



# Elizabeth Fry Newsletter

WITH FUNDING FROM:



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FALL 2014

## One Client's Story:

I am a 40-year-old Native Woman that was introduced to E Fry Peterborough by a friend who recognized that I was struggling to exist in my world. In February of 2012 I was fired from a position I had held for many years and was subsequently charged and arrested for fraud a short time later.

By the time I found E Fry I had already had several court appearances and was lost in the process that is our justice system. Having never been in trouble before, everything was both new and terrifying. My lawyer and I had communication issues, which further compounded my confusion and fear of what would become of me.

My initial meeting with an E Fry staff would be cancelled and rescheduled on my part, for several months before overcoming my reluctance to meet. To her credit she was incredibly patient and gently persistent-enough so that she inevitably won me over and reeled me into her office. I consider it a blessing to have found this woman and this organization particularly at that point in my life.

At that particular time I was lost, lost in sadness, in guilt and had an overwhelming disgust for myself for the mess I had created in my life. It was the support of E Fry that enabled me to find strength and the courage to move forward. It was with their help that I was able to see beyond the "ugly" and see the good that remained in my life.

It was at this point that I began to receive 'court support' from E Fry, which was both informative and comforting. Their experience with the judicial process made my experience much less daunting and they were helpful in preparing me for the next step in the court process.

In addition to the court support, I also began attending counselling sessions at E Fry to address the underlying issues that ultimately led to my arrest and incarceration. These counselling sessions enabled me to face the trauma I had endured in the past and have proven to be a critical component in my self-forgiveness. I should point out that it was E Fry that paved the way to my understanding that it was the trauma and my failure to address this trauma that contributed to my "fall from grace." (This is the phrase that in my opinion, best describes the series of events in my life from my successes to the down ward spiral ending with my arrest and incarceration.) Prior to my termination and arrest I had successfully obtained my Bachelors Degree, an Accounting Degree, owned my own home, was a dedicated single mom and had been gainfully employed in the same position for over ten years. I began to spiral out of control as my 20year relationship dissolved and life became unbearable at the hands of a hurtful and abusive spouse. It was at this point that I began using drugs to numb my senses and escape my pain from the past and present.

I attribute much of my newfound personal growth and awareness as a result of the extraordinary relationship I have formed with this organization and its staff. I consider myself incredibly lucky to be on the receiving end of the Elizabeth Fry Society's helping hand. This site is staffed with warm and compassionate women. These women have been instrumental in helping me to change the direction of my life. They offer help without judgment and I feel that words alone cannot convey my gratitude for the help that I have received from them. This agency has been an important resource in my path to self-forgiveness.

My family also received emotional support from the E Fry staff. I received a jail sentence (to the shock of my family) and it was my court support worker from E Fry that took the time to explain to my family what was happening when they really had no idea. She took the time to explain everything in laymen's terms and stayed to console them once I was taken into custody. It was her that came into "lock up" to see me, to comfort me and take to my family a few parting words. I am so grateful that she offered me this opportunity-the chance to express my love for them through her.

The support E Fry offered was extended throughout my incarceration and continues to the present day. My family and I remain grateful supporters of the organization and have nothing but praise for their incredible staff.

## Collaboration with KSAC

The Kawartha Sexual Assault Centre, in partnership with Elizabeth Fry Society of Peterborough, is conducting a two-year community needs assessment with service organizations, sexual violence survivors, and front line service providers. We are researching the *access to community services in the prevention or response to sexual violence against*

*women and girls in the City and County of Peterborough*. Funded by Status of Women Canada, the research results will help our community services design new ways to partner and collaborate in the prevention and response to sexual violence. We are looking for survivors of sexual violence to speak about their experiences in accessing com-

munity services for support and provide feedback on their experiences. If you are interested in being part of this research project, please contact: **Lisa Clarke**  
**705-748-5901 ext. 204**  
**lclarke.ksac@nexicom.net**



## New Program: “Substance Use”

What’s new at E Fry? We’ve introduced a new program, “Substance Use,” that’s designed to provide women with education about the psychological, social, biological, and emotional effects of substance use on themselves, their

families, and the community.

The first three sessions are psycho-educational and focus on understanding what drugs do to the brain; weighing the pros and cons of change; and then, if they

do want to make change – how do they do that.

The remaining five sessions focus on thoughts, feelings, understanding relapse and relapse prevention, the impact on family and relationships, and finally

self-care and community resources.

This program aims to support women to make informed, empowered decisions about their substance use.

## Volunteer Opportunities

We appreciate everything our volunteers do for us at E Fry and we are always looking for fresh faces. We are currently looking for volunteers to assist with our upcoming Tag Days.

