



IN 2017 WE PROVIDED
SAFE SHELTER TO
651 WOMEN & CHILDREN
IN CALGARY



A NOTE FROM THE CHIEF EXECUTIVE OFFICER

2017 was an important year for Discovery House. Through our shelter, community housing, and child and youth programs, we helped more than 650 women and children rebuild their lives after escaping domestic violence. In addition to providing safe housing and counselling – our core services – we committed to finding innovative ways to address domestic violence in our city, and beyond.

Last summer, we launched She's So Brave, a social media campaign and photographic exhibit that raised important awareness about the prevalence of domestic violence. Through a new partnership with Momentum, we have become a hub for financial literacy, preparing our mothers for a life of financial security. And, we received seed money from the Calgary Foundation for our Harvest Table project, an industrial kitchen that, when completed, will not only be a place of learning and healing, but a space to pursue opportunities for social enterprise.

Most innovative of all is our work in prevention. Together with our partners at the Universities of Calgary, Pittsburgh and Harvard, we are testing ways to mitigate the adverse impacts of childhood trauma as a way of stopping the cycle of abuse.

1 in 4 women in Canada experience intimate partner violence. If we apply this to Calgary's demographics, that's approximately 143,000 women affected. When we add in the number of children exposed to domestic violence that total rises to an astonishing 375,000.

But we can change this. With the continued support of our volunteers, sponsors and community partners, and with ongoing innovative thinking, we can bend the curve, creating a world free of domestic violence.

Monique Auffrey
Executive Director

EVENT HIGHLIGHTS

OPENING DOORS – On May 16, 2017, with funding from the Alberta Justice and Solicitor General Victims of Crime Fund, we hosted our second annual Opening Doors event at Sky Gardens, in the beautiful Bow Building. Our keynote speaker was Sheldon Kennedy, who shared his story and the work of the Sheldon Kennedy Child Advocacy Centre.



TENILLE AT THE UNITED CHURCH – December 14, 2017. For the second year in a row our favourite country singer, Tenille, hosted an evening of song to benefit Discovery House.



DISCOVERY HOUSE AT THE WOMEN'S MARCH – On January 21, 2018 an estimated 3,500 people took part in Calgary Women's March, including a large contingent from Discovery House.



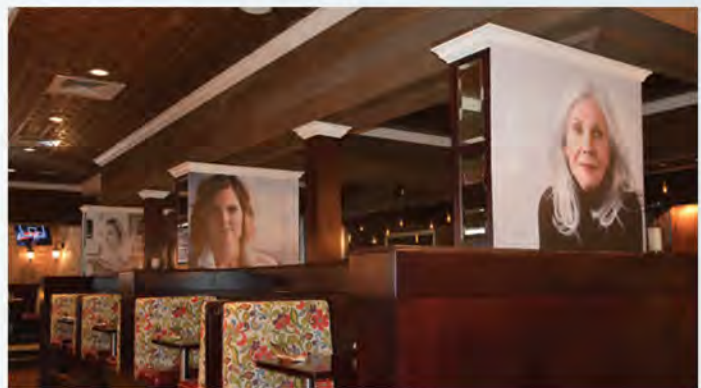
SHE'S SO BRAVE – In the summer of 2017, Discovery House received a Canada 150 grant and launched She's So Brave, a campaign celebrating the strength and resiliency of women.



SHE'S SO BRAVE *the launch* – On November 28, Discovery House welcomed over 200 people to the Glenbow to unveil a powerful exhibition of the same name. The images highlighted that 1 in 4 women in Canada are survivors of domestic violence.



SHE'S SO BRAVE *with friends* – At Christmas, Discovery House supporters Lindy and Rob Dawson displayed photos at a private party and raised over \$20,000 for our Harvest Table Project.



SHE'S SO BRAVE *on the road* – To celebrate International Women's Day, She's So Brave took over The Park Kitchen and Bar.

DISCOVERY HOUSE PROVIDES MULTIPLE HOUSING OPTIONS



We employ best practices in **service** delivery to improve client outcomes in goal attainment, basic needs, service referrals, safety assessments and housing. Our support groups for women address psycho-educational needs, parenting skills, nutrition, legal advice, custody and access, parental attachment, career development, general education and financial independence.

100 HOMES IN OUR
COMMUNITY HOUSING PROGRAM

19 APARTMENTS IN OUR
SECOND STAGE SHELTER PROGRAM

1 AFFORDABLE
HOUSING SPACE
AT ROSIE'S HOUSE

185 WOMEN + 466 CHILDREN = 651 SERVED IN 2017

The most important sign of success is the impact we've made on our clients. When they move through our services and into a happier and empowered life, free from abuse and violence, we know what we're doing is working.

Every woman and child who stays at Discovery House is offered a full range of integrated services that are "wrapped around" each client.

