or saved, what money comes into the family, and what will be bought.

**Technology-facilitated abuse** is the use of technology to bully, harass, stalk, or intimidate a partner. This includes your partner controlling who your Facebook friends are, writing degrading messages about you in public spaces online, and having control of your passwords. The abuser may also access your phone to monitor who you are texting and calling.

**Spiritual Abuse** includes mocking or denigrating your spiritual beliefs or using religious doctrine as justification for abuse.





# Outreach

The primary goal for the Outreach Program is to reach individuals who are struggling with family and/or intimate partner violence who may not need our shelter, but need some education and safety planning surrounding issues of abuse, including those still living with their abuser. We especially want to reach out to those who have left an abusive relationship and need counselling, support, and advocacy services, which are offered through multiple platforms. For those who are in need of shelter, our Outreach Counsellor will help individuals plan for the process of leaving the abusive relationship and get safely to the shelter. For those leaving our shelter, we continue to offer post-shelter follow-up services to enhance the successful transition to a violence-free lifestyle.

## OUTREACH SERVICES INCLUDE:

**Interim Housing:** Offered to individuals/families who have been in our Emergency or RISE Program. This program provides safe and affordable short-term housing solutions to families as they wait for a more permanent solution.

**Follow-Up:** Provided to individuals/families leaving any of our Residential Programs for a minimum of six months

**Non-Residential Support:** Offered to individuals in need of support who do not want to leave their home but are experiencing partner/family abuse or need support to maintain a healthy relationship.

**Virtual Support/Programs:** Virtual services help individuals and families connect in real time to programming and services that they otherwise could not participate in. This component of our Outreach Program is available to anyone that prefers a visual connection for counselling/life coaching services. Some of our workshops are also offered with a virtual element.

- ◆ Counselling (In-person, Phone, Virtual)
- ◆ Referral Services
- ◆ Advocacy
- ◆ Safety Planning
- ◆ Educational Workshops
- ◆ Life Skills teaching
- ◆ Life Coaching
- ◆ Community / Home Visits
- ◆ Community Presentations





# In the Community

Nova House has always been more than just a shelter. Our community outreach support has looked different over the past two years due to the struggles that COVID-19 brought with it. Often there were times when physically going into the community was not an option. We continued to connect through other platforms and provided as many outreach services as we could. Our COVID SAFETY KIT project was such a success in 2020 that we decided to apply for additional funding to continue the project. Again, the Reaching Home Initiative of the Federal government, which is administered by the Brandon Neighbourhood Renewal Corporation, stepped up and granted us money to provide 300 more Safety Kits to members of the community that needed them.

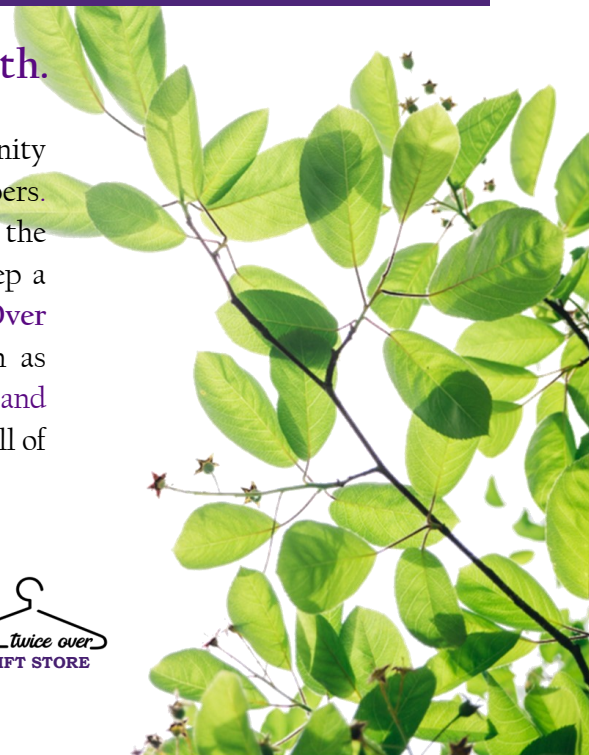
In November 2021 Justice Canada provided funding for Nova House to host our Annual Community Wellness Day Event, usually held in May. This event is in recognition of **Victims and Survivors of Crime Awareness Week** as well as domestic/family violence. Due to the continued public health restrictions, our event was smaller than usual, making sure to follow all the guidelines that were in place at the time. Events across Canada are held to raise awareness about the important role that community collaboration plays in giving a voice to those who have been victims and are survivors of crime and abuse. Our event encourages idea-sharing and networking within our community and helps to connect individuals to the resources they need. *See pictures on page 9*



## NOVEMBER is Domestic Violence Awareness Month.



Each November we collaborate with local community stores and agencies to collect PJs, socks and slippers. Those in need sometimes arrive at the shelter with just the clothes on their backs. This campaign helps us to keep a full stock year round. We would like to thank **Twice Over** staff and volunteers for their continued participation as well as **Packers Women's Fashion**, **Aaron's No Frills**, **Harry's Foods** and **Network 4 Change**. Even through the challenges the pandemic brought all of us, they were all still able to collect dozens of PJs for women and children.



