



KAWARTHA

sexual  
assault  
centre



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## 2013/14 BOARD OF DIRECTORS

**Retired President (06/14):**  
Chelena Isherwood

**Acting President (06/14):**  
Michelle Martin

**Treasurer:**  
Martin Higgs

**Secretary:**  
Phillip Redford

**Directors:**  
April Aldridge Lauricella  
Catherine McGrath  
Indi Miskolczi  
Agata Wesolowski

**Registered Charitable Number:**  
107837528 RR 0001

## Celebrating Growth and Strategy

*President and Executive Director Annual Report 2013/2014*

As we reflect on our past year and the work we have done at the Centre, we are mindful of the tremendous privilege we have in meeting our mission of “supporting those affected by sexual violence and influencing change in our community.” We are the keepers of many stories at the Centre and we are able to actively work towards change in our community because of these stories. We have learned from those we work with and they have taught us much in terms of a vision for a community that is safe for all.

Our Annual Report gives us the opportunity to recognize the work of staff and volunteers at the Kawartha Sexual Assault Centre. It allows us to say *thank you* to our supporters and funders for their generous contributions without which we would be unable to meet our mission. Finally, our report allows us to share with you, the reader, how we manage our work and the journey we will travel into 2015.

Our team has had a busy year, in the Centre and in the counties of Haliburton, City of Kawartha Lakes, Peterborough, and Northumberland. For the first time in our history, we were able to reach out to all of our communities with our **Take Back the Night: Light Your Way Walk**. Organizing an event to occur on

the same evening in four separate counties is no small feat and we were thrilled that over 200 people walked with us in support of zero tolerance for sexual violence. Women were able to share their voices in song, in poetry and in words, and men were able to join with us in our call for the right to live safe lives in our community.

In our Centre, we were able to provide support, individual and/or group services to over 275 women and a small group of men. Our crisis and support line was accessed over 200 times and we are fortunate to have trained and skilled crisis support facilitators available in the evenings and on the weekend.

In the community, we helped influence change through our education services, which include online delivery, focused workshops, and in-service awareness initiatives for local community groups and schools. Over 2800 individuals were able to benefit from our community work. We are excited to continue our reflective journey in our quest to provide quality services to the communities we serve.

Thank you for your continued support,  
Michelle Martin, President  
Sonya Vellenga, Executive Director

## STAFF

**Public Education and Event  
Coordinator**  
Karen Basciano  
**Clinical Counsellor**  
Andrea Bowen

**Project Manager**  
Lisa Clarke

**Counsellor**  
Suzie Compeau

**Volunteer and  
Administrative Coordinator**  
Lindsay Haacke

**Clinical Counsellor**  
Barb Woolner

**Executive Director**  
Sonya Vellenga

**Financial Coordinator**  
Bruce Kendall

**Part Time  
Group Facilitators**  
Cheryl Wood  
Katie McKeiver  
Janice Davis  
Sue La Grandeur

# Volunteers for Community Prevention and Response

In the 2013-14 year, the Centre redefined their Volunteer Program, under the leadership of Volunteer Services Coordinator Lindsay Haacke. We now offer two streams of volunteer opportunities tailored to a person's interests and goals, whether skill building in sexual violence response support or public education and prevention.

Earlier this year, the Centre worked in partnership with community services in the City of Kawartha Lakes and the Elder Abuse Network of Ontario, through the funding of the Canadian Women's Foundation, to develop the *Tea & Talk Toolkit*. This toolkit supports volunteer- or staff-lead seniors groups in the discussion of elder abuse, including sexual violence and harassment. Kits are available through the Centre by calling 705-748-5901.

Katie McKeiver, who completed her Social Service Worker placement at the Centre this spring, was hired as Project Innovator through the Canada Summer Jobs program. She committed her time and talents to creating the *Volunteer in a Box* program. This program was made possible through a donation by our local GE. It gives volunteers the choice of unique and custom opportunities whether they are a high school or post-secondary student, or a community volunteer. From hosting a film screening to advocating through chalk art, making buttons, to starting a bystander intervention initiative, the *Volunteer in a Box* program is customized to time commitment and skill-building goals.

