



**Elizabeth Fry**  
Northern Alberta

# 2020

**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**

- Diversity.
- The wisdom that all cultures bring.
- The whole person.

## **We believe**

- Knowledge empowers.
- In respect for all.
- That every person deserves the right to be treated in a non-judgemental way.
- A safe environment is necessary for healing and growth.
- People are resilient.
- There are many paths in life's journey.
- Every day is a new beginning.
- Hope is essential.
- There are systematic injustices that contribute to the criminalization of women.
- Every person has the ability to change and grow.

## **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?

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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

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Welcome to our 2020 Annual Report! 2020 was, in a nutshell, a challenge. Enclosed you'll read how our programs and services adjusted and pivoted throughout the year to remain committed to serving the folks who need us the most. We are incredibly proud of our determination throughout COVID19 to persevere and find new ways of helping, advocating, listening and collaborating.

However, it was not all great news.

We received devastating cuts in funding that impacted our core work and services deeply. Some of these cuts were directly related to COVID19 changing the landscape of funding in our province and communities; others were related to changes and shifts in funder priorities. None of these funding cuts were a result of our work nor a reflection on the importance of our services.

As we put 2020 in our rear-view (and hope to never experience a year in crisis like this again), we'd like to highlight the following:

- We have officially renamed and rebranded as the Elizabeth Fry Society of Northern Alberta to better reflect our reach from Red Deer all the way to Fort McMurray, and many communities in between.
- As the world turned “virtual”, so many vulnerable folks were left completely behind, many of whom were thrust into survival mode. We are grateful to have received COVID19 relief funding from United Way and the Community Foundation to assist with food insecurity supports, mental health supports, and providing clients with laptops so that they could connect with critical resources and loved ones.

- There is nothing quite like hearing from prisoners that they are terrified they will die in isolation in prison from COVID19 exposure and never see their children again. While we navigated our prison support work without access to the prisons directly, we were reminded how critical it is that we remain focused on depopulating prisons and alternatives to incarceration. This has always been at the core of our work, but the pandemic further reinforced the importance of our mandate, vision and mission.

We would like to thank our incredible team of volunteers, staff and students for your ongoing perseverance and dedication to our work, especially during such a tumultuous year. As you are likely well aware, we have powerful plans for moving forward, and you are all an important piece of this work. To our funders and donors: you have never been more important to our sustainability and our capacity than now; thank you for your commitment to our vision and work.

The Elizabeth Fry Society of Northern Alberta is going to look vastly different in the weeks, months and years ahead; but our absolute dedication to supporting folks who've been criminalized is stronger than ever before. Onward we go.

**President**  
**Candice Sawchuk**

**Executive Director**  
**Toni Sinclair**

## Board of Directors

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### 2020 Board of Directors

#### **President:**

Candice Sawchuck (President)

#### **Members-at-Large:**

Marta Jacewscka

Jackie Spurrell

Kristen Visser

Samantha Wesch

Sunny Shokar

Priscilla Yip

#### **Ex-Officio**

Toni Sinclair

### 2020 Board of Directors Biographies

#### **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.

### **Kristen Visser**



Kristen is a Manager with KV Capital Inc and has 6 years of experience in the field of accounting and finance. She received her Bachelor of Commerce from the University of Alberta and went on to pursue a CPA designation while articling at KPMG LLP. Kristen joined Elizabeth Fry in October 2020. During her free time she enjoys gardening, enjoying Edmonton's river valley, 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.

### **Samantha Wesch**



Samantha Wesch is a law student at the University of Alberta. She holds a Bachelor of Arts (honours) in Philosophy from the University of Alberta (2016), a Master of Arts in Philosophy from the University of Toronto (2017) and a Master of Arts in Gender and Social Justice from the University of Alberta (2020). Prior to law school, Sam worked in various policy roles at the Government of Alberta and is currently a summer student with Alberta Crown Prosecution Services. Sam is passionate about creating access to justice and improving legal literacy. She loves reading, dancing, running and camping and lives in downtown Edmonton with her fiancé and their two fur-babies.



## Sunny Shokar



Sunny has worked in the Energy sector for the past 14 years. She holds a Bachelor of Commerce from the University of Alberta, and is a CMA, CPA. She joined the Elizabeth Fry Society of Northern Alberta in October 2019, and is passionate about supporting the success of women and girls through education and financial literacy. Outside of work, Sunny enjoys travelling the world and exploring mountain ranges.

## 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 bring her passion for the written word and storytelling 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.

## 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.



*“We become diamonds under pressure”*

- Women’s Empowerment  
Program Participant

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

<b>ASSETS</b>	<b>2019</b>	<b>2019</b>
<b>CURRENT</b>		
Cash and Cash Equivalent	\$ 512,243	\$ 512,243
Investments	741,903	801,531
Accrued Interest	5,322	6,783
Accounts Receivable	159,554	87,880
Goods and Services tax recoverable	3,941	4,361
Prepaid expenses and deposits	25,069	23,587
	1,572,404	1,436,385
	12,067	13,781
<b>CAPITAL ASSETS</b>		
	\$ 1,584,471	\$ 1,450,166
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable	\$ 148,552	\$ 84,176
Deferred revenue	687,945	690,324
	836,497	774,500
<b>NET ASSETS</b>		
Unrestricted fund	735,907	661,885
Equity in capital assets	12,067	13,781
Casino Surplus	\$ 747,974	\$ 675,666
	\$1,584,471	\$1,450,166

The Elizabeth Fry Society of Edmonton  
Statement of Operations  
Year Ended December 31, 2020

