

2018—2019



 | ALICE  
HOUSE

EQUALITY | SELF-DETERMINATION | TRUST | COMMUNITY

## VISION

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

## MISSION

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

## VALUES

**Equality:** All persons should have equal opportunities to develop their potential to live full and rich lives.

**Self-determination:** All persons have the right to decide for themselves the direction their lives will take, according to their personal values and needs.

**Trust:** We value the trust of those we deal with and commit to being transparent and accountable in how we treat personal information.

**Community:** We are able to be a recognized voice for women and children because of the generosity and support from our friends, volunteers, sponsors, and donors.

## Message from our Executive Director

2018-2019 was another year of growth and change for Alice House. As our programming continues to evolve to suit the needs of the families we serve, so does our organization as a whole.

We had a focus on education as a form of prevention in the past fiscal with wonderful results. We provided workshops and education to over 2500 people ranging from students to seniors groups. We expanded our social media profile tripling our Facebook followers and had information posts shared thousands of times.

After community consultation and feedback we changed the name of our well known program for children and youth “Healing the Bruises” to “Healing Hearts”. The program is the same, providing comprehensive counselling support for children exposed to domestic violence and everyday we are encouraged by the recovery and success of the children and youth who come through it.

Our programming for women recovering from domestic violence expanded beyond our housing and services offered to clients living externally. This endeavour highlighted the need for more services and will be explored through a strategic planning endeavour, Alice House will be taking in 2019-2020.

We are grateful for the ongoing community trust and support so that we can provide these services in our community. Royal LePage Atlantic, the Nova Scotia Advisory Council on the Status of Women, United Way of Halifax, Telus Community Foundation, the Mental Health Foundation and so many other community champions (see pages 15-20) who insist that women and children have a safe place to call home.

I want to send a profound thank you to the power-house team of women who worked at Alice House last year and supported so many. Your commitment to Alice House, it's mission and every woman who calls looking for help, inspires me every day.

I want to thank our volunteer board of directors for their support and time, ensuring that Alice House fulfils it's mission in this community. Thank you for your commitment, skills, fundraising support and belief in Alice House.

*Heather Byrne*  
*Executive Director*

## Message from our Co-Chairs

For many women and children, Alice House represents the opportunity for growth and a new beginning. As we reflect on the past year, the Board of Directors could not be more pleased with the growth and direction of the organization and the opportunities they present for the future.

Under the continued excellent leadership of our Executive Director Heather Byrne, Alice House has strengthened our existing partnerships - with government and other funders including Royal LePage Atlantic and United Way Halifax – and created new ones. We are excited to be part of the Soul Tribe Live Make Big Magic event coming up in October 2019. Alice House has also played an important role in the creation and implementation of the new Domestic Violence Court, giving a voice and support to women who have been victimized by intimate partner violence.

As a strong voice and passionate advocate, Heather and her team are helping to change the conversation about intimate partner violence in our community. We want to thank all of the staff for their hard work, dedication and passion.

We are also pleased to have made further progress on the goals and directives from our strategic planning session in 2018, which resulted in changes in roles and responsibilities of staff members and the development and implementation of a communication plan and support for the organization.

As a Board, we looked inward and determined that a new Board Committee structure would better advance the organization's goals. Our new structure includes both internal and external relations committees and a stronger focus on board governance and development. Strategic planning, board development, and capacity building will be supported this year through grants from the Department of Women and Gender Equality and the Advisory Council on the Status of Women.

Our fundraising activities this year included a Stay-at-Home event and our ongoing partnership with Atlantic University Sport to sell 50/50 tickets at the basketball championship. We thank all of the volunteers and donors who helped make these events successful. We were also very pleased to see an increase in third party fundraisers in support of Alice House.

The Board of Directors saw some changes this year, welcoming Donna Gallant, David Davidson and Sarah Simpson and bidding farewell to Meaghan Blyth and Sophie Richer. Terms will expire for co-chair Theresa Hawkesworth, Tsege Gebreyohannes and Rob Weld at our AGM in June. We thank our departing Board members for their contributions and wish them well.