To learn more about our volunteer opportunities, please contact Lindsay Haacke at [ksacvolunteers@nexicom.net](mailto:ksacvolunteers@nexicom.net).



Join the Conversation:  
Healthy  
Relationships  
and Seniors



## Thank You to Our Amazing Group of Volunteers & Students

**The Francesca Stream of volunteers includes Peer and Crisis Support:** Ashley Burton, Brittany Sirtanski, Cheryl Wood, Christie Tsagris-Adams, Cheyenne Buck, Cindy Knowlton, Francesca Pisano, Janelle Alleyne, Jenny Bertrand, Jenny Winacott, Jessica Walker, Jordan Hardy, Hilary Law, Indi Miskolczi, Karen McKinnon, Kari Traynor, Kassie Summerhayes, Kat Ross, Katherine Boyle, Katie McKeiver, Krista Naylor, Meghan Christie, Melissa Vlug, M'Pumi M'CWabeni, Nicole Almeida, Paige Baker -Lyons, Rain Gill, Romina Martignetti, Sara Clark, Shanika Brown, Shay Johnston, Star Masawi, Sue LaGrandeur

**The Arya Stream of volunteers includes Champions of the Centre who support us in Community Development and Administrative roles:** Alexandria Carey, Anastasia Nepotiuk, Devon Linkert, Ellen Stewart, Heather Scott, Jessica Longhi, Jesse Hamshaw, Joanna Wasiak, Jodi Landriault, Jordyn Webb, Karen Sole, Katie Montague, Kristy Wootton, Leah Kirkland, Lisa Stapleton, Lydia Kelly, Presley Wellington, Shelby Rubinato, Temi Asa, Wendy McMaster, Yin Cai

107 Participants  
Level 1 Volunteer Training

20,818  
Volunteer Hours

76 Presentations  
for Sexual Violence Public  
Education in Community,  
Classrooms, Businesses,  
and Organizations

73 Community  
Committee and  
Development Meetings

# Financial Statement 2013-14

## Financial Summary

### Revenues

**Government Funding** **\$319,743**

#### Federal Funding

Employment and Social Development Canada (HRDC) \$2,780

#### Provincial Funding

Ministry of the Attorney General \$297,177

#### Municipal Funding

City of Peterborough \$19,786

**United Way of Peterborough and District** **\$47,400**

**Trent University** **\$18,735**

**Canadian Women's Foundation** **\$6,589**

**Fundraising** **\$36,491**

Donations \$21,639

Fundraising \$7,551

Other \$7,301

**Audited Total** **\$428,958**

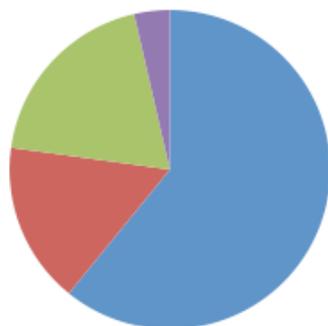
### Expenditures

Salaries and Benefits \$239,203

Building Occupancy and Other \$63,973

Program and Service Costs \$75,519

General and Office \$14,134



- Salaries and Benefits
- Building Occupancy and Other
- Program and Service Costs
- General and Office

Financial Statements audited by Collins Barrow Kawarthas LLP. A full copy will be available online at: [www.kawarthasexualassaultcentre.com](http://www.kawarthasexualassaultcentre.com)

*"Counselling at KSAC has not only helped me understand my trauma, it helped me attain the courage to let it go and begin living my life with peace and unconditional love for myself."*

*~ Client of the Centre*

*"KSAC staff are awesome because they help build the bridge for you to walk across to a new, more positive way of living."*

~ Client of the Centre

## Through Your Support, Survivors Find their Voice

The Kawartha Sexual Assault Centre appreciates the generosity of our volunteers, sponsors, donors and event attendees who drive our message forward into the community each year.

The Centre would like to recognize the participation and generosity of the community in regards to the Men of Hope Golf Tournament hosted June 21, 2013 at the Quarry Golf Club in Ennismore. It was a fabulous day all around with good weather and games. We are thankful for the heartfelt courage expressed by the survivors who shared their stories at dinner.