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	<b>2020</b>	<b>2019</b>
<b>REVENUE</b>		
Alberta Justice & Solicitor General	\$ 831,053	\$ 935,655
Alberta Law Foundation	635,287	482,941
Alberta Community and Social Services	139,709	105,729
United Way of Alberta Capital Region	124,327	122,942
Alberta Status of Women	110,524	120,320
City of Edmonton	82,370	82,370
Canadian Women's Foundation	50,000	51,000
Edmonton and Area Fetal Alcohol Network	48,328	37,312
Interest	42,944	36,021
Government of Alberta	39,082	10,071
Donations and Other	35,799	33,219
Edmonton Community Foundation	35,440	21,422
Empower U	25,271	25,271
Rental Recoveries	15,148	10,178
University of Alberta	10,970	-
Casino Revenue	8,540	62,792
CAEFS and other Sister Agencies	8,327	1,828
Fundraising	7,314	8,843
Homeward Trust	6,136	-
	<hr/> 2,256,569	<hr/> 2,147,914

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The Elizabeth Fry Society of Edmonton  
Statement of Operations (continued)  
December 31, 2020

	<b>2020</b>	<b>2019</b>
<b>EXPENSE</b>		
Salaries and Wages	\$ 1,473,637	\$ 1,490,707
Benefits	190,638	175,098
Rent	141,879	120,292
Client Services	81,480	37,970
Professional Fees	78,958	31,107
Refund of excess funds	71,631	6,989
Transportation	48,953	68,504
Office Expenses	32,063	40,456
Telephone	15,896	17,970
Christmas Program and Other fundraising	13,368	13,216
Photocopy and Printing	10,288	13,207
Agency Development and promotion	10,203	8,717
Staff Development	6,776	9,555
Insurance	3,712	3,452
Amortization	1,714	2,021
Volunteer Expenses	1,491	4,725
Internet	924	924
Record Suspension	650	11,747
Outcome Evaluation	-	8,095
Consulting and Elder Services	-	1,209
	<hr/> 2,184,261	<hr/> 2,065,961
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSE</b>	<hr/> \$ 72,308	<hr/> \$ 81,953

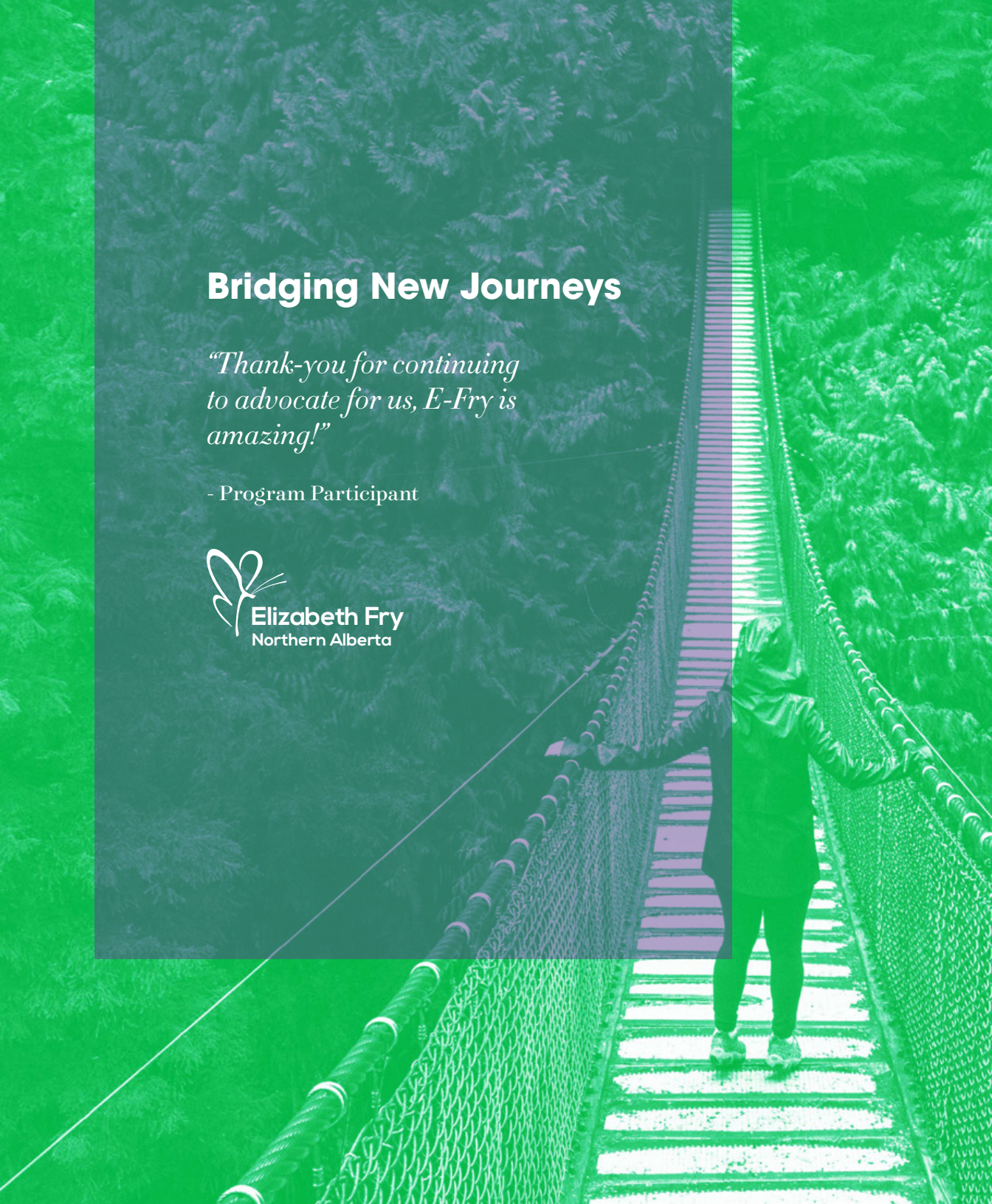
## Bridging New Journeys

*"Thank-you for continuing to advocate for us, E-Fry is amazing!"*

- Program Participant



**Elizabeth Fry**  
Northern Alberta



## Bridging New Journeys Program 2020 Annual Report

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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. These pillars are Basic Needs, Housing, Employment/Education, Health Care, Support Systems and Future Goals.