A heart felt thank you to our generous individual and corporate donors as well as the entire team at Alice House. Alice House provides opportunities for women and their children to create a life free from intimate partner violence by offering safe housing, counselling, and support services. It would not be possible without you. We are optimistic that 2019-20 will bring us similar success and new opportunities for partnership and community support.



## BOARD OF DIRECTORS

Theresa Hawkesworth Co-Chair  
[NS Health Authority](#)

Michelle Black Co-Chair  
[Stewart McKelvey](#)

Tanya Harrietha Treasurer  
[Sustainable Marine Energy \(Canada\) Ltd](#)

Rob Weld  
[SBW Wealth Management & Employee Benefits](#)

Maddy Carter  
[Wagners Law Firm](#)

Tsege Gebreyohannes  
[Nature's Way of Canada](#)

Janice Cunningham  
[Royal LePage Atlantic](#)

Donna Gallant  
[Essential Human Resources](#)

David Davidson  
[Interuniversity Services Inc.](#)

Sarah Simpson  
[Irving Shipbuilding Inc.](#)

## OUR STAFF TEAM

Heather Byrne  
Executive Director

Tina Riley  
Administrative Coordinator

Bridget McConnell  
Housing Coordinator and Advocacy

Kira Kelly MSW  
Senior Women's Counsellor

Valerie Hewitt, MSW  
Child and Family Counsellor

Karen Spurr  
Domestic Violence Educator

Piedad Martin  
Domestic Violence Court Support Services Coordinator

Patricia Arnoldin  
Child and Family Counsellor

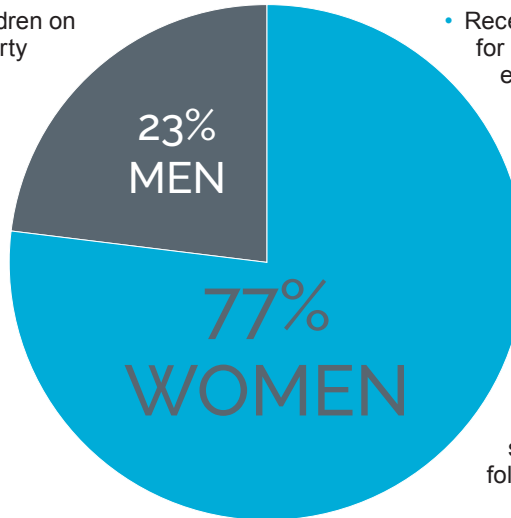


"I came to Alice House when I was at rock bottom. They have seen me at my worst and they have stayed by my side through it all. When everyone was judging me, they didn't. When I was at my worst and pretending to be OK, they stayed. There are no words for how much their support has meant to me." AH client 36 years old.



## Information about Domestic Violence


- Women continue to be the predominant victims of domestic violence in Nova Scotia\*
- Women who leave a partner to raise children on her own are 5× more likely to live in poverty than if they stay.†
- Between 1996 and 2015, 40 women were murdered by their intimate partner in Nova Scotia.\*
- Women are significantly more at risk for future violence when they leave or attempt to leave the relationship.



## Alice House - 2018-2019

- 212 women called identifying themselves as victims of domestic violence and seeking services.
- Received 413 calls from the community looking for information about intimate partner violence, education, resources, and referrals.
- 186 referrals were made to other community and government resources.
- Phone and drop in support for current and past Alice House clients provided over 1000 times.
- Consulted with government about victims of domestic violence on 68 occasions.
- Increased our community reach through social media sources with 300% increase in followers and subscribers.

\*2018 Fact Sheet, NS Advisory Council on the Status of Women. † Canadian Women's Foundation, 2018



A life without safety is a life without basic needs being met. Despite this, individuals often remain in abusive situations because they have no where to go and because their fear even more violence if they leave. In response to this, a brave group of women created Alice House which opened it's doors in 1983.

Alice House provides opportunities for women and their children to create a life free from intimate partner violence by offering safe housing, counselling and support services. Since that time, close to 1400 families have called Alice House home.



## Our Programs

**Housing:** Alice House provides housing options for women who are fleeing abusive relationships and fear more violence if they leave. Our houses include safety features including alarms, security cameras and kick proof doors. We work with clients to build credit, manage household expenses and start over. When necessary and through the support of community partners, we can also fully equip her household with everything she and her family needs to start over. We have 18 housing units across HRM and families stay with us for approximately one year.

