



# Bernadette McCann House

2019 Newsletter • Bulletin 2019



## Director's Report 2019

Bernadette McCann House welcomed its first client into the Shelter in 1979, after becoming incorporated in the Fall of 1978. Due to the generosity of Harry and Bernadette McCann's family, funds were devoted towards a down payment for a home, to provide safety for women and children experiencing abuse. The home was later named in honor of their mother, "Bernadette McCann". **This year, Bernadette McCann House will be celebrating Forty Years of Service in Renfrew County.**

As we approach our next fiscal year 2019–2020, we hope to make new connections in our community, strengthen partnerships and expand services. We are making plans to expand programming at our McCann Centre site, located on Ellis Street in Pembroke. Behind the scenes we are involved in research projects, which will allow the Agency to collect data regarding our services, which ultimately assists in future planning.

We are very fortunate to have a committed Board of Directors, Staff and Volunteers, who strive to provide quality services to clients. Together, we continue to explore new service options, seek feedback from service providers and clients, and make changes to improve, as we move forward.

On behalf of Bernadette McCann House, I would like to thank the community, who have generously supported the Agency over the past forty years. Many have given anonymously to help those in need, others have hosted fundraisers or given financial contributions. We are very blessed to have such a genuine caring community, who have helped so many women and children/youth. "Thank you" really does not capture how grateful we are.



Sincerely,  
Leigh Sweeney  
Executive Director

## How to Contact Us

### 24-Hour Support/Crisis:

**613-732-3131 or 1-800-267-4930**

### Administration & Outreach:

613-732-7776 - Monday to Friday - 8am to 4pm

## Coordonnées

24/7 Support et écoute téléphonique :  
**613-732-3131 ou 1-800-267-4930**

Administration et services communautaires :  
613-732-7776 - lundi au vendredi - 8h à 16h

## Board of Directors – Chair's Report

2018 was an exciting year for Bernadette McCann House!

In recognition of the Agency's proud history and of the need to adapt to meet the needs of our community, staff and the Board attended a workshop and partnered to update the mission statement. Our updated mission statement, meant to be more inclusive and to better recognize the vital work staff perform in the shelter, through the McCann Centre, via outreach services, court support, and in violence prevention education is **"to work for change that will end abuse by providing safety, support and education to all those who experience abuse."**

While it is never easy to say goodbye to long-term staff, departures allowed for an organizational restructuring in 2018. This change provides greater support to staff and increases the support available to our clients. As a result, BMH is well-positioned to adapt to any changes the newly elected provincial government may enact.

Guest speaker Olympic figure skater, Jennifer Dennison (nee Robinson) helped us celebrate International Women's Day. Celebrating women in sport was a unique and uplifting way to mark the occasion.

The annual December 6th Vigil featured Sharp Doppler, Knowledge Keeper, inspiring us to be 'co-conspirators' in the fight to end abuse of indigenous peoples. BMH continues to evolve its service model to reflect cultural needs of indigenous and non-indigenous peoples.

2019 is the 40th anniversary of Bernadette McCann House. Mark your calendars to celebrate this milestone with us on Sunday, June 9. More details will be available in the spring.

On behalf of the Board, I would like to thank everyone for their support of Bernadette McCann House be it through donations, volunteering, attending events, or advocacy. It is our wonderful community that enables BMH to provide additional supports and new opportunities to those who are experiencing violence.



Sincerely,  
Sue Haywood  
Board Chair

## Our Mission Statement

The Mission of Bernadette McCann House is to work for change that will end abuse by providing safety, support and education to all those who experience abuse.

## Mission

La mission de la Maison Bernadette McCann est d'offrir des services pour aider à mettre fin à la violence en offrant de la sécurité, du support et de l'éducation aux personnes ayant subi la violence.

## Journey Mapping

In early 2019, BMH embarked on more Journey Mapping Training in collaboration with local service providers, as well as VAW Service Providers in the East Region. Journey Mapping is a process which captures the experience of client's interaction with service providers, along their "Journey".

