



YWCA
PETERBOROUGH
VICTORIA
& HALIBURTON

A TURNING POINT
FOR WOMEN



TURNING POINTS

SUMMER/FALL 2011



www.ywcapeterborough.org

A Message from the Executive Director



The YWCA is all about possibilities!

Every day we are inspired by women and children who show great courage at turning points in their lives, because they hope for a better future. It's our job to encourage their hope and to provide practical help to make it grow. It's our job to believe in every single woman and child we meet and to help them appreciate their own strengths and possibilities, encourage them to believe in themselves, to plan and take steps to achieve their dreams.

We believe that advocacy is essential in a peaceful and just community and that there are some things that just should not be. At the YWCA, we are dedicated to dismantling barriers so that positive changes are possible for all.

This newsletter shares stories and photos of some of the events that have inspired and encouraged us recently – enjoy your reading! And thank you for the support and encouragement you give to us.

Lynn Zimmer
Executive Director
YWCA Peterborough, Victoria & Haliburton

YWCA GirlSpace



YWCA GirlSpace doesn't hold try-outs, auditions, or tests to determine who can become a member. There are no fees to be paid, and no expectations of a long list of pre-existing achievements or qualifications.

In Peterborough, YWCA GirlSpace welcomes every grade seven and eight girl who attends Kenner Collegiate to simply meet after school, spend some time together, and discover how much they have in common.

"The girls themselves have voiced how much this program has helped them to make friends with other girls," explains program coordinator Jessica Bommarito, *"Attendees who were strangers to each other in the beginning, now have built a great bond with one another and have become a sort of support network for each other."*

"We spend a lot of time talking about the importance of healthy relationships, and it is clear that this has transcended into the girls' friendships and relationships with parents, teachers and peers which is especially important because it is at this age that the girls are also experimenting with dating."

The unique design of this nation-wide program allows YWCA coordinators from across the country to share experiences, activities and lesson plans with each other and to learn from each other. Although the core objectives for the program are the same from coast to coast, the method of administering those objectives varies since each program location is given the autonomy to design their own program based on the specific needs of their program participants. In Peterborough, YWCA GirlSpace receives funding from the Province of Ontario.



"The GirlSpace program has equipped girls with the confidence and pride to be themselves, and to not let anyone else convince them to do otherwise," says Bommarito. *"Empowering these girls is the first step to building their foundation to grow into the strong, smart and beautiful women they are. If they are ever in a situation where they feel unsafe, burdened or abused, they now have a connection to the YWCA - an organization whose mandate is to help them."*

Not only are girls encouraged to create and maintain healthy relationships - they are also educated on healthy lifestyles in general. This includes



"Empowering these girls is the first step to building their foundation to grow into the strong, smart and beautiful women they are."

learning creative ways to incorporate physical activity into their daily schedule by playing games and enjoying the outdoors, partaking in various forms of art, learning how to make healthy food choices and being provided with daily snacks that are both nutritious and tasty.

"I was surprised by how much the girls affected us spiritually and emotionally," says program coordinator Ashley Lynn White, *"They were an inspiration to us. They taught us to relax, let loose and be silly. They taught us to be proud, independent and extremely confident. They also taught us not to take ourselves too seriously - an invaluable life skill!"*

HAZEL FUND

When Kyla left an abusive relationship in 2009, she had to leave a lot of things behind. Her dream of returning to school and building a better life for herself and her young son wasn't one of them.

Kyla is one of two young women who received the YWCA's \$1,000 Hazel Fund Award in 2011, a fund that helps local women overcome barriers related to violence and abuse and successfully return to school.

With ongoing support from local donors, the Hazel Fund has helped to eliminate obstacles and aid women to reinvest in themselves and their futures since its creation in 1998.

If you would like to learn more about the Hazel Fund, and how your contribution can help, please give us a call at (705) 743-3526.



"My ultimate dream is to give my son the best start at life as I possibly can to help him break the cycle. I want to teach him it's ok to ask for help when needed. Once you have received the help, use it to improve your life. That is the intention of those who help you. They want to help you help yourself." ~ Kyla

2011 Freedom Walk "Jump" Sponsors

BRYSTON

Known internationally for their superior quality professional and home entertainment audio equipment, Bryston Ltd. has been proudly giving back to the Peterborough community since 1994.

For over 12 years, Bryston Ltd. has generously participated as one of the YWCA's top Freedom Walk sponsors, contributing nearly \$26,500 to Crossroads Shelter and Food Action programs to date.



Kawartha Credit Union prides themselves on offering all of the products and services of a big city bank while always maintaining the personal touch.

Since 2008, KCU has donated over \$6,000 to YWCA Crossroads Shelter and Food Action programs through continued sponsorship of the YWCA Freedom Walk.



2011 Walk A Mile In Her Shoes "We're Walking" Sponsor



VIAMÉDE

"Red Shoe Celebration" Sponsors



What's New In Haliburton County?



Abby North Drummers kept the beat as participants of 'It Takes a Community' Walk to End Poverty completed laps around the Minden Riverwalk Saturday, July 30th, 2011. The fundraiser was a collaboration between YWCA Women's Centre of Haliburton County and the Minden Community Food Bank.

Draw winners Connie Carson, Shirley Cowling, Bradley Trumbull, Tess and Tanisha proudly displayed their prizes following the walk (below).



A huge **THANK YOU** to everyone who offered their time and support! Together, we raised over \$900.



CENTENNIAL CRESCENT Celebrates 20 Years!