# Community Wellness Day

Sixty (60) guests and ten (10) different agencies participated in this event. This is about half of what we usually expect, which was necessary to accommodate the need for social distancing and the requirement to be vaccinated and pre-registered.



## Prizes



We always have great prizes to give away. As guests make their way through the room and gather information from the agencies they get tickets for prize draws.

Our hair and nail station is always busy. Guests can sit and relax for a free manicure and polish and new hairdo.

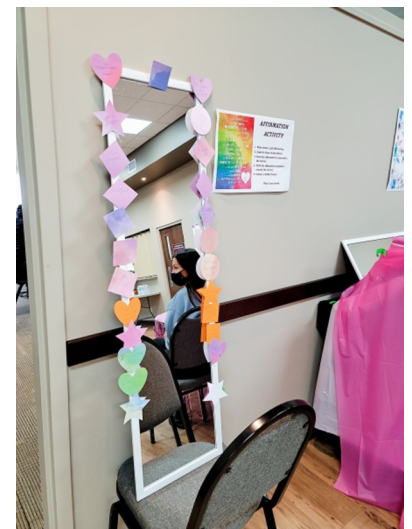
## Getting Pampered



## Henna



## Affirmation Station



## Giveaway Corner



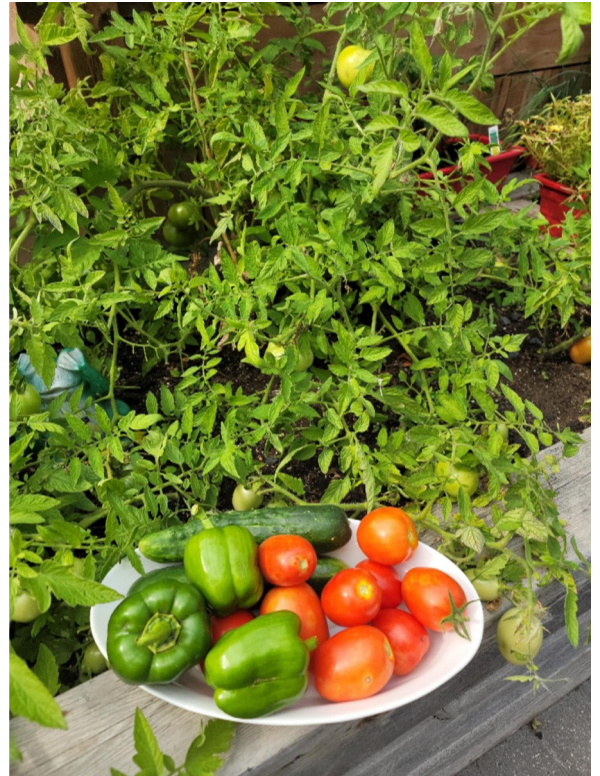
Affirmation Station gave guests the opportunity to step up and write down 3 positive things about themselves. Then they stood in front of the mirror and recited their statements.

Our Giveaway Corner is always a hit. Donations given throughout the year that are in excess of what we can use at the shelter are brought to our event for community members to take home with them.



# Our Garden

As part of our Life Skills Program our garden boxes are planted and cared for by the clients. Lots of fresh salads are enjoyed all summer long.



*To plant a garden is to believe in tomorrow.*

*~ Audrey Hepburn*

## Shamrock Shakes



Our Parent & Child Groups incorporate all sorts of fun activities and projects. Some turn out to be quite delicious.

## Making Butter







# Activities and fun stuff...

## Galentine's Day


During the week of February 14th the staff and clients in the shelter celebrate Galentine's Day. Using some creativity and crafting supplies, everyone decorates a special "mailbox" and puts it on display. Once the mailboxes are ready everyone adds an empowering note (and maybe even some candy) for each person. On February 14th we all "check our mail" and get reminded how special we all are. Here are some pictures of the great creativity this year.



## Christmas

A time when our community shines. Nova House is so grateful to all of the community members and businesses who collect and drop off donations of money, gift cards, and toys. We are able to provide food hampers and gifts for the families staying with us through the holidays, which makes a huge impact on their lives. This year, because of the great support, we were also able to provide 12 families that moved from shelter to the community, a little extra holiday joy.



Selkirk GM on Instagram 

93 views

**selkirk.gm** Selkirk GM is giving back in a big way this Christmas! 🎄 We are accepting donations for the Nova House right here in Selkirk. We will be accepting donations at 1010 Manitoba Ave until the end of the week.