Tag Days continue to be one of our most important fundraising events and we want to thank our volunteers for making Tag Days a success, as well as our community businesses who show their support by allowing us to collect donations from their patrons.

If you’re interested in getting involved, please contact Katharine at [katharineb@efryptbo.org](mailto:katharineb@efryptbo.org) or by calling the office at 705-749-6809 ext. 26.

### UPCOMING TAG DAYS

- **Friday December 12th**  
8am - 4pm @ Chapters & Sobeys on Towerhill
- **Saturday December 13th**  
8am - 4pm @ Farmer’s Market, Chapters & Sobeys on Towerhill
- **Friday December 19th**  
8am - 4pm @ Superstore

**PLEASE DONATE & SUPPORT US!**

## Website Launch

E Fry is pleased to announce the launch of our newly updated, user-friendly website! Visitors can now easily navigate through our site and access the latest information about what's happening at E Fry, why we do what we do, and how to get involved. If you haven't already, visit our website at: [www.efrytbo.org](http://www.efrytbo.org).

**Be sure to check us out on Facebook and Twitter as well!**



/ElizabethFrySocietyOfPeterborough



@Efry\_society

## Welcoming New Staff

Over the past few months, E Fry has welcomed a few new faces to our team. During the summer, Lynn Thompson took over the role of Court Case Manager. Lynn brings a wealth of experience and expertise to E Fry and we are very fortunate to have her on our team. Also new to E Fry is Abby McCue. Abby comes to us through a partnership with Employment Planning & Counselling Peterborough which has provided a training opportunity and position with E Fry. In January, Abby will assume the role of Office Administrator.

The Elizabeth Fry Society would like to once again thank EPC for their support!

## Community Support Court

Since being launched in September 2011, E Fry has continued to be involved with the Community Support Court (CSC) in the referrals, assessments, and treatment plans of our clients. The CSC recognizes that offending behaviour can

happen as a result of underlying mental health and/or substance use issues and/or intellectual impairment.

CSC is an opportunity for people, even if they have had many encounters with the police and courts, to have a

chance to enter into a treatment plan so that they can be assisted and become stabilized and supported within the community.

E Fry is excited at the continued success of the CSC and urges the public to

learn more. Visit their website at:

[www.peterboroughcsc.org](http://www.peterboroughcsc.org)



## Legacy Giving

Including a bequest in your Will to benefit the Elizabeth Fry Society of Peterborough is a heart-felt, generous and easy way to make a difference in the lives of women for generations to come. To discuss Legacy Giving or to let us know of

your intention, please call Patricia Zimmer, Executive Director at 705-749-6809 ext. 22 for a personal and private conversation about the legacy you want to leave.

If you've already included E Fry in your Will - thank

you! We'd love to know about your intention so that we can:

- 1- Thank you appropriately.
- 2- Provide you with recognition (or keep your intention completely anonymous if that's your preference).

3- Work with you to ensure your intentions are understood and worded to match your philanthropic goal.

4- Plan for the future of E Fry accordingly.

## Upcoming Programs - Winter 2015



223C Aylmer St. North  
Peterborough, ON K9J 3K3

Phone: 705-749-6809  
Toll free: 1-800-820-7384

Fax: 705-749-6818  
E-mail: info@efryptbo.org



### Self-Esteem

Start Date: January 13th - March 3rd, 2015  
Tuesdays: 1-3 (8 weeks)

### Anger Solutions

Start Date: January 15th - March 5th, 2015  
Thursdays: 1-3 (8 weeks)

### Wise Women: Skills for Everyday Living

Start Date: March 24th - May 12th, 2015  
Tuesdays: 1-3 (8 weeks)

### Taking Control: Making Healthy Relationship Choices

Start Date: March 26th - May 14th, 2015  
Thursdays: 1-3 (8 weeks)

**PLEASE CALL 705-749-6809 TO REGISTER**

**Donations to the Elizabeth Fry Society are so important and they help our team to continue doing the work we do. Please follow the Canada Helps link in the Help Us section of the newly designed Elizabeth Fry website or detach the donation form below to donate today. All donations are greatly appreciated!**

I would like to help the women in our community who are supported by the Elizabeth Fry Society of Peterborough.

I would like to donate \$25\_\_\_\_\_ \$50\_\_\_\_\_ \$100\_\_\_\_\_ Other \_\_\_\_\_ Charitable Number: 129863379 RR0001

This information will be used to issue your tax receipt. Please print clearly.

Donor name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Please make cheques payable to **Elizabeth Fry Society**

223C Aylmer St N, Peterborough, ON K9J 3K3

**or donate online at [www.efryptbo.org](http://www.efryptbo.org)**

**THANK YOU FOR YOUR DONATION!**

I am interested in becoming an EFry Volunteer

I would like to become a voting member of EFry