The training provided through Karen Woods, Consultant, Woods Consulting Services, focussed on building the community's capacity to plan and implement mapping projects and interpret the user experience to elevate services to more effectively meet the service users needs.

We look forward to sharing results in our next Newsletter.

## Journey Mapping

Dès 2019, BMH a continué à former ses intervenants pour réaliser le projet « Journey Mapping ». Ce projet est réalisé grâce à une collaboration entre des partenaires locaux et de l'Est de la région. « Journey Mapping » est un processus qui permet d'analyser et de noter les interactions et les expériences vécues des clients avec les services lors de leur parcours.

Ce projet permet d'évaluer et de comprendre les parcours (services obtenus et expériences) des usagers afin de mieux répondre à leurs besoins.

Nous partagerons les résultats dans le prochain bulletin d'information.



## Our Services

Bernadette McCann House (BMH) offers Residential and Outreach Services that focus on providing safety, support, education, information, risk assessment/safety planning, goal planning, advocacy, referrals and transition resources.

### Residential Services (Shelter)

BMH offers a 16-bed residential facility for women and their children seeking refuge from an abusive situation. Crisis/Support Line is available 24 hours a day, 7 days a week.

### Outreach Program

Outreach services are provided through one-on-one or group support. Offices are located in Pembroke, Petawawa, Deep River, Renfrew, Arnprior, Killaloe, Barry's Bay and Eganville.

### Women's Services

Women 16 years of age or older, who reside in Renfrew County.

### Children/Youth Services

Outreach services are available for children and youth of all genders, aged 6 to 24, who have witnessed or experienced violence.

### Family Court Support Program

Program assists both female and male victims of domestic violence to navigate the family court and legal aid systems. May include court documentation, finding a lawyer, court accompaniment and referrals.

### Groups and Workshops

*Groups and workshops are free to attend. For further details, please visit our website at [www.wsssbmh.org](http://www.wsssbmh.org).*

#### Pattern Changing - 12 Weeks

Assists women who have experienced abuse in an intimate relationship. Topics include: the impact of abuse, boundary setting, feelings, goal setting, assertiveness/coping strategies, and healthy relationships.

#### Setting Patterns - 10 Weeks

Builds on the knowledge women obtain from our Pattern Changing Group. Topics include: communication, feelings, relationships, resiliency, goal setting, co-dependency, shame and guilt.

#### Growing Together - 11 Weeks

For mothers/caregivers and their children to build self-esteem and break the isolation of abuse. Topics include understanding abuse, expressing anger/feelings, safety planning, and family changes.

#### Caring Dads - 17 Weeks

Assists fathers to become a positive influence in the lives of their children by gaining a better understanding of different parenting strategies with the goal of strengthening relationships. Individuals may refer themselves to the Agency.

## The McCann Centre

The McCann Centre is an off-site facility, housed in the Knights of Columbus building in Pembroke. The offices were originally opened in 2017, as part of an effort to become more visible and accessible in the Community. Since 2017, a variety of BMH workshops and group sessions have been held, in addition to groups relating to the partnerships with Mackay Manor, Addiction Services and Pathways.

Through the use of this centre, we are able to accommodate additional needs that clients may be struggling with, such as addictions and mental health. It is anticipated that the services provided at the McCann Centre will be expanded in the next few years.

## Le centre McCann

Le Centre McCann regroupe des bureaux utilisés par la Maison Bernadette McCann à l'intérieur de l'édifice des Chevaliers de Colomb à Pembroke. Ce centre a vu jour en 2017 afin de rendre nos services plus accessibles et visibles à la communauté. Depuis son ouverture, diverses activités furent réalisées telles que des activités de groupe, des sessions d'information et même des activités en partenariat avec MacKay Manor, Addiction Services et Pathways.

Grâce à ce centre, nous pouvons aider davantage et mieux répondre aux besoins des personnes qui ont des besoins plus spécifiques par exemple ; la toxicomanie et la santé mentale. Dans les prochaines années, nous anticipons offrir plus de services et d'activités au Centre McCann.