In addition, we have provided parole preparation, Advocacy support, Mobius intakes for Income support and access to our Laptop project which is part of our COVID19 support efforts.

The Bridging New Journeys Program provided support to incarcerated women at the Edmonton Institution for Women, Buffalo Sage Wellness House and Elpida for Women (Halfway House). Despite the difficult barriers from the COVID -19 pandemic, the program has done incredibly well in serving the critical needs of our clients.

Through phone calls we have completed 584 interactions with clients in the above institutions. Elizabeth Fry will continue to support, empower and assist clients who are federally incarcerated from prison to community.



**584**  
interactions  
advocating with  
women in the  
institutions

We encourage the women to access Elizabeth Fry workshops, programs and resources. Weekly phone calls to Elpida connects woman on day parole at the halfway house to community resources and supports.

“ *Covid is so terrifying, thank you for your updated resources.*  
– Bridging New Journey Client ”

“ *It's so nice to call and someone actually answers in these troubling times.*  
– Bridging New Journey Client ”

“ *I can't wait for E-Fry to be able to come back into the institutions!*  
– Bridging New Journey Client ”



# 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

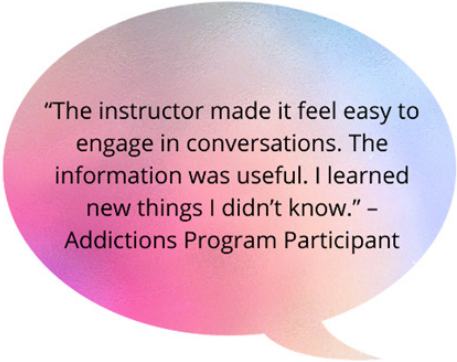


**Elizabeth Fry**  
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In 2020, the funding for our Anger Management and Addictions Programs was cut. Nevertheless, here is a summary of these programs before wrapping them up.

### **Addictions Program (ran January – March 8, 2020)**

The Elizabeth Fry Society offered a four-day program on Addictions specific to adults who have been involved with the criminal justice system. This program was facilitated through the Edmonton Attendance Centre on weekends up until March 2020 when COVID19 hit.. The program focused on empowering individuals to identify their addictive behaviours and discover healthy coping techniques for future success. This program went over various topics including the cycle of addiction, skills for successful recover, healthy coping strategies, goal setting and the effects of addictions on personal relationships. This program was funded by the Alberta Justice & Solicitor General. We want to give a big thank you to our wonderful program facilitators, amazing guest speakers and partnership with the Edmonton Attendance Centre who all contributed enormously to this program's success.



"The instructor made it feel easy to engage in conversations. The information was useful. I learned new things I didn't know." – Addictions Program Participant

From January to March 8, 2020, EFRY received 27 participant referrals and nine participants successfully completed this program and were given certificates.

*“ Great course and great teacher. Loved the videos. ”*  
– Addictions Program Participant

*“ This course is amazing and really helpful. I feel everyone should take it.*

– Anger Management Program Participant ”

### **Edmonton Attendance Centre Anger Management Program**

The Elizabeth Fry Society offered a four-day weekend program on Anger Management specific to adults who have been involved with the criminal justice system. From January to March 2020, our Anger Management program was facilitated through the Edmonton Attendance Centre. Due to COVID-19 we were no longer able to facilitate this program in person. EFRY worked hard to convert our program materials into a virtual format and made our Anger Management program accessible to participants through Zoom. Facilitators were still able to actively engage with participants through increased group discussions and a more conversational approach. The program’s core elements remained and topics covered included identifying anger, exploring values, strategies for change, personal strengths, triggers, forgiveness and gratitude. This program was funded by the Alberta Justice & Solicitor General. We want to give a big thank you to our wonderful program facilitators, amazing guest speakers and partnership with the Edmonton Attendance Centre who all contributed enormously to this program’s success.



**In 2020, 113 participants successfully completed our Anger Management Program and were given certificates.**

*“ Learning this material will have me better equipped to handle tense situations.*

– Anger Management Program Participant ”

# Centre 170 Video Visitation Centre



Elizabeth Fry  
Northern Alberta



Program Description: The Visitation Centre is open to the public 7 days a week from 8:30am-9:00pm in order to be widely accessible and provide visitation for inmates in the Edmonton Remand Centre with family members, friends, and supports. The use of video conferencing technology allows for increased amounts of visits, longer visiting hours, and a more easily accessible and family friendly experience. The Visitation Centre also provides resources, support, and referrals to visitors; commonly referring to Elizabeth Fry’s community programs.

Key Outcomes: The Visitation Centre was able to remain open and accessible every day to the public throughout the pandemic while maintaining the safety of visitors and staff. The use of video conferencing allowed visitation staff to safely facilitate approximately 30 daily visits for inmates and visitors during a time when social connection was limited, isolating factors were heightened, and the need for support increased. Throughout the pandemic, we remained open; we were a safe space for visitors, prioritizing safety of the public and our team.

This service is funded by Alberta Justice and Solicitor General.





## Women's Empowerment Project (WEP)

*"I no longer accept violence in my life. I can recognize when something isn't good and I can set boundaries. I also feel comfortable being by myself. I know being alone isn't bad. I feel stronger."*

- Program Participant



**Elizabeth Fry**  
Northern Alberta

The Women's Empowerment Project (WEP) is a multifaceted program that recognizes the vast experiences of women and girls who have or are currently living with violence. WEP's programming aims to help educate women on violence and trauma, while providing them with supports and opportunities to move forward with confidence, hope and resilience. WEP's Talking Circles provide a supportive environment for women to come together to share experiences of violence and trauma. Our Talking Circles went virtual once the pandemic hit and became even more vital for our clients who often already face severe isolation. Many clients were grateful to still have the opportunity to meet and engage with other women. One client commented, "...for women who have had violence, the talking circles help them to feel secure and find some resolution. They help women to move forward and to not feel stuck. They give you confidence. Especially listening to other women's stories."