### In 2018-2019

- 32 families transitioned through to safety calling Alice House home.
- 822 times AH provided access to food and personal care items.
- 183 instances of support and advocacy acquiring utilities, supplemental income, budget supports, acquiring long term housing and transitioning out of Alice House.
- 60% of families required furnishings and supplies to help rebuild what was lost when they fled.

"Without such programs and services made to women like myself, I strongly believe my mental health and well-being would have deteriorated to a point where my children would no longer have a functioning mother who is present and able to enjoy life."



# Live Safe: Counselling and Support for Women

Our counselling program for women is based in a trauma informed framework with a focus on recovery, autonomy and independence. Women have opportunities to be involved in therapeutic programs at Alice House during their time living here and beyond.

## The following options were offered last year.

- One on One Trauma Counselling
- 'Beyond Trauma' Group Counselling
- Women of Wonder (empowerment & self esteem)
- Grounding and Coping Workshops
- Peer Support Group
- Healthy Communications and Boundaries Workshop
- Trauma Informed Yoga
- Budgeting and Financial Management
- Boxing

## Alice on the Go!

This program is an independent work from home information and recovery model where women who have experienced domestic violence, can work through a program, at their own pace, with supports when they need it. It enables women who are working or in school full time or have other obligations that render them unavailable during group counselling days and times.



## In 2018-2019:

- 68 women were provided counselling services.
- 273 counselling sessions occurred.
- 40 Therapeutic Group Sessions delivered.
- Crisis support and advocacy occurred on 496 occasions.
- In 2018-2019, 100% of women that lived at Alice House did not return to their abusive partner.

"There is a stigma associated with women fleeing abuse. My own counselling and group work helped me maintain my mental health."

"There are no words for how much the support from Alice House has meant to me. To hold out their hand when you're at your absolute end. It saved my life."


"I learned that I was stronger than I thought I was and that I could do anything I put my mind to. This group has made me realize I am not alone."



"I used to be scared at night, but now I feel safe". 12 year old girl

"I had never lived on my own before and didn't think I could do it. Alice House helped show me that I could do it and that it's OK to ask for help sometimes. I am proud of what I have accomplished here. I will never go back into a home where there is abuse." 24 year old woman

"I didn't know what safety felt like. Home shouldn't be where you are most afraid. I understand that now that I know what it feels like to have somewhere safe to live." 31 year old woman

A young girl with dark hair, wearing a bright red dress, stands on a sandy beach. She is looking out towards the ocean, where waves are breaking. The sky is a clear, pale blue. The overall mood is peaceful and contemplative.

“My worries used to be in my heart but now they are in the sky”. Age 7

“When I lived at home before, I was always scared and worried about what was going to happen. I am glad I was able to talk about that and that I am not that scared anymore.” Age 12

“My sleep is good now. I don't have bad dreams anymore” Age 8

# Healing Hearts: Counselling and Support for Children & Youth.

Healing Hearts (formerly know as Healing the Bruises) is for children and youth from the ages 4 to 18 years old. Children exposed to domestic violence need to have hope and opportunity for life to feel safer.

This trauma informed counselling program for children and youth provides an opportunity to learn, heal and grow. The children leave this program with a stronger understanding of what abuse is and an understanding it's not their fault. Their healing is also enabled through their own confidential conversations with a counsellor and parenting support and coaching for their mother.

## In 2018-2019

- 61 children received counselling and support.
- 26 children participated in group learning and art therapy.
- 42 women received parent coaching and support.
- Transportation provided to mothers and their children on 270 occasions.



## Tiers

### SAFETY (Turtle) - 2 Months

Weekly sessions, family counselling, higher level of parent counselling and support, higher level of advocacy with community partners. Assessing the impact of trauma on daily functioning.

- Establishing safety.
- Beginning to develop emotional vocabulary.
- Beginning to develop coping and grounding skills.
- Beginning to discuss the cycle of abuse and trauma symptoms.

### COURAGE (Elephant) - 5 Months

Bi-weekly sessions, family counselling, continued parent counselling and support, advocacy.

- Further developing emotional vocabulary to promote the expression of emotions.
- Developing a deeper understanding of the cycle of abuse.
- Exploring changes to family structure and family dynamics.
- Discussing the impact of trauma on self-esteem and sense of belonging.
- Establishing and utilizing coping and grounding skills.

### GROWTH & OPPORTUNITY (Dragonfly) - 8 Months

Monthly sessions, family counselling, parent counselling and support, referral to outside resources.

- Redefining child/youth's sense of self, and supporting insight into improved self-esteem.
- Supporting child/youth's independence with emotional regulation, as well as coping and grounding skills.
- Re-assessment of the impact of trauma on daily functioning.



## Education and Advocacy

Alice House envisions a society in which every person can live a life without the fear of physical, sexual, emotional, financial, social, or spiritual abuse. This means preventing intimate partner violence before it begins.

### In 2018-2019

- We presented to 1205 students and youth on recognizing signs of abuse in relationships.
- Delivered 48 awareness presentations across private sector, community and governments groups reaching over 1400 individuals.
- 42 individuals completed our SmartAlice Certification training.

### Domestic Violence Court Support

Alice House is proud to be a part of the Halifax Domestic Violence Program. With funding from the NS Department of Justice Alice House has been providing support services to female victims going through the domestic violence court. This is an invaluable resource for women. We have provided support and advocacy that's included; access to housing, safety, child care, child support, child protective services, facilitated feedback to the court, counselling, food security and community connection.



# Our Community Champions

- Adanac Maintenance
- Alice House Christmas Angels
- Atlantic University Sport
- Beta Sigma Phi – Preceptor Gamma
- Bootleggar Mic Mac Mall
- C.B. Powell Foundation
- Canada's National Ballet School
- Canadian Women's Foundation
- Chater's Meat Market
- Chebucto Community Development
- Community Health Board – Dartmouth
- Community Health Board – Halifax
- Dartmouth Family Centre
- Diamond Dawgs Mosquito Baseball
- Diocese of Nova Scotia & Prince Edward Island
- East Coast Credit Union
- Flemming Charitable Foundation
- Government of Canada - Department for Women and Gender Equality
- Grace Chapel
- Grace United Church
- Halifax Dump & Run
- Halifax Harbour Bridges
- Halifax International Airport Authority
- Halifax Protestant Infants Foundation
- Halifax Shimmy Mob
- Halifax Youth Foundation
- Home Depot Canada Foundation
- Ladies United Bowling
- Lake Echo Lions Community Centre
- MacFarland's
- Mental Health Foundation of Nova Scotia
- Metro Business Association
- Nova Scotia Advisory Council on the Status of Women
- Nova Scotia Business Inc.
- OK Tire
- PaintNite
- Parkland Fuels
- Peter Gilgan Foundation
- Province of Nova Scotia – Department of Justice
- Province of Nova Scotia – Department of Community Services
- Ricki's Mic Mac Mall
- Royal Bank of Canada
- Royal LePage Atlantic
- Royal LePage Shelter Foundation
- Sackville Sports Stadium
- Shoppers Drug Mart Life Foundation
- Shoppers Drug Mart Store #2014
- Sinclair Billard & Weld Financial Ltd.
- Sisters of Charity Halifax
- St. Andrew's CWL
- St. James Anglican Church
- Stewart McKelvey
- TD Canada Trust
- TELUS
- The Gap Factory Outlet
- The Halifax Assistance Fund
- The Henry and Berenice Kaufmann Foundation
- The Local Council of Women
- The McCain Foundation
- Timber Lounge
- Two If By Sea Café Inc.
- United Way of Halifax
- Walmart Supercentre Dartmouth Crossing
- Wickwire Holm
- YWCA Halifax

*To protect privacy, we do not list donations made by individuals. If we excluded anyone, please know that your kindness is greatly appreciated.*