## PARS Group

The Partner Assault Response Program is a Domestic Violence Court initiative that delivers community-based group education to male and female domestic violence offenders, who have been mandated to attend. The 12-week group provides education on abuse, its effects on others, the importance of boundaries and how to deal with conflict in a non-abusive manner. This program focusses on the person becoming aware of their lifelong patterns, setting realistic goals and developing new skills for changing behaviours.

In 2016, a partnership was developed between Living Without Violence Inc. and Bernadette McCann House, to provide PARS groups to women in Renfrew and Pembroke. Since 2016, fifty participants have completed the program, many of whom stated the program had met their needs, and helped them focus on moving forward with tools that would help them succeed.

## Programmes d'intervention auprès des partenaires violents

Les programmes d'intervention auprès des partenaires violents (PIPV), un volet du Programme de tribunaux pour l'instruction des causes de violence conjugale de l'Ontario, sont des services spécialisés d'éducation en groupe pour les hommes et les femmes ayant agressé leur partenaire. Les participants reçoivent l'ordre de participer au Programme IPV du tribunal. Ce programme vise la responsabilisation des participants face à leurs comportements. Lors des 12 séances, les participants apprennent à analyser leurs croyances et leurs attitudes à l'égard de la violence familiale et ils apprennent des stratégies de résolution des conflits non abusifs.

Depuis 2016, Bernandette McCann House et Living Without Violence Inc collaborent pour offrir ce programme à Pembroke et à Renfrew. Depuis ce temps, 50 personnes ont complété le programme. Plusieurs participants confirment que ce programme leur a offert des outils favorisant leur réussite.

## Nos Services

La Maison Bernadette McCann offre des services d'hébergement et des services communautaires afin d'aider les personnes ayant subi de la violence. Nous offrons du support, de l'information, de l'éducation, de l'accompagnement, des références vers d'autres services et la sécurité (hébergement, évaluation des risques et élaboration de plans de sécurité). De plus, nous aidons les personnes à identifier leurs besoins et leurs objectifs.

### Le service d'hébergement

BMH est une maison d'hébergement de 16 lits pour des femmes ayant subi de la violence et leur(s) enfant(s). Ligne d'écoute téléphonique : Service d'écoute, support et de référence 24/7

### Services communautaires

BMH offre des services communautaires, individuels ou en groupe partout dans le comté de Renfrew. Nous avons des bureaux à Pembroke, Petawawa, Deep River, Renfrew, Arnprior, Barry's Bay et Eganville.

### Services pour les femmes

Pour les femmes qui habitent dans le comté de Renfrew ayant de 16 ans et plus.

### Services pour les enfants, adolescents, et jeunes adultes

Les services communautaires sont disponibles pour toute personne (6-24 ans) ayant subi ou témoigné de la violence.

### Programme des agents de soutien dans le contexte de la cour de la famille

Soutien directement aux victimes de violence familiale qui doivent comparaître devant la cour de la famille.

### Ateliers de groupe

*Nous offrons divers ateliers gratuitement. Pour plus de renseignement, bien vouloir consulter notre site web : [www.wsssbmh.org](http://www.wsssbmh.org).*

#### "Pattern Changing" – 12 semaines

Offrir du support, de l'éducation et de l'accompagnement aux femmes victimes de violence conjugale en élaborant plusieurs thèmes tels que : conséquences de la violence, limites, émotions, communication, relation saine.

#### "Setting Patterns" – 10 semaines

Ce programme est la deuxième partie du programme "Pattern Changing". Des thèmes sont élaborés davantage et nous présentons des nouveaux thèmes tels que : la résilience, l'identification des objectifs personnels, la dépendance affective et la culpabilité.

#### "Growing Together" – 11 semaines

Des ateliers pour des mères et leurs enfants afin de briser l'isolement et favoriser leur estime de soi. Des sujets élaborés sont : comprendre l'abus, exprimer des sentiments, la sécurité et les changements familiaux, etc.

#### "Caring Dads" – 17 semaines

Aider et accompagner des pères afin d'améliorer des habiletés parentales et avoir un rôle positif dans la vie de leur(s) enfant(s). Les pères intéressés peuvent communiquer directement avec nous pour s'inscrire.