WEP has enabled women in both Edmonton and Red Deer the opportunity to see a way forward and learn what empowerment means for them in a safe and supportive environment.



WEP was funded by the Family and Community Safety Program (FCSP) through the Government of Alberta. EFry would like to send a big thank you to our incredible volunteers and dedicated partner counselors who contributed so much to this program.

*“ I was happy that I got into this program and that it was available. I have been to lots of counseling and stuff and this was by far my most favorite of all the places I've been to. ”*

– Women's Empowering Program Client





## Edmonton Remand Centre Rehabilitative Programs

*“Thank you very much for the lesson. I really enjoy the Elizabeth Fry Society classes and am grateful for each and every new learning experience...”*

- Changing Paths Module Participant



**Elizabeth Fry**  
Northern Alberta

“ *Thank you very much for the lesson. I really enjoy the Elizabeth Fry Society classes and am grateful for each and every new learning experience...* ”  
– Changing Paths Module Participant

The Elizabeth Fry Society offers rehabilitative workshops to women at the Edmonton Remand Centre. Normally, prior to COVID-19 EFry facilitators would go into the Edmonton Remand Centre and teach our workshops to the women on a monthly basis. Due to the pandemic, EFry has not been able to go into the centre, since early March 2020. Instead, EFry has created interactive, self-paced modules that participants complete, send back to us to review and mark, and participants receive a rubric and certificate upon completion. EFry’s modules include Wellbriety, Writing Works, Traditional Parenting, Introduction to Stoplifting, Indigenous Women’s Wellness, Me and Money, Emotional Regulation and Changing Paths.

“ *I love writing, so being able to write things about how I feel helped.* ”  
– Writing Works Module Participant

The aim of our rehabilitative programs is to assist women in recognizing their own strengths and skills and to give them the tools to make healthy choice. Our modules provide participants with opportunities to self-reflect, learn new skills, form healthy coping strategies and focus on self-empowerment. Completion of these programs help women to prepare for community re-integration and can help lawyer's advocate for their release.

This program is funded by the Alberta Justice and Solicitor General.



“ *Thank you very much for the lesson. I really enjoy the Elizabeth Fry Society classes and am grateful for each and every new learning experience...* ”

– Changing Paths Module Participant

## Housing Support Program

*"I was able to go at my own pace  
and I felt very supported at all  
times. I never felt alone."*

- Housing Support Program Participant



**Elizabeth Fry**  
Northern Alberta

### Program Overview:

The Elizabeth Fry's housing program provides subsidized housing to Indigenous women, who have experienced sexual exploitation and who are at-risk of homelessness. We are funded by the Canadian Women's Foundation that allows us to house and support up to five women at a time. Furthermore, our partnership with Homeward Trust allows us to furnish our participant's new apartment. Our goal is to provide a safe and secure place for women to heal and mitigate barriers they face. We have weekly home visits where participants are able to create a budget, make weekly goals, and discuss self-care.

At the beginning of 2020 we had 4 women housed. We accepted our fifth participant on March 2020. In 2020, the housing program received 27 initial applications. There were 159 one-on-one support sessions (152 home visits and 7 in-office visits) conducted with our housing participants in order to assist with budgeting, accessing supports and services, and goal setting. There were 67 inquiries to our housing program from various community agencies, Probation, correctional institutions and women in the community. Overall, due to COVID-19 we saw a decrease in application but an increase in eligible women apply to our program.

“ *I was able to go at my own pace and I felt very supported at all times. I never felt alone.*

- Housing Program Participant

**COVID-19 Changes:**

- In person weekly home visits moved to either over the phone or on the computer on Microsoft Teams video conferencing.
- Utilized virtual apartment tours when available

**Highlights:**

- Through our Technology Donation program all of our housing women were able to secure a free laptop.
- Before graduating from our program one woman took our employment training course and was able to secure above minimum wage employment that she enjoyed.
- Our newest housing participant was able to secure above minimum wage part-time work three months into being housed.
- Efray enables self-empowerment!

## Girls Empowered and Strong

*"I feel like I learned a lot more, I came into it knowing a bit. But I've definitely expanded my knowledge"*

- Healthy Relationships  
workshop participant



**Elizabeth Fry**  
Northern Alberta



Girls Empowered and Strong (GES) is a free program for teen girls and non-binary youth who want to address the realities they are facing and become empowered to make strong and positive choices moving forward. The goal of this program is to provide girls and non-binary youth, ages 12 to 17, with the skills and knowledge they need in order to make healthy life choices, thereby preventing potential future involvement in the criminal-legal system. The program is FASD-friendly and is designed to be able to meet the unique needs of participants with this diagnosis while building emotional, intrapersonal, and interpersonal skills for all girls and non-binary youth.

The main component to the program is our curriculum of workshops that touch on topics such as self-esteem, coping skills, emotional management, healthy relationships, and more. Prior to the pandemic, this curriculum was offered in schools, as well as in the community, as a series of 8-10 consecutive sessions. The GES team was able shift to virtual delivery of services quickly at the onset of the global health crisis and continues to offer programming online.

“ *I learned a lot about how to handle my emotions*  
– Managing Emotions workshop participant ”

### **Key Outcome**

As a result of our flexible programming, Girls Empowered and Strong was able to help prevent a teenage girl from further criminalization by having her complete her mandated community hours through our programming.



## Key Outputs

- GES was able to shift to virtual delivery of our programming within two weeks of public health measures being introduced at the start of the pandemic
- 109 unique participants in 2020
- 35 of those participants accessed our programming virtually with our shift to Zoom workshops as a result of the global pandemic

## Funder Thank-You

We want to give a big thank-you to our funders, the United Way of Alberta Capital Region and the Edmonton Fetal Alcohol Network (EFAN), for continuing to make this program possible, and to our practicum and summer students who have contributed so much!



