

Building the Foundation for Change

Dear reader,

I am very excited to be sharing with you this first electronic newsletter that will allow us to engage with you – our stakeholders. Through this medium we wish to share with you the issues that impact thousands of marginalized women right here in the nation's capital, where we have been faithfully working with and advocating for young and adult women who are criminalized or at risk. The Elizabeth Fry Society of Ottawa (EFSO) has a vision of an inclusive and just community without prisons, in which all women live with equality and dignity – but we cannot get there without your active support.

Over the past 18 months EFSO has been sharpening its focus and refining our strategic plan which you can peruse on our new website: <https://efryottawa.com>. We have hired a dynamic, professional and accomplished Executive Director and have fully replenished the Board of Directors with a vast array of talented and committed volunteers. The board, together with our exceptionally talented staff and Executive Director, believe we are making a real difference in the lives of so many – but there is still so much more we can do.

Our programs divert over 4,000 people every year from court and prison, helping to keep families together and increasing chances for marginalized people to break free



from or avoid the cycle of incarceration, poverty and homelessness.

We provide supports, programs, and transitional housing to women in conflict with the law. However above all, we offer hope and respect to the women we support.

I hope that you will accompany us on this journey towards delivering an ambitious plan so that we can continue to be a place of hope and respect.

Sylvia Cesaratto, Board President

1

DONATE

We welcome your support. Donate at <https://efryottawa.com/donatenow/>

2

GET INVOLVED

Have your name added to our roster of volunteers!
Call: 613-237-7427
info@efryottawa.com

3

FOLLOW US

Twitter: @EFryOttawa
www.facebook.com/EFryOttawa/

UPCOMING EVENTS:

EFry Week #HearMeToo: May 6-15, 2019:
2nd Annual BBQ May 8, 2019 at the Elgin St Court House;
End Strip Searching Event, May 10, 2019
at the EFry Drop-In from 1-3pm

Scotiabank Race Weekend: May 25-26, 2019
Register to join or make a Donation to the Ottawa Efray Team
<https://www.runottawa.ca/>

CAEFS Conference: June 1 "No Woman Left Behind"

In Her Name,

Creating a

CONTINUUM OF CARE

On the anniversary of my one year return to the EFry Family, I am so delighted to share this newsletter with all of you. This past year has been a year of growth, connection, rediscovery and alignment.

EFry Ottawa means many different things to many different people in our community. We are a service provider, we are a community member, we are an advocate, we are a familiar face or a new friend; but most importantly we are dedicated to creating space for all women in our EFry Family.

EFry Ottawa is unique in that we are the only service provider in Ottawa offering trauma-informed, gender-based, fee-free services in Ottawa for women at risk of criminalization. This includes women that are facing multiple barriers such as experiences of trauma, poverty, mental health, addiction, concurrent disorders, oppression, discrimination, criminalization and lack of housing.

Over the past year we have focused on our mission and what that means to the women we serve and have developed our Mission, Vision & Values to reflect just that.

We are thankful for the relationships we have created over this past year and look forward to the years ahead; being a leader and a champion for the women in our community.



#womenfirst

Sarah Davis, Executive Director



Every step helps young
people and our community
Scotiabank Charity Challenge.



May 25 - 26, 2019

Donate to the Elizabeth Fry Ottawa Team Today
<https://www.runottawa.ca/>

**A BIG SHOUT OUT and THANK YOU to Clover Food and Drink
and CFUW-Ottawa for their Generous Donations!**



EMPOWER A WOMAN TODAY

Purchase your Elizabeth Fry
emPower T-shirt for \$25

Call: 613-237-7427 or Email: info@efryottawa.com

YOU MATTER

Make a donation today to help
support our provision of care.

<https://efryottawa.com/donatenow/>

25 Dollars gives a client access to one hour of
support from an Elizabeth Fry worker

100 Dollars keeps a woman in safe and secure
housing for one day

150 Dollars keeps a woman out of jail for one day

500 Dollars ensures our drop-in centre stays open for
a full week