



peer  
Support Services  
— — — — —  
for — — — — —  
Abused Women

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Charitable Number:  
105200430RR0001



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Support Services  
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Abused Women

2013

# Annual Report

*Creating individual and systematic  
change to promote respectful, healthy,  
& peaceful relationships.*

## Board of Directors

President	Melody Bundt Witwer
Vice President	Sarah Rosenfeld
Past President	Wayne Barkauskas
Co-Treasurers	Bettina Pierre-Gilles Christina Chao
Secretary	Eseoghene Omatsone
Directors	Judy Curry Marilyn Oshry Rae Ann Wood-Shatz

## Staff

Executive Director	Andrea Silverstone
Operations Manager	Kelly Salmond (until March 2013)
Office Manager	Meghan Wright
Program Coordinator	Shannon Smith
Program Facilitator	Carrie McManus
Program Assistant	Erika Guzman
CDVC Coordinator	Corinne Oftsie
CDVC Administrator	Susan Jackson Hong Truong
Bookkeeper	Shaune Thompson
Communication Consultant	Melissa De Leon
SSDV Consultant	Jane Oxenbury

Thank  
You

To all of  
Peer Support  
Services for Abused  
Women's  
Supporters!

# Thank you!

to our 67 volunteers who  
donated 2504 hours!

## Volunteer of the Year

**Jo Anne Murray,**

*Administrative and Fundraising Volunteer*

## Volunteer of the Year: Honourable Mentions

**Melody Bundt Witwer**

*Board President and Direct Service Volunteer*

**Roseanne Cooper**

*Direct Service Volunteer*

**Christina Chao**

*Board Treasurer*

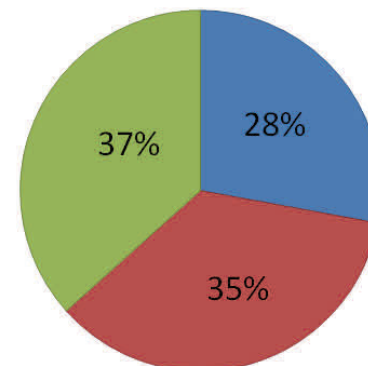


## Executive Director & President's Report

Peer Support Services for Abused Women continues to be committed to supporting individual and systemic change to promote healthy, respectful, peaceful relationships. In 2013 we continued to operate at capacity. PSSAW and its clients were significantly impacted by the flood of 2013. The flood made an already difficult housing market in Calgary almost impossible. With a less than 0.05% vacancy rate and the rising cost of housing, clients felt that they had no other option than to stay in the abusive situation. This reality created a new complexity for our clients. Our staff and volunteers were incredibly responsive to the additional needs of clients. We are blessed to have such a dedicated team.

In 2013 PSSAW was able to serve over 600 clients. This was over a 20% increase from 2012. The clients achieved some of the following outcomes:

- 58% of clients reported increased social connectivity and reduced social isolation
- 65% of clients reported being able to appropriately respond to the violence in their lives (i.e. they will have the tools to keep themselves and their families safe from violence)
- 100% of in-house capacity building workshop participants report utilizing learning from in-house capacity building workshops with their clients
- 73% of service providers feel confident in providing culturally appropriate SSDV services to members of the LGBTQ\* community



### Participants in Programs

- Moving On With Mentors
- Same Sex Domestic Violence
- Peer Support Groups

We held our second annual fundraising event "Eat...Play...Love" in November and it was very well received by all who attended. PSSAW will be making this our annual signature event. PSSAW is looking forward to this annual event getting bigger and better. We really appreciate all of the donors, sponsors, and volunteers who made this event successful.

Our collaboration with other agencies and programs continues to flourish; enhanced through our role as co-chair of the Calgary Domestic Violence Collective.

We are also very excited to have received funding from the Government of Alberta to engage in a pilot project to bring our program to rural communities across Alberta. In 2013 we created partnerships with sites in Olds and the Crowsnest Pass and in 2014 we look forward to an additional two to four sites across Alberta.

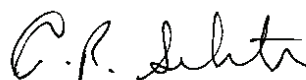
We are excited about 2014 and the opportunities that it will bring.

We sincerely thank the Staff, Board, and all our Volunteers for continuing to amaze us with your skills, caring, dedication and innovation in providing service to our women, children and community.

Yours truly,



Melody Bundt Witwer  
Board President

Andrea Silverstone  
Executive Director



## Up to 100

AIDS Calgary Awareness  
Alana Devlin  
Alexis Kroon  
Andrea Silverstone  
Carmen Madden  
Cathy Strand  
Christina Chao  
Cyndy Morin  
Dale Ross  
Deb Tomlinson  
Diane Altwasser  
Gillian Hazan  
Gordon Chan  
Harold & Norma Magnuson  
Heather Sorenson

Heather Wilson  
Helena Kamenetsky  
Jo Anne Murray  
Joanne Heming  
Jodi Cohen  
Judy Dandarand  
Karen J. Renaud  
Kate Forsyth  
Kathy Wedin  
Kendra Doyle  
Kristi Ronald  
Leanne Rzepa  
Linda White  
Malory Todd  
Marlene Veirboom  
Marnie Bondar

Mary Spensley  
Megan Zybutz  
Melody Bundt-Witwer  
Nancy Flatters  
Nina Shen  
Penny Wallace  
Rebecca Stephen  
Reva Faber  
Rosemarie Jullion  
Sandy Visser  
Shaul Osadchey  
Shela Shapiro  
Stephanie Berman  
Susan Jackson  
Tammy Wright  
Wayne Barkauskas