December 15, 2021



## Halloween



# Tie Dye Expressions

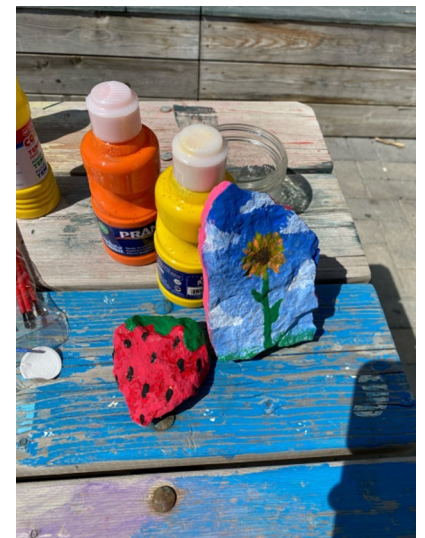
Pictures taken from some of our Art Programs



## Poster Painting



## Rock Painting



## Beauty Day



Nova House is lucky to have a professional hairdresser on staff. Heather is one of our Life Skills Workers and is able to provide free haircuts and styles whenever a client needs one. Thanks to a wonderful donation from **Jilly-B's Hair Care** in Selkirk, we now have our very own hairdressing chair.







# Our Impact

Before an individual or family leaves Nova House we ask that they complete an evaluation form. Following are some comments made over the past year that help us reflect on the work we do and the impact we make.

“I stopped second guessing my decision to come here [Nova House] after learning more about abuse.”

“When I arrived to Nova House I felt relieved to be somewhere safe.”

“I am very thankful for Nova House and the staff. Couldn't be more grateful.”

“I got support from Nova House staff and counsellors. They listened to me, found out what kind of help that I need, then found the way to support and help me.”

“Nova House helped me talk to my son and regain visits through CFS.”

“Being able to talk to someone about my feelings,. The groups and workshops were very insightful and informative.”

“I got everything I needed at Nova House, mentally, emotionally and physically. I want to thank Nova House very much for the amazing program for women in need. This is a huge help for me to become stronger than ever and stand on my own feet. This help is sincerely appreciated.”

“Being at Nova House prevented me from going back to my abusive relationship.”

“Thanks to Nova House and the staff for helping me when I was at my lowest. I'm leaving with a lot of personal goals achieved.”

“I would like to thank ALL of the women at Nova House for helping me in my time of need. Your graciousness, kindness and virtue doesn't go un-noticed. I plan to pay it forward in the future. 1001 Miigwetches.”

“I needed food, comfort, security and I got them all since day one at Nova House. The shelter helped me on my healing journey, physically, emotionally, socially and mentally. All the staff did their best to listen to our needs, I felt safe at home inside the shelter. I wouldn't be who and where I am without the help of Nova House. They gave me the right tools and helped me how to use them properly. Their support helped heal my dying heart to live, always behind me to support me.”

“The difference in my life was that you guys [Nova House] opened my eyes to the crap I was putting myself into by staying in a toxic environment. I seemed to be blind to it or just straight denial. You guys have helped me in a few ways. Having a counsellor in the beginning my stay was perfect for me cause she broke down my wall in the first session we had which made going forward a lot easier for me and I wasn't as guarded. Continued outreach support helps and is helping to make things a lot easier. I can trust that not everyone is out to screw me over or make my life difficult.

I found that mine and my boys life seems more relaxed and less stressful. The boys seem happier and more alive. Not so guarded and not scared to ask for the things or scared to take food from the fridge. They're back to raiding the fridge and cupboards the way they used to and I love it!! Thanks to Nova House my kids are back to being kids and I am very grateful for that. So I just wanted to say thank you to all of the lovely women and Nova House for being there when we needed you and I had no one else.”

An update from a women who arrived to our Emergency Program in early June of 2020. Upon arrival we could see right away how unsure of herself she was. Like most women who come to our shelter, she was scared, she felt alone and isolated, and she had no idea what was going to happen next. After 30 days in our Emergency Program she wanted to move into our RISE program. She grew leaps and bounds in this program before moving out in August of 2021. Here is her most recent update to us...

*Time flies, it's been a year since I moved here at Vancouver. Surrounded by people I just met who have no idea of my past but support and make sure I am taking care of myself. My landlord. Co-workers. Church mates.*

*Looking back I cannot get Nova House and Twice Over out of my mind. How you all did your best to do the same for me in ways I cannot even imagine. So I'll never get tired of saying thank you. Selkirk (Nova House) is where I had the first memory of trust. Of respect. Of hope. Of self respect. And to believe in myself.*

*I will never forget all that you have done.*

*I look forward to seeing you all again.*

*Former RISE client, Cristina.*

*PS: I started to travel alone this summer. LA, Las Vegas, Toronto and Hawaii is coming this coming October.*





# Funding... makes it all possible

For the past two years the pandemic created both challenges and opportunities for Nova House. While our vision, mission, goals and passion can get us through the obstacles that come our way, funding allows us to make it all happen. The pandemic certainly gave us pause and some initial financial challenges that we didn't see coming. Like many non-profits funding is limited and in some aspects temporary. We rely on grants and donations to exist. The Government, at the Provincial and Federal levels, and so many community members and business stepped up for us in the past two years. Emergency relief funds and other grant opportunities made available to non-profits allowed us to continue to provide uninterrupted service delivery. Short-term funding solutions allowed us to open the door to engage in conversations that have strengthened our efforts, and processes, has provided us with resources to elevate our service delivery. We are so grateful to all of our funders and donors.

