



# Annual General Report

**Campbell River & North Island  
Transition Society**

**Providing Services,  
Support, and Programs to  
Women and Their Children  
on The North Island.**

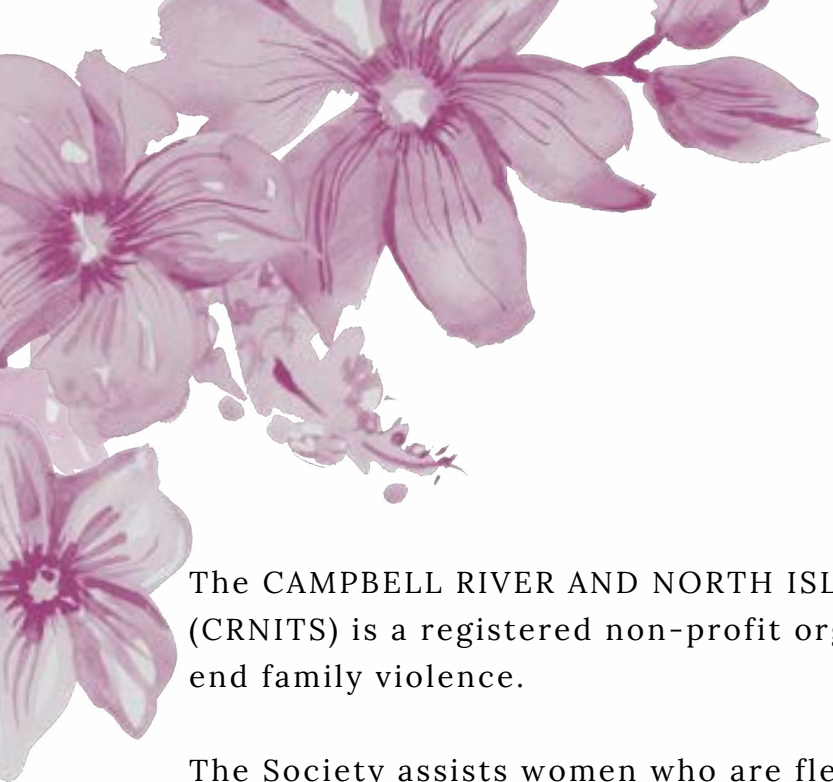
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[annelmorehouse.ca](http://annelmorehouse.ca)





WE HUMBL Y ACKNOWLEDGE THAT WE LIVE, WORK, AND PLAY ON THE TRADITIONAL, ANCESTRAL TERRITORY OF THE WE WAI KAI PEOPLES. TERRITORY THAT IS NOW HOME TO COAST SALISH AND NUU-CHAN-NULTH PEOPLES. WE HONOUR, UPHOLD, AND CELEBRATE THE INDIGENOUS WOMEN AMONG US.

The CAMPBELL RIVER AND NORTH ISLAND TRANSITION SOCIETY (CRNITS) is a registered non-profit organization which has a mandate to end family violence.

The Society assists women who are fleeing abuse and seeking **emergency shelter** at the **Ann Elmore Transition House**, or at one or our **safe homes** in remote locations. Our **counselling services** benefit women who are overcoming trauma and other challenges, while our **residential recovery program** addresses substance misuse issues. Women who are unsheltered or struggling through poverty benefit from our residential personal change program and from supportive resources and poverty relief available at our **drop-in centre**.

Receiving the appropriate services, safety and housing while having someone walk along side is the catalyst for change for our clients!

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**Campbell River and North Island Transition Society****Annual General Meeting****January 30, 2023****6 p.m. at Rose Harbour****Agenda****CALL TO ORDER: Darlene Hawes, Board Chair****# of voting members present:****1. APPROVAL OF AGENDA****1.1. Motion to accept the agenda as presented****M:****S:****2. MINUTES****2.1. Motion to adopt the minutes of the Annual General Meeting of CRNITS held  
January 24, 2022****M:****S:****3. REPORTS****3.1 Report from the Chair of the Board, Darlene Hawes****3.2 Annual Financial Audit presented by Susan McEwen, Financial Director****Motion to adopt the audited financial statements for the year ended August 31,  
2022 as presented.****M:****S:****Motion to appoint Moeller Matthews Accountants as the Auditor for the year  
ending August 31, 2023.****M:****S:****3.3 Program Reports**

- **Women's Safety – Ann Elmore House**
- **Women's Recovery – Ann Elmore House**

- Safe Home
- Rose Harbour
- STV Counselling Program
- Outreach, Counselling and Support
- Transitions Used Furniture and More Store
- Public Relations & Economic Development
- Volunteer Program
- Cortes Women's Centre
- Campbell River Women's Resource Centre

### 3.4 Executive director's report, Lori Hirst

## 4. NEW BUSINESS

### 4.1 Election of Directors

#### Sitting Directors

Name	Elected	Remaining term
Cheryl Stinson (1)	2022	1 year
Darlene Hawes (2)	2019	0
Meghan Harrison (3)	2022	1 year
Pat Grono (4)	2021	0
Sheryl Thompson (5)	2022	1 year
Darlene Garat (6)	2021	0
Michelle Chitty (8) (not running)	2021	0
Monique Allen (10)	2021 (not running)	0
Ali Spillette (11)	2022	1 year

#### Nominations from the Board for the term 2023 -2025

Darlene Hawes ( 2)

Pat Grono (4)

Diana Boskier (8)

Darlene Garat (6)

Call for nominations from the floor.

