



COURAGE • SAFETY • OPPORTUNITY

# Annual Report

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2022–2023 in review

# Message from Alice House Directors

Alice House has had another busy year with many successes, challenges, and learning opportunities. Through the dedication, generosity, and ingenuity of all our contributors, board, staff, community partners and funders, Alice House continues to grow and flourish.

Alice House has continued to focus on staff health and wellness, training, and team building. The team participated in two full days of learning and unlearning around colonization and best practices with Indigenous educators, as well as two other team building days throughout the year.

After a trial period, Alice House permanently instituted Wellness Monday mornings once per month as part of a Staff Wellness plan. Wellness Monday morning gives staff time to decompress, organize and take care of themselves in preparation for the month ahead. A Health Spending Account was implemented for each staff person to ensure staff have access to funds to contribute to their ongoing health needs.

The folks who access Alice House services continue to be a source of immense inspiration and motivation. Witnessing people's profound journeys of healing and transformation is such an honour and a privilege.

**Kira Kelly**, Program Director & **Tina Riley**, Operations Director

# Message from Sara Colburne, Board Chair

Alice House's annual report is an opportunity to share the remarkable work of our team and to extend heartfelt gratitude, on behalf of the Board of Directors, to all those who support Alice House through funding and action.

The past year was marked by change, a concept that we embrace as we enter our 40th year of operation. While change often brings challenges, it also presents an opportunity for our ongoing evolution and growth. Through the changes we've encountered, Alice House remains steadfast in our mission to provide opportunities for women and their children to create a life free from intimate partner violence through safe second-stage housing, counselling, and support services.

The importance of this mission has never been more evident as the demand for safe housing continues to rise. Nova Scotia is grappling with a pressing housing crisis affecting countless individuals and families. Those who escape violence within this context face even greater uncertainty. In response, we are exploring innovative approaches and collaborating with valued partners to expand our services and acquire additional housing, addressing the growing needs of our community.

The release of the Mass Casualty Commission Report marks a long-awaited cultural shift in society's perception of the root causes of violence, generating public momentum in our collective effort to end this cycle. Guided by its recommendations, we renew our commitment to holistically address systemic challenges, invest in prevention education, advocacy, and support children as they heal from the wounds of family violence.

Looking towards the future, we are filled with hope for the opportunities that await us. As my first term as Alice House's Chair of the Board of Directors concludes, I am filled with appreciation for those who have made our work possible, including our extraordinary staff. Their dedication, passion, and tireless efforts have been instrumental making a lasting impact on the lives of those we serve.

We extend our heartfelt thanks to all our supporters, whose generous contributions have been the driving force behind our impactful work. With your continued support and collaboration, we strive to build a world where all women and children find safety and healing— a society where everyone can thrive without fear.

**Sara Colburne, Board Chair**

# Board of Directors

Alice House's Board used to be exclusively made up of women, but we believe including men in this work is a part of the solution. To ensure we are centering the voices and experiences of those we serve, no more than 20% of our Board will identify as men.

NAME	ROLE	OCCUPATION
<b>Sara Colburne</b>	Chair	VP Strategy & Transformation, Port of Halifax
<b>Tanya Colbo</b>	Vice Chair	Realtor, Royal LePage
<b>Belinda Smith</b>	Secretary	Leadership and Strategic Planning Consultant
<b>Olivia MacDonald</b>	Treasurer	Senior Manager, Grant Thornton LLP
<b>Sarah Simpson</b>	Past-Chair	Senior Communications Advisor, Mass Casualty Commission
<b>Daniel MacKenzie</b>	Director	Lawyer, Stewart McKelvey
<b>Lorie Collins</b>	Director	Area VP Atlantic Provinces, Gallagher Benefits
<b>Erin Blay</b>	Director	Transit Planner, Dillon Consulting Ltd.
<b>Erika Hildebrand</b>	Director	Partner/Senior Consultant, Venor Recruitment Ltd.
<b>Stephanie Walker</b>	Director	Senior Director, LifeWorks

# Mandate



## Mission

We provide opportunities for women and their children to create a life free from intimate partner violence by offering safe housing, counselling, and support services.