## Boundless Transportation

One of the biggest highlights of our year was being able to purchase our own van. Through the generous funding from the Reaching Home Initiative of the Federal government, which is administered by the Brandon Neighbourhood Renewal Corporation, Nova House was able to secure funds to purchase a van. Transportation for families staying in shelter can be one of the biggest struggles. We utilize the limited taxi and bus service within our community but it is not often enough or available when we need it. Having our own van so that staff no longer have to use their vehicle has been an amazing gift for us.



## Supporting Educational Dreams



Through an endowment fund, stewarded by the Selkirk & District Community Foundation, active clients involved in Nova House programming who are committed to a violence-free life, and who are pursuing their education, may apply for the Dare to Dream bursary.

A selection committee reviews all applicants to determine if they meet the criteria.

**One bursary was awarded this year.**



# Twice Over Thrift Store

Twice Over Thrift Store is a non-profit thrift store that is owned and operated by Nova House. Located at 214 Manitoba Avenue in Selkirk, Manitoba, we have been serving the community for 18 years. Donations given to Twice Over make a huge impact to Nova House. Families arrive at the shelter with the bare minimum or with nothing at all. Nova House provides everyone staying at the shelter with new pajamas, but the shelter does not have the room to store everything that someone needs to start over. By offering vouchers to the store, we are able to provide families with what they need, at no cost.

This past year we have provided 71 individuals with free vouchers, at an estimated value of \$1947.68

*Additional proceeds from the store help to support programming at Nova House.*

*To all who donate throughout the year to our thrift store, financially or by donating gently used goods and clothing,  
THANK YOU.*

*You make giving back possible.*



*Volunteers are the silent backbone of Twice Over .*

*They make a bigger difference than they know. The hours, the sharing, the giving, the laughing, the working, the caring.*

*Darlene, Christine,  
Cora and Betty*

*Our appreciation for all that you do grows and grows.*



## Provincial Coordinator's Annual Report

Deena Brock

MAWS has been extremely busy over the last several years. Numerous grants have helped us to grow from an association that had a part-time Provincial Coordinator to an organization with seven more staff members who are specialists in their areas of work. It's been a privilege to lead this expanded team of feminist-minded professionals as they deliver support to MAWS members, to the Manitoba Gender-Based Violence (GBV) sector, and ultimately to those affected by violence.

Our work with the provincial Family Violence (FV) shelters, as well as our participation on the Women's Shelters Canada (WSC) Advisory Council, has shown us that the Manitoba FV sector faces the same structural challenges as national and international GBV prevention sectors. We have intensified our efforts to address these challenges through capacity-building, communications, and advocacy initiatives.

Through two federally-funded projects, "Transforming Together" and "Centering the Rights of Women from The Margins," MAWS staff have connected with the provincial Family Violence shelters to identify possible gaps in their organization's service delivery, consult with them on viable solutions, develop policies and build key partnerships between FV and aligned sector stakeholders throughout the province. By March 2023, the MAWS staff will have completed "Transforming Together" and will share the project's outcomes with stakeholders.

MAWS has utilized grants from the Government of Manitoba, the Canadian Women's Foundation and Women's Shelters Canada to develop client-centred and trauma-informed training. Our online courses are being developed in consultation with Indigenous- and newcomer-led organizations, people with lived experience, and thought leaders in trauma-informed practice, harm reduction and GBV.

Ten MAWS online courses are already available to FV staff across the province. Please visit <http://maws.mb.ca/courses-available-now/> for a full list of our virtual training, including our "Transforming Together Board Governance Course" that may be of interest to FV shelter Board Members, as it provides a comprehensive overview of Board Members' roles and responsibilities.

We know that our training development for FV staff must also go hand-in-hand with increased public education on abuse prevention, and our communications and advocacy efforts have raised awareness of GBV and Manitoba-based support for survivors. We have forged significant connections with local and national media organizations, and have been interviewed extensively on various GBV-related issues in Manitoba.

To commemorate the first National Day of Truth and Reconciliation in September 2021, we published a digital allyship toolkit that has been nationally recognized. We remain committed to learning from Indigenous-led organizations and leaders on how to dismantle the systemic racism and violence that Indigenous women, girls, 2SLGBTQQIA folks and communities face.

### MAWS Members:

 [Agape House Steinbach](#)



[Ikwe-Widdjitiwin, Winnipeg](#)



[Prairie Harbour, Portage La Prairie](#)

 [Aurora House, The Pas](#)



[Nova House, Selkirk](#)

[Thompson Crisis Centre, Thompson](#)



[Westman Women's Shelter, Brandon](#)



[Genesis House, Winkler](#)



[Parkland Crisis Centre, Dauphin](#)



[Willow Place, Winnipeg](#)



# National Awareness Campaign “More Than”

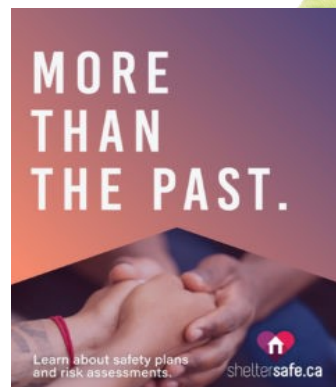
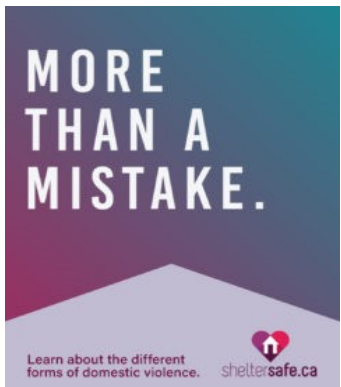
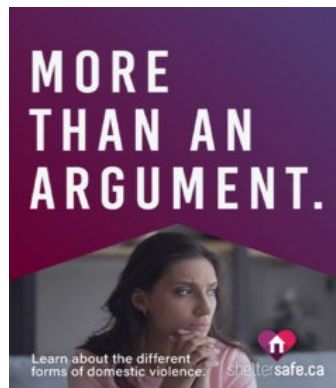
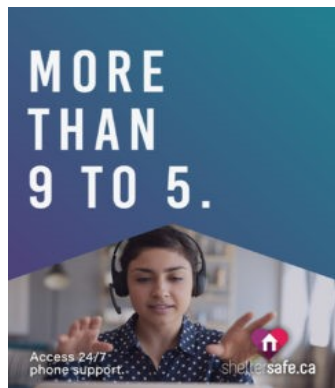
The Manitoba Association of Women’s Shelters (MAWS) launched the national Women’s Shelters Canada (WSC)-led campaign “More Than” in Manitoba, to raise awareness of gender-based violence.

The campaign is both for women who may be experiencing abuse and those who may know someone experiencing violence. It details how VAW shelters and transition houses offer services beyond an essential safe bed to sleep in, such as counselling, safety planning, and children’s programming. The campaign directs individuals to [ShelterSafe.ca](https://sheltersafe.ca), WSC’s national online directory of VAW shelters that enables women to quickly connect to their local shelter via an interactive map.

The MAWS-WSC “More Than” campaign highlights that gender-based violence is more than just physical; it is pervasive, and can affect anyone. Some groups that already experience barriers and discrimination, misogyny, homophobia, transphobia, racism, anti-Black racism and settler-colonial racist behaviours are more vulnerable to violence than others. Gender-based violence is an urgent public health and human rights crisis, and it’s on each of us to learn how to combat it in our homes, workplaces and communities.

The campaign features informational content across social media, broadcast and connected television, radio, and out-of-home placements, “More Than” is an exciting and fully integrated campaign. At the forefront of the initiative is the multi-platform release of a 60-second PSA that appears to be about how women employ various methods to get home safely. However, the PSA switches to a thought-provoking conclusion that asks viewers to imagine how women feel if they don’t feel safe once they get *inside* their home.

The campaign was rolled out in early 2022. For more information on the campaign please visit <https://sheltersafe.ca/more-than/>







**WOMEN'S SHELTERS CANADA**

Shelters and Transition Houses  
United to End Violence  
Against Women

Nova House is a proud affiliate member of [Women's Shelters Canada](#) (WSC), which is a network of 14 provincial and territorial shelter associations representing over 450 shelters across Canada. It works as a unified voice to collaborate, educate, and innovate for systemic change that ends violence against women, making Canada a model for safety in the world.

WSC does not provide direct services nor online support. They do have a direct link to [sheltersafe.ca](#) on their website which will provide visitors to the support needed. For more information on Women Shelter's Canada please visit [www.endvaw.ca](#)