## 5. ADJOURNMENT

**Campbell River and North Island Transition Society  
Annual General Meeting  
January 24, 2022  
5:30 pm via Zoom  
Agenda**

**CALL TO ORDER: Darlene Hawes, Board Chair: 5:33PM.**

**Number of voting members present: 7 voting members, 3 guests.**

**1. APPROVAL OF AGENDA**

**1.1 Motion to accept the agenda as presented**

**M: Cheryl Stinson**

**S: Michelle Chitty**

**Carried.**

**2. MINUTES**

**2.1 Motion to adopt the minutes of the Annual General Meeting of CRNITS held January 27, 2020.**

**M: Cheryl Stinson**

**S: Pat Grono**

**Carried.**

**3. REPORTS**

**3.1 Report from the Chair of the Board, Darlene Hawes**

**3.2 Annual Financial Audit presented by Susan McEwen, Financial Director**

**Motion to adopt the audited financial statements for the year ended August 31, 2021, as presented.**

**M: Cheryl Stinson**

**S: Meghan Harrison**

**Carried.**

**Motion to appoint Moeller Matthews Accountants as the Auditor for the year ending August 31, 2022.**

**M: Cheryl Stinson**

**S: Michelle Chitty**

**Carried.**

**3.3 Program Reports**

- **Women's Safety – Ann Elmore House**
- **Women's Recovery – Ann Elmore House**
- **Safe Home**
- **Rose Harbour**
- **STV Counselling Program**
- **Outreach, Counselling and Support**
- **Transitions Used Furniture and More Store**

- Public Relations & Economic Development
- Volunteer Program
- Cortes Women's Centre
- Campbell River Women's Resource Centre

**3.4 Executive director's report, Valery Puetz**

**4. NEW BUSINESS**

**4.1 Election of Directors**

**Sitting Directors**

<b>Name</b>	<b>Elected</b>	<b>Remaining term</b>
Cheryl Stinson (1)	2020	0
Darlene Hawes (2)	2021	1 year
Meghan Harrison (3)	2020	0
Pat Grono (4)	2021	1 year
Sheryl Thompson (5)	2020	0
Darlene Garat (6)	2021	1 year
Sara Lopez (7) - Not running	2020	0
Michelle Chitty (8)	2021	1 year
Monique Allen (10)	2021	1 year
Ali Spillette (11)	2020	0

**Nominations from the Board for the term 2022 -2024**

- Cheryl Stinson (1)
- Meghan Harrison (3)
- Sheryl Thompson (5)
- Ali Spillette (7)

Call for nominations from the floor.

All elected by acclamation.

**4. ADJOURNMENT 6:07PM.**

# LETTER FROM DARLENE HAWES

## BOARD CHAIRPERSON REPORT

Welcome to our AGM for 2022 and the first for our new Executive Director, Lori Hirst.

It has been a year of big changes for us: the start of our new building Eagle Harbour and Valery's retirement. When Lori accepted the position as Executive Director, we needed a new Transition House Manager and Kate Broadhead took over.

Ann Elmore House continued to be very full and some women were housed at local hotels, thanks to pandemic funding. There was an exterior fire at the house, which was extinguished quickly, but did cause some damage and displacement of clients. We also saw the completion of a new outdoor play area for children.

Rose Harbour celebrated its 9th anniversary this summer. We received a Women's Shelters Canada Recovery Grant and were able to have three employees in temporary Activity Worker positions. These workers organized activities and outings for clients. There was also a summer camp for children here.

Lori Tait is our new Coordinator at the Women's Centre. It is now open five days a week and has extended hours. It continues to be very busy. The Centre will be moving into a new, much larger home in Eagle Harbour.

Eagle Harbour, I don't know what to say except WOW. It is so big and beautiful. It is now slated to open in July. Valery is staying on in a consultant role for Eagle Harbour until it is completed.

Transitions Thrift Store and More continues to be very busy. The store was negatively impacted by the pandemic costs but is doing well now. Hours have been increased.

We were very sad to lose Kim Barrow, our assistant store manager and extraordinary volunteer.



**Abuse is NEVER OKAY.  
NO ONE DESERVES to be abused.  
The children ARE being hurt.  
It WON'T just go away.  
You ARE NOT alone.  
There IS help!**

Our Economic Development Coordinator, Diane Palmer, has had a very busy year. CNOY surpassed its goal of \$40,000. After a few major glitches, our Drive Away Domestic Violence Golf Tournament was held at Story Creek Golf course. It was very successful, surpassing last year and we look forward to going there again this year.

On behalf of the Board, I would like to acknowledge the retirement of Linda Schulz and Marnie McLachlan from the Women's Centre. We also said goodbye to Shelly Kernovich, Transition House Manager and the Housing Manager at Rose Harbour, when she moved. I met Valery when I joined the CRNITS Board in fall of 2002.

Ann Elmore was having a major renovation, a new wing with more bedrooms was being added. We have come a long way and Valery has been the leading force. Wishing her a long, happy retirement.

On behalf of the CRNITS Board I would like to thank our dedicated hard-working staff and volunteers.



Board Chairperson

## TREASURER'S REPORT

YEAR ENDING AUGUST 31, 2022

The 2022 audit was completed by Moeller Mathews. The Society once again received a clean audit.

The Society had assets totaling 6,436,677 liabilities totalling \$5,739,391 resulting in an equity balance of \$697,286 as of August 31, 2021.

This audit covers the fiscal period from Sept 1, 2021 to Aug 31, 2022. The total revenue for this period was \$2,822,325 and expenses totalled \$ 2,783,941. This resulted in a surplus of \$38,384.

We had activity in 16 different departments.



Treasurer

# LETTER FROM LORI HIRST

## EXECUTIVE DIRECTOR REPORT

My name is Lori Hirst and I am happy to introduce myself as the new Executive Director for the Campbell River & North Island Transition Society. I have worked for the society for 15 years in many different programs and recently was the manager of the Ann Elmore House, which I managed through the COVID pandemic. I am passionate about ending violence towards women and children and helping women improve their lives. I am honoured to be able to lead the society to keep doing the important work we do every day. As we say farewell to Valery Puetz, who was the ED for the society for more than 20 years, we want to say congratulations Valery and we wish you the best in your retirement. Thank you for your years of service and dedication to the society. Lots happened for the society in 2022. As we found ourselves climbing out of the two-year pandemic, there came a new sense of hope and connection for the future of CRNITS.



During the pandemic we had to close some of our programs and our community women's support groups. Staff and residents were told to practice social distancing and to self-isolate. It was difficult to build relationships and we lost our connections to our clients during this time. In 2022 we were able to open all our programs up again and bring back the women's empowerment group to the community. We were given a grant to hire two full time activity workers for children and adults, and with that we have brought many fun activities back to the clients, which has brought back a sense of connection and community. We had our first open house shoebox project distribution since the beginning of the pandemic, which was a huge success. Staff and clients were so happy to be able to connect with each other in a social setting and it warmed staff's hearts to watch clients open their shoeboxes. We had our first beauty day since the pandemic and clients and staff thoroughly enjoyed that. It has brought joy and tears to my eyes to be able to reconnect with the team and the clients in a meaningful way again. The last few years has been a reminder to me about how resilient and adaptable our staff and clients have had to be to get through a tough few years.



Lori Hirst, Executive Director

We have a new management team: Kate Broadhead who is managing the Ann Elmore House and Kirsten Zaleschuck who is managing Rose Harbour. They have both done a tremendous job taking on a new management role and continue to be dedicated and work hard towards improving services for the women and children we serve.

In the last few years, we have participated in a 5 year pilot project called Cedar Blankets through BCSTH, to help us reduce barriers for Indigenous women and children accessing services and programs through CRNITS. We now have an Indigenous Women's Advisory council that will help guide us through improving our services to Indigenous women and children.

We continue to receive a generous amount of support from the community. Our two major fundraisers -Coldest Night of the Year and our second annual golf tournament - were both successful and brought in more than \$50,000 last year. We would not have been able to pull off these two events without the hard work and dedication of our staff, volunteers and community.

We are excited to announce that Eagle Harbour is set to open this summer which will provide 20 units of permanent housing for senior women and families and 30 units of 2nd stage housing, rounding out our continuum of services and supports for women and their children. The women's center will be moving to Eagle Harbour, which will allow for a much bigger needed space for an essential drop-in center for many vulnerable women who are homeless.

This next year our goal is to expand our women's recovery program and open up a free standing recovery center.

*Lori Hirst*  
Executive Director

**CRNITS provides more than just a safe shelter. It provides a community of support and continuum of services.**

# This Year's Highlights

**2,193**

Safety Bed Stays

**5**

Remote Safe Homes

**202**

Supportive Counselling Appointments

**1,198**

Recovery Bed Stays

**12**

Community Presentations

**212**

Stopping the Violence Counselling Appointments

**174**

Showers

**3,515**

Women Centre Drop-Ins

**40**

Volunteers

**45**

Transitional Housing Families



## Emerging Issues

- Increasing costs of food, services and housing are putting more and more women in a vulnerable position.
- With the lack of affordable housing, women are experiencing 'episodic homelessness' as they move in and out of abusive situations and stay at shelters.
- Women who remain on the streets are regular victims of sexual assault and violence.
- Social and physical distancing measures, have disrupted many regular aspects of life, including loneliness and connectiveness.
- Mental Health support is a concern, there is a lack of timely support with so many in need.

