

# 2018 Annual Report

## The Denise House / Sedna Women's Shelter & Support Services



King Stevenson Postal Outlet Box 30560 Oshawa, ON L1J 8L8  
905-728-7311 [www.TheDeniseHouse.com](http://www.TheDeniseHouse.com) [info@thedenisehouse.com](mailto:info@thedenisehouse.com)  
**DONATE NOW** Charitable Registration #10796 5691 RR0001 - Sedna Women's Shelter

# Looking Forward and Looking Back



In 2019 The Denise House celebrates our 35th year serving women and their children in Durham Region.

Throughout the year we will celebrate the courage of our clients, those who supported them, and those who inspired them.

This is an especially timely milestone. A new shelter site with a larger, updated, fully accessible building remains at the forefront of discussion with collaborating agencies and

both Provincial and Federal funders.

Over the past 35 years almost 22,000 families have been touched by the staff, volunteers and programs of The Denise House. We all work together to empower and support women and their children to move beyond violence and abuse through the provision of safe shelter, education and community outreach services. We spread the word about the important work we do, to move our community beyond violence in new ways because the women and children and the disturbing reality of their experience deserves it.

The work we do is becoming more complex and the need is growing. We have emerged as a valuable community

partner in the conversation about gender-based violence and our voice is valued in the community.

Thanks to our generous and steadfast community supporters, The Denise House remains strong and viable. We are well-positioned as we work to achieve our VISION of women and children overcoming oppression and abuse to choose their own future.

We do so in gratitude and partnership with our amazing community.

**Diane Dickson-Kailan**  
President

**Sandra McCormack**  
Executive Director

## Our Volunteer Board of Directors

**Diane Dickson-Kailan**  
President

**Susanne McEvoy**  
1st Vice-President

**Andrea Marshall**  
2nd Vice-President

**Andrea Baxter**  
Treasurer/Secretary

**Stephanie Cubitt**  
Director

**Michelle Davis**  
Director

**Susanne Luehr**  
Director

**Wendy Nunn**  
Director

**Leigh Winn-Kruck**  
Director

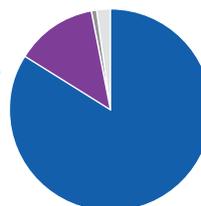
**Sandra McCormack**  
ex-officio, Executive Director

## 2017-2018 Financial Overview\*

\*Sedna Women's Shelter Financial Statement is audited by Collins Barrow Durham LLP. To view complete Financial Statement, go to: [TheDeniseHouse.com](http://TheDeniseHouse.com)

- Government Funding **84%**
- Fundraising **13%**
- Other
- Income **1%**
- Special
- Programs **2%**

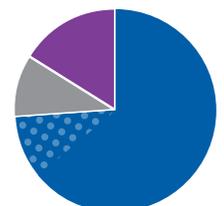
### Revenue



- Direct Program Costs **74%\***
- \*Salaries & benefits 64%
- \*Supplies & materials 10%

- Building & Occupancy **10%**
- General & Office **16%**

### Expenses





## A Story of Courage

Sylvia's Story, Past Resident

I was with my ex for fourteen years. We have three kids. He was charismatic and ambitious, but after the first year I knew something was wrong. He became more and more controlling, angry, and secretive. He gave our money to a religious sect and began accusing me of being possessed. He wouldn't let our kids see a doctor. I was afraid to argue with him. We lost everything, our house, our furniture. We were living in motels on welfare when I snapped. I had no friends by then and just poured my heart out to a stranger in the park one day. She told me to contact shelters. That woman was my angel. When I arrived at The Denise House, it felt like the Taj Mahal. I was overwhelmed with the kindness of everyone and cried and cried for weeks. I wasn't used to kindness. The counsellors told me it was okay to feel, to be angry, that it was okay to take care of myself. They helped me contact services that were invaluable, and still are. My Community Support Worker is a lifeline. I was at the shelter for six months, and now, four years later, my kids and I are safe and happy in a place of our own. I'm building up my credit and going through a job training program. We even have a tiny backyard!



## A Story of Support

Carin M., Volunteer

In the 10+ years I've been a volunteer with The Denise House, I've had the pleasure of stuffing Christmas stockings, painting, cleaning, gardening, making bed-bundles, childcare, baking and Fruit Plate Fridays, representing the shelter at the annual Basketeers event and, most recently, the monthly journaling workshops that I absolutely love. There isn't a session that doesn't include at least one person who doesn't want to be there, whose arms are folded, who refuses to engage. Nine times out of ten, that's the person who needs to be there the

most. And when they end up writing about the almost forgotten scent of lilacs through an aunt's window, and someone passes them a box of tissues, there's a moment where that person realizes she is being heard, that it's safe to open up a little and it's such a beautiful thing to see because it feels hopeful. It's an extraordinary privilege to be able to offer them one tiny pebble on their path. One voice above all stays with me, a teenaged girl, who said of her experience at The Denise House... I never knew people could be so nice.

## 2017-2018 Fiscal Year



**6,473**

**Volunteer hours**



countless  
**community supporters**  
who donate



approximately

**36,000**

**meals served**



**219**  
**women**  
in shelter  
with **113**  
**children**



**1,333**

crisis calls answered and  
support/information  
provided;



**450**

women and  
children received  
support through  
our **Community  
Support Programs**



**9,210**

**Safe Sleep Nights**



### The Denise House Kids Programs

Caretaker, confidant, the perfect child, the referee, the baby or scapegoat, children take on different roles when they are living in violence. And those roles can vary a great deal in different cultures. Children are often fearful and may feel powerless and vulnerable, they may blame themselves. Mothers often feel guilt and shame around what their children have witnessed. At the shelter, we encourage children to find healthy ways to express their

feelings and rebuild their self-esteem. They work to overcome anxiety, depression, withdrawal and aggressive behaviours. Ultimately it is the mothers who create positive change in the lives of their children so we support the moms in rebuilding a sense of positivity. Living with violence does not have to be their future. With support, these children can break through the intergenerational cycle of violence. They can be shining stars.