



# WOMEN FIRST

## The Elizabeth Fry Society of Ottawa Newsletter

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- Most Valuable Staff and Volunteer Awards Now Open! Meet Last year's winners
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## A Busy Summer for EFry!

We joined like-minded groups and politicians at Prisoners' Justice Day, the Community Picnic for Prisoners' Justice and Capital Pride to talk about the services The Elizabeth Fry Society of Ottawa have for the community and to tell the stories of the women we serve.

First, on August 10th, we cohosted the vigil for Prisoners' Justice with the Criminalization and Punishment Education Project (CPEP) at Major's Hill Park to commemorate those who have lost their lives while incarcerated and to advocate for the abolition of the prison system. On August 10th of every year, prisoners across Canada fast and organize work stoppages to draw attention to the injustices that occur within the criminal justice and prison systems



Prisoners' rights activists in front of Major's Hill Park, August 10, 2019

## EFry Ottawa Working to Keep Families Together

The Elizabeth Fry Society of Ottawa was at the Community Picnic for Prisoners' Justice hosted by Ottawa-Centre MPP Joel Harden. We joined groups including CPEP, and Mothers Offering Mutual Support (MOMS) and others for an afternoon in Dundonald Park for free food and family-friendly activities, highlighting the importance of having spaces for people to spend time with their children.



L-R, Sarah Davis, Sarah Tait, with daughters Flor and Farrah [not pictured are sons Jo and Louis]

EFry Ottawa is delighted to announce that this fall we will be adding a family-space to our roster of services and programs. This barrier-free space will allow women to reunite and strengthen their relationships with their children.

Having this opportunity is critical to breaking the cycle of poverty and criminalization and EFry Ottawa is proud to be able to do this work.



Food at the Community Picnic at Dundonald Park



Banner created by community members at the picnic hanging in MPP Joel Harden's office



## EFry Shows Our Pride

For the first time since our national organization adopted the policy to provide our services to self-identified women, EFry Ottawa tabled at the Capital Pride Community Fair. We met with festival goers to talk about how our programming and resources are available for cis and trans women, as well as nonbinary people.

We are so thankful to everyone who stopped by to say hi, who bought t-shirts, and donated money or items for our clients! Thank you for supporting your sisters, not just your cis-ters.

L-R Kaitlin Mackenzie, Karen Sagle, Shawna Holmes, Andrea Loder, Craig Mracek, Sarah Davis, Diane Serre

## MetLife Alumni Tournament a Hole in One

September 13, 2019 The Elizabeth Fry Society of Ottawa was being supported by the 18th Annual MetLife Alumni Golf Tournament at Pine View Golf Tournament.

Thank you to MacQuarrie-Whyte, The Properties Group and those who have donated items auction items on our behalf to the tournament, and of course to the MetLife Alumni for once again supporting EFry through this tournament.



## Donor Spotlight

Earlier this summer, when EFry Ottawa called for donations for the women living in our residences and accessing our Drop-In Centre Ann-Marie O'Brien from The Royal Ontario Mental Health Centre answered.



A small sample of the products donated by Ann-Marie O'Brien from The Royal

We were generously gifted with over 50 Shoppers Drug Mart bags with snacks, personal care items and socks!

We are so grateful to have allies in the community like Ann-Marie and The Royal who help us serve our clients. Thank you!

### UPCOMING EVENTS

- Developing the Employment Edge September 26, 2019
- EFry Ottawa's AGM October 17, 2019
- Giving Tuesday December 3, 2019

## Volunteer Recruitment Now Open!

The work EFry Ottawa does is not possible without the hard work and dedication of our nearly 100 volunteers who offer support to our clients directly through our services, or by assisting in many of the other activities that allow us to serve our clients. If you're interested in volunteering with us, or know someone who is, visit <https://efryottawa.com/careers-volunteering/volunteer/> for a full list of opportunities to see which one is right for you.





## Meet our MVPs!

Last year the EFry Ottawa team chose an exceptional staff member and an exceptional volunteer to recognize at our AGM (this year taking place on October 17).

Last year, the staff chose to recognize **Kathryn McKinley** as the volunteer MVP for 2018. Kathryn volunteers at the Courthouse, JF Norwood House, Community accompaniments for clients at Lotus House, Drop-In Centre, and Facilitations of Group Counselling for the Life-After Trauma Group, the Theft Prevention Program and the Theft Prevention Seminar for the Direct Accountability Program. She has also contributed to the Client Holiday Celebration since 2014. “We sometimes forget that Kathryn is a volunteer and not another staff member!! “ wrote Marie-Josée Marion, the Volunteer Coordinator with EFry Ottawa in her nomination for McKinley. EFry is certainly lucky to have such a dedicated volunteer and we could not do what we do for our clients without the hard work of Kathryn and having an opportunity to recognize her for

Receiving the staff MVP award last year was Tan Bokhari who began her EFry journey as a VAW Court Support Worker in July 2015 but now is a Community Counsellor. As a community counsellor, Tan offers counselling and programming for individuals and groups for emotion regulation and theft behaviour among others. In addition to her counselling roles, she does light case management and advocacy around social justice issues relating to incarceration and the judicial system, among other services.

On receiving the award, Tan said she was “So very touched! A very humbling experience, indeed!”

Nominations for staff and volunteer MVPs are currently open to staff and volunteers. Be sure to attend our AGM on October 17 2019 to see the winners of each announced.

### STAFF AND VOLUNTEER MVP AWARDS

- Nominees are chosen and voted on internally by staff and volunteers
- Nominations are currently open.
- Nominations close September 20, 2019
- Winners are announced at the AGM

*“We sometimes forget that Kathryn is a volunteer and not another staff member!”- Volunteer Coordinator*



Staff MVP 2018 Award Winner Tan Bokhari

## Be the change you want to see

There are many ways you can support the Elizabeth Fry Society of Ottawa. Follow us on Facebook, Twitter, and Instagram @efryottawa, share our events and posts with your networks, and join us at our events in the community. Volunteer with us—there are many different ways you can be involved, including joining us at special events, running activities in the residences, or offering support during court or counselling sessions. Make sure you check these out on our website <https://efryottawa.com/careers-volunteering/volunteer/> and apply for the one that’s right for you!

Becoming a member or making a financial contribution are also great ways to support the work we do. A single \$25 donation gives a client access to one hour of support from an Elizabeth Fry worker. Visit <https://efryottawa.com/donatenow/> to make a donation online, or become a member and receive an Empower t-shirt (as seen in many of the photos throughout this newsletter!). Your contributions help empower our clients to improve their lives and keep us serving our community.