# Exciting New Projects

## Eagle Harbour

Eagle Harbour is well on its way to opening (anticipated in the summer of 2023). If you drive by 12th and Fir Streets you cannot miss the 5 story building under construction. The building, when complete, will house two programs for CRNITS:

- Long term housing for senior women
- 2nd Stage program for women and families recovering from abuse or violence

With a total of 55 units, we are excited to be able to offer assistance to another 50+ women and families. This development helps us round out the continuum of programs and services for women in Campbell River and area - starting with emergency response all the way to long term housing.

The Women's Centre will be moving into the new building, providing a much larger space for this drop-in program that serves over 100 women per week by providing support, supplies and nutrition as well as a safe space to meet with other women.

We are working hard to get the construction complete and the operational pieces in order. There will be a logo design contest announced soon - I am excited to see what the logo will be.

Keep your eyes on our social media and website for announcements and a grand opening celebration.

*Valery Puetz*

Eagle Harbour Project Coordinator



# OUR MISSION

The Campbell River and North Island Transition Society works, with a feminist perspective, to achieve a balance of power in society. We provide safe shelter and access to community based resources for women and children.

## PHILOSOPHY OF SERVICE

- Each women has the right to decide for herself the direction of her life according to her own values, beliefs, and needs. And to support each women with the decisions she makes.
- To provide a safe, accepting, respecting, and comfortable place. And where she will not need to fear either physical or psychological abuse.
- To explore with each woman who comes to us the alternatives available to her; to help her examine the advantages and disadvantages and practicality of each alternative; and to encourage her to make her choices for herself.
- Each woman involved with the Transition House can make a unique contribution to the House and should be given the opportunity to do so.
- Each woman has the right to know what her responsibilities are, recognizing that these will vary according to her individual talents and roles within the House.
- Confidentiality of the women who come to us is sacrosanct and should be protected at all costs.



## OUR SERVICES

- **Ann Elmore House**
- **Supportive Recovery**
- **Safe Home**
- **Rose Harbour**
- **Stopping the Violence  
Counselling Program**
- **Supportive Counselling &  
Outreach**
- **Public Relations**
- **Volunteer Program**
- **Women's Resource Centre**
- **Cortes Women Centre**
- **Transition Used Furniture &  
More Store**

# Ann Elmore House - Women's Safety

Ann Elmore House continues to provide safety to women and children fleeing abuse or at risk of abuse/violence. The frontline staff at Ann Elmore House respond to crisis and support telephones 24 hours a day, 365 days a year. The calls vary from emotional support to urgent crisis intervention.

We had a busy year with some major changes: In November, 2021 we partnered with Family Services, and North Island Survivors healing to provide a 24-hour call and text line to individuals seeking help through the Sexual Assault Response Program or SARP. This service is available to anyone who has experienced sexual abuse regardless of age or gender. The program offers support and resources to aid in healing.

In June, 2021 we introduced two pet friendly rooms and had a dog run installed, allowing women to bring their animals with them when they are fleeing abusive situations. Long being identified as a barrier to leaving abuse, this addition has been a great benefit to our community. The rooms are requested frequently and are well utilized.

In July, 2022 the installation of our new playground was completed with much gratitude to BC Housing for funding this beautiful and much needed addition.

In the same month I shifted from my position as the Recovery Worker into a management role which has been a smooth transition with credit given to our amazing staff for being so encouraging and supportive. I have been with the agency just short of 10 years.

We were very fortunate to have BC Housing provide us with an expansion space in a local hotel during the COVID-19 pandemic. This space was well utilized, serving 19 women and 10 children between September 1 and August 31, 2022. Funding for this expansion closed the following month.



**“Thank you for the help, guidance,  
and providing a safe place.”**

AEH Client



In the same month I shifted from my position as the Recovery Worker into a management role which has been a smooth transition with credit given to our amazing staff for being so encouraging and supportive. I have been with the agency just short of 10 years.

We were very fortunate to have BC Housing provide us with an expansion space in a local hotel during the COVID-19 pandemic. This space was well utilized, serving 19 women and 10 children between September 1 and August 31, 2022. Funding for this expansion closed the following month.

The Ann Elmore house is consistently running at or over capacity. We are funded for 11 safety beds, but have a total of 18 available. Even with the extra beds it is not uncommon for us to have a woman on the couch or a family in the playroom. Due to the housing crisis and lack of affordable housing, we continue to have women reside with us for much longer than the typical 30-day stay. As a result, we have become very creative when it comes to meeting the needs of the women and children that we work for.

Much like all sectors, we too have experienced staffing shortages. Due to our dedicated employees who consistently go above and beyond, we provide consistent and reliable service to the women and children that we serve.