## Community Resources Program

*"The discussions were very informative,  
the handout was challenging and very  
enjoyable class."*

- Program Participant



**Elizabeth Fry**  
Northern Alberta

Our Community Resources Program provides clients with information on practical supports and referrals to resources and programs both within our own agency and in the community. We work alongside our women to advocate and help them access services and achieve personal goals. The Community Resource Program provides information regarding housing, food insecurity, clothing, treatment programs, addictions programs and advocacy for Income Support and AISH. This program also provides clients with hygiene kits and access to our clothing closet or clothing kits. We work to give clients the tools to succeed and empower them to make healthy life choices that will have positive impacts on their lives, families and communities.

In 2020, due to COVID-19 the needs of our clients shifted greatly and so did the way we assist in meeting those needs. With temporarily not being able to meet with clients face-to-face, all of our community resource work was completed through either phone calls, emails or video calls. In 2020, the Community Resource Program had:

- 118 new client intakes, 376 repeat clients, for a total of 494 client interactions
- 741 calls from within the community
- Provided 630 bus tickets to clients
- Provided 125 hygiene kits
- 84 clothing closet/clothing kit intakes

“ *I felt that the workshop was productive, helpful and relevant.*

– Program participant ”

Since we were not having clients come into our office, the community resource coordinator created individualized clothing packs for clients who have been recently released or in the community to come pick-up if needed. The Community Resource Program also worked diligently to keep our clients and community up-to-date with information related to programs, resources, supports and the ongoing health crisis. EFRY upped our social media presence and focussed on sharing information to keep our community safe and supported. A highlight from 2020, was when members of our team went to provide support to individuals staying at the Peace Camp in



Old Strathcona. EFRY staff assisted by bringing additional supplies and met with individuals to try to assist with their needs, especially connecting them to shelters and housing resources. During COVID-19, our Community Resource Program took on new and challenging situations, if we identified a need, we worked hard to think creatively and offer our support in any way we could.

Thank you to our many generous supporters, including Red Pony Consignment, Second Chance Clothing in Red Deer and the countless community members who have donated clothing, accessories and hygiene items for our clients. We are also grateful for our outstanding volunteers, who add so much to our work and help make our programs a success. Finally, we would like to offer a big thank you to our funder, United Way of the Alberta Capital Region, who enables us to support our women as they move forward in their personal journeys.

“ *The discussions were very informative, the handout was challenging and very enjoyable class.* ”  
– Program participant

## Independent Legal Advice for Survivors of Sexual Violence Program

*“The lawyer gave me so much information to think about. As well she validated my feelings about the past experience I had with a predator. The lawyer is very friendly and helpful. They helped me try to reach more resources, such as legal centre. Thank you for all your help and hard work.”*

- Program Participant



**Elizabeth Fry**  
Northern Alberta

# Independent Legal Advice for Survivors of Sexual Violence Project 2020 Annual Report

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The Independent Legal Advice for Survivors of Sexual Violence project (ILA) 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 Project assists in removing these barriers by providing free legal advice to survivors of any background. ILA clients are entitled up to 4 hours of free legal advice provided by our trained lawyers.

In the pandemic year, it is impressive that the ILA project was able to accomplish so much:

79 eligible clients accessed legal services and had lawyer matched through the project in 2020. With 77 clients in 2019 added, the total of clients is 156.



“ *This support you offer has been a lifesaver. You have gone above and beyond to help me. Because of my unique situation I had to get advice from more than one lawyer. Both family lawyer and criminal lawyer are amazing and incredible with helping me.*

– ILA Project Participant ”

There were a number of extraordinary success stories that stood out in 2020 and demonstrate the significant difference ILA makes in supporting and empowering our clients.

After the sexual assault occurred in Edmonton, one client was hoping to relocate to another location, as part of her healing and needed to get out of her current lease. The client’s landlord was not willing to discuss or negotiate a break in her lease. In





July, the client was matched with a civil lawyer to receive legal advice. In September, the ILA coordinator received a follow-up email from this client, saying that with the legal advice from the lawyer, the client was able to terminate her lease and expressed her sincere appreciation for the legal support she received as part of the ILA Project.

Our ILA lawyers are devoted to helping ILA clients with empathy and compassion. One lawyer emailed ILA coordinator asking for counselling resources since she found that her ILA client could benefit from this type of support. Another lawyer reached out to ILA hoping to gain some resources since the ILA client was ready to leave an abusive relationship. The ILA coordinator provided the client with some resources on women shelters, a flee abuse benefit and additional resources. Since this lawyer helped the client for a long time they were able to build a strong connection between them and this ILA lawyer is eager and willing to go above and beyond to support her clients in extremely difficult situations.

“

On July 6, one Efrey team member found a comment from a client on our Efrey Facebook page, reading:

*Today I learned that Efrey Edmonton offers 4 hours of free legal advice to sexual assault survivors. Not only that, but when I emailed they responded in FIVE MINUTES. Feeling a little sliver of hope this morning.*

”

Without the funding support from the government ministry, Alberta Status of Women, this program would not exist and survivors would lack access to free, trauma-informed and healing centred legal advice. We would also like to give a big thanks to all our ILA lawyers! They assist our clients with patience, care and empathy. Lawyers reach out to access additional resources for clients and always have their client best intentions at heart. EFRY is very grateful for the department of Culture, Multiculturalism and Status of Women, our donors and ILA lawyers who have been part of our journey to assist people in helping to remove barriers for survivors of sexual violence and empowering survivors through giving them a better understanding of their legal options, in the hopes of healings.

“ *I was impressed with how quickly you were able to match me with a lawyer. The lawyer I have been working with has been phenomenal in explaining the differences between civil and criminal court and has given me a rundown on what to expect if I choose to take my next steps. She is incredibly knowledgeable but emphatic to my situation and offered great advice I wouldn't have been able to figure out on my own.*

– ILA Project Participant

”

# Indigenous Women's Program

*"I will use what I have learned to be more in touch and be more attentive to the environment around me. I do believe that we are connected to the land. I want my children's children's children to enjoy the land, so taking care of it is a priority to me"*

- Program Participant



**Elizabeth Fry**  
Northern Alberta



Our Indigenous Women's Program has prided itself in supporting and teaching our women to become self-aware through traditional aspects such as the Medicine Wheel. The Medicine Wheel harmonizes the individual by aligning the mental, physical, spiritual, and emotional self. A particular focus on self-care was crucial throughout 2020 as everyone adjusted to their new, more isolated lifestyles. To achieve overall harmony, we encourage the four teachings as they are gifts from the Creator to bring balance and harmony within ourselves.

The Traditional Parenting program, as part of the IWP focuses on parenting from and Indigenous perspective to understand the negative impacts that colonization, residential schools, and the 60's scoop had on the parenting skills we see today. Through this program individuals learn the importance of storytelling, native languages, and the value of passing on traditions between generations. This program teaches the fundamental tools that each parents would need to raise their children and break the cycle imposed by intergenerational trauma while taking into account the fostering and growth of the future generation of Indigenous people. By way of the Traditional Parenting program, participants learn how to incorporate traditional parenting practices into their current modern lifestyles.

Over the course of 2020, there were 18 facilitated workshops. Although the COVID-19 pandemic restricted the gatherings of cultural ceremonies, the IWP was able to persevere and provide guidance to our participants in a virtual setting. With gatherings and programming shifting to online, the IWP ensured to find a method to reach out to our incarcerated clients and provide them alternative programming in the form of interactive modules for the Indigenous Women's Wellness and the Traditional Parenting Program.

We would like to thank our program's funders, with the City of Edmonton through the Family and Community Support Services and the United Way of Alberta Capital Region.

## 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



**Elizabeth Fry**  
Northern Alberta



The Record Suspension Program at Elizabeth Fry Northern Alberta helps women with the complicated and lengthy process of applying for a record suspension. Applying for a record suspension is a ten-step process that includes various financial costs. This program assists women with financial and practical assistance. The process can also be emotional, as applicants need to reflect on why they committed the crime, which is most often due to poverty, addictions, mental health, etc. By providing one on one support with this process, we help women feel worthy and empowered to make positive changes and help them see a brighter future for themselves. In 2020, we received over 680 phone inquiries, despite the pandemic, from women looking to close their former chapters and move forward meaningfully. We continue to work with more than 42 clients on their open record suspension applications.

We are incredibly grateful for the many generous financial donations from community supporters and through the Edmonton Community Foundation who have made this program possible and help to change the lives of our clients



**680**

Record  
Suspension  
phone call  
inquiries



**42**

currently enrolled  
in Record  
Suspension  
Program

## Stoplifting Program

*“Taught me healthier coping methods  
and how to avoid temptation.”*

- Program Participant



**Elizabeth Fry**  
Northern Alberta

Shoplifting is a ten session program that brings together women who have shoplifted and or committed fraud or theft and helps them to gain control of their situation and access support, in a non-judgemental environment. The program addresses underlying issues that contribute to someone shoplifting. These underlying issues could include financial problems, unresolved anger, grief, or emotional stress. The Shoplifting program

helps participants identify how they feel before and after they shoplift and helps to identify what needs their shoplifting is fulfilling and how they can meet those needs in a healthy way. Participants attending this program are often referred through probation/parole officers or lawyers but participants can also self-refer. Upon completion, participants receive a certificate and can be provided with a letter of support to use in court. This program is temporarily facilitated virtually on ZOOM and is offered 3 times through the year. Sessions normally happen twice a week, over the course of five weeks.



“ *I have more confidence. I opened up. I found new coping strategies. I like myself.*

– Shoplifting Program Participant

”



In 2020,

- EFRY facilitated 30 sessions of Stoplifting, over the course of 3 cycles
- 20 Stoplifting self-learning module completed

We would like to thank our funder, United Way of Alberta Capital Region for their continued financial support for this program, it means so much to us and our clients.

“

*I have found everything useful in the program. It made me really realize what I was doing.*

– Stoplifting Program Participant

”

# Financial Literacy Program

*“I appreciate EFry staff for hosting and supporting me in renewed independence.”*

– Me & Money ERC Participant



**Elizabeth Fry**  
Northern Alberta

The Elizabeth Fry Society facilitates financial empowerment programs to clients both in the community and to those who are experiencing incarceration. Our Financial Literacy Program works to improve participant's self-worth and financial knowledge through workshops and one on one support on skills such as budgeting, debt reduction, goal setting and overall stress management. We were actually in the middle of our group, which involved driving prisoners from EIFW on their temporary absences to our program, when COVID19 changed our entire world. COVID19 has only increased our clients need for financial knowledge and security, as folks continue to face uncertainty. Empower U offers a matched savings portion, where participants can save money over the period of 3-6 months. After participants complete their savings goal, their savings is matched and can be put toward an asset or in a savings account. Participants in this program are able to build up their confidence, knowledge and skills to know where to go and who to ask for help, when experiencing financial difficulties.

- 22 participants completed our self-learning Me & Money module at the Edmonton Remand Centre
- 7 participants successfully completed the virtual community-based Empower U sessions
- 4 unique volunteers, who contributed over 55 hours of support through presentations, one-on-one support and program facilitation



**The Financial Literacy program provided program participants with over 75 referrals to other programs and community supports.**

One highlight from 2020, was that one of our program participants from our first group in February that was unfortunately halted due to COVID-19, was able to finish the program and access her matched savings. We worked with the participant and her community supports, to enable her to access our virtual sessions using a computer at her church. She successfully completed her remaining sessions with our second group and received her matched savings amount on December 24, 2020. Her dedication to finish this program was inspiring. We want to give a big thank you to our funder, Empower U, and to our volunteers who have contributed so much to this program!