## 2019 Events

March 8 – International Women's Day  
April 7 to 13 – National Volunteer Week  
April 26 to 28 – Petawawa Showcase  
May 15 – Options Skilled Trades Career Fair  
June 9 – 12:00 to 2:30pm – Bernadette McCann House  
40th Anniversary Celebration at Rotary Park  
June 11 – Annual General Meeting  
Third Week in October – Week Without Violence Campaign  
November – Woman Abuse Prevention Month  
December 6 – National Day of Remembrance Annual Vigil

## Évènements 2019:

8 mars: Journée internationale de la femme  
7–13 avril : Semaine nationale des bénévoles  
26–28 avril : Petewawa Showcase  
15 mai : 9h00-14h00 Foire de carrières Pembroke Memorial Center  
9 juin : 12h00-14h30 Célébration du 40<sup>e</sup> anniversaire  
Maison Bernadette McCann  
11 juin : Assemblée annuelle générale BMH  
Octobre : Semaine national sans violence  
Novembre : Mois de la prévention de la violence faite aux femmes.  
6 décembre : Journée nationale de commémoration et d'action contre la violence faite aux femmes

## Our Statement of Philosophy

Accountability and respect for diversity are fundamental, guiding principles of Bernadette McCann House. To live free of fear, oppression, and any form of abuse is a basic human right. Every person should be free to make their own choices regarding the direction of their lives. All people, including children affected by abuse, should be free to speak and be heard, and have their individual needs acknowledged.

Abusers must accept accountability for the short and long-term effect their abuse has on others.

## Énoncé de philosophie

La responsabilisation et le respect de la diversité sont des principes directeurs fondamentaux de la Maison Bernadette McCann. Vivre sans peur, sans oppression et sans abus est un droit fondamental. Chacun doit être libre de faire ses propres choix. Tout le monde, y compris les enfants, ayant subi de l'abus doivent être libre d'en parler, d'être entendu et de faire reconnaître leurs besoins individuels.

Les agresseurs doivent être responsabilisé des conséquences à court et à long terme de leur abus sur autrui.



## Statistics / Statistiques

January 1, 2018 to January 1, 2019 / 1<sup>er</sup> janvier 2018 - 1<sup>er</sup> janvier 2019

Women Admitted to Shelter Femmes hébergées	74
Children/Youth Admitted to Shelter Enfants/adolescents hébergés	66
Outreach Women Served Femmes ayant obtenues des services	316
Outreach Children/Youth Served Enfants/adolescents ayant obtenus des services	183
Calls to Support/Crisis Line Nombre d'appel	1,117
Male Callers Hommes ayant appelés	39
Caring Dads Group Caring dads	19
PARS Group PARS/ Les programmes d'intervention auprès des partenaires violents (PIPV)	18
Military Affiliated Clients Clients ayant une affiliation militaire	115

## I Support Bernadette McCann House / Je soutien la maison Bernadette McCann House

P.O. BOX 244/CASE POSTALE: 244, PEMBROKE, ON K8A 6X3

A membership will entitle you or your organization/corporation to vote at our annual general meeting, provided the membership is purchased 90 days prior to the date of the meeting. You will receive copies of any newsletter published throughout the year. Bernadette McCann House receives 100% of its funding from the Ministry of Community & Social Services, and the Ministry of Children & Youth Services.

Une adhésion vous accordera le droit de voter lors de notre assemblée générale annuelle, à condition que votre adhésion soit souscrite 90 jours avant la date de la réunion. De plus, vous recevrez des exemplaires de tous les communiqués publiés pendant l'année.

### Membership Application/ Demande d'adhésion

- Regular Membership or Renewal/Membre (particulier) \$5.00
- Corporation or Organization/Entreprise, corporation, organisme \$100.00
- I do not wish to become a member at this time and I would like to make a donation in the amount of/Je ne souhaite pas devenir membre, mais j'aimerais faire un don d'un montant de \$ \_\_\_\_\_

Name/Nom :

Address/Adresse :

Postal Code/Code postal :

Phone #/Numéro de téléphone :

Email/Courriel :

Signature: