

Elizabeth Fry Newsletter



With Funding From:



Restorative Justice Circle

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R.J. QUESTIONS

To The Accused:

- * What happened?
- * What were you thinking of at the time?
- * What have you thought about since?
- * Who has been affected by what you have done? In what way?
- * What do you think you need to do to make things right?

To The Victims:

- * What did you think when you realized what had happened?
- * What impact has this incident had on you and others?
- * What has been the hardest thing for you?
- * What do you think needs to happen to make things right?

This past summer the Peterborough Elizabeth Fry Society facilitated a formal Restorative Justice (R.J.) Circle. The purpose of R.J. Circles is to create a safe environment which allows individuals who have become victims of a crime to face the person(s) accused of causing them harm. Restorative Justice takes a community building approach by focusing on empathy. Both parties are given the opportunity to share their thoughts and feelings with one another allowing individuals to understand the perspectives and needs of others. The spirit in which an R.J. Circle is held is that the accused take responsibility, show remorse (which is assessed by a facilitator during a pre-screening stage), and make amends. Also, it provides the victim(s) with some closure and the prospect of greater healing.

The pre-screening stage is an important phase in the restorative justice process as it ensures that R.J. is an appropriate route for the particular crime, the accused, and even more so for those who have been harmed. The facilitator attempts

to safeguard against the re-victimization of the community members through the R.J. process. In this particular instance the accused, one male and one female, both were found to possess a high degree of remorse for their behaviour and expressed great concern regarding the experiences of the victims. This was reported directly to the facilitator Ms. Hale (from the Elizabeth Fry Society), which opened the door to move forward.

The next step was to contact the victims in order to invite them to take part in the R.J. process. The numerous community members that were harmed were first invited to participate in an information session about the possibility of an R.J. Circle. Of those that attended, five community members agreed to be involved in the formal R.J. Circle and to represent those community members who were not in attendance.

Formal R.J. Circle:

This included the five community members, the two accused, two OPP officers, Ms. Hale acting as facilitator, and a note-taker. Ms. Hale first facilitated the two accused through a set series of questions and then the

community members were asked questions in a similar manner (see R.J. QUESTIONS). A great deal of emotion was expressed by all parties, but most especially by the two accused, who offered their deep regrets at having caused so much harm. A facilitated discussion occurred and the five community participants determined that in the spirit of making amends, the two accused should: (1) Attend on-going counselling (2) Complete their high school diplomas (3) Perform 8-10 hours of community service each, per month (4) Donate \$20 each per month to two separate charities (charities were specified).

A six month check-in date was chosen prior to choosing an end date. An agreement was written up and all present signed. At the conclusion of the Circle, all participants socialized over refreshments, providing an opportunity for the community participants and the accused to have one to one conversations that were positive, supportive and caring.

Important Note: The R.J. sentence is on top of the Criminal Court of Peterborough's sentence; therefore, the accused are still held accountable by a Court of Law.



Placement Student Reflections

I'm grateful to have had the opportunity to work with E Fry as an MSW placement student from Carleton University. This has been an enriching and dynamic learning experience and I feel fortunate to have gained first-hand experience working within a genuinely feminist and person-centred organization. My involvement and responsibilities in court support, psycho-educational groups, counselling, administration and at CECC were constantly filled with positive challenges that will help to shape my skills and perspective in future

practice.

~ **Emma Hazan**
MSW Candidate @ Carleton University

I really feel that I've "lucked out" by getting the opportunity to do my student placement at The Elizabeth Fry Society of Peterborough. I have gained so much wisdom and knowledge from the dynamic and gracious team of women I got to work with day to day.

Elizabeth Fry has offered me a very well rounded student place-

ment by providing me with opportunities that I don't think I would have been able to have elsewhere. From co-facilitating groups, to providing court support and even completing statistical reports I have expanded my knowledge and understanding of my field in so many ways.

Thanks everyone, it's truly been a "slice".

~ **Vanessa Bruce**
SSW Student @ Fleming College

New Program — Wise Women: Skills for Everyday Living

The Wise Women: Skills for Everyday Living group focuses on financial literacy and developing skills that will help women to make changes that will improve their lives and decrease the debilitating impact of poverty. Based on the Bridges out of Poverty workshop the women: explore how to set goals, develop time management skills, examine how people change, and how to make the most of support systems and organiza-

tions so they can get ahead.

Outline of sessions:

Session #1:

- Mental model for achieving balance in four areas: psychological, emotional, physical and spiritual
- Exploring our relationship with money

Session #2:

- Exploring barriers to achieving goals
- Mental model of poverty and

our community

- Budgeting

Session #3:

- Setting goals
- Planning
- Time Management

Session #4:

- Stability and Change
- Stages of Change

Session #5:

- Making the most of organizational resources
- Hidden rules of organizations

- Banking and other financial resources

Session #6

- Assessment of personal resources
- Income and Taxes

Session #7

- Examining our support systems
- Exploring credit services

Session #8

- My life and my future story
- My financial stability goals



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Community Support Court

Since September 2011 Peterborough has been running a Community Support Court (CSC) which recognizes that offending behaviour can happen as a result of underlying mental health and/or addiction problems.

