



2019 Annual Report

A community that supports, respects
and empowers all women and girls

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Vision:

A community that supports, respects and empowers all women and girls.

Mission:

The Elizabeth Fry Society of Edmonton advances the dignity and worth of all women and girls who are, or may be at risk of becoming criminalized.

We value and believe...

We believe that knowledge building and advocacy are necessary to overcome systemic injustices that impact women and girls.

We believe that every person should be accepted and respected for their unique story and culture.

We believe that all women and girls deserve non-judgmental support, when experiencing adversity.

We believe that with self-determination and support, all women and girls can create a better future.

We believe the resilience of women creates space for individual, family, and community healing.

We believe everyone has the right to be treated in a way that fully recognizes their individual human rights.

We value spiritual, emotional, physical, and mental health.

We value the education and promotion of the Truth and Reconciliation Commission. (TRC)

Our Goals

Effective Organization – Continue to build organizational capacity and capability

Awareness and Education – Encourage public awareness of the Truth and Reconciliation Commission and the systematic barriers faced by women and girls who criminalized or at risk

Prevention – End criminalization of women and girls

Integration – Improve integration of women and girls and reduce the effects of criminalization

Human Rights – Promote and advocate for the human rights of women who are criminalized or at risk.

Who was Elizabeth Fry?



Elizabeth Fry (Gurney) was born in England in 1780. Although raised in a wealthy influential Quaker family, at 17 she chose to work with those less fortunate members of society. Early in 1813, Elizabeth Fry visited the women's section of Newgate Prison in London for the first time, and was shocked by the appalling conditions in which the female prisoners and their children were kept.

In some of the smaller prisons, the women were not separated from the men and in others, men who were labelled "lunatics", or in danger from other men, could be placed in the women's section for the jailer's convenience. Consequently, many babies were born to the inmate mothers who then lived in the prison.

Female prisoners were also kept for the domestic or sexual convenience of the jailer.

Prison fees were hard on women because they were often friendless and penniless. In some prisons, the doors between men and women's sections were unlocked at night. Prostitution was often the only way a woman could supplement the meager prison diet. Women prisoners were whipped in public until 1817 and in private until 1820.

Her insight, persistence, organizational ability and her willingness to see a "divine light" in every person resulted in striking reforms taking place in the manner in which women and children were treated in London's Newgate Prison. Her work has inspired the Elizabeth Fry Societies of today, and her reforms included encouraging women to care for themselves and their children, and convincing authorities to set up schools inside the prisons so the women and their children could be provided with basic education. Elizabeth Fry also gave material so the women could knit and do needlework and found a market for their goods, and insisted that women prisoners be kept in separate quarters from male prisoners and that they could be supervised by other females.

The essence of Elizabeth Fry's work with prisoners (male and female) was that they were fellow human beings. Their treatment, therefore, should be based on the 'principles for justice and humanity'.

Message from the President and Executive Director



2019 proved to be a strong year for our agency, with many accomplishments. Our agency, our Board and our volunteers all continue to demonstrate time and again their commitment to making our communities throughout Northern Alberta stronger and more connected.

As we grew into our new office space, our team continued to innovate the scope of our programming with energy, enthusiasm and creativity. We continued to expand our program offerings, giving us opportunity to extend our reach within our community. We re-imagined programs we previously ran, and found ways to become more effective. We continued to develop a space that provides safe, caring, wrap around supports for our most vulnerable neighbors. We focused diligently on building our relationships with other stakeholders.

All of this hard work has not gone unnoticed, and we were approached in 2019 to begin an assessment of where we might be able to provide supports to the Fort McMurray Courts. This is an opportunity that has been both exciting and challenging, and that has ultimately been the motivation we needed to embrace our future as an agency that truly serves all folks throughout the communities in Northern Alberta.

Which brings us to our biggest goal for 2020, the official re-branding of Elizabeth Fry Society of Edmonton, to better reflect all the work we do throughout Alberta. Our team and Board could not be more excited for the opportunities that await us, as we move forward into a new decade as the Elizabeth Fry Society of Northern Alberta. We are stronger and more motivated than ever to continue to embrace change and allow it to challenge us to grow who we are as an agency.

President's Note:

This past year also brought us a several new Board members, as we bid farewell to several wonderful women who retired off the Board. Our Board is also evolving as we continue to add members with diverse and expansive professional experience. I would like to offer a sincere thank you to each of my fellow Board members, who make my job as President so seamless, and who are wonderful human beings to do this work with.

It also goes without saying, our agency would not be what it is without the thoughtful, insightful and measured direction that our incredible Executive Director, Toni Sinclair, provides to our team day after day. There truly is no way to adequately express what Toni is to this agency, other than to say she is the heart and the brain, who continues to lead us gracefully into our next phase of growth. I am deeply grateful to have Toni as a friend and colleague, and cherish the opportunity to continue to learn from her, seek counsel from her and continue this work with her. It is my privilege to lead this agency with Toni.

I also want to acknowledge the exceptional work of our EFry Staff – you are the heartbeat and the energy of our agency and the everyday heroes in our community. Even when the work is hard, know that the impacts to our women and girls are valued beyond measure. We could not do what we do without you, and we thank you from the bottom of our hearts – for being you – the exact kind of person who will show up to do this work day after day, without giving up.

Finally, I would like to extend my sincere thanks to our EFry Volunteers & Members – you are truly the soul of our agency, and we would be nothing without you.

Executive Director's Note:

2019 was such an incredibly steady and progressive year for us! All thanks to our team and their tireless dedication. I was especially moved by the impact of our programs and services, including the addition of our Women's Empowerment Project. To our team of staff and volunteers, you continue to motivate me and inspire me. It is an absolute privilege and honor to work with you daily, and you have my utmost respect always.

To our Board, thank you for your continued loyalty, dedication, and commitment to our collective vision. To our stakeholders and funders, your support paved the way for a productive and meaningful 2019, many outcomes for which are highlighted in this report.

As we continue to solidify the intersectional lens in our feminist framework as an organization, I look forward to 2020 and our steps toward a community that supports, respects, and empowers all women, girls and non-binary individuals.

President
Candice Sawchuk

Executive Director
Toni Sinclair

Board of Directors

2019 Board of Directors

President:

Candice Sawchuck (President)

Members-at-Large:

Rani Berg

Ravine Basahti

Sarah Davis

Marta Jacewscka

Beebee Chang

Jackie Spurrell

Jessi Thomson

Ex-Officio

Toni Sinclair

2020 Board of Directors

Candice Sawchuck



Candice works professionally as a Project and Operations Management Consultant, and has worked with a diverse set of clients across many industries. Candice is an avid volunteer who is passionate about her work with Elizabeth Fry and is grateful to continue to serve the women our organization supports. Candice spends her free time reading and blogging about books, travelling the world and practicing to be a better yogi.

Rani Berg



While Rani specializes in real estate and corporate law, she developed a passion for access to justice issues early in her legal career. Over the last 5 years, Rani has been actively involved in various programs, which strive to provide pro-bono legal services to individuals who need them most. She looks forward to continuing this work, along with furthering many of the Elizabeth Fry Society's other initiatives, as a continuing board member. In her spare time, Rani loves travelling to new places and spending as much quality time with friends and family as possible.

Jackie Spurrell



Jackie is an accredited public relations professional; she holds a degree in Communications from MacEwan University and obtained her accreditation through the Canadian Public Relations Society. Currently, she is the manager of Corporate Communications at Alberta Blue Cross. Jackie is excited to bring her passion for the written word and story telling to the Efry board of directors. In her spare time, she enjoys camping and spending time outdoors with her family, trips to the dog park with her golden retriever and reading.

Jess Thomson



Jess Thomson is an engagement and development professional with over 10 years in the non profit sector. Jess's passion for supporting women has been a common theme throughout her career and continues as she works to build economic prosperity for women in her current role as Senior Advisor at women building futures.

Priscilla Yip



Priscilla is a Manager with Crowe MacKay LLP and has 6 years of experience in the field of accounting and finance. She holds a Bachelor of Commerce from the University of Alberta and is a Chartered Professional Accountant. She joined Elizabeth Fry in February 2019. Priscilla enjoys giving back to the community and mentoring students. During her free time she enjoys traveling, playing sports, and spending time with friends and family.

Marta Jacewska



Marta has worked within the Government of Alberta for the past 13 years. She currently works in the Program and Policy Development Branch in Justice and Solicitor General. She holds a Bachelors degree majoring in Sociology from the University of Alberta. She appreciates having the opportunity to keep learning from and be surrounded by a diverse group of people at EFry. In her spare time, she enjoys exploring the river valley with her dog.

Leanne Niblock



Leanne Niblock is a former journalist who now manages risk communication for ATB financial. Leanne recently joined the Board and is looking forward to contributing to the advancement of the Society's goals. In her free time, Leanne spends time with her dog and horses.

Sarah Yaremci



*"We become diamonds
under pressure"*

- Women's Empowerment
Program Participant

The Elizabeth Fry Society of Edmonton
Statement of Financial Position
December 31, 2019

ASSETS	2019	2018
CURRENT		
Cash and Cash Equivalent	\$ 512,243	\$ 720,486
Investments	801,531	599,801
Accrued Interest	6,783	5,765
Accounts Receivable	87,880	148,193
Goods and Services tax recoverable	4,361	5,831
Prepaid expenses and deposits	23,587	21,941
	<u>1,436,385</u>	<u>1,502,017</u>
	13,781	3,571
CAPITAL ASSETS		
	\$ 1,450,166	\$ 1,505,588
LIABILITIES		
CURRENT		
Accounts payable	\$ 84,176	\$ 56,053
Deferred revenue	690,324	855,822
	<u>774,500</u>	<u>911,875</u>
NET ASSETS		
Unrestricted fund	661,885	584,997
Equity in capital assets	13,781	3,571
Casino Surplus		5,145
	<u>\$ 675,666</u>	<u>\$ 593,713</u>
	<u>\$1,450,166</u>	<u>1,505,588</u>

The Elizabeth Fry Society of Edmonton
Statement of Operations
Year Ended December 31, 2019

	2019	2018
REVENUE		
Alberta Justice & Solicitor General	\$ 935,655	\$ 946,438
Alberta Law Foundation	482,941	448,929
United Way of Alberta Capital Region	122,942	123,450
Status of Women	120,320	110,752
City of Edmonton	82,370	79,233
Government of Alberta	64,838	-
Casino Revenue	62,792	8,677
Canadian Women's Foundation	51,000	50,000
Alberta Community and Social Services	40,891	48,891
Edmonton and Area Fetal Alcohol Network	37,312	37,312
Interest	36,021	11,461
Donations and Other	33,219	43,954
Empower U	25,271	26,711
Edmonton Community Foundation	21,422	40,500
Rental Recoveries	10,178	19,595
Summer Career Placements (SCP)	10,071	7,361
Fundraising	8,843	11,162
CAEFS	1,828	3,030
Alberta Human Rights	-	30,828
	<hr/> 2,147,914	<hr/> 2,048,284 <hr/>

The Elizabeth Fry Society of Edmonton
Statement of Operations (continued)
December 31, 2019

	2019	2018
EXPENSE		
Salaries and Wages	\$ 1,490,707	\$ 1,510,151
Benefits	175,098	165,076
Rent	120,292	95,045
Transportation	68,504	72,276
Office Expenses	40,456	31,740
Client Services	37,970	62,684
Professional Fees	31,107	13,624
Telephone	17,970	19,253
Christmas Program and Other fundraising	13,216	4,340
Photocopy and Printing	13,207	11,846
Record Suspension	11,747	7,951
Staff Development	9,555	7,884
Agency Development and promotion	8,717	7,412
Outcome Evaluation	8,095	-
Refund of excess funds	6,989	-
Volunteer Expenses	4,725	5,651
Insurance	3,452	3,215
Amortization	2,021	1,041
Consulting and Elder Services	1,209	2,090
Internet	924	1,275
Maintenance		8,560
	<hr/> 2,031,114	<hr/> 2,031,114
EXCESS (DEFICIENCY) OF REVENUE		
OVER EXPENSE	\$	\$
	81,953	17,170

Bridging New Journeys

*"I had no idea all these
resources were available
upon my release. I feel so
much better"*

- Program Participant

Bridging New Journeys Program 2019 Annual Report

Bridging New Journeys assists federally sentenced women in developing a detailed reintegration plan which helps them to succeed in the community. We work to cultivate hope and to spark positive changes in the future for each participant in the program. We achieve this goal by completing the six pillars of success.