“ *I appreciate EFry staff for hosting and supporting me in renewed independence.*  
– Me & Money Participant ”

## The Work4Women Program

*"I am grateful that this program exists.  
The increase in my confidence and in  
my focus has been a game changer."*

- Program Participant



**Elizabeth Fry**  
Northern Alberta

The Work 4 Women Program, funded by Alberta Community and Social Services, provides practical employment assistance for women in conflict or at risk of conflict with the law. Women who access our program are often facing a variety of barriers such as poverty, mental health, addictions, criminal records, isolation, illiteracy, lack of education, training and discrimination. Our program works to reduce these barriers by identifying them and developing a collaborative, personal and achievable action plan in order to allow the women to gain meaningful employment. This is done by offering counseling to women on issues such as how to talk to an employer about a criminal record, networking, and training through volunteer work. This program supplies women with one-on-one support with resume and cover letter development and access to job search tools. Additionally, referrals may be made to other agencies on behalf of the client in the community to meet other needs, such as housing, food bank, and clothing etc.



2020 was a tough year, with our (PETS) Pre-Employment Training Series going virtual. The Pre-employment Training Series provided workshops on the following: working to overcome the barriers, building job confidence, learning job compatibility, identifying skills, building a resume and cover letter, Interview skills, job search, job retention, and employee rights have all been offered virtually through zoom. The challenges have been working with the clients and the varying technologic abilities. COVID-19 was the biggest barrier, many clients had little to no success with employment before COVID-19, adding the COVID-19 issues seemed to deepen their despair. Work 4 Women clients have found the lockdowns, lack of training and job opportunities, lack of access to technology all new challenges. However, spending time building confidence and building different skills have given them hope, motivation and a new perspective.

“ *I feel more confident in myself as a person, specifically because of the encouragement provided. For example, I re-entered Toastmasters (public speaking) for the first time in 20+ years, and the positive reinforcement was so helpful. Made me want to continue with my endeavor. I have decided to try to look more presentable for the program as if I were actually at the job/in an interview, and that effort was also noticed. Really made a difference.*

– Work 4 Women Participant

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

## Provincial Prison Liaison Program

*"I'm so grateful for E-Fry, this  
may be the only gift my child  
receives this year."*

- Program Client



**Elizabeth Fry**  
Northern Alberta



The Provincial Prison Liaison Program provided support to incarcerated women at the Edmonton Remand Centre and the Fort Saskatchewan Correctional Centre from a trauma-informed and intersectional-feminist approach. This program assisted with release planning, bail assistance, advocacy and social development despite added barriers and physical limitations from the COVID-19 pandemic.

There has been increased engagement with Alberta Correctional Service staff, lawyers, health care workers and families of incarcerated clients, to find new and innovative ways to continue our mission as an agency and directly support women incarcerated in provincial prisons.

**920**

interactions with clients in the Fort Saskatchewan Correctional Centre through one-on-one meetings and phone calls.

**761**

interactions with clients in the Edmonton Remand Centre through one-on-one meetings, video visitation and phone calls

**1681**

incarcerated women received support at the Fort Saskatchewan Correctional Centre and Edmonton Remand Centre

Our Prison Liaisons continue to empower, support, and assist women who are provincially incarcerated to achieve their goals. We acknowledge the barriers that incarcerated women face, the correlation between victimization and criminalization, and predictive factors that cause imprisonment. Through our prison work, we are able to support our mission of advancing the dignity and worth of all women and girls. We continue to support incarcerated women with their reintegration from prison to the community and look forward to more success stories in 2021.

*“ You make me feel important when you visit through video visitation ... Your visits give me something to look forward to.*

– Provincial Prison Liaison Program Client *”*

*“ Thank you for advocating for me ... You’ve given me hope.*

– Provincial Prison Liaison Program Client *”*



*Provincial Prison Liaison Program*

This program assisted 1681 provincially incarcerated women with release planning, bail assistance, advocacy and social development despite added barriers and physical limitations from the COVID-19 pandemic.

## Community Technology Donation Program

*"I was so worried about being released to the halfway house during covid. I had no way of accessing meetings, job searching or my family. I literally cried when I was accepted into the laptop program."*

- Program Client



**Elizabeth Fry**  
Northern Alberta



“ *Without Elizabeth Fry, I wouldn't be where I am today. Now with a laptop I will be able to attend school. I'm so grateful!*

– Program Client ”

As a result of COVID-19, many programs and services our clients use were moved online and into the virtual world. Elizabeth Fry recognized that this would be a barrier for many of our clients. With the help of the Edmonton Community Foundation, we were able to buy and give laptops to our clients so that they could continue with school, complete court conditions, attend AA or NA meetings, continue with counselling, and connect meaningfully with loved ones.

In total we were able to provide 104 laptops to people in the community who were facing critical barriers to success and wellbeing.

“ *I cannot thank you enough! This means so much to me to know there's a possibility.*

– Program Client ”



## **COMMUNITY TECHNOLOGY DONATION PROGRAM**

ELIZABETH FRY SOCIETY  
NORTHERN ALBERTA

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### **ABOUT THE PROGRAM**

In response to Covid-19, we provided laptops so our clients could stay connected to their resources.

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### **HIGHLIGHTS**

**104**

provided 104 computers to clients.