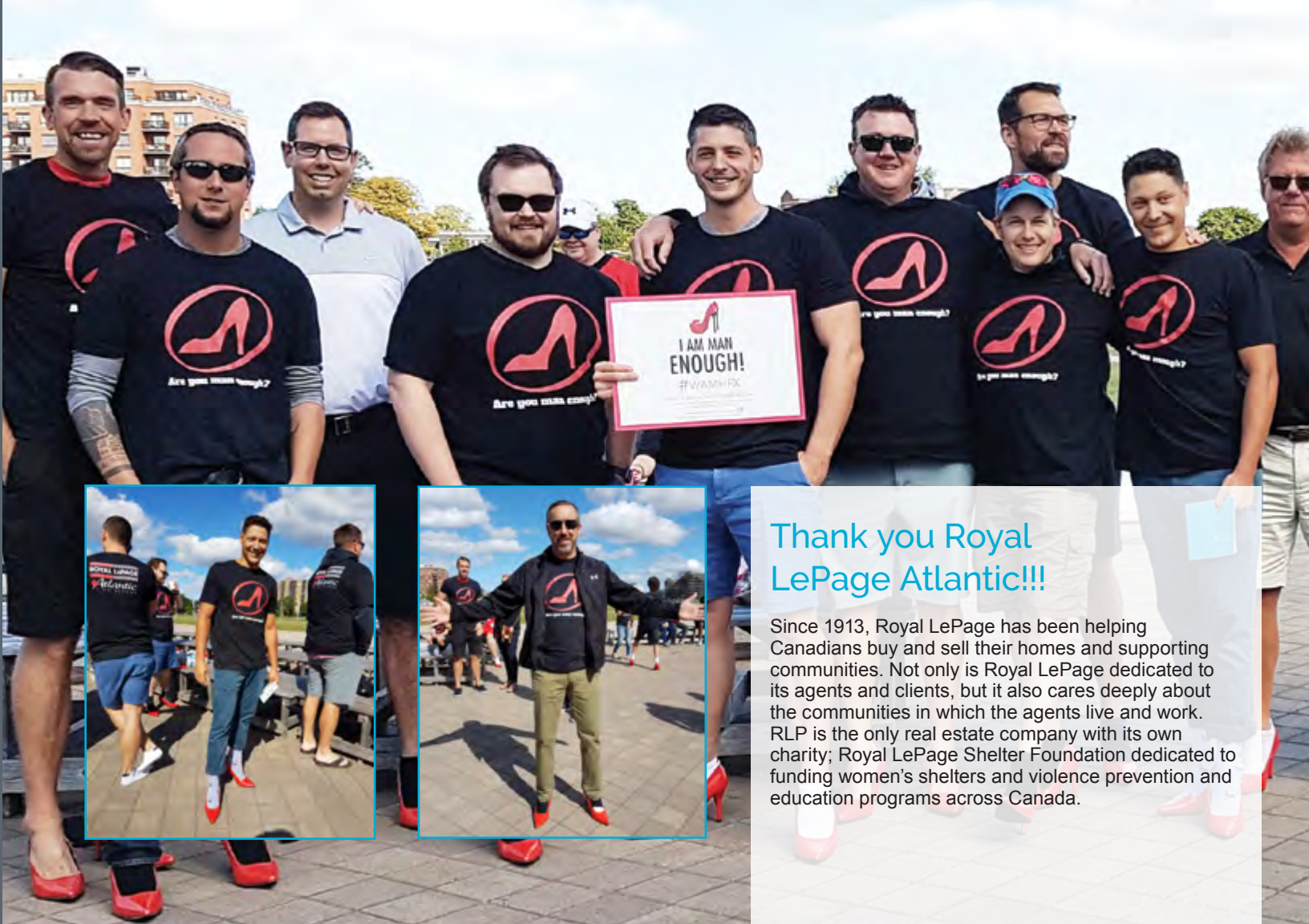


## Community Champions!

Since 2014, Royal LePage Atlantic has been Alice House's most impactful, corporate supporter. Year after year they under take multiple fundraising initiatives which result in a significant cash donation to Alice House.

During our fiscal year of 2018-2019 we received **\$62,000!!**





## Thank you Royal LePage Atlantic!!!

Since 1913, Royal LePage has been helping Canadians buy and sell their homes and supporting communities. Not only is Royal LePage dedicated to its agents and clients, but it also cares deeply about the communities in which the agents live and work. RLP is the only real estate company with its own charity; Royal LePage Shelter Foundation dedicated to funding women's shelters and violence prevention and education programs across Canada.



beneficiary  
of Growing  
Women's  
Health.