**NOVA HOUSE IS REPRESENTED ON THE SHELTERS SAFE WEBSITE.**

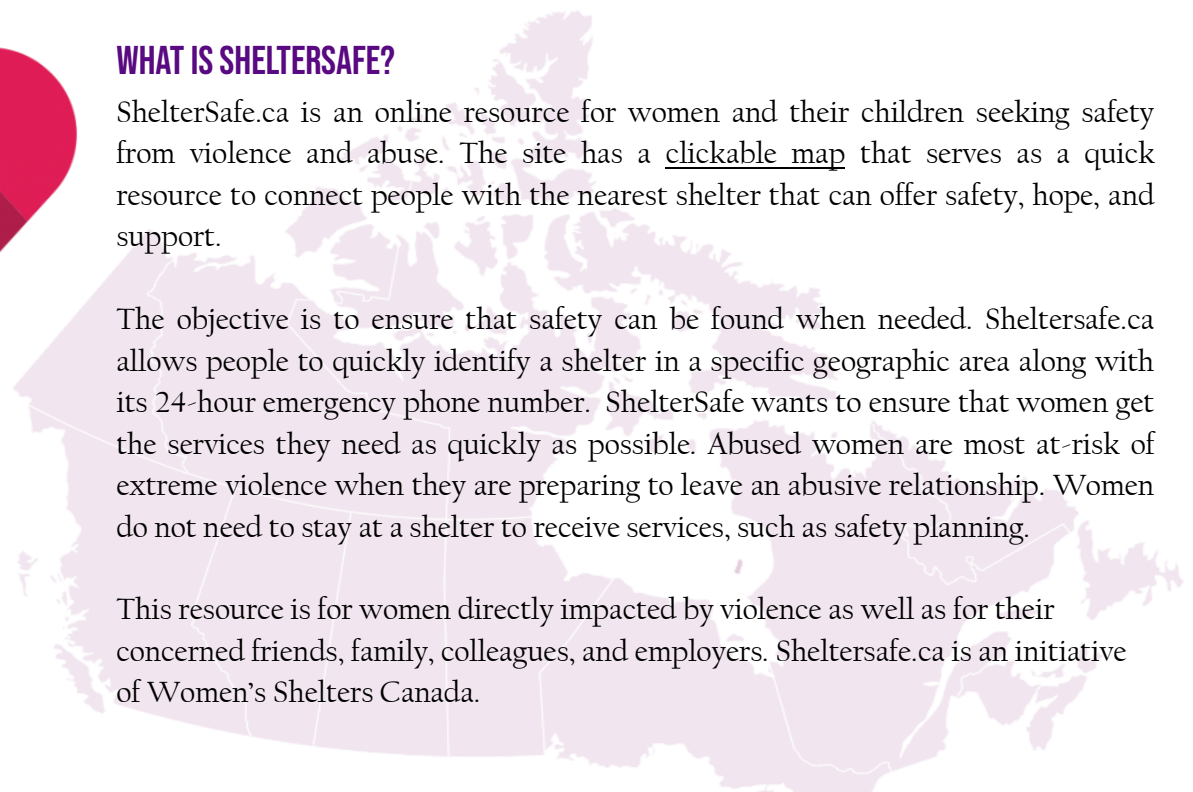


**WHAT IS SHELTERS SAFE?**

ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse. The site has a [clickable map](#) that serves as a quick resource to connect people with the nearest shelter that can offer safety, hope, and support.

The objective is to ensure that safety can be found when needed. Sheltersafe.ca allows people to quickly identify a shelter in a specific geographic area along with its 24-hour emergency phone number. ShelterSafe wants to ensure that women get the services they need as quickly as possible. Abused women are most at-risk of extreme violence when they are preparing to leave an abusive relationship. Women do not need to stay at a shelter to receive services, such as safety planning.

This resource is for women directly impacted by violence as well as for their concerned friends, family, colleagues, and employers. Sheltersafe.ca is an initiative of Women's Shelters Canada.



**6.3 Million**

That's how many women and girls in Canada will experience sexual violence or intimate partner violence in their lifetime.



**Every 2.5 days**

That's how often a woman or girl is killed in Canada.



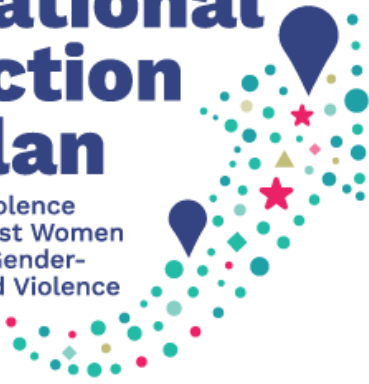
**6x**

That's how many times more likely Indigenous women are to be killed than non-Indigenous women.



# National Action Plan

on Violence Against Women and Gender-Based Violence



On April 30, 2021, *A Report to Guide the Implementation of a National Action Plan on Violence Against Women and Gender-Based Violence* was delivered to the federal government. An initiative, led by Women’s Shelters Canada, governments at all levels now have the definitive answer to the question: *What will it take to achieve a Canada free of gender-based violence?* This report is the culmination of 10 years of advocacy for a National Action Plan (NAP).

<https://nationalactionplan.ca/>

## Key Takeaways from the Report

For the National Action Plan (NAP) to be successful, it requires:

- independent oversight and evaluation
- billions in investment, not millions
- an all-of-government approach
- cooperation and coordination between federal and provincial/territorial governments
- systemic solutions for systemic problems
- minimum 10 years horizon
- voices and experiences of people most affected at the center
  - ◊ people living in rural and remote areas, Indigenous people, Black people, people with disabilities, racialized people, non-binary and trans people, LGBTQI2S+ people, and migrant people

To read the full report please visit <https://nationalactionplan.ca/wp-content/uploads/2021/06/NAP-Final-Report.pdf>

## Take Action

We’re ready to help get the NAP on the road! Are you? Help make sure its first stops are ...



### Ensuring Proper Governance & Accountability

Let’s remind government the of importance of establishing an Independent Oversight Body of Experts for the NAP as early as possible!



### Harmonizing Responses to MMIWG

Let’s remind government the importance of harmonizing the NAP from the start with the separate, ongoing efforts to end violence against Indigenous women, girls, 2SLGBTQQIA+ people!



### Ensuring a stable VAW/GBV sector

Let’s remind government that the NAP must be guided by expertise from a stable, resourced VAW/GBV sector from the start!