The events hosted for the month of May 2014 recognized Sexual Assault Prevention Month and helped to increase the public's knowledge of Kawartha Sexual Assault Centre in our four counties. We brought our message to a High Tea in Lindsay, LunaFest in Peter-

borough, Dinner at Rhubarb Resturant in Haliburton and DessertFest in Campbellford. We would like to thank anyone who donated or participated in these events, and recognize all four community's generous support of the Centre.

Of note, we would like to recognize May's champions for our events, including: Investor's Group for their generous sponsorship, FreshCo Lansdowne, Baxter Creek Golf and Country Club, Kawartha Lakes Classic Flowers, Pammett Flowers, Kawartha Country Wines, Cheyenne Buck and Family, Rhubarb Restaurant, Sharpes Food Market, Doochers Dessets, World's Finest Chocolate Factory, Pantry Shelf Butter Tarts, More than Buttertarts, Metro Chemong, Gauze 2 Go, Jo Hayward-Haines and the Raging Grannies, Diane Johnston-Pratt, David Grenon, and Black Honey.

With Special Thanks to our Funders:



**219 24-Hour  
Crisis Line Calls**

**290 Clients  
accessed Individual  
Counselling**

**79 Clients  
accessed Workshops and  
Groups**



## Thank You!

Your donation helps the Centre to offer the City of Peterborough and the counties of Peterborough, City of Kawartha Lakes, Haliburton and Northumberland important sexual violence prevention, crisis support, counselling, peer support and public education programs.

Please DONATE now online at [CanadaHelps.org](http://CanadaHelps.org) or call Sonya at 705-748-5901 ext. 203

## Strategic Plan: 2014-2019

In January, the KSAC Board of Directors undertook a strategic planning process. As a central part of this undertaking, we engaged with our stakeholders, gathering input and reactions to our most pressing needs and ideas. In the end, we obtained a full picture of the opportunities before us as we set the course for the next five years with this plan.

The Centre is committing to a five-year strategic plan. As such, the directions are high-level. Through the planning process, it was important to the Board that the new directions be clear, but broad enough to allow the organization to respond and adapt as circumstances change over the years. We have included our directions here, in our Annual Report, and a full copy is available online at: [www.kawarthasexualassaultcentre.com](http://www.kawarthasexualassaultcentre.com)



### **Increase Access to Services**

KSAC is committed to offering service to individuals in all four counties (Peterborough City and County, Northumberland, City of Kawartha Lakes and Haliburton). This is vital to us. And, we heard through our engagement that it is important to our stakeholders too, with almost half of our survey respondents citing this as an area on which the Centre should focus on going forward.

### **Improve Quality and Performance**

KSAC relies on its committed, qualified staff and volunteers to serve its clients, regardless of their situation or circumstance. With a proud grassroots history of supporting women and men survivors of past and recent sexual violence, our clients receive professional, well-developed and responsive healing support. We wish to consolidate, formalize and communicate our approach—one that is both reflective of the literature and expected by our funders and partners. We are also invested in planning, monitoring and measuring our performance, as we pursue our mission.

### **Build Capacity and Create Sustainability**

KSAC already offers an impressive array of services to support clients across a large geography—all with a modest budget. The landscape of social services is changing. Today, stakeholders, donors and funders expect focus, results and a return on social investment. We know the work we do supports and heals. It changes lives; it can save lives. It's a powerful, transformative story of hope and healing. But there is always more work to do because sexual violence remains deeply entrenched. Our goal, then, is to create a more stable and effective organization through stronger partnerships and a diversification of funding streams, supported by an improved branding and marketing strategy.

*“For me to be given the trust of a client and to listen to their story has been the most powerful part of my experience at KSAC. Each story is important, and each person with a story deserves a safe space and a kind listener to hear that story.”*

*~ Social Service Worker placement student*

# On the Horizon: Needs Assessment

In May 2014, Kawartha Sexual Assault Centre, in partnership with the Elizabeth Fry Society of Peterborough, received a Status of Women Canada Grant to research the access to community services in the prevention and response to sexual violence in women and girls in the City and County of Peterborough.