"Whatever the problem, community is the answer", a statement made throughout many developing communities and one that speaks to growth of Centennial Crescent.

2011 marks Centennial's 20th anniversary and a time to reflect on the people, residents and staff, past and present, who are the foundation of where we are today.

Numerous women and children have graced our 40 homes with their presence; their stories, their collective experiences and their wisdom have brought us to the resilient community that exists today and will continue for years to come.



UPCOMING EVENTS 2011

October 3

Holiday Gift Program

Are you interested in sponsoring a family this holiday season? Please contact Margaret at (705) 743-3526 or info@ywcapeterborough.org for more information.

October 17-23

Week Without Violence

One week without violence - can you imagine it? We can. Learn more about Week Without Violence by visiting www.ywcapeterborough.org.

October 20

Peace Expo

Drop by between 9:30 am and 9:00 pm at Lansdowne Place in Peterborough to participate in a variety of peace-building activities for the whole family.

December 6

International Day of Remembrance and Action on Violence Against Women

Visit www.rosecampaign.ca to send a virtual rose to your MP.

December 6

Guardian Angel Awards Ceremony

Would you like to nominate a Haliburton County "Guardian Angel"? Contact Sarah Adams at (705) 457-0260 or sadamsywcahal@bellnet.ca.

Crossroads Shelter Wish List

Our Ongoing Needs (New Items Only Please)

Clothing for Women & Children
Slippers
Pajamas
Socks
Underwear

Personal Care Items
Diapers
Deodorant
Toothbrushes
Toothpaste
Feminine Hygiene Products

Household Items
Towels
Crib Sheets
Toys for Infants and Children
Board Games

Gift Cards
Grocery
Pharmacy
Restaurant
Telephone
Department Store

Donations are gratefully accepted at the YWCA Administrative Office (216 Simcoe Street, Peterborough) Monday - Thursday, 9:00 am - 4:30 pm.

Looking for a different way to help?

Consider volunteering your time at an upcoming event, sponsoring a family through the YWCA Holiday Gift Program, or recycling last year's styles at Y's Buys New-To-You Clothing Store (Peterborough) or Y's Archie Gently Used Boutique (Minden).

There are so many ways to make a difference! Visit www.ywcapeterborough.org or give us a call for more information.



A TURNING POINT FOR WOMEN



Yes! I Support the YWCA!

I would like to make this gift of: \$25 \$50 \$100 \$750 - Turning Point Gift Other \$ _____

I would prefer to give a monthly gift of: \$10 \$15 \$25 \$50 Other \$ _____

Payment Preference:

I have enclosed my cheque, payable to YWCA Peterborough, Victoria & Haliburton

Please charge my VISA MasterCard AMEX

Credit Card # _____ Expiry Date _____ / _____ Signature _____

For Monthly Giving:

I authorize the YWCA to withdraw monthly donations from my bank account on the 15th of each month beginning:

Month _____ Year _____ ("VOID" cheque enclosed)

I authorize the YWCA to charge my credit card on the 1st of each month beginning:

Month _____ Year _____ (credit card information provided above)

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A Turning Point For Women

The Little Things Make all the Difference



I share with you a letter written by Lakefield College School student, Andrew Little. Andrew (left) participated in tagging for the YWCA in May 2011 with fellow students Matthew Betteto (centre) and Abraham Lau (right). I'll let his own words depict a revelatory part of his experience:

"So about an hour into collecting money in the cold, a nice lady gives Matthew a donation and comments on the awful weather and that we must be freezing out here and that she appreciates what we are doing and our dedication. Then she just goes to her car puts her groceries in the trunk and drives away.

Another hour or so passes and we're still out there in the cold, rain and wind. We're all shivering but we tried to hide it and put on a smile. Then the same lady comes back with three Tim Hortons hot chocolates and hands them to Matthew, Abraham and I, turns around and leaves. I barely had a chance to say thank you!

I just was really struck by her kindness and how considerate she was of us and our efforts. And the fact that it was so unexpected really made it even better. We were under-dressed, exposed and absolutely freezing but that hot chocolate made our day!

I thought to myself about how it really is the small and simple things that make someone happy. And then I realized that

is exactly what we were doing! We just spent a few hours on a Sunday morning when we would usually be sleeping, collecting donations for a cause that helps women in need. We were doing something that is quite small and insignificant to us, but makes a huge difference in another person's life!

It was a great feeling and I am definitely going to participate in as many different fundraisers and community service opportunities as I can. It was an absolutely great experience!"

I can almost taste the hot chocolate... I hope this little anecdote warms your heart as much as it did mine!

Submitted by Steve Salt, BA (Kin & Phys Ed), BEd, Assistant Head of House, Matthews House, Lakefield College School

To learn more about how you can participate in YWCA volunteer opportunities like Tag Days please contact Helen Mead, Volunteer Coordinator, at (705) 743-3526 ext. 130 or hmead@ywcapeterborough.org.

Please select one of the following options before returning this slip to 216 Simcoe Street, Peterborough, ON K9H 2H7:

I give permission to be publicly recognized as a supporter of YWCA Peterborough, Victoria & Haliburton as follows (i.e., The Smith Family, Carol and Bob Smith, etc.): _____

I would prefer to be an anonymous donor

Contact Information:

Name _____ Phone _____

Please send future editions of Turning Points to:

E-mail Address _____

Street Address _____ City _____ Province _____ Postal Code _____

Turning Points is published for the information of YWCA friends, supporters and volunteers. We welcome your comments.
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Summer/Fall 2011