This fiscal year has brought with it many positive changes. I have always been and continue to be thrilled to be part of this team as we grow and continue to work towards meeting the needs of the vulnerable women and children we serve.

*Kate Broadhead*  
Transition House Manager

# 2,193

## WOMEN & CHILDREN SAFETY BED STAYS

- 60% Experienced abuse by an intimate partner.
- 24% Experienced homelessness.
- 16% Other and/or unknown.



# Supportive Recovery Ann Elmore House

I moved into the Recovery Worker role in June of 2022 after working as a frontline Women's Support Worker for 15 years. It has been a positive and interesting change for me that has expanded my experience with our clients. I completed the SMART Recovery training in September and began facilitating the Thursday meetings at Rose Harbour in January 2023.

The Recovery Program continues to be well attended through the programs we offer to women who are dealing with substance use and mental health challenges. We currently have 2 Quick Response beds which offer Social Detox and Stabilization for 7-14 days and 2 Supportive Recovery beds with options for 28, 45 or 60 day stays. Over the past year we served 56 women for a total of 1,198 bed stays.

We have been working directly with Island Health to update and streamline our referral process into to the Stabilization and Detox beds. This has enabled referral agents to provide pertinent information to staff while utilizing the same assessment tools to ensure a standard of admission criteria is met across agencies.

I look forward to the year ahead and continuing the rewarding work of providing recovery services to some of the most vulnerable women in our community.

*Laurel Watson*

Recovery Support Worker



**“I feel the program was life-changing for me and gave me a chance to continue leading a happy life sober.”**

Recovery Client

# Safe Home

Another very important service we offer is our Safe Home program. We provide safe homes in rural areas such as Gold River and Cortes Island for women and children who are experiencing abuse and need a safe place to go. The safe homes were not utilized throughout 2022, however this is still a much needed program as services in these areas are very limited.

An online Cortes Relationship group was implemented back in 2021 and is still being held today on a bi-weekly basis. In December of 2022, I was able to facilitate the first in-person relationship group on Cortes for the first time since before the Covid-19 pandemic began. I am also working on implementing a relationship group for Gold River, which should start up in the coming months.

Since stepping into the role as Safe Home Coordinator in October of 2022, I've presented 12 Healthy Relationship School presentations to 363 students ranging from Grade 6 to Grade 12. I look forward to doing more of these in the coming year to help raise awareness about domestic violence for our youth.

I am very grateful to be a part of such an amazing agency that provides many needed services to the women and children within our community and surrounding communities. I am looking forward to seeing what this year brings with the re-opening of our in-person programs.

*Hayley Burdett, SSW*  
Safe Home Coordinator

## How does abuse affect me?

Abuse affects many aspect of your life. As a victim of abuse, you may feel:

- Fear
- Worthless
- Betrayed
- Angry
- At Fault
- Hopeless
- Isolated
- Depressed
- Numb
- Shame



# Rose Harbour

Rose Harbour continues to provide a supportive transitional housing program for women and their dependent children, with attention paid to women who are unsheltered, fleeing abuse, and in addiction recovery. Support workers assist residents in identifying self-directed and externally-supported goals for a two-year program stay designed to enhance clients' access to other community-based supports and services. All residents have access to supportive appointments and groups, life skills activities, social and recreational programming to promote holistic wellness. Rose Harbour has a commitment to transitional housing to allow transformation for as many women as possible, as such, residents are required to move on to other accommodations at the end of their program stay. Housing is a key determinant of health and Rose Harbour's 27 units fulfilled this critical need for 45 families in 2022.

The first months of 2022 saw a rise in COVID-19 case numbers in Campbell River. This presented the challenge of adapting essential groups and client-centered services to meet the demands of frequently changing provincial mandates. As with other similar organizations, this unprecedented health event impacted previously normal operations and introduced the need for an entirely new approach. A team of activity workers was established and tasked with restoring a sense of community to Rose Harbour during peak times of masking, hand-washing, and social distancing. Throughout the remainder of the year, with lessons learned early on, we were able to gradually return open support groups and a variety of in-house activities to the Rose Harbour program roster while safely observing safety guidelines.

The Activity Program offered arts and crafts, trail and nature outings, movie and game nights, community and kids' kitchens, meditation circles, skating, swimming, bowling, frolf, fishing, geocaching, karaoke, weaving and sewing, yoga, gardening, and community outings to the library, Sportsplex, Community Centre, and parks. Activity highlights included a Theatre Arts workshop, beading workshop, drum-making workshop, visit to the MARS Wildlife Rescue Centre and local aquarium, kayaking and ziplining day at Strathcona Park Lodge, a Spa & Beauty Day, and hosting seasonal events like Friendsgiving dinner, pumpkin carving, and gingerbread house decorating. Activities were attended more than 700 times by women and attended more than 500 times by children!



I will always be grateful for Rose Harbour and my stay there  
changed my life for the better.