1. **Basic Needs:** Exploring areas such as transportation, clothing, food, finances, and identification.
2. **Housing:** Provide help with finding housing.
3. **Employment/Education:** Researching employment and/or education options that may be available upon release.
4. **Health Care:** Determining health care needs.
5. **Support Systems:** Identifying different community resources available.
6. **Future Goals and Plans:** Assisting in planning and setting goals.

In addition, we also provide help with parole preparation. We will attend the parole hearing as an Assistant or Support for the women.

The program is delivered into the following Federal Institutions:

- Edmonton Institution for Women
- Buffalo Sage
- Elpida (Halfway House)



786
hours was spent
supporting and
advocating with
women in the
institutions

The women in the Federal Institutions are faced with many different issues. Some of their biggest obstacles are the following:

- Poverty
- Mental Health Issues
- Addiction / Substance Abuse
- Separation from Children and Family
- Lack of Education / Lack of Financial Intuition / Lack of Resources and Support
- Abusive Past Relationships

Bridging New Journeys does not end in the Institutions. We encourage the women to visit the Elizabeth Fry Society to access our programs and resources. Weekly visits to ELPIDA (Halfway House) connect women on day parole to community resources and supports.

We are able to deliver this program through our Casino fundraising and generous individual and corporate donors

Edmonton Attendance Centre Programs – Addictions and Anger Management

*"There was a lot of knowledge
given on the subject. I will use
what I learned today to better
tomorrow"*

- Addictions Program Participant

Edmonton Attendance Centre Programs Addictions and Anger Management 2019 Annual Report

The Elizabeth Fry Society of Edmonton offers 2 programs through the Edmonton Attendance Centre which is a community corrections office: Addictions and Anger Management. Both Programs are 4 days in length, offered on weekends, are specific to adults with criminal justice involvement. Both of these programs are funded by Alberta Justice Solicitor General.

Our Addictions program is facilitated to help empower individuals to effectively identify addictive behaviors and teaches skills related to healthy coping mechanisms. Topics covered in this program include understanding the cycle of addiction, tools to use during recovery, challenges to recover, addictions and relationships, coping strategies for life, and goal setting in recovery. This program also provides participants with an important connection to the community, supports and other individuals wanting to make healthier choices and achieve their personal goals. In 2019, 65 participants were given certificates for successfully completing this program.



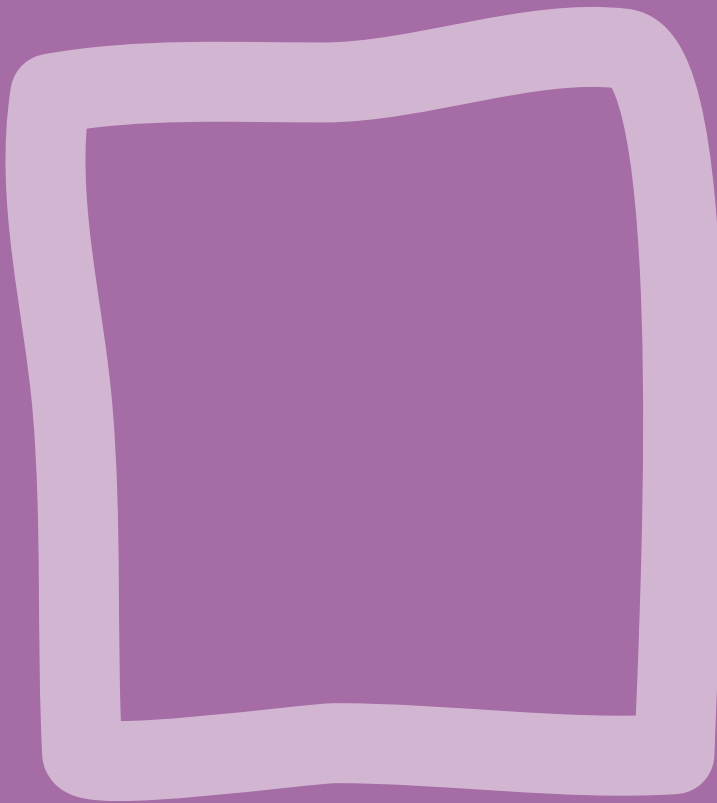
203
Completed
Addictions
and Anger
Management
Programs



Our Anger Management Program is focused on creating a deeper understanding of what anger is and how individuals can manage it in effective and healthy ways. The goal of this program is to empower individuals to create positive relationships with themselves, their family and friends, and their community. Topics covered in this program include defining anger, identifying the onset of anger, strategies for managing anger, relationships

and anger, challenging thoughts and beliefs on anger and challenges with managing one's anger. This program also provides participants with an important connection to the community, supports and other individuals wanting to make healthier choices and achieve their personal goals. In 2019, 138 participants were given certificates for successfully completing this program.

**Centre 170
Video Visitation Centre**



Centre 170 Video Visitation Centre 2019 Annual Report

The Video Visitation Centre provides regular visits for folks in the Edmonton Remand Centre since April 2013. We are operational 7 days a week 8:30AM to 9 PM. Our staff facilitates an average of 54 visits each day.

Our priority is to ensure visits happen smoothly which promotes community and family connections for those incarcerated in the Remand. In doing so, we also provide vital resources and support to visitors. Some of the common resources and referrals in 2019 were to Elizabeth Fry's court programs, community resources program and record suspensions program.

This service is funded by Alberta Justice Solicitor General.

"Elizabeth Fry Visitation Centre
is a Great Place to Visit Your
Cherished Ones!!"

"Friendly staff! So helpful and
kind."

-CENTRE 170 VISITORS

OUR STATISTICS
>21000 VISITS COMPLETED
94 VISITS ON CHRISTMAS EVE



Women's Empowerment Project (WEP)

"The Free Counselling Program has been life changing. I am so grateful to WEP. I am so grateful for the WEP assistance with therapy, it has been life altering, and continues to provide me with new perceptions."

- Program Participant

Women's Empowerment Project (WEP) 2019 Annual Report

The Women's Empowerment Project (WEP) was established because The Elizabeth Fry Society of Edmonton (EFry) recognizes that many women and girls have experienced and/or are currently living with violence and trauma. WEP is funded by the Family and Community Safety Program (FCSP) through the Government of Alberta. Through WEP's unique programming, we educate women about violence, trauma, empowerment, and how to move forward with confidence, resources, and hope. WEP programming entails one-on-one intake appointments for safety planning, "support to report" visits, and discussions on empowerment; a Free Counselling Program, a Mentorship Program which offers Talking Circles and peer-to-peer matching and support, as well as community outreach. WEP has allowed women in Edmonton (and now in Red Deer) the opportunity to learn about themselves and what empowerment means for them in a safe space.



38

WEP clients



55

WEP
appointments
one-on one's



13

Talking Circles
hosted



11

Clients enrolled in
the Free Counselling
Program as of
December 2019

Highlighted Successful Outcome Because of WEP:

A young mother of 3 children has been in hiding from her violent ex-spouse for years. This client credited WEP with providing her the strength to go through her court process to gain full custody of her children and to prioritize her mental health by utilizing WEP meetings and the Free Counselling Program. The client did win full custody of her children and had this to say about WEP's unique, hands-on supportive programming: "I am so happy. Thank you for empowering me and for supporting me and helping me find my voice! I give Efry so much credit. I couldn't have done it without you!"

"I am ready
for my
journey of
healing now."



"I haven't had
anything
positive in my
life for 7 years ...
this [WEP
meeting] made
me feel good."



38 of our Elizabeth Fry clients
had a one hour, one-on-one
WEP appointment in 2019.



Women's Empowerment Project (WEP)



*"We become diamonds under
pressure."*

Edmonton Remand Centre Rehabilitative Programs

*"I will remember my
warrior self, and accept me
for me. I'm truly worth it,
and will strive to do better
than I did yesterday. I can
do it, and will do it."*

- Wellbriety Participant,
March 2018

Edmonton Remand Centre Rehabilitative Programs 2019 Annual Report

The Elizabeth Fry Society offers a variety of rehabilitative programming in the Edmonton Remand Centre to women on two different units. These programs aim to empower women to recognize their own personal skills and strengths, to increase their knowledge and abilities in order to increase their self-advocacy and promote healthy life choices. The programs offered in the Edmonton Remand Centre include Wellbriety, Writing Works, Traditional Parenting, Introduction to Stoplifting, Indigenous Women's Wellness, Me and Money, Emotional Regulation and Changing Paths. In addition to skill development, these programs provide participants with an important connection to community, culture and to other individuals who have a strong desire to make informed and healthy decisions. The programs offered aim to promote empowerment, and help individuals to set goals for themselves in order to be successful in the community upon release. In 2019, the Elizabeth Fry Society facilitated 54 workshops in the Edmonton Remand Centre, with 367 participant completions. This program is funded by the Alberta Justice and Solicitor General.



Housing Support Program

This is my home. My whole life I've never lived in one place for more than a few months. I've never had a place that is mine. This is where I want to be.

- Program Participant

Housing Support Program 2019 Annual Report

Program Overview:

The Elizabeth Fry Society of Edmonton's housing program provides subsidized housing to Indigenous Women, who have experienced victimization through sexual exploitation and who are at-risk of homelessness. We are funded by the Canadian Women's Foundation and Edmonton community Foundation that allows us to house and support up to five women at a time.

At the beginning of 2019, four women were being housed with the support of our housing program. By May, all these women had graduated from the program. In July, we introduced a new participant. We introduced another one in August, then September, and lastly in December. At the beginning of December 2019, we had all three women continue in our program with the latest participant being housed on December 23, 2019. In total we currently have four women being housed with the support of our housing program.

Highlights:

Participant 1: one of our women had the opportunity to celebrate her one-year sobriety mark. She also had been struggling with some health concerns but with the supports of the housing program and other community supports she was able to maintain her housing through her recovery.

Participant 2: Was able to find full time employment that paid above minimum wage. She has been in a custody battle with her ex-partner and with the help of this program she has had emotional support to vent about her struggles. Additionally, through our financially literacy course she has gained more knowledgeable about finances to be financially independent when she becomes a single mother again.

Participant 3: This participant is currently searching for employment for a couple of months. With the help of one of our volunteers she was able to fix her cover letter and resume. She is currently taking an employment course with Alberta Works that

offers free workshops and computer literacy courses. She also completed our financial literacy course and was able to save some money to put towards an investment. She is currently volunteering for Pound Makers Lodge, helping with giveaways and round dances.

Participant 4: Our newest participant has already completed the Empower U program (financial literacy course) at CEASE and was able to save almost the maximum amount. She is wanting to put this money towards a tax-free saving account. She also received her FLIP (Family Life Improvement Program) certificate on Dec 19, 2019.

In 2019, the housing program received 61 initial applications. There were 83 one-on-one support sessions (71 home visits and 12 in-office visits) conducted with our housing participants in order to assist with budgeting, accessing supports and services, and goal setting.

Elizabeth Fry Society of Edmonton
Housing Program

61 Initial application

83 one-on-one support meeting

"My favourite thing is the home visits! They make me accountable."

"The home visits really make me feel supported. I have the ability to air out my thoughts and make a concrete plan."

Elizabeth Fry Society of Edmonton

Girls Empowered and Strong

"In the Girls Empowered and Strong program, I learned that I'm a girl and I'm cool and strong and there is nothing wrong with me"

- High Prairie Summer
Camp Participant

Girls Empowered and Strong 2019 Annual Report

G.I.R.L.S. Empowered and Strong (GES) is a free program for teenage girls who want to address issues they are facing and become empowered to make strong and positive choices for themselves and their futures. The goal of this program is to provide girls, ages 12 to 17, with the skills and knowledge they need in order to make healthy life choices, thereby preventing future involvement in the criminal legal system. GES addresses the realities that teen girls face in their daily lives. The program is FASD friendly and is designed to be able to meet the unique needs of girls with this diagnosis while building emotional, intrapersonal, and interpersonal skills for all girls.

Girls Groups – An 8-10 session program run in schools, group homes, in the community etc.

Inner Circle – A program to strengthen the relationship between women and the girls they care for

Rights for You(th) – A presentation designed for grade 9 social studies classes

Lead the Way – Opportunities to foster youth leadership

Shoplifting for Youth – A program to help youth who shoplift

This program is funded by United Way of Alberta Capital Region, Edmonton and Area Fetal Alcohol Network, Alberta Government through Civil Forfeitures Grant and Casino fundraising.



- Worked with 525 unique clients across all programs within GES, with 304 participants being new to the program
- Was contracted to go to High Prairie in July 2019 to facilitate a summer camp with girls ages 10-14. There were 17 girls in attendance.

Community Resources Program

*"Thank you for always
being there for me. I am so
blessed to have you in my
life and my journey. You
have helped me so much
when I was broken."*

Community Resources Program 2019 Annual Report

The Community Resources Program at the Elizabeth Fry Society of Edmonton offers women emotional, educational, vocational, and practical assistance to address their needs. It is funded by United Way of the Alberta Capital Region. This multi-faceted program strives to empower and support women as they move through their personal journeys. In 2019, we saw 2211 instances where we supported women through the Community Resources Program.

We offer support through daily intake services, referrals to the Edmonton Food Bank and Edmonton Emergency Relief Society, bus tickets to get to medical appointments, assistance with completing forms, hygiene items, hygiene packages for women recently released from provincial and federal prisons, a clothing closet, and information about other resources in the community. By offering practical support, we hope that we can help women to overcome the barriers they face daily.

We also provide women with other community resources and information about how to access these resources. We frequently invite community partners to run workshops in our drop-in with our women to emphasize the extensive network of community supports that are available within Edmonton. Information is available regarding housing (including short-term, long-term, and emergency options), treatment and post-recovery houses, identification, information on sexually transmitted infections (STIs), employment and education, furniture and household items information, free and low cost clothing, food resources, and family and youth programs. In 2019, the Community Resources program received 1504 calls from within the community.

Lastly, in our reception area we are able to provide the members of our community a safe, supportive, and sober environment. We provide light snacks, graciously donated by the Omega Starbucks.

Thank you to our many generous supporters. Many Community donors, Red Pony Consignment, add Second Chance Clothing in Red Deer and Caprice West ensure that our clothing room is always stocked. In 2019, various community donors provided us with hygiene items for our clients. Additionally, thank you to our fabulous volunteers: Nisreen Ibrahim, Téa Lewis, Hillary Ngo-Tran, Melody Santiago, Barb Pearce, Rebecca Nachteggall, Kennedy Sanderson, Courtney Heffernan, and Laura Vandervert. Without the generous support of our volunteers, students, and community members, our program could not have such success.

In 2019 the Community Resources program was accessed 2211 times, including:

- 2748 bus tickets
- 533 clothing closet
- 370 hygiene kits

COMMUNITY RESOURCES
ELIZABETH FRY SOCIETY OF EDMONTON

The infographic features a central image of four people embracing at sunset. The statistics are overlaid on smaller images: a bus, a person's legs, and hygiene products.

Independent Legal Advice for Survivors of Sexual Violence Program

*"all the information as well
as the one-on-one gave me
hope to get my voice heard
and stand up for myself"*

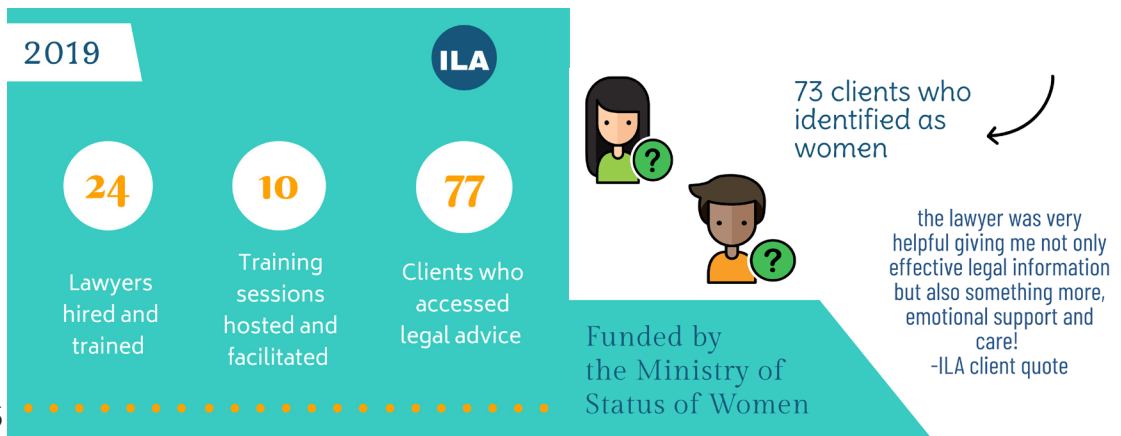
- Program Participant

Independent Legal Advice for Survivors of Sexual Violence Program 2019 Annual Report

The Elizabeth Fry Society of Edmonton launched the three year Independent Legal Advice (ILA) for Survivors of Sexual Violence program in 2018. Sexual violence is an extremely underreported crime. As many as one in three women and one in six men will experience sexual assault in their lifetime and only 6% of these assaults will be reported to the police. Our community needs to do more to empower survivors to come forward with their stories and receive client centered support and professional and effective information. All Canadians have a right to access justice, and survivors of sexual assault deserve this access.

The ILA Program advances the dignity and worth of all survivors of sexual violence by believing and empowering survivors to pursue legal advice. Legal action is a part of many survivors' healing journeys, but access to justice is often restricted by a multitude of barriers. The ILA Program assists in removing these barriers by providing free legal advice to survivors of any background.

The ILA Program is a trauma-informed, healing-centred program that runs in Edmonton and surrounding areas and expanded in Red Deer in 2019. To be eligible for the ILA Program, survivors must have experienced sexual violence in Alberta, reside in Alberta, and be at least 18 years old. Each survivor is entitled to up to four hours of legal advice as well as attendance at a legal clinic. ILA staff recruit lawyers and train these lawyers in trauma-informed practices, gender-based and intersectional approaches, and Indigenous historical trauma.