INTERVENTION *what we do*

- > MENTAL HEALTH AND WELLNESS
- > CASE MANAGEMENT
- > HOUSING SUPPORT

INNOVATIVE PROGRAMMING *how we do it*

- > EQUINE THERAPY
- > **SAVING CIRCLE**
- > COMMUNITY GARDEN HORTICULTURE
- > CAMP CHIEF HECTOR / FAMILY OUTDOOR CAMP
- > KIDS SUMMER CAMP
- > HANDS UP BURSARY

CORE PROGRAMMING *why it's important*

- > ESSENTIALS: Relocation, Transportation, Food, Clothing
- > SUPPORT: Trauma-informed Counselling, Programming, and Clinical Support

PREVENTION *how we drive change*

Our societal well-being depends on children acquiring skills and tools that guide them toward becoming confident, resilient adults.

8 GRADUATES

12 SESSIONS

6 MONTHS

SAVINGS \$300 EACH / MAXIMUM ALLOWABLE

AFTER MATCHING 8 GRADUATES EARNED \$7200

3 DISCOVERY HOUSE STAFF TRAINED FOR PROGRAM DELIVERY / FINANCIAL LITERACY

IN 2017

100% OF WOMEN TRUSTED THEIR SUPPORT TEAM & WOULD RECOMMEND DISCOVERY HOUSE TO OTHER WOMEN AND CHILDREN IMPACTED BY ABUSE

99% OF WOMEN COMPLETED A SAFETY PLAN FOR THEMSELVES AND THEIR CHILDREN

70% PARTICIPATED IN COMMUNITY EVENTS

Our **leadership** objectives include innovative approaches to support safe and healthy environments for families fleeing domestic violence, to be credible influencers of transformational social change, and to be a non-profit employer of choice.

IN THE COMMUNITY

- > SOCIAL VENTURE PARTNERS FAST PITCH
- > **WESTERN LEGACY AWARD**
- > ELIZABETH FRYE KAMLOOPS WORKSHOP
- > COCHRANE SHELTER FUNDRAISER

On November 15, 2017, Discovery House was thrilled to be a finalist in the 'Sustained Contribution' (Group) category, along with our friends from the Calgary Drop-In & Rehab Centre and Kerby Centre, who ended up taking home the big prize.



LEADERSHIP MILESTONES

Discovery House is leading the way in the study of childhood brain development and is partnering with world leaders in second generation domestic violence prevention programming and research.

Led by the University of Calgary's Dr. Nicole Letourneau, also a member of the Discovery House Board, and Dr. Martha Hart, in partnership with Harvard University's Center on the Developing Child, Frontiers of Innovation portfolio, **the Attachment and Child Health (ATTACH) Phase 2 study** assesses strategies to help mothers mitigate the negative impacts of trauma on their children caused by domestic violence.

We are also implementing '**Working for Kids**', an early childhood intervention program developed by Dr. Judy Cameron, Harvard fellow and neuroscientist from the University of Pittsburgh that teaches parents about how experiences shape their child's brain development and methods for helping young children develop the skills they need to grow into healthy adults.

In May, 2017 Monique Auffrey was named to the **Government of Alberta Family Violence Death Review Committee**.

In the past year, our team has spent **638 person hours participating in 84 unique training workshops** focused on trauma-informed practice, child development, indigenous awareness building, and financial literacy, in addition to a range of specialized sessions.

We are continuing our partnership with the Brenda Strafford Society and The Sunshine Centre to improve the transition of women and children who are fleeing domestic abuse. This joint Shared Intake Program has led to decreased average wait times for entry into a second stage shelter from 90 days to 35 days. **100% of women utilizing the service said they had increased awareness of the options available to them.**

OF OUR **44%**
COMMUNITY HOUSING CLIENTS
FOUND EMPLOYMENT

29% ATTENDED
EMPLOYMENT TRAINING

27% ATTENDED
FURTHER EDUCATION

SUSTAINABILITY

Sustainability means maintaining the quality of our services while having the resources to continue to meet the expanding and changing needs of our community.

CORE FUNDERS

Thank you to our core funders for their continued financial support:

Government of Alberta

Calgary Homeless FOUNDATION

fcss
family & community support services

DONORS

We depend on volunteers, partners, champions and donors to help us do the work we do. They've donated:

Time: Our team of dedicated volunteers serve as members of our board of directors, help care for and stock the children's centre, prep and maintain our community gardens, organize donations, and make holidays special. Last year, **our volunteers spent almost 2,400 hours** supporting women and children of Discovery House.

People hosted events to help generate revenue and support the work we do. From Christmas parties to birthday parties we've received incredible support.