Rose Harbour Client

Rose Harbour was delighted to partner with the BC Association of Farmers' Markets for a second consecutive year delivering the Farmers' Market Nutrition Coupon Program to program residents. This program provided weekly coupon sheets for senior women and families, which could be used at any farmer's market in the province.

The warmer seasons of 2022 presented new pest control challenges for Rose Harbour as a communal congregate living site. Staff coordinated their efforts to support clients in the necessary measures to address and alleviate the cause. As a result, the situation was resolved and new procedure has been developed to prevent future occurrences.

In May, I was presented the opportunity to take on the responsibility of Housing Manager with the departure of Shelly Kernovich, whose contributions to the Society throughout the years have certainly been invaluable. During her tenure as Housing Manager, staff and clients benefited from her knowledge and dedication. I feel fortunate to follow in her footsteps as I provide my services to Rose Harbour and the Society. Rose Harbour is only an idea without the team of capable women who work daily to provide support in its offices. I want to ensure they get the recognition they deserve.

As the Rose Harbour development turns 10 years old this summer and the Society moves forward with opening Eagle Harbour, we have high hopes for the success, safety, and stability this new addition will provide for new and existing clients during the ongoing housing crisis. Our team welcomes this new facility which expands second-stage housing prospects for families and allows for the addition of third-stage housing for senior women in need.

Best regards for 2023

*Kirsten Zaleschuk*  
Housing Manager



This program is exactly what a woman needs to grow and become a confident, independent woman. I feel better than I've ever felt in my life. Thank you!

Rose Harbour Client

# Stopping The Violence Counselling Program

Often, I am struck by the strength and power of the women I work with. They face high levels of adversity from within themselves and from the social world we all live in. Sometimes after I end a session with a client/survivor, I need to spend a few minutes in awe of the woman I have just spoken with. These women face soul-shaking challenges often on many fronts of their lives at the same time. Often survivors feel that they are not strong, they are not enough, they are not doing as well as they think they “should be.” Part of my job, my passion, is to counteract those negative beliefs and help survivors recognize they are heroes. I want a survivor to know that she is enough; she deserves respect and love; she deserves a chance to nurture her children; she deserves a network of social safety.

Prior to the Ending the Violence Association of BC (EVA) Annual Training in November 2022, I was feeling discouraged because what I do is 1:1 support, which is vital but.... What about the rest of the time? As happens every year, the EVA training inspires me; it gives me hope. There are so many amazing people working in the antiviolence sector and some of them are fighting and researching problematic systemic issues. Two issues stuck out for me in the training. First there was a presentation explaining the position of the Single Mother’s Alliance of BC, who are suing the Province of BC and Legal Aid BC.

The plaintiff argues that the parameters for eligibility for Legal Aid are arbitrary and disproportionately impact survivors of DV. The result is that survivors do not have equitable access to legal services and are denied their Charter Rights making them unable to protect themselves and their children. The Alliance is calling for systemic change in how Legal Aid functions. Since November, the BC Supreme Court has ruled to allow the Single Mother’s Alliance of BC to proceed with their Constitutional challenge. Woohoo!



“The safe, stable housing and support are available to heal and right myself. You’ve been excellent for me.”

Rose Harbour Client

The second uplifting presentation was from EVA Canada, who is doing a major cross-Canada research project on the work and challenges faced by the anti-violence, or GBV, sector workforce and the impact of Covid on the sector. The contention is there is no going back to “normal” and that Covid emphasized the already existing need for systemic change. The report highlights the gendered composition of the workforce, and the minimization of this work by society. The research shows that stereotyping of the work as feminine is used to devalue the work in the eyes of the overarching patriarchy, which supports the lack of adequate core funding. There is also a myth that anti-violence work is not skilled, complex, or dangerous. This leads to a lack of support for occupational health and safety benefits, adequate salaries, pensions, continuing professional development, and clinical supervision. I see this research as a means to clarify what is happening in our sector, strip away some old thinking and policies, and create better understanding of how to improve the lives of my colleagues as well as improving support for survivors.

## We are Here...

to hear your story  
to value your experience  
to believe in your worth



For me, the term “ethical and moral pain” resonates. It is a term from the EVA Canada research project used to describe what front line workers often feel when knowing we can support a survivor only in limited ways. We know that when she walks out the door, she still faces attitudes and institutions that are blind to the consequences and human costs of DV, and various forms of abuse. I see the women we work with as heroes, and I see the advocates, researchers, and my colleagues as heroes too. I know that all the pieces of antiviolenace work are vital. Sometimes it is good to be an island of safety in a terrible sea, so we can be a resting and nurturing place for survivors who are adrift. However, it is such a blessing to be able to see that we are a part of something so much bigger and ultimately powerful.

*Eileen Stearns, BSW/RSW*

Stopping the Violence Counsellor

# Supportive Counselling & Outreach

The Outreach Support program provided by CRNITS is an imperative service for women within our community. This service offers counseling, goal work, advocacy services and support to women that face domestic violence, relationship challenges and/or substance misuse.