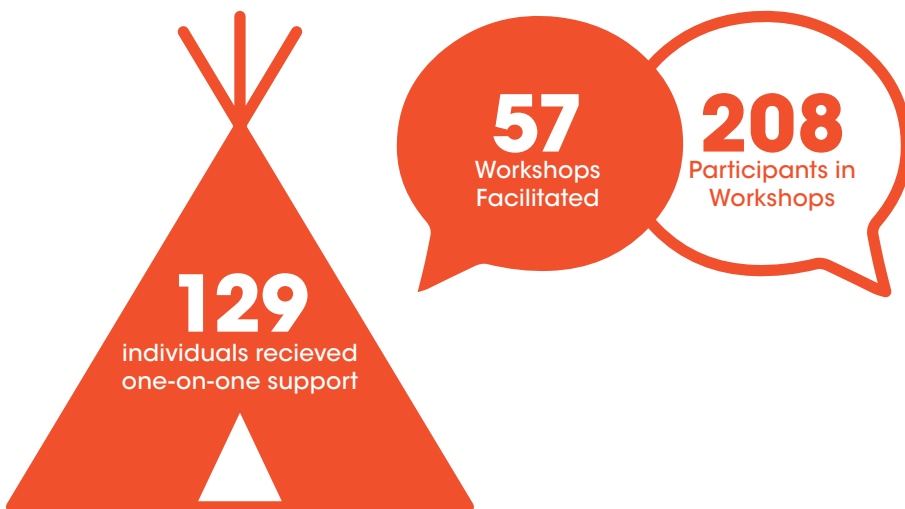
Indigenous Women's Program

*"I will use all the teachings
to strengthen my life and
the lives of others in my
circle. I loved the teacher"*

- Indigenous Women's
Wellness Participant

Indigenous Women's Program 2019 Annual Report

The Indigenous Women's Program (IWP) works to help women to reconnect with their culture through practices and teachings on the medicine wheel, Elders' teaching, traditional medicines, ceremonies, sweats and one-on-one support. Although this program has a strong Indigenous focus, programs and activities are open to any women wanting to learn more about Indigenous Culture. This program aims to help individuals become balanced in all aspects of their lives, including their physical, emotional, mental and spiritual needs. The Traditional Parenting program, as an important aspect of IWP, it focuses on parenting from an Indigenous perspective and addresses the negative impacts of colonization. This program teaches the fundamental tools that parents need to raise children using concepts from the medicine wheel, the rites of passage and ensuring family roles. This program shares valuable information and teachings in the hopes of working through intergenerational trauma and empowering Indigenous women to once again become strong and resilient life givers. In 2019, IWP facilitated 57 workshops, with 208 participants. Additionally, 129 individuals received one-on-one support through this program in areas such as housing, treatment options, sage, smudging and other cultural supports. This program is funded by the City of Edmonton through the Family and Community Support Services Funding.



Record Suspension Program

"I feel a huge load lifted off of my shoulders. I know that everything will work out and I can find new employment opportunities with a Record Suspension. Thank you so much for your help and support!"

- Program Participant

Record Suspension Program 2019 Annual Report

The Record Suspension Program at the Elizabeth Fry Society of Edmonton offers women financial and practical assistance having old criminal records suspended through the Parole Board of Canada. It is funded by generous donations from our community supporters.

Applying for a record suspension is a ten-step process that includes various financial costs. The final application fee for a record suspension is \$631, which is virtually unattainable for women who are prevented from obtaining work by their criminal past. This does not include other costs (e.g. \$75 for a criminal record check, a minimum of \$20 for Alberta court documents, \$70 for a local police record check, etc.) that may arise along the way.

Beyond the financial burden, completing the forms required for a record suspension can be an arduous process that is confusing at the best of times. One step also requires that the applicant explains why they committed the crime that they did and what they've done to "rehabilitate;" this can be shaming and re-traumatizing for women who committed crimes due to poverty, addictions, family violence, etc. By assisting with completing forms and also offering financial assistance, we empower women to move forward successfully and confidently.

This program is funded by many generous individuals and Edmonton Community Foundation.



793

Record
Suspension
phone call
inquiries



27

New
applications
started



22

currently enrolled
in Record
Suspension
Program



262

successfully
obtained a Record
Suspension since the
program's inception

Stoplifting Program

"I knew what I was doing was wrong and I wanted to stop. I could never have done it on my own. Now I understand why I do it and I have coping strategies to help me make good decisions"

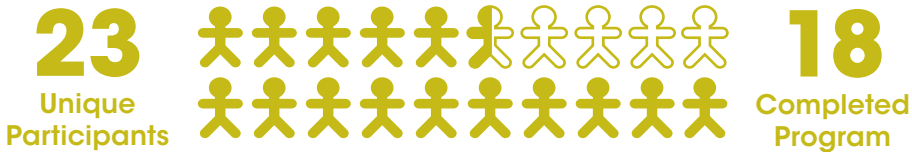
- Program Participant

Shoplifting Program Annual Report 2019 Annual Report

Shoplifting is a five-week intensive course that addresses the law surrounding shoplifting and underlying issues that contribute to shoplifting (including grief, anger, boundaries, assertiveness, etc.). The program is funded by United Way of Alberta Capital Region. Shoplifting sessions occur three times per year, with courses starting in January, May, and September.

By offering the Shoplifting Program we hope to provide awareness and understanding of shoplifting in a non-judgmental atmosphere. Ultimately, we hope to foster better coping strategies for our participants. Topics covered include self-awareness, anger, grief, loss, boundaries, co-dependency, assertiveness, conflict, and motivation to change.

Referrals are made through probation, parole, courts, lawyers, and the Edmonton Diversion Program. Self-referrals are accepted.



It is important to note that each group consists of no more than 12 participants. This is to ensure adequate time for each participant to share and reflect.

Financial Literacy Program

"I will use the budgeting tips as well as [the] info about credit and how to build it and stop it from getting out of control!"

– Me & Money ERC Participant

Financial Literacy Program 2019 Annual Report

The Elizabeth Fry Society facilitates financial empowerment programs to women in the community and to those in provincial and federal institutions. The aim of our financial workshops and programs is to empower women, to improve their financial situations through increased financial literacy, peer support and optional matched savings. Given the challenges for women transitioning out of incarceration, these programs work to increase not only their financial well-being but also their personal, physical, social and mental wellbeing. Me & Money is a registered program that we offer once a week, usually over a 12 week period, 3 times a year at our main office. Empower U offers an optional matched savings component, where participants save for a period of six months in order to purchase some sort of asset, with the money saved being matched by ATB Financial and United Way. The program is open to any women in the community and also for women at the Edmonton Institution for Women (EIFW) who are eligible for escorted temporary absences. This program is very in-depth and covers a variety of topics including saving, taxes, debt, budgeting, credit reporting and rebuilding and consumerism. Any women attending this program from EIFW who is unable to participant in the matched savings portion, is highly encouraged to retake Me & Money upon their release into the community; and to take full advantage of this program. ATB and our Me & Money program work to empower women to increase their financial literacy and to connect them with additional financial supports that will lead to financial confidence, stability and ultimately independence. This program is funded by the United Way of Alberta Capital Region.