## Vision

A society in which every person can live a life without fear or threat of physical, sexual, emotional, financial, social, or spiritual abuse.



## Values

### Equality

We believe that all people, regardless of gender, race, sexual orientation, religion, age and ability, have the right to equal opportunities to develop their potential to live full and meaningful lives.

### Trust

We value the trust of our clients, partners, and funders, and commit to being transparent and accountable in how we deal with confidential information.

### Community

We continuously pursue opportunities to work with our clients, volunteers, community partners and funders to address intimate partner violence in our community.

### Self-determination

We provide opportunities for women and children to determine their own path to safety, healing, and the direction their lives will take.

### Safety

We strive to ensure our clients and staff are physically and emotionally safe to enable healing, growth and realizing their potential.

### Respect

We embrace diversity, support inclusion, and take conscious steps to increase equality, and create respectful environments for our clients and staff.

# Our Work

## Safe Housing

### Our Housing Provides



**18 safe housing units**  
for women and children  
fleeing violence

Confidential location equipped with enhanced security features, including:

- Perimeter cameras
- 24-hour alarm monitoring
- Kick proof doors

Available to women at **60% below market rate**

**Lease agreements** between Alice House and women **build credit and landlord history**

Women and families **stay in housing for 18-24 months**, sometimes up to 36 months

### The numbers for our 2022-2023 Fiscal Year:

**29** women housed

**39** children housed

**79**  
intakes  
for housing  
were completed

move-ins:  
**14** women  
**18** children

move-outs:  
**11** women  
**12** children  
into permanent housing

## Capital repair investments this fiscal year included:



**Updated a unit** with beautiful new vinyl floors, fresh paint, and window coverings



**2** properties received **new chimneys**



**Major tree clean-up** to properties to increase tenants' enjoyment of their outdoor spaces



**Many new appliance upgrades** including fridges, stoves, washers, & dryers



Invested in basement and foundation sealing to increase the longevity of the units



“Getting to know each woman and family, understanding their unique needs & situations allows me to provide the best service possible and create positive relationships where their needs are being met and they feel safe as well as heard... I try to help create environments that are healing and supportive... Providing trauma-informed maintenance services is paramount to success in this area of work. I always want to leave things better than when I got there.”

–Female Contractor, Safe Housing Maintenance

“I cannot say thank you enough for the support services at this difficult time. Alice House has saved my life. My son and I drive by the location where we once stayed as a reminder of all that Alice House has done to help us. Forever grateful.”

–Former Alice House Client



# Rebuilding Lives

## Women's Support Services

Women's support services are created and tailored to suit the unique needs of the clients we work with. The Rebuilding Lives counselling program for women addresses intimate partner violence through one-on-one counselling sessions and a variety of group programs, including fitness classes, meditation, and art therapies. The program educates women about societal attitudes surrounding Gender-Based Violence and empowers them to resist victim-blaming narratives. The program is significant for its focus on social and systemic change through supporting women to heal and build stronger communities.

## The Numbers



**93% of women** living with Alice House **received counselling**

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**92 women accessed services on 1,200+ occasions** allowing them to access counselling, intakes, referrals, safety planning, support visits and calls, crisis supports, immigration support, and resource sharing

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**Advocacy support offered on 125 occasions**, including writing letters, taking part in case conferences, liaising with education, healthcare, and legal services, and providing system advocacy

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"[Alice House] supports were invaluable, providing services that were tailored to my needs. I was supported in accessing services through the Halifax refugee clinic, provided with access to an interpreter, food security, access to legal support, and supported in so many other ways. The staff felt like family, supporting me in all the ways I needed."

–Alice House client

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"Programming changed the dynamic of living in a protected housing program. Programming gave you the chance to talk to people that were similar and experience some peace of mind that you are not alone in your daily struggles"

–Alice House client

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# Rebuilding Lives

## Healing Hearts Counselling and Programs for Children and Youth

The Healing Hearts program is a trauma-informed counselling program that works to break intergenerational violence, encouraging children to process their feelings and heal from exposure to intimate partner violence (IPV). The impact of IPV on children can be detrimental to their mental health and wellbeing over their lifespan. Alice House provides parenting support through advocacy, family counselling, and psychoeducation to empower mothers with the knowledge and skills to break the cycle of family violence.