In early 2022, we were able to start offering in-person appointments for the first time since the beginning of the Covid-19 pandemic.

Throughout 2022, there were 272 supportive counselling appointments booked. That shows what a huge need there is for this program which helps support vulnerable women within our community.

We are also happy to announce the return of our in-person Women's Empowerment group! Due to covid safety precautions still being in place, we have a maximum of 10 group participants per week. Since re-opening this group to the public in mid-October, the group has been full almost every week!



Outreach Support Worker

## What can I expect?

Supportive Counselling offers...

- Confidentiality, respect, acceptance, and understanding.
- Information, advocacy, and referrals
- Safety planning
- Support women in recovery from substance use
- Support during family and/or criminal court process
- Support during meetings with other community agencies



# Public Relations and Economic Development

The public relations coordinator job is an amazing opportunity to raise funds through writing grants, recruiting donors and sponsors and organizing fundraisers that help to provide our many programs and services. Building on networking with other non-profits, businesses and individuals has proven to be highly successful for our fundraising campaigns.

Networking opportunities for 2021 - 2022 included:

- Haig-Brown Festival. Attendance at the festival honors Ann Elmore's contribution to the society, the community and the house that she shared with her husband Roderick.
- The 16 days of Activism Against Gender Based Violence included a vigil held on December 6 in honor of the National Day of Remembrance and Action on Violence Against Women.

Our fundraising campaigns included:

- 50/50 draws that raised over \$8,000 in sales with our delighted winners receiving half.
- Coldest Night of the Year raised \$44,000 which exceeded our goal of \$40,000.
- Our second annual Drive Away Domestic Violence Golf Tournament was hosted by CRNITS at Storey Creek Golf Club. Thanks to our sponsors, donors, and participants we raised \$36,000.

We also receive grants and private donations throughout the year and our monthly donors are now over \$600 per month which equals \$7200 per year.

I am honored to represent CRNITS as the public relations and economic development coordinator and strive to continually build on the success we have had.

*Diane Palmer*

Public Relations and Economic Development Coordinator



## 16 DAYS OF ACTIVISM

Sacred Feather Women's Group



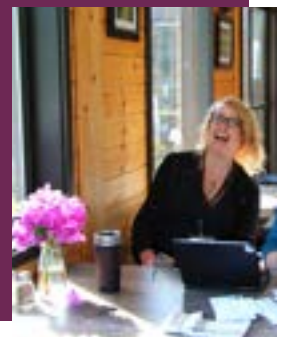
## CNOY 2022

Volunteer Kerry Hammel & Valery Puetz, Retired Executive Director



## DADV 2022

Flying Flamingoes Best Dressed Team



## DADV 2022

Diane Palmer

# Volunteer Program

Hello, my name is Chelsea and I am the Volunteer Coordinator. I have had the opportunity to be a part of this Society for nearly 2 years and in that time I have worked with the most amazing women. Having the experience to meet and work with our volunteers is invaluable. Time, I feel is the most precious thing you can give, so to witness this firsthand is just fantastic. Over the past year, we have had a few events! In June CRNITS hosted the 2nd Annual Drive Away Domestic Violence golf tournament, where a team of 10 volunteers coordinated over 97 golfers in a matter of a few hours with registration and tee-off. We all had so much fun that day that each and every volunteer wanted to return for our 2023 tournament - some even said they would recruit their friends and family!

Right now we have 18 volunteers at our Transition Thrift Store, one at the Ann Elmore House, six at our Woman's Centre and 10 for our upcoming Coldest Night of the Year event on Feb 25th.

Every week there are new emails from women reaching out wanting to get involved with the society. The volunteer roles we currently have are everchanging and new ones are created based on the person's strengths. This is the approach I have taken to this role and, with the support from the team here at CRNITS, it has been very successful. Recently I have reached out to the three high schools in hopes to build a relationship with the Leadership/Work Experience departments there. Each person I meet is a new opportunity to start a conversation and build a relationship. 2023 is going to be a great year!

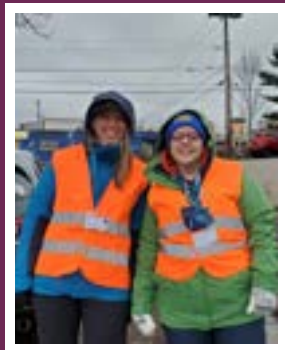
*Chelsea Walsh*

Volunteer Coordinator



## DADV 2022

Diane Palmer,  
Chelsea Walsh &  
Valery Puetz



## CNOY 2022

Volunteers,  
Kate & Chelsea

## VOLUNTEER OPPORTUNITIES

Are you interested in volunteer opportunities with the Campbell River and North Island Transition Society?

## WEBSITE

[annelmorehouse.ca/opportunities](https://annelmorehouse.ca/opportunities)

# Women's Resource Centre

This year there were some changes to the Women's Centre. Linda Schulz retired from the WC Coordinator position. I took over the position as Coordinator in April.

