

2019 Annual Report



“ In all my years of Volunteer Work I have found that if I can help just one woman at a time become whole again and live in a safe and happy environment, then I am a much better person.”



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DONATE NOW Charitable Registration #10796 5691 RR0001 - Sedna Women's Shelter



“ It is my privilege to be associated with The Denise House family who give selflessly and unconditionally to women in need to assist them to move on to a new phase of their life. **It has enriched my life to share my time, which I have in abundance.”**

Celebrating Courage

This year marks 35 years since The Denise House began providing shelter and support services to women and their children fleeing violence and abuse.

On March 7, 2019, we honoured this milestone with 200 friends and supporters. Past residents, staff, volunteers, donors and community leaders gathered for our Celebration of Courage. The beautiful evening was hosted by Perdita Felicien, who lived at the shelter as a child. Perdita went on to become an author, broadcaster and Canadian Olympian.

During the evening, we recognized 35 nominees for their contribution to

the success of the women through their lived-experience, advocacy, leadership and support. We are humbled by community's passionate response.

In this year of celebration, we thank the women and children in our community who inspire us everyday with their courageous journey to safety and happiness. We thank our donors and community for their deep commitment and steadfast support. We thank our many volunteers who give of their time and talents. We thank our caring and dedicated staff who truly make a home for our families.

We continue our discussions with the Ministry of Children, Community and Social Services as well as various other Provincial and Federal partners on our mission to build a new shelter. We are actively searching for a suitable building site which will enable us to access government funding options and move forward with a larger, accessible home.

We remain hopeful that we will achieve the beginning of a new “The Denise House” in 2019.

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

Welcome to the
Board of Directors
January 2019

Tami Waters
Director

Aisha Francis
Director

Diana Mazzotta
Director

“ It truly is energizing for me as a volunteer to witness the courage and perseverance of these women who desire to create a better life for themselves and their children. It is a pleasure to walk with them and to know that in some small way, I am contributing to their journey of hope. **“It is in giving, that we receive,” and I have received a hundredfold from them.”**

“ I was a resident last summer and as my 1-year anniversary of leaving home is approaching I felt it was very important that you know how grateful I am for The Denise House. I truly feel my time there has changed my life. I hope in future years to volunteer. **Thank you so much for giving me so much more than a roof over my head.**”

“ Even though I am not able to spend as much time volunteering as I would like to, **I am proud to say that I am a part of such an amazing community.**”

A Good Life

Past Resident

This morning as I poured my coffee into a dark blue, fine handled cup I thought of my mom. She had given me that cup before she died and some advice I'll never forget. She said "You are strong, and you are doing your best. Give it time, things work themselves out."

That cup was all I had left of my mom. And I had carried it with me when I left my marriage 4 years ago. My cup in my hand and my ID and some cash in my pocket. That was all I had

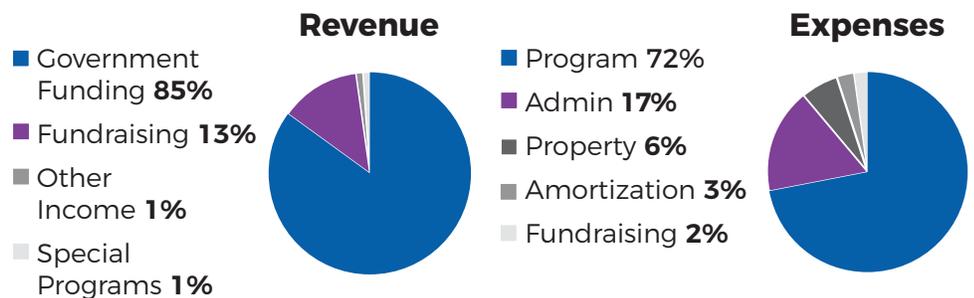
with me when I slipped out the back door. This cup. I don't even know why I brought it that day. I'm not sure I knew I was carrying it.

I spent 7 months at The Denise House women's shelter in Oshawa. I guess that's longer than most women stay. But I needed the time. They helped me imagine my future. And they were there for me while I found a job and a new place to live. And they are still there for me, checking in, listening and supporting.

Today, I am on my own in my beautiful tiny apartment. I practice yoga now. I had always wanted to. And I discovered that I like to write. Who knew I would have so much to say when I turned 50? I have started blogging and joined a women's network. I love my coffee. And I love my cup. It's not a everyone's dream life but it's a good life. I am grateful. Here's to you mom.

2018-2019 Financial Overview*

*Sedna Women's Shelter Financial Statement is audited by Collins Barrow Durham LLP. To view complete Financial Statement, go to: TheDeniseHouse.com



“ For me, the best thing always is when, after a journaling workshop, a person who least wanted to be there tells me they're so glad they did this. That they hadn't thought of something they wrote about for years, and that it was good to go back there. Or when **there are moments of magic as people share their writing and realize that others are not only listening but are being touched by the words.** That what they think and feel and remember is worthwhile. That they are worthwhile. You can see something in the face change during those moments.”

2018-2019 Fiscal Year



6,510

Volunteer hours



countless
**community
supporters**
who donate



approximately

36,000

meals served



214
women
in shelter
with **116**
children



1,240

crisis calls answered and
support/information
provided;



664

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



8,819

Safe Sleep Nights

Outreach and Community-based Support and Services Programs

Did you know? Last year 664 women were supported through outreach services.

Our counsellors meet with women in safe public spaces to develop a safe plan to leave an abusive home. We provide on-going support for women and their children after they have left the shelter for as long as they need it.

Our supports are individualized to meet the unique needs of each woman including emotional supports, legal referrals, housing, financial literacy, employment and employment readiness. Children benefit from our fun and therapeutic summer camps which address the impact for those who have witnessed violence and abuse.

We focus on prevention and awareness to stop the intergenerational cycle of violence.

We educate intermediate, high school and post secondary students to identify early warning signs of oppression and abuse to help them choose healthy relationships.