In 2019, 26 participants completed the Me & Money program offered at our main office; and 31 participants completed the two-day Me & Money program offered at the Edmonton Remand Centre.

The Work4Women Program

What did you appreciate, enjoy, or think was best about this workshop?

"Learning about my transferrable skills and finding out all the skills I did not realize I had."

- Program Participant

The Work4Women Program 2019 Annual Report

The Elizabeth Fry Society's Work 4 Women program provides services and support to women who may be criminalized or facing barriers to employment both in the community and who have been incarcerated. The women accessing this program may be facing various barriers such as poverty, mental health issues, addictions, isolation, discrimination and/or criminal records. This program provides one-on-one support with resume development, support addressing a criminal record during the job seeking process, employment workshops on job searching and referrals to training/educational programs and other community resources. This year the program conducted 70 employment workshops. Overall, 2147 women had access to Work 4 Women program, and 667 referrals were given to various supports and services. Our **Pre-Employment Training Series (PETS)** is an integral part of this program. This pre-registered program is designed specifically for women with previous or current involvement in the criminal justice system but is open to anyone wanting to learn how to overcome barriers to employment. The Work 4 Women program had 23 successes this year, with participants being enrolled in post-secondary programs or obtaining employment.

This program is funded by Government of Alberta through Ministry of Community and Social Services



Provincial Prison Liaison Program

"You're doing something really great here. I feel so much better about everything and my future!"

- Program Participant, 2019

Provincial Prison Liaison Program 2019 Annual Report

The Provincial Prison Liaison Program provides support to women incarcerated at the Edmonton Remand Centre and the Fort Saskatchewan Correctional Centre. This program assists with release planning, bail assistance, advocacy, and provides social and recreational development programming. This year the program has done remarkably well. Over the course of 2019, we visited Edmonton Remand Centre 105 times and visited the Fort Saskatchewan Correctional Centre 96 times to offer our community outreach services. In 2019, we provided 326 units of service to assist women with release planning at Edmonton Remand Centre and 284 units of service to assist women with release planning at the Fort Saskatchewan Correctional Centre.

1184

incarcerated women
were reached out
to by the Edmonton
Remand Centre

1091

incarcerated
women received
support at the Fort
Saskatchewan
Correctional Centre



610

units of service to
assist women with
release planning

The Provincial Prison Liaison Program continues to empower, support, and assist women who are provincially incarcerated to work toward achieving their goals. Through this program, we are able to support our mission of advancing the dignity and worth of all women and girls. We continue to support these women on their journey from incarceration to the community and look forward to future success stories in 2020 and the years to come.

Important feedback from Program participants:

“All of the information was very helpful and can be used in my day to day life.”

“This program will improve the quality of my life. [I] was not able to forgive before because I thought they didn’t deserve it, but the forgiveness is for me.”

“Thank you for being there for me”

This program is funded by Alberta Justice and Solicitor General.

Court Programs



Court Programs 2019 Annual Report

With funding from the Alberta Law Foundation and the United Way of Alberta Capital Region, our Edmonton Adult Court program assisted 28,146 individual clients attending court in the Edmonton Courthouse. We have been working hard amidst the chaos of courthouse renovations to reach clients and assist them in getting the information and resources they need to successfully navigate the Criminal Justice System. We gave general information and community resources to 15,531 clients and offered legal resources to 13,815. In our Youth, Family and Child Welfare courts, we saw an additional 11,439 clients. We could not have accomplished this without our 131 dedicated volunteers who offered 5781 hours of service to our organization.



28,146
individual clients
attending court
in the Edmonton
Courthouse assisted



15,531
clients offered
general and
community
resources



11,439
clients offered
resources in Youth,
Family and Child
Welfare courts

Through our court support, we have worked with many individuals but most of the relationships with the clients are somewhat short term. Our Court Manager has been supporting one client with ongoing court matters for over a year now. It is a relationship built on trust, she can rely on us for timely and accurate court information and we have been able to support her further by referring to several of our other programs including ILA. This is an example of the strength of our agency in providing not just practical supports, but also opportunities for emotional healing. We are constantly inspired by the resilience of the people we serve.



In our Satellite courts (St Alberta, Morinville, Stony Plain, Sherwood Park, Fort Saskatchewan, Camrose, Ponoka, Wetaskiwin and Red Deer) we assisted another 17,790 clients. We worked with courthouse administration to roll out Case Management Offices in several of these courts which demonstrates our ongoing commitment to increasing access to justice for rural Albertans. We work closely with other stakeholders like duty counsel, to streamline the court experience for those who are attending. We relied on our volunteers who provided 1,283 hours of dedicated time to our program.

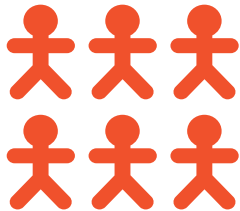
A Satellite court client success story

A client had a court appearance in one of our rural courts. He bicycled there from the city, which is normally a 45-minute drive. He needed to get some of his release conditions changed so he could care for his dependent partner. As a direct result of our advocacy, we were able to communicate his needs to the Crown, get his conditions changed, and save him another very long trip to court.