CSC takes a more holistic approach – paying attention to an array of issues that individuals may have who get involved with

the criminal courts.

The goals of CSC are:

1. Address mental health and addiction issues which underlie the offending behavior.
2. Reduce recidivism rates.
3. Increase community service partnerships and provision of care to participants.

The Peterborough Elizabeth Fry Society is excited in the growth of this project and urges

the public to learn more.

Our new website includes information for potential clients, lawyers, as well as contributing organizations.

Please check it out at:

www.peterboroughcsc.org

Volunteer and Fundraising Activities

All programs and services offered at Elizabeth Fry are at no cost to the participant. We are always looking for new volunteers to help us reach our financial goals, so that we can continue to serve those in need within our community.

We are currently seeking volunteers to help support our fundraising activities at Delta Bingo and our local tag days. We are very fortunate to be 1 of 44 local charities that receives funds from Delta Bingo. In order to continue this partnership we have to have reliable volunteers to be available to

provide services on-site at the bingo center. Training is provided and required. The next training days are October, 15th at 3:00pm and November 17th at 9:30am.

We recently held a Tag Day September 21st and 22nd. We want to thank all the volunteers who braved the rain collecting donations on our behalf. Our next Tag Day is scheduled for December 13th and 14th.

The United Way has kicked off their annual workplace campaign and we are going to hold a fundraising bake sale in support of this campaign. Please

come and show your support for Elizabeth Fry and The United Way and check it out. It will be October 31st at 8:30am - 2:00pm inside Peterborough Square. (340 George St) If you would like to donate a baked good for sale please drop it off ahead of time and we can freeze your item. Any support is greatly appreciated!

If you are interested in learning more about The Elizabeth Fry Society or would like a speaker at your next meeting or event please contact Shannon Mckelvie at 705-749-6809.

We would welcome the opportunity to partner on any third party event and we look forward to hearing from you!



New Funding and Fundraising Thank You!

On September 5th, 2013 **Darling Insurance held their 16th Annual Charity Golf Tournament** at Peterborough Golf & Country Club. All of the proceeds from this tournament were donated to the Peterborough Elizabeth Fry Society and the Canadian Diabetes Association.

We would like to extend a huge thank you to Darling Insurance for allowing us to be involved in such a great event! Third Party events supporting E Fry are always welcome. For information on how to create an event check our website & call Shannon @ 749-6809.

We would also like to ex-

press our immense gratitude towards the **Community Foundation of Greater Peterborough** for their support towards the Peterborough Elizabeth Fry Society. As one of their grant recipients this past summer 2013 we have now been able to expand our resources for the community by

beginning the new Wise Women program.

E Fry would also like to thank the **Peterborough Foundation** who provided us with funding to update our computers and keep us in the 21st Century.

Welcome New Staff

At the end of August Katharine Palimaka resigned from her position as Peterborough Elizabeth Fry Society's Volunteer Outreach Coordinator. Katharine will remain a part of the E.Fry team as a counsellor before she goes on maternity leave. We wish her all the best!

Shannon Mckelvie will be taking over as our new Volunteer Outreach Coordinator. Shannon has her Social Service

Worker diploma as well as having taken some Event Management courses. Shannon has a background working in social services, and has specifically focused on marketing and event coordination. Shannon has recently moved to the Peterborough area from Calgary, Alberta. We would like to wish her a warm welcome!

We would also like to introduce 2 other new members,

Katharine Brodie-Dinsdale and Lisa Elias, to the E Fry team. Katharine and Lisa have been given temporary employment with E Fry thanks to programs funded by Employment Planning and Counselling Peterborough.



Shannon Mckelvie

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Email: info@efryptbo.org



The Elizabeth Fry Society of Peterborough is committed to advocating for and supporting women who are facing the criminal justice system. EFry programs and services are designed to provide women with the tools they need to be empowered; to make healthy choices and to break the cycle of violence and recidivism in their lives.

All programs and services are offered at no cost to the participant.



Like us on [Facebook!](#)

Follow us on [Twitter!](#) @Efry_society



DATES TO REMEMBER:

- ♦ **Bake Sale** for the United Way
Peterborough Square
October 31st 8:30am - 2pm
- ♦ **Bingo Training** @ Delta Bingo
1019 Clonsilla Avenue
November 17th at 9:30am
- ♦ **Next Tag Days:**
December 13th and 14th

Donations to the Elizabeth Fry Society are of great importance in order for our team to continue doing the work we do. Please follow the Canada Helps link at the bottom left hand corner of the Elizabeth Fry website (efryptbo.org), or click on the hyperlink 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_____

Charitable Number: 129863379 RR0001

\$100_____ Other _____

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

Donor name: _____ Phone: _____

Address: _____ City: _____

Postal Code: _____ Email: _____

THANK YOU FOR YOUR DONATION!

Please make cheques payable to **Elizabeth Fry Society**
223C Aylmer St N, Peterborough, ON K9J 3K3
or donate online at www.efryptbo.org

- ☐ I am interested in becoming an EFry Volunteer
- ☐ I would like to become a voting member of EFry