## In Kind Donations

Adventures in Scuba  
ATA Pain Rehabilitation  
Laser Therapy Centre  
Aussie Rules Piano Bar  
Cactus Club Café  
Carriage House Inn  
Cathy Strand  
Centre for Complementary  
Health Education  
Practicum Centre  
CoJo Sport Collectables  
Courtyard by Marriot Hotel  
Crabapple Clothing  
Company  
Dr. Peggy Burke  
Hana Sushi  
Heming & Associates Law

Office  
Jeff Albert  
Jo Anne Murray  
Joni Hanen  
Kate's Beauty Unlimited  
Laser Quest Calgary  
Leslie Robinson  
Melody Bundt-Witwer  
Moksha Yoga  
Morigeau Consulting Group  
Inc.  
Marlene Vierboom  
Osteria De Medici  
Panther Sports Medicine  
and Rehabilitation Centre  
Pembina Pipeline Corp.  
RDA Holdings &

Investments Inc.  
Rubaiyat Calgary  
Russ Albert  
SAS Comfort Shoes  
Shannon Smith  
Spartan Controls  
Springbank Cheese Co.  
Marda Loop  
TruEssence Coaching  
Toscana Italian Grill  
Tutti Frutti Frozen Yogurt  
Wise Scheible Barkauskas  
Family Law

# Thank you to our Generous Donors

## 100,000 to 500,000



## 10,000 to 100,000



Family and Community Support Services

Government of Alberta - CFSA

Atlantic Ballet Theatre of Canada Inc.

Government of Alberta –Human Services

## 1,000 to 10,000

Calgary Action Committee  
on Housing &  
Homelessness

Eseoghene Omatsone  
First Calgary

Laurie M. Anderson  
Leslie Robinson

Calgary Foundation  
Debbie D. Johnson

Government of Alberta -  
Community Spirit  
Judy & Stele Curry

Melanie M. Carter  
National Bank Financial

## 100 to 1,000

Calgary Federation of  
University Women  
Cliff Bungalow - Mission  
Debra Wood-Zybutz  
Evelyn Sheftel-Shapiro  
Encana  
Fitzhenry & Whiteside Ltd

Gordon Hoffman  
Jeanette Veale  
Marilyn Oshry  
Melissa DeLeon  
Michael O'Brien  
RBC Foundation  
Ralph Barnett

Sarah Rosenfeld  
South Calgary Funeral  
Centre  
Sherri Lee Parsons  
Whitecap Books

## Julie's Story

Julie came to PSSAW after leaving her first abusive intimate relationship. While Julie had not experienced abuse as a child, she notes that her father died when she was young and her mother was not able to provide her with the emotional warmth that she craved. Although Julie had a successful career, she found herself stuck with her abusive partner fearing her future financial freedom.

Through her time with PSSAW, Julie mentioned that she feels as though she entered into an abusive relationship as a result of self-sabotage. Julie states that she lived with this guilt every day and therefore felt unworthy of a healthy, functional relationship.

Since entering the Finding Our Voices group, Julie has severed ties with her negative relationship. Although she still fears the future, she recognizes that she must face this fear in order to enter into a healthy, fulfilling relationship that she is worthy of. Julie states that if it were not for the support of the other women in the group and the facilitators she would have easily returned to her abusive relationship as she had done in the past. Since leaving her relationship, Julie notes that she has once again been able to have a close relationship with her family. She is looking forward to seeing what the future holds and to one day enter into a healthy, fulfilling relationship.

### Did you know:

- \* The 2013 flood created a **30%** increase in clients
- \* On average clients engage 1 on 1 with their mentor for **9** sessions.
- \* We connected with **8000+** people at **13** events to raise domestic violence awareness
- \* For every **\$1** spent supporting women in PSSAW programs there is a **\$4** return on investment.

## Jeff's Story

Jeff was involved in a same sex domestic violence relationship for 10 years. Scared of facing homophobia and heterosexism, Jeff was reluctant to access external support from an agency other than Peer Support Services for Abused Women.

After discussions about our Same Sex Domestic Violence program and the competency building component, Jeff felt comfortable enough to receive counselling at a partner agency regarding his experiences.

Jeff states that for the first time he feels comfortable discussing his situation with other people. He feels as though our program is helping to remove the stigma surrounding SSDV, and is therefore making programming more accessible to the LGBTQ\* community.

Jeff states that without the support he received he may have very well returned to the relationship.

After participating in our SSDV capacity building program  
**73%** of service providers feel confident in providing culturally appropriate SSDV services to members of the LGBTQ\* community



## Treasurer's Report

While I will highlight some of the results in the attached financial statements, I encourage members to review these reports on our website.

The Statement of Financial Position reports assets of \$341,375.

At the end of the year, the agency had sufficient cash balances to meet liabilities.

The Statement of Operations shows a balance of \$8,950 for the year.

It is also important to mention that the financial statements do not reflect the value received from the contribution of volunteer services, without which the agency could not operate.

With the funds to be earned from our ongoing funding from United Way and FCSS, and continuing efforts to attract donations, PSSAW is in a good financial position to provide needed services for the upcoming year.

I would like to use this opportunity to thank funders and donors in helping the agency.

Sincerely,

Rebecca Stephen  
Co-Treasurer

Bettina Pierre-Gilles  
Co-Treasurer