17,790

individual clients
assisted in our
Satellite courts



1,283

volunteer hours
of dedicated
to our Satellite
court program

EFRY ADULT COURT WORKER PROGRAM

EDMONTON,
SHERWOOD PARK , FORT
SASKATCHEWAN,
STONEY PLAIN, ST. ALBERT,
MORNVILLE,
WETASKIWIN, PONKA,
CAMROSE,
REDDEER



Clients Served in the
Adult Court Program
47650



General Community
Information Given
28602



58 Volunteers
Giving Generously
4255 Hours of Their
Time



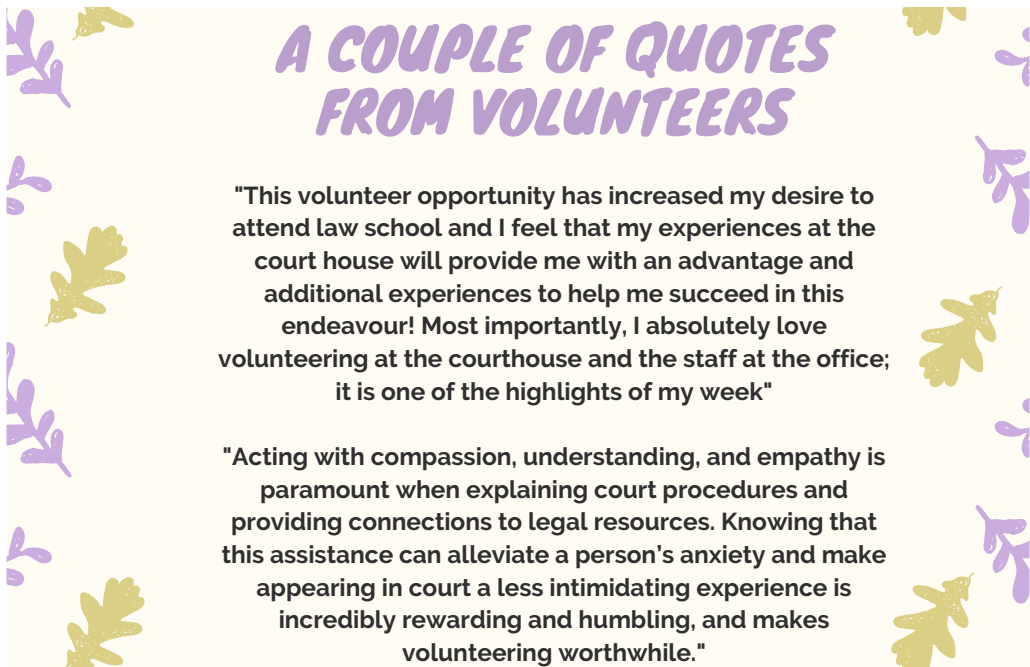
Volunteers are a big
part of our success at
in the community.



Volunteer Program

This was a great year for the volunteer program at Elizabeth Fry Society of Edmonton. Our volunteers and students continue to excel, advocate, learn, and support each other and our clients. We welcomed many practicum students from multiple disciplines this year who have contributed to various programs, became amazing members of our team, and few of them have continued as volunteers as well.

We had 70 new volunteers and students start in 2019 and many continuing volunteers from previous years providing over 5800 volunteer hours. All volunteers are required to take a formal volunteer orientation and have been very receptive to that. Many volunteers have volunteered in multiple programs, which gives them a wider lens of what EFRY does, and enables them to provide more support, and reach more clients.



Special Thanks to Our Volunteers!

Aaron Laforest
Abuk Deng
Abby D'Souza
Adithi Raghuker
Alale Rahnamay-Beheshti
Alana Taylor
Alexandra Seaman
Allison Boutillier
Ally Sandulescu
Alyssa Armstrong
Alyssa Gueco
Amanda Goodwin
Amanda Liu
Ana Fuenzalidz
Andrea Alice Marrocu
Andrew Mirasty
Andrea Marrocu
Andrea Vogel
Andrew Mirasty
Angelica Apolonio
Angelique Van Glaanen Weygel
Anisa Hussain
Ankita Chaturvedi
Anmol Sandhar
Anna Fuenzalida (Batou)
Anusha Kav
Anusha Kav
Arlene Suzuki
Aryssa Hasham
Asher Herbert
Ashley Groenewegan
Audra Gilroy
Aysha Varkey
Barb Pearce
Bendu Dukuly
Bethany Bieda
Callista Olivares
Carly Colasimone
Carolyn Biron
Catherine Macneil
Charlotte Cheaney
Christian Zukowski
Christine Unrau
Courtney Baker
Curtis Steeves
Darby Yaroshuk
Derya Cipalk
Devin Blair
Douglas Lee
Elisa Carbonaro

Emma Verville
Eva Glancy
Frances Wallace
Gabriel Sandstrom
Gabrielle Blais
Gabrielle Kovtunenکو
Gurbir Mann
Hanna Daniel
Heather Taskey
Hilary Ngo Tran
Jenna Robinson
Imaan Somji
Jade Arcand
Jamey Boisvert
Janine Hancock
Janzel Winstanley
Jillian Marshall
Jilynne Whittington
Jo-Anne Robutka
Jona Gabrielson
Julia Juco
Kali Norn
Karen Porter
Katherine Clackson
Kathryn Quinlan
Kelsey Fortier
Kirstyn Leitert
Krissa McLean
Kyla Courte
Kennedy Sanderson
Laura Feehan
Laura Matalas
Lauren Wetmore
Layna Bogart
Leann Lennon-Harrison
Lexi Asic
Lidya Hagos
Liria Nair
Lisa Cross
Lisa Gillis-Alsfeld
Madison Giese
Mahek Punjabi
Marie Janette Ampoloquio
Mariska Konnik
Mary Pilla
Matthew Booth
Megan Wanat
Megan Bellingham
Merle Kennedy
Michelle Roe

Nadya Shaben
Melody Santiago
Najibi Omar
Nancy Cush
Natalie Read
Nicole Neveu
Nicole Sissons
Nisreen Ibrahim
Omar Ramadan
Rachel Hansford
Ravia Dhaliwal
Rebecca Natchigall
Rebekah Rychliski
Robyn Smedstad
Ryan Olson
Sam Taylor
Sarah Dargatz
Shanza Arif
Shawn King
Shazia Umer
Shefali Patel
Sheila Humble
Sherry Lee
Shivani Samra
Silas Lee
Skye MacDonald
Sonia Zambrabno
Sonya Pittalwala
Stephanie Ferrer
Stephanie Jansen
Sunaina Kakkur
Taylor Greer
Taylor Onysyk
Tea Lewis
Tobi Adebogun
Toni Oluwatomisin
Wanda Palmer
Wendy curlew
Winta Ghebremicuel

Elizabeth Fry Society of Edmonton

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Hours of Operation:

Mon – Thurs: 9:00am – 12:00pm and 1:00 – 4:00pm

Friday: 9:00am – 12:00pm and 1:00 – 3:00pm

Closed on weekends and statutory holidays