The Women's Centre continues to serve women in the community both housed and unhoused. There is a computer and phone for the women to use, we also have faxing and printing available. Women can help themselves to toiletries, personal hygiene products and clothing. We provide coffee, tea and small snacks on request. Hot dog day happens every month on the Wednesday before Income Assistance cheque day.

This year the WC was happy to partner with the Farmer's Market Coupon Program and provide weekly coupon sheets for senior women who access the WC. These coupons were able to be used at any Farmer's Market in the Province.

This year we received a donation that allowed us to buy cold weather gear for unhoused women. This included: tents, tarps, backpacks, sleeping bags, rain boots and raincoats/ponchos.

The staff and clients of the Women's Centre are all eagerly waiting for Eagle Harbour to open. We are ready to have more, much needed space for clients and storage for clothes.

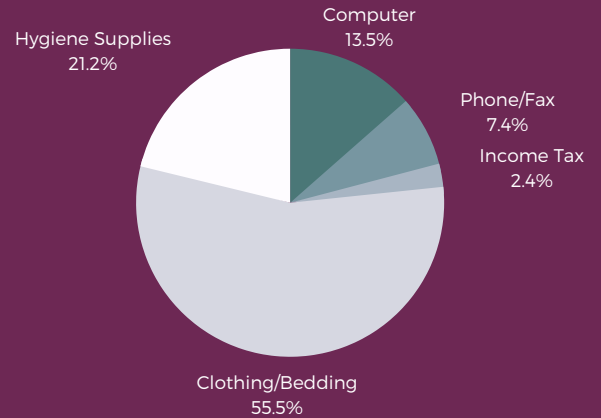
I would also like to thank our elder and volunteers for their dedication to the Women's Centre.

Lori Tai

Women Centre Coordinator



## Activity Report



3515  
Drop-ins

44.5%  
Indigenous  
Clients

457  
Meals  
Served

This year at Christmas we received some donations from community organizations:

The Altrusa Club  
St Peter's Anglican Church  
The 7th Day Adventists  
CUPE

## Cortes Women Centre

Last year we saw a rise in membership. We are hearing from members that there is a desire for more in-person groups.

The effects of isolation due to Covid are bringing a need for more connection and we continue to look for ways to provide that.

We acquired a much-needed storage shed and now can create an isolated "office" space within the centre. It was a highlight, with the support of the Campbell River Coalition to End Homelessness, to provide approximately \$2000 in clothing and items to provide warmth to those in need.

This year we will continue to look for funding for non-violent crisis intervention training for our Crisis Response Team.

*Tanya Hensch*

Cortes Women Centre Director



## Transitions Used Furniture & More Store.

Transitions Thrift Store is an extremely busy little place with its own distinct charm. We have become the "go to" thrift store for many people in our community while raising money for programs and services for the society.

We continue to hear positive feedback from our customers about our popular sale days which include:

- Red Sticker Wednesdays: children's clothing and linens are BOGO.
- Seniors' Day every Thursday for those customers who are 55+.
- Super Saturdays: all non-priced clothing is \$2 each.

With these things remaining the same we have also embraced change by downsizing the amount of large furniture we accept and streamlining our "do not accept" list of donations to make room for more clothing. With clothing representing 30 to 50 percent of our daily sales we have slowly and continually expanded this area.

All of this would not be possible without our dedicated employees and volunteers. We have seen a surge of volunteers with thanks to Chelsea for her recruitment.

We look forward to another busy year ahead.

*Diane Palmer*

Transitions Store Coordinator

# Work with Us

Campbell River North Island Transition Society is a fast-growing agency. Are you passionate about helping women and children experiencing abuse and/or in recovery? If you're looking for an exciting career in a fun organization with the potential to grow where you are also helping women, this is the perfect career for you.

We invite qualified, experienced candidates from diverse backgrounds and life situations to join our team. Successful applicant will work as part of a team providing counselling, support and crisis intervention. Excellent communication and crisis management skills. Strong knowledge of violence against women, mental health, and substance misuse.

[annelmorehouse.ca/opportunities](https://annelmorehouse.ca/opportunities)

## SOCIETY OFFICE

#101 - 1116 Dogwood Street  
Campbell River, BC

PH: 250-287-7384  
FAX: 250-286-6252

24 Hour Crisis Line:  
250-286-3666  
1-800-667-2188

Text Only Crisis Line  
250-895-1773

Email Address  
[aeh@annelmorehouse.ca](mailto:aeh@annelmorehouse.ca)

### Social Media

 [annelmorehouse.ca](https://annelmorehouse.ca)

 [@annelmorehouse](https://www.facebook.com/annelmorehouse)

 [@CRNITS](https://www.instagram.com/CRNITS)

 [@CRNITS](https://www.linkedin.com/company/CRNITS)

 [@transitionsthiftshop](https://www.facebook.com/transitionsthiftshop)

 [@crwomencentre](https://www.facebook.com/crwomencentre)



Campbell River & North Island  
Transition Society