

ABOUT THE CALGARY WOMEN'S EMERGENCY SHELTER

OUR PROGRAMS AND SERVICES **Serving over 240,000 individuals since 1974.**

24-Hour Family Violence Helpline
Emergency Shelter

Child, Youth and Family Program

Community Services Counselling Program
Court Program

Men's Counselling Service
Healthy Relationships Program

Take A Stand – A Community Capacity
Building Initiative

In 1974, a group of visionary women opened a small volunteer-run shelter for women and families in Calgary. It was the first shelter in Western Canada to provide a holistic approach to helping women and children affected by violence and abuse; our 50-bed Shelter houses women with children, and single women, fleeing violence and abuse. The program provides a safe haven from violence and the critical support required to escape abuse.

Though the Emergency Shelter is the cornerstone of our organization, we are **"More than a Shelter"**, serving approximately 15,000 women, children, youth and men through a number of innovative safety, healing and prevention programs a year.

Family violence comes in all shapes and sizes, including physical, verbal, emotional, financial, and psychological actions and threats against another person - man, woman or child.

DID YOU KNOW?

- 74% of Albertans report they, or someone they know have experienced violence and abuse.
- It costs approximately \$19,000 a day to operate our programs and services in the community.
- The Calgary Police Service responds to approximately 20,000 domestic-violence related calls each year—that is nearly two calls every hour of every day.
- The Calgary Women's Emergency Shelter's 24-Hour Family Violence Helpline receives around 11,000 calls a year.
- Approximately 15,000 women, children, youth and men receive support from Calgary Women's Emergency Shelter's programs and services in a year.
- Research suggests that domestic violence costs the Canadian economy more than \$7 billion per year.
- 1 in 2 women will experience at least once incident of physical or sexualized violence in her lifetime.



Family violence happens in every area of Calgary and affects our children, neighbourhoods and work places. This is a community issue that can only be solved if everyone gets involved and takes a stand.

TAKE A STAND AGAINST FAMILY VIOLENCE AND ABUSE

WAYS YOU CAN HELP

LEARN more about family violence and abuse.

HELP someone you know or think is being abused

SPEAK UP— start the conversation about family violence and abuse

HOST a Leader's Luncheon

ATTEND our Fundraising Gala, **Turning Points**

HOST an event

PARTICIPATE in community engagement opportunities

CONTRIBUTE TODAY with a donation

WAYS TO DONATE

The Calgary Women's Emergency Shelter fundraises for 50% of our dollars, relying on support from organizations, corporations and individual donations. Through a variety of giving options, we ask you to donate to end family violence and abuse in Calgary.

Donations of funds

Financial contribution allows us to allocate funds where it is needed most. Sponsorship opportunities are available for the various programs and services we offer.

Adopt a Family Program at the Shelter

By donating funds to our Adopt a Family Program at the Shelter, you will reach out to families-in-need throughout the year and ensure their needs are met. It only takes a little to give towards basic care, nutritious food, warm beds, counselling, and a safe haven. By giving to the Adopt a Family Program, you provide women and children at the Shelter the support they need to recover from the devastating effects of family violence and abuse.

Provide the Essentials

The Calgary Women's Emergency Shelter provides essential items such as clothing, underwear and toiletries for the women and children we serve, who often need to flee quickly and do not have time to prepare and pack. Although we accept new items (tags on), **financial contributions are preferred** as it allows us to purchase items in bulk and buy exactly what is needed by the women and children we help. For a list of essential items we accept, go to www.calgarywomensshelter.com. This list is updated regularly.

Volunteer Opportunities

Help make a difference to those we serve in the community. Based on your skills, passions and interests, we commit to engaging you in flexible and meaningful volunteer opportunities. We are not able to accomplish the work we do each year without the time and talents of our volunteers. Visit our website for more information.

COMMUNITY ENGAGEMENT OPPORTUNITIES

Turning Points Fundraising Gala

Our signature fundraising event, the Turning Points Gala, takes place annually in the