“I am so eager to start the program. It honestly makes me think that there might be hope for all of us.” - W4W & Laptop Program client

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### **THANK YOU!**

Edmonton Community  
Foundation

“ *Very good because women need the laptops, especially those who live in social assistance programs and can't afford computers. The laptop is helping a lot during covid because we can stay home and do our work from home.* ”

– Program Client

### *A client success story*

Received an email from AHS Addictions & Mental Health Treatment. They had a young client that was attending school as well as all her counselling appointments virtually. That is until her laptop died more than a week before. This was the clients only connection to the outside world, and asked if Elizabeth Fry could help. Elizabeth Fry made sure the client had a new laptop in hand that afternoon. Client was extremely relieved to be able to continue with school and therapy. - Laptop Program

## Court Programs

*"The lawyer helped me so much –  
he explained my options, and gave  
me hope again."*

- Legal Clinic Client



**Elizabeth Fry**  
Northern Alberta



In 2020, our court program, funded by the Alberta Law Foundation and the United Way of Alberta Capital Region, grew to include Fort McMurray and two additional rural court support positions. Despite the many disruptions to normal court operations due to Covid-19, our court program was able to provide information to over 24,500 people in 11 court locations in Alberta: Edmonton, St Albert, Stony Plain, Morinville, Sherwood Park, Fort Saskatchewan, Wetaskiwin, Camrose, Ponoka, Red Deer, and Fort McMurray. We offer court information, legal information, legal referrals, and court support in all of these locations and work closely with duty counsel to assist people. We have adapted our programs to the new remote court procedures and continue to work closely with stakeholders to increase access to justice for all Albertans attending court.

**Despite the many disruptions to normal court operations due to Covid-19, our court program was able to provide information to over 24,500 people in 11 court locations in Alberta**



Elizabeth Fry  
Northern Alberta



At the end of 2020, we heard the news from our long-time funder, the Alberta Law Foundation that their revenues were drastically impacted by COVID19 and they had no choice but to defund our programs. Devastating as this news is, we remain committed to serving our communities and will work to develop new funding partnerships, new collaborations and greater volunteer involvement.

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.



MENTORING  
PROGRAM

CATFY  
PROGRAM

Providing support, advocacy,  
mentorship, & resources

In 2020, our 15 Court Assistants for Female  
Youth Mentors provided 512 hours to 30  
Mentees.



Elizabeth Fry  
Northern Alberta

## **Court Assistants for Female Youth Program (CAFFY)**

The CAFFY Program provides positive role modeling, advocacy, resources, and supports to female youth who have involvement with the Justice System. This past year the Mentors assisted virtually with working on the completion of Extrajudicial Sanctions.

### **As a result of the involvement with this Program**

- Many files were closed successfully
- Positive relationships were developed

“My mentor was a great role model, and helped me in so many parts of my life. She helped me to write a resume, and encouraged me to go to school, and finish my EXJS

The volunteers who provide their time, dedication and assistance to the CAFFY Program are instrumental in the success of the Program. A big thank you to them, and to our funder – The Alberta Law Foundation.

“ *It's like having a big sister who cared and knew just what to say, and I'm grateful.*  
– CAFFY Program Client ”

“ *My mentor was a great role model, and helped me in so many parts of my life. She helped me to write a resume, and encouraged me to go to school, and finish my EXJS*  
– CAFFY Program Client ”



ELIZABETH FRY SOCIETY

# *Legal Clinic*

Our 18 Legal Clinic lawyers  
volunteered 80 hours, and assisted 56  
women at EIFW in 2020.

**LEGAL  
ADVICE/RESOURCES/SUPPORT**



Elizabeth Fry  
Northern Alberta

## Legal Clinic Program

The Legal Clinic Program assists incarcerated women at The Edmonton Institution for Women. It provides legal information, referrals, and follow up to those who have a need for access to these services, and this past year services were administered remotely.

- Paramount in connecting the women with the legal advice and support they required.
- Program facilitated appropriate resources.

We want to thank the wonderful group of lawyers who volunteer their time, and expertise to assist these women. We would also like to thank the Alberta Law Foundation that funds this Program.

“ *The lawyer helped me so much – he explained my options, and gave me hope again.*  
– Legal Clinic Client ”

“ *The Program was very helpful, listened to my situation, and gave me advice that helped me figure out what to do.*  
– Legal Clinic Client ”

Throughout 2020, this pandemic highlighted how dedicated our volunteers are to helping our vulnerable clients, whether it be in the courts, assisting at reception, or shopping and dropping of food hampers to those in need. As we navigated closures, quarantines, working from home, and then supporting those who needed the most, our volunteers were critical to our work. Safety was top priority, and so our regular volunteer opportunities needed to adjust and some went on hiatus. Nevertheless, we truly appreciate our volunteers' commitment and dedication.

### **A summary of our 2020 statistics:**

- Adult court volunteers alone assisted over 2000 people attending docket court
- In 2020 we had over 1900 total volunteer hours, even with office and work place closures.



*My volunteering at the Elizabeth Fry Society has been a pivotal experience for me both, personally and professionally. I have been especially grateful to continue my volunteering amidst the COVID-19 pandemic as it has provided me with a space to serve Edmontonians, interact with people, and ensure the proper legal services are delivered despite the obstacles we face. Over the past year, I have seen how crucial EFRY is the functioning of the provincial criminal courts, and this only intensified further when COVID-19 began to impact our day-to-day lives. I have been proud of my service at EFRY and incredibly proud of the organization itself*

– Current Adult Court Volunteer



**"VOLUNTEERING WITH THE ELIZABETH FRY SOCIETY DURING THE COVID-19 PANDEMIC HAS MEANT SO MUCH TO ME AND THE COMMUNITY! IT HAS PROVIDED ME WITH SOCIAL INTERACTION DURING THE GOVERNMENT LOCKDOWN AND RESTRICTIONS. MORE IMPORTANTLY, I HAVE BEEN ABLE TO ASSIST THOSE WHO ARE MOST MARGINALIZED NAVIGATE THE CRIMINAL JUSTICE SYSTEM, AS COVID-19 HAS AMPLIFIED THE CHALLENGES AND BARRIERS EXPERIENCED BY THIS POPULATION"**

**-CURRENT ADULT COURT VOLUNTEER**

**Elizabeth Fry Society of Edmonton**

Suite 900, 10242 105 Street, Edmonton, AB, T5J 3L5

Tel: (780) 421-1175

Fax: (780) 425-8989

**[www.efryedmonton.ab.ca](http://www.efryedmonton.ab.ca)**

Twitter: @EfyEdmonton

Facebook: Elizabeth Fry Society of Edmonton

**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