Donate at your local  
Shoppers Drug Mart  
today.

LEARN MORE >

powered by LOVE



# RESPECT

FOR YOURSELF

Your feelings, ideas, needs, your interests & your needs.

FOR OTHERS

Give someone else space, their interests & their needs.

FOR YOUR ENVIRONMENT

Be a leader with your actions, not words & your intentions.

Aujourd'hui:

Le plan de l'homme de verre

Tout le monde a 2...

Today:

The Glass Man

Tout le monde a 2...

- Major depression
- Order 4-10-16
- Specialized in 2016
- Grading of order
- Common deficit
- Psychological
- emotional: PTSD

Notes: Binders/bustings: Will in class with be taken in the last and  
- Don't forget - bring in your homeworks for check and W







"I feel much more like a parent in control. I know I was parenting out of guilt and fear. That is not what they need." **Mother 32 years old**

# Statement of Financial Position

## Year Ended March 31, 2019

	2019	2018		2019	2018
<b>ASSETS</b>			<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>			<b>CURRENT</b>		
Cash	\$ 9,081	\$ 75,677	Accounts payable and accrued liabilities	\$ 23,434	\$ 46,048
Accounts receivable (Note 3)	18,062	21,079	Security deposits	4,648	4,088
Prepaid expenses	77	71	Deferred revenue (Note 9)	57,614	58,575
	<b>27,220</b>	<b>96,827</b>		<b>85,696</b>	<b>108,711</b>
<b>CASH AND INVESTMENTS - RESTRICTED</b>			<b>LONG TERM DEFERRED GOVERNMENT GRANTS</b>	188,520	199,625
Replacement reserve (Note 4)	165,662	14,139		274,216	308,336
Security deposits	4,646	4,396	<b>NET ASSETS</b>		
Operating reserve (Notes 4, 5)	276,901	297,881	Unrestricted	(6,744)	38,783
	<b>447,209</b>	<b>316,416</b>	Replacement Reserve (Note 4)	165,662	14,139
<b>CAPITAL ASSETS (Note 6)</b>	518,786	534,647	Operating Reserve (Note 4)	276,901	297,881
<b>INVESTMENT FUND (Notes 5, 7)</b>	36,337	35,521	Invested in Capital Assets	324,443	329,198
<b>COPYRIGHT AND TRADEMARK (Note 8)</b>	4,926	4,926		760,262	680,001
	<b>\$ 1,034,478</b>	<b>\$ 988,337</b>		<b>\$ 1,034,478</b>	<b>\$ 988,337</b>
			<b>REVENUE (Schedule 1)</b>	<b>\$ 90,038</b>	<b>\$ 105,478</b>
			<b>EXPENDITURES (Schedule 1)</b>	131,360	141,338
				(41,322)	(35,860)

# Statement of Financial Position

## Year Ended March 31, 2019

<b>OTHER INCOME</b>	<b>2019</b>	<b>2018</b>
Province of Nova Scotia	295,642	210,642
Donations and fundraising	257,885	336,725
United Way	54,492	53,433
Investment income (Note 5)	12,474	1,188
Criminal Injuries Justice Fund	11,901	2,650
Certification course	4,098	-
	<b>636,492</b>	<b>604,638</b>

<b>EXPENSES</b>		
Administration	31,299	36,496
Fundraising expenses	4,334	19,440
Professional fees	9,758	7,810
Program	11,817	13,517
Public relations	4,265	17,562
Repairs and maintenance	6,532	2,555
Salaries and wages	423,832	386,549
Telephone	13,388	11,349
Travel	3,418	4,348
Utilities	6,266	6,594
	<b>514,909</b>	<b>506,220</b>

<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$ 80,261</b>	<b>\$ 62,558</b>
----------------------------------------	------------------	------------------

Alice House is a safe haven for women and children to heal, grow, and ultimately leave stronger than they arrived.

P.O. Box 333, Dartmouth NS B2Y 3Y5  
902.466.8459

Registered charity # 11929  
8693 RR0001



@alicehouse  
@alicehousing

www.alicehouse.ca