A Consultant Group of first responders and community service organizations will work together throughout the next two years, in collaboration with the Centre, Elizabeth Fry, the Trent Centre for Community Based Education and two Gender Based Analysis Consultants and Evaluators to conduct a City and County-wide needs assessment. We will listen to community service staff, medical staff, law enforcement and survivors as to what works for women and girls when accessing services for sexual violence support and what does not work. Innovation and promising practices will be the focus of our research, in addition to local voices for change, and to collaboratively build a new vision for response and prevention in sexual violence.

Are you interested in getting involved? Contact Lisa Clarke for more information on this project at [lclarke.ksac@nexicom.net](mailto:lclarke.ksac@nexicom.net).



## YOUR SAY: INSPIRE CHANGE!

The Centre is looking to speak directly to survivors of sexual violence about their experiences accessing community services for support, or their reasons for not accessing community services.

To book a confidential interview and have your say, please contact Lisa Clarke at 705-748-5901 ext. 210 or [lclarke.ksac@nexicom.net](mailto:lclarke.ksac@nexicom.net).

## Upcoming Events and Workshops

**TAKE BACK THE NIGHT: Light Your Way Walk on Thursday, September 18, 2014 at 7 pm** celebrated throughout the Four Counties. Visit [kawarthasexualassaultcentre.com](http://kawarthasexualassaultcentre.com) for locations or contact Karen at [kbasciano.ksac@nexicom.net](mailto:kbasciano.ksac@nexicom.net) for more details.

**WEEK WITHOUT VIOLENCE: Drug and Alcohol Facilitated Sexual Assault Training on Wednesday, October 15, 2014 at 1:00 to 3:00 pm at The Venue.** This panel presentation, featuring Kawartha Sexual Assault Centre, Peterborough Lakefield Community Police Services and Peterborough Drug Strategy, is designed to inform and empower bar and restaurant owners and staff, taxi and bus drivers, and anyone who may be transporting or interacting with potential victims of this crime to recognize the signs of sexual violence perpetration and strategize safe intervention.

**SPIRITUALITY AND TRAUMA WORKSHOP:** This workshop explores religion, spirituality and/or faith as factors that intersect trauma. **Wednesday, November 19 from 1:30 to 4:00 pm at KSAC.** Cost: \$20 minimum donation to the United Way of Peterborough & District annual campaign. Contact [ksacvolunteers@nexicom.net](mailto:ksacvolunteers@nexicom.net) or 705-748-5901.

**TAKE BACK THE NIGHT 2014  
LIGHT YOUR WAY WALK**  
RALLY & MARCH  
TO CONQUER SEXUAL VIOLENCE

THURSDAY, SEPTEMBER 18, 2014 — 7:00 pm

PETERBOROUGH: FLEMING COLLEGE, 599 BREALEY RD.  
COBOURG: FLEMING COLLEGE, 1005 ELGIN ST. W.  
LINDSAY: FLEMING COLLEGE, 200 ALBERT ST.  
HALIBURTON: HALIBURTON HIGHLANDS  
SECONDARY SCHOOL, 5358 CTY. RD. 21

PLEASE FOLLOW EVENT SIGNS AT YOUR CHOSEN LOCATION

This is a free community event, taking place in the counties of Peterborough, Haliburton, Northumberland and the City of Kawartha Lakes, to conquer sexual violence. Contact Karen at [kbasciano.ksac@nexicom.net](mailto:kbasciano.ksac@nexicom.net) or 705-748-5901 for more details. Visit us at [kawarthasexualassaultcentre.com](http://kawarthasexualassaultcentre.com) Facebook and Twitter @KSACStaff #TBTN2014



Kawartha Sexual Assault Centre, 411 Water Street, Suite 102, Peterborough, Ontario K9H 3L9

Tel: 705-748-5901 Crisis Line: 705-741-0260 Toll Free: 1-866-298-7778

Visit us online at [www.kawarthasexualassaultcentre.com](http://www.kawarthasexualassaultcentre.com), at Facebook and Twitter @ksacstaff