In addition to trauma-informed counselling for children and youth, we offer play therapy and expressive therapies (art, sand tray, storytelling, role-playing, journaling, movement, and music). These modalities help traumatized children connect to themselves and to others, deepen their understanding of themselves, and help them process trauma in an approachable, stimulating way.



“Early intervention is a key element in supporting children and youth in healing, using trauma-focused therapeutic techniques such as these creates a safe environment for clients to explore their trauma, feel supported and stabilized. Alice House provides holistic supports for the family that allow them to recover and heal from their trauma, with the opportunity to grow and move forward in their lives.”

–Theresa Robertson Child & Family Counsellor;  
Therapeutic Play Practitioner

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## Highlights:

**41** children supported through 239 counselling and play therapy sessions

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Advocacy provided on **40 occasions**

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**123** one-on-one parent support sessions

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Group sessions for children and youth including Zones of Regulation, Loose Parts Play, Creative Arts Group, Messy Play, and Healthy Relationships

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Parent groups focused on Trauma Informed Parenting and Special Time Workshops

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"I am trying really hard not to use my angry hands...I want to use happy hands to love."

–6-year-old client

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"My family is better at life skills and kids have improved in academics because of the programs."

–Alice House client

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# Rebuilding Lives

## Healing Hearts Community Outreach

At Alice House, much of our work is in response to instances of intimate partner violence. However, we know that to achieve a society free of violence, we need to increase public awareness and ensure our communities have the information they need to stop abuse before it begins. We deliver early intervention and educational workshops, focusing on creating healthy relationships and recognizing signs of abuse.

We presented to

Local area schools  
**175 students**

Dalhousie  
Medical School  
**68 students**



"Sessions were focused on healthy relationships - how to create them, warning signs that indicate a relationship may not be healthy, how to protect oneself from an unhealthy relationship, and more... Students shared they felt this kind of information needs to be more readily available in their school and overall curriculum."

-Sarah Morris, Facilitator, SchoolsPlus, HRCE

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"Having a healthy relationship means that I don't hold other people responsible to make me happy...only I can do that... and I am not responsible for their happiness... we can be there for each other, but we have to know our limits."

-Grade 12 student

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# Capacity Building

“It is my pleasure to use this opportunity to interact and provide practical, life-changing experiences to clients. Using a trauma-informed, person-centered approach with clients helps them to feel included and empowered in their healing journey.”

–Dian Campbell, Case Manager of Capacity Building

# Economic Independence Program

Economic Independence Program (EIP) supports women in achieving their personal, financial, housing and career goals. The creation of this innovative program emerged from the recognition that women who have left Gender-Based Violence often experience financial abuse which can significantly affect their sense of independence and ability to progress with longer term goals.

The main goal of EIP is to help women regain financial independence through:



Budgeting



Credit Repair



Job Readiness

## Highlights

**97%**  
**women**

took part in over  
**200 sessions**

**45%**  
**women**

were supported in **opening**  
**new bank accounts**

**62%**  
**women**

were supported in  
**increasing or securing**  
**housing subsidies**

**28%**  
**women**

were supported in **achieving**  
**job readiness and career**  
**education goals**



Alice House has partnered with Credit Union Atlantic to provide women with financial education as well as access to a financial expert.



“Thank you very much for your great support and love that I could make my career goal possible. Knowing I had the support and safety from Alice House allowed me to focus on my broader goals for myself.”

–Alice House Client



## Food Security Program

The Food Security Program (FSP) reduces barriers by expanding access to fresh and healthy food for women and children. Feed Nova Scotia is our primary supplier, providing not only fresh food but also move-in food boxes for new clients, ensuring immediate access to essential items during their transition into our Safe Housing Program.

Our staff maintains a well-stocked pantry through monthly shopping trips, catering to the needs of 18 households. Generous donors have supplied gift cards to subsidize weekly groceries, a crucial support considering the rising food prices.

**During this fiscal year, our FSP has made a significant impact. We helped to feed:**

**100%** of families in our housing

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**7** families external of Alice Safe Housing Program

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**A total of 87 individuals**



**“Thanks for the lovely food box, it included everything I needed.”**

–Client, FSP participant

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## Domestic Violence Court Support

Alice House's Domestic Violence Court Support Services provide female victims enhanced assistance while navigating the Halifax Domestic Violence Court. This program helps with managing court appointments, welfare involvement, housing insecurity, system harm, and trauma symptoms, all with consideration of ongoing client safety as well as the impacts of the assault charges. This crucial service provides women with community-based care that can connect them to additional resources.

### Services include:

- ✓ Victim advocacy
- ✓ Court support and referrals
- ✓ System Navigation
- ✓ Safety Planning

"I hadn't been foreseeing anything good happening in my future, I couldn't see the light at the end of the tunnel, I had no hope. But then I realized that earlier that day when we were talking was the first glimmer of hope I had felt in a while. I'm really excited to work with you. Thank you."

–DV Court client after consultation



# ALICE

ON THE GO

Alice on the Go (AOTG) is a 6-week online domestic violence prevention and education program for women and fem-identifying individuals. It aims to enhance understanding of problematic relationships, recognize warning signs, and power/control dynamics. AOTG addresses the barriers faced by women who have busy lives and struggle to access traditional daytime programs. It empowers participants to cultivate healthier relationships with others and, most importantly, with themselves. In the 2022-2023 fiscal year, we had 71 AOTG participants.

By collaborating with community organizations, building partnerships, delivering prevention/intervention programs, and providing training and resources, we believe AOTG will create a lasting impact on our community. Our goal is to expand prevention efforts and support to a broader population within rural and regional areas across Nova Scotia and expand nationally to support women and families affected by domestic violence or at risk of relationship violence.



## Community Connections:

- Family SOS
- Chebucto Family Centre
- The North Grove
- Fairview Resource Centre
- Mulgrave Park Caring & Learning Centre
- Child Protection referrals
- Community Mental Health referrals
- Halifax Regional Police Victim Services referrals
- RCMP Victim Services Referrals
- Transition Houses around Nova Scotia
- IWK Community Health Team
- Nova Scotia Health Mental Health
- New Start Counselling
- Avalon
- Nova Scotia Advisory Council on the Status of Women



“As someone who works with people who have experienced domestic violence, exploitation, and trafficking, I know I will be able to take this information and use it for years to come. The course is also allowing me to look back on my own past relationships and see things in a brand-new light. I know this information will also help me in life outside of work.”

–AOTG Participant

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“I really enjoyed doing this program online at my own pace. I would complete a few exercises during the baby's nap or after bedtime routine.”

–AOTG participant

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# Supporter Recognition



# Community Champions

To protect the privacy of our donors, this list does not include contributions made by individual donors or those who wish to remain anonymous. To all our supporters on and off this list, your kindness and generosity is greatly appreciated. Your support enabled us to help women and children live free from violence.

- Allen Print
- Barrington Wealth Partners
- Beta Sigma Phi
- BOYNECLARKE
- Bryant Realty Atlantic
- Canadian Women's Foundation
- Chapman Family Law
- Community Foundation of Nova Scotia
- Community Justice Society
- Crichton Park Elementary
- Ecclesiastical Insurance
- Engel & Volkers
- Feed Nova Scotia
- Government of Nova Scotia – Department of Community Services

- Government of Nova Scotia – Department of Justice
- Government of Nova Scotia – Department of Municipal Affairs & Housing
- Grace Chapel
- Greater Burnside Business Association
- Green Shield Canada
- Halifax Protestant Infants Foundation
- Halifax Regional Municipality
- Halifax Shoebox Project
- Halifax Youth Foundation
- HomeSense – Bayers Lake
- Hillside Wesleyan Church
- Innovative Numerix Inc.
- J&W Murphy Foundation
- Lake Echo Lioness
- LOVEDup Canada
- Marshall's - Bayers Lake
- Medavie Health Foundation
- Mental Health Foundation of Nova Scotia
- Nova Scotia Power
- NSTU Dartmouth Local
- PIPSC – Atlantic Region
- Rainbow Development Holdings Limited
- Recreation Facility Association of Nova Scotia
- Room 152 Clothing Boutique
- Royal LePage Atlantic
- Royal LePage Shelter Foundation
- Sackville Sports Stadium
- Sagen Canada
- Shoppers Drug Mart 660 Portland Street (store #2014)
- Shoppers Drug Mart Life Foundation
- Silken Lingerie
- Silverorange
- Sisters of Charity Halifax
- St. Andrew's CWL
- St. James Anglican Church
- Steele Auto
- Strange Adventures Comix & Curiosities
- The Armview Restaurant & Lounge
- The Bluteau Caseley Wealth Management Group
- The Heller Smith Family Foundation
- TJX Canada
- Totally Electric
- Trainyard General Store
- Uniacke District School
- United Way of Halifax Region
- Wickwire Holm
- Windpiper Beauty Inc.
- Winners Merchants International L.P.
- Women's Shelters Canada



## Royal LePage Atlantic

**\$97,478.42:** This remarkable figure represents the extraordinary contribution made by Royal LePage Atlantic and the Royal LePage Shelter Foundation to Alice House this year. Their unwavering dedication and support, demonstrated through a variety of fundraising initiatives such as bake sales and a direct commission donation program, continues to inspire us.

The team at Royal LePage Atlantic truly goes above and beyond in their commitment to supporting the women and children of Alice House. Beyond their fundraising efforts, they sponsor families during the holiday season, spreading joy and warmth to those who need it most. Additionally, their dedicated group of volunteers plays a crucial role in the pick-up and delivery of essential community donations, ensuring our operations run smoothly.

We extend our deepest gratitude for your invaluable contributions. Your unwavering support is not only financial but also instrumental in enabling us to fulfill our mission of providing safety, healing, and empowerment to survivors of violence. Through your generosity and dedication, you are making a profound and lasting impact on our community.



## TJX

TJX Canada's contribution to Alice House through their Find Your Stride™ initiative has enabled us to empower vulnerable women and their families. With their support, we have expanded programs like Alice on the Go and the Economic Independence Program, providing essential skills to break the cycle of violence.

In addition to its financial generosity, TJX stores have consistently donated housewares, clothing, shoes, and bedding, helping our residents create new homes and rebuild their lives. We are immensely grateful for TJX's dedication and support, which has made a tangible difference in the lives of survivors.

Beyond material support, TJX's partnership has raised awareness about the critical issue of violence against women and children, sparking important conversations in our community.



“Shopping in a local TJX store over the holidays, I was so pleased to hear the radio piece on Alice House being broadcast throughout the store. It occurred to me that this announcement alone would reach thousands of women shopping in TJX stores. The importance of this exposure is profound and potentially life-changing for any woman who hears the announcement and requires the services of Alice House.”

–Tina Riley, Alice House Director of Operations





# Audited Financial Statements

## Alice House: Financial Report as of March 31, 2023

Presented by Olivia MacDonald, Treasurer

It is my pleasure, on behalf of the Alice House Board of Directors, to present the Alice House Audited Financial Statements for the year ending March 31, 2023.

### Summary

The auditors, Lyle Tilley Davidson Chartered Accounts, were able to provide a qualified opinion. The basis of the qualified opinion is consistent with not-for-profit organizations that are involved in fundraising. The “financial statements present fairly, in all material respects, the financial position of the Association as of March 31, 2023, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations (ASNPO).”

### Statement of Financial Position

Alice House remains in a very healthy financial position. The assets of Alice House have increased over the previous year. The accumulated assets of the organization will allow for future investments to enhance Alice House's ability to meet its mission and to continue to enhance services to women and children facing domestic violence.

## Statement of Revenue and Expenses

Alice House concluded the fiscal year with revenue in excess of expenditures by \$241,892. The Board transferred \$12,000 of the surplus to fully fund the operating reserve target minimum. The Board also transferred \$100,000 of the surplus to continue funding the capital reserve to enable future maintenance or renovation of current properties, to purchase or lease third stage housing opportunities, expand second stage housing or acquire additional program or administration space to meet growth demands.

Basic revenue and expenditures associated with the properties concluded the year with expenditures above revenue by \$13,159, driven by investments in property repairs and an ongoing investment in security.

Financial support from the community partners, private and public remains strong, and as a result Alice House was able to continue the growth and development of new programs and services.

**Olivia MacDonald**  
CPA



# Statement of Financial Position

ALICE HOUSE (Second Stage Housing Association of Dartmouth) March 31, 2023

	2023	2022
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	281,301	88,895
HST rebate receivable	22,354	33,394
	<b>303,655</b>	122,289
<b>CASH AND INVESTMENTS</b>		
Capital reserve (Note 4)	205,455	202,596
Operating reserve (Notes 4, 5)	478,159	478,226
Security deposits	5,599	4,703
	<b>992,868</b>	807,814
<b>CAPITAL ASSETS</b> (Note 7)	<b>506,625</b>	505,209
<b>INVESTMENT FUND</b> (Notes 5, 6)	<b>37,801</b>	37,688
<b>COPYRIGHT AND TRADEMARK</b> (Note 8)	<b>4,926</b>	4,926
	<b>1,542,220</b>	1,355,637

	2023	2022
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	39,923	48,804
Security deposits	5,549	4,708
Deferred revenue (Note 9)	44,719	103,655
	<b>90,191</b>	157,167
<b>LONG TERM DEFERRED GOVERNMENT GRANTS</b> (Note 10)		
	<b>173,074</b>	161,407
	<b>263,265</b>	318,574
<b>NET ASSETS</b>		
Unrestricted	129,053	12,440
Capital Reserve (Note 4)	305,455	202,596
Operating Reserve (Note 4)	490,159	478,226
Investment in Capital Assets	354,288	343,801
	<b>1,278,955</b>	1,037,063
	<b>1,542,220</b>	1,355,637

ALICE HOUSE (Second Stage Housing Association of Dartmouth)  
Statement of Revenues and Expenditures | Year Ended March 31, 2022

	2023	2022
<b>REVENUE</b> (Schedule 1)	<b>173,371</b>	139,567
<b>EXPENSES</b> (Schedule 1)	<b>186,530</b>	195,693
	<b>(13,159)</b>	(56,126)
<b>OTHER REVENUE (EXPENDITURE)</b>		
Province of Nova Scotia	<b>397,270</b>	265,642
United Way	<b>32,528</b>	34,881
Donations and fundraising	<b>668,509</b>	587,311
Investment income (loss) (Note 5)	<b>(934)</b>	29,244
Criminal Injuries Justice Fund	<b>7,740</b>	9,790
	<b>1,105,113</b>	926,868
<b>EXPENDITURES</b>		
Administration	<b>33,881</b>	41,479
Fundraising expenses	<b>4,224</b>	4,498
Professional fees (Note 11)	<b>68,917</b>	85,910
Program	<b>28,378</b>	24,583

	2023	2022
<b>EXPENDITURES (CONT)</b>		
Public relations	<b>552</b>	645
Rental	<b>34,268</b>	--
Repairs and maintenance	<b>20,279</b>	13,962
Salaries and wages	<b>623,332</b>	578,507
Telephone and technology	<b>21,413</b>	23,757
Travel	<b>4,609</b>	1,750
Utilities	<b>10,209</b>	8,879
	<b>850,062</b>	783,970
<b>EXCESS OF REVENUE OVER EXPENDITURES</b>	<b>241,892</b>	86,772





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Alice House provides opportunities for women and children to create a life free from intimate partner violence by offering safe housing, counselling & support services.

P.O. Box 333, Dartmouth NS, B2Y 3Y5

Registered Charity Number 11929 8693 RR0001



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