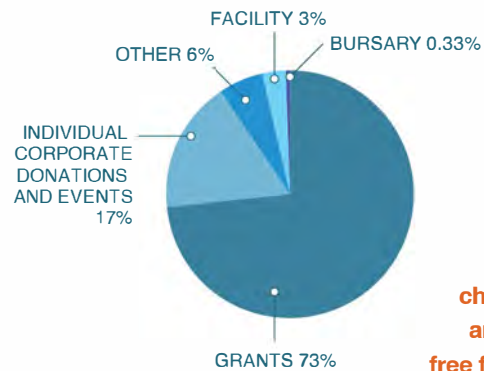
Money: It takes a village to end violence against women & children. In 2017 over \$320,000 was collected from individuals, special events, and in-kind donations.

Items: Many families arrive with few personal belongings. Thanks to the generosity of many we are able to help new residents with basics and essentials.

BIG WINS

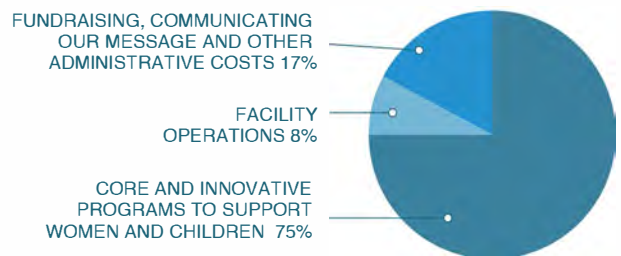
- > **CALGARY HERALD CHRISTMAS FUND – \$80,645**
 - > CALGARY FOUNDATION GRANT FOR THE HARVEST TABLE PROJECT – \$50,000
 - > MULTIPLE FOUNDATIONS TO SUPPORT FACILITY UPGRADES – \$100,000
- THANKS TO:
- THE ROTARY CLUB OF CALGARY
 - PANDELL
 - P.E.A.R.L. FOUNDATION
 - CARDINAL FOUNDATION

FUNDS RAISED



83% of funds raised went directly to supporting women and children to heal and build lives free from violence

FUNDS ALLOCATED



Thanks to the generous contribution made by **Pat & George La Borde** over ten years ago, The Hands Up Bursary has covered tuition and related education and living costs for 19 clients, for a total of over \$450,000 since 2007. We are thrilled to recognize the La Bordes with our Lifetime Philanthropy Award!

The Calgary Herald Christmas Fund provides funding to local charities that address the critical needs that thousands of Calgarians face everyday, including hunger, homelessness, addiction and abuse.

Thanks to the wonderful generosity of Calgarians, Discovery House was awarded over \$80,000 from the fund in 2017.



DISCOVERY HOUSE IS A NON-PROFIT ORGANIZATION PROVIDING A CONTINUUM OF CARE TO WOMEN AND THEIR CHILDREN FLEEING DOMESTIC VIOLENCE.

We facilitate transitional housing - offering longer-term, safe places for women and children to call home while they begin rebuilding their lives. We provide mothers access to counselling, support and programs to ensure they never return to abusive partners. We work directly with children, to mitigate the effects of trauma and prevent the cycle from repeating.

To support us in the work we do visit: <https://www.discoveryhouse.ca/how-to-donate>


A NOTE FROM THE CHAIR OF THE BOARD OF DIRECTORS

It has been a year of momentum building at Discovery House. We continue to innovative, break new ground and make powerful headway as we advocate for and serve women and children impacted by domestic violence. The disappointing news is that the incidence of domestic violence continues to increase and there remains a great deal of work ahead.

I am proud to say that our board is engaged and connected, and even more proud to say that Discovery House front line staff, support staff, managers, and senior leadership continue to deliver impressive outcomes for our clients. We are leading the way in trauma informed interventions in the lives of women and children and we continue to learn more through our involvement in the study of childhood brain development strategies, collaborating with global leaders at Harvard University's Center on the Developing Child, the University of Pittsburgh, and the University of Calgary.

In 2017 we worked well beyond the confines of our building and launched the powerful "She's So Brave" campaign to an engaged crowd at the Glenbow Museum, proudly hosted Sheldon Kennedy at The Bow for our second "Opening Doors" fundraiser and awareness breakfast, and made our presence known on the streets of Calgary at the International Women's March.

Discovery House is an organization positioned for meaningful, long term impact. We find motivation in outcomes rather than discouragement in statistics and it is our promise to continue to work relentlessly to bring an end to domestic violence.



Bob MacDougall,
Chair

2017/2018 BOARD OF DIRECTORS

Bob MacDougall, Chair
Carolyn Moore-Robin, Vice Chair
Dale Brown, Treasurer
Barbara Potter, Past Chair

Monique Auffrey, Ex Officio
Renata Colic
Cindy Gray
Geri Greenall
Joel Irwin

Pamela Lawrence
Dr. Nicole Letourneau
Tim Moro
Simon Scott