Email Your MP

Tweet Your MP

Share on Social Media



# A Message from the Manitoba Status of Women

The Family Violence Prevention Program and Manitoba Status of Women would like to thank Nova House Inc. for your continued efforts and commitment in supporting women and their children who have been impacted by family violence. We send a special thank you to all staff, volunteers and board members who give generously of their time and energy to support women and children. We acknowledge the important work you do providing vital outreach and services in Selkirk and the Interlake region, especially during the ongoing COVID-19 pandemic.

Thank you! We look forward to our ongoing relationship with Nova House.  
– Jamie Carnegie, Executive Director of Manitoba Status of Women



**Manitoba Status of Women Secretariat**  
**Secrétariat à la condition féminine du Manitoba**

<https://www.gov.mb.ca/msw/index.html>

## About Status of Women

Manitoba Status of Women works to advance gender equity across the province. We envision a safe and equitable Manitoba for people of all genders, by seeking to address barriers and eliminate gender-based violence.

Objectives	Goals	Values
<ul style="list-style-type: none"> <li>• Improve the economic, legal, social, and health status of women</li> <li>• Address violence against women, girls, and LGBTQ2S+ persons</li> <li>• Raise awareness of issues affecting women</li> <li>• Promote the equal involvement of women in all aspects of society</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the needs and concerns of women in Manitoba, and address them through government programs, policies, and legislation</li> <li>• Partner with community organizations and other government departments to promote gender equity</li> <li>• Increase awareness of available services and improve accessibility to them</li> </ul>	<ul style="list-style-type: none"> <li>• Collaboration</li> <li>• Inclusion</li> <li>• Diversity</li> <li>• Community</li> <li>• Forward focused</li> </ul>



# A Message from Unifor

To the members and staff of Nova House,

The last several years have given us many things. Opportunity not the least. Some of these opportunities have brought positive, permanent changes to our workplaces. Others have made our work more difficult and stressful.

Overcoming workplace challenges and taking on new responsibilities has become normal. Our daily tasks have changed and often seem to change every day. The staff at Nova House have felt this as much as any.

The incredible women of Nova House have continued to keep this critical facility running without a hiccup, facing every challenge head on. Your work is truly impressive. Accomplishing daily tasks, keeping people safe and reintegrating women and children into our communities is a literal team effort. Your ability to work together as a team to accomplish these feats is what sets you apart.

Arguably, the greatest challenge faced in workplaces right now is maintaining a full staff of trained and qualified people. This ever-changing workplace makes working as a team an even bigger challenge. Seeing your friends leave and watching them be replaced with a new face can be tough. Accepting that new face into your team, training them and treating them the right way is a truly commendable action that the women of Nova House have taken on like no other. Building teams that are able to excel while working cohesively as a unit is a commendable action that you should all be proud of. This is not an easy task.

Of the many teams, workplaces and associations I am personally attached to, I am proudest to call the women of Nova House my team. Kudos to you all for another year of exceptional work.

In solidarity,  
Joel Zillman  
President Local 830

**PROVINCIAL DOMESTIC VIOLENCE CRISIS LINE: 1-877-977-0007**

“Abuse in relationships is not acceptable. Everyone has a right not to live in fear, or feel like they are walking on eggshells.”

“Alcohol, drugs, growing up in a violent home are not excuses to be abusive to a partner or ex-partner.”

“Abuse is not just about broken bones, bruises or black eyes but includes telling someone what to do, what to wear, who to see, constantly putting them down, making them do sexual acts they don't want to do.”

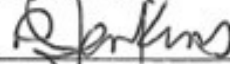
“DON'T LIVE IN FEAR!!!  
HELP AND SUPPORT IS AVAILABLE NOW!!”



NOVA HOUSE INC.  
STATEMENT OF FINANCIAL POSITION  
AS AT MARCH 31, 2022

March 31,	2022	2021
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash, note 4	\$ 1,329,566	\$ 1,284,647
Accounts receivable, note 5	97,649	42,536
Due from related party, note 6	20,045	13,729
Prepaid expenses	1,304	11,272
	<b>1,448,564</b>	<b>1,352,184</b>
<b>CAPITAL ASSETS, note 7</b>	<b>178,378</b>	<b>90,886</b>
	<b>\$ 1,626,942</b>	<b>\$ 1,443,070</b>
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Accounts payable and accrued liabilities, note 8	\$ 37,587	\$ 32,119
Deferred capital contributions, note 9	51,203	-
Operating deferred contributions, note 10	7,371	140,334
Payable to Province of Manitoba, note 11	46,900	104,508
	<b>143,061</b>	<b>276,961</b>
<b>FEDERAL GOVERNMENT LOAN, note 12</b>	<b>40,000</b>	<b>40,000</b>
	<b>183,061</b>	<b>316,961</b>
<b>NET ASSETS</b>		
Internally restricted contingency fund, note 2f	661,015	294,450
Invested in Capital Assets	127,175	90,887
Unrestricted	655,691	740,772
	<b>1,443,881</b>	<b>1,126,109</b>
	<b>\$ 1,626,942</b>	<b>\$ 1,443,070</b>

Approved by the Board:

Director: 

Date: May 26, 2022

Director: 

NOVA HOUSE INC.  
STATEMENT OF OPERATIONS  
FOR THE YEAR ENDED MARCH 31, 2022

	2022	2021
<b>REVENUE</b>		
Grants	\$ 1,008,885	\$ 705,283
Per diems	125,214	93,813
Rent Rise (EIA)	13,170	20,858
Fundraising	-	146
Donations	63,759	57,084
In-kind donations	8,550	6,014
Surplus carry forward	104,508	213,905
Amortization of deferred capital contribution	9,036	-
	<b>1,333,122</b>	<b>1,097,103</b>
<b>OTHER INCOME</b>		
Interest income	12,293	8,482
Other income	112	1,759
Forgivable portion of federal government loan	-	20,000
Government of Canada Covid-19 wage subsidies	76,819	301,725
Province of Manitoba - Healthy hire program	23,842	-
	<b>113,066</b>	<b>331,966</b>
	<b>1,446,188</b>	<b>1,429,069</b>
<b>EXPENDITURES</b>		
Administrative	17,225	16,231
Board expenses	2,061	4,239
Building expenses	82,777	50,733
Client expenses	155,186	71,482
Dare to Dream scholarship	1,700	1,650
Event expenses	11,182	12,963
Office expenses	37,904	30,935
Professional fees	70,702	61,800
Staff expenses, notes 13 & 14	701,565	607,285
Vehicle expenses	2,473	-
Volunteer expenses	249	-
	<b>1,083,024</b>	<b>857,318</b>
<b>EXCESS OF REVENUE OVER EXPENDITURES</b>	<b>\$ 363,164</b>	<b>\$ 571,751</b>







# Thank you

*COMMUNITY STAKEHOLDERS, FUNDERS, and DONORS provide us with operational and project funding throughout the year. This support and funding allows us to accomplish our goals.*

*Manitoba Status of Women: Family Violence Prevention Program  
Reaching Home Initiative of the Federal Government: Brandon Neighbourhood Renewal Corporation  
Public Health Agency of Canada: Community Action Program for Children  
Selkirk and District Community Foundation  
Province of Manitoba Housing: Manitoba Housing  
Women's Shelters Canada  
Justice Canada*

Aaron's No Frills  
All Saints Church  
Beauty by K  
Bed Bath and Beyond  
Bruno's Taxi  
Cambrian Credit Union  
Chapter S PEO Sisterhood  
Chapter S PEO Social Committee  
Corpus Christi CWL Church  
De Coster-Currie Foundation  
Eastern Interlake Hydro X Club  
Harvester Fish Net Co.  
Harry's Foods -Lockport  
Hawthorn Estates Corp.  
Greenwald Charitable Trust  
Gross Isle Women's Institute  
Interlake Insurance  
Lockport Community Church  
Manitoba Nurses Union  
Meadow Lea United Church  
Noventis Credit Union—Jean Day Fund  
Nurses of the MB Nurses Union (IERHA)  
Oak Bank United Church  
One Insurance  
Packers Women's Fashion

R. W. Bobby Bend School Student Collection  
Red River Messenger  
Richard Deeley, Q.C.  
Royal Canadian Legion - Ladies Auxiliary  
Selkirk & District Charity of Choice  
Selkirk & District Labour Council  
Selkirk & District Youth Connections  
Selkirk Chevrolet Buick GMC  
Selkirk Court House Staff  
Selkirk Home Hardware  
Selkirk GM staff  
Selkirk United Church  
Shoebox Project  
Shopper's Drug Mart - Selkirk  
Springfield Regional Committee  
St. John Evangelical  
St. John's Lutheran Church - Lydiatt  
St. Mary Parish Council of the Catholic Women's League  
St. Paul Lutheran Church, Riverhills, MB  
Steeltown Ford Staff  
Sunova Credit Union  
The Frank H. Hori Charitable Foundation  
Unifor - Social Justice Fund  
Walmart Global Grants - Selkirk

*For the sake of privacy, we have not listed individual community members donations. So many individuals have made donations to Nova House financially or by dropping off essential items to our shelter or thrift store. We are so grateful to you all!*

# MORE THAN SHELTER

Connect to your local shelter for  
domestic violence support and more.  
Visit [novahouse.ca](http://novahouse.ca) or call our crisis  
line: 1-877-977-0007.





**Shelter and Support for  
Individuals Experiencing Family  
and/or Intimate Partner Violence**

**Mailing Address**

**Box 337**

**Selkirk, MB R1A 2B3**

**General Inquiries**

**204-482-7882**

**info@novahouse.mb**

**[www.novahouse.ca](http://www.novahouse.ca)**

**24-HOUR TOLL FREE CRISIS LINE**

**1-877-977-0007**

**LOCAL CRISIS LINE**

**204-482-1200**

**CRISIS TEXTING LINE**

**204-805-NOVA (6682)**



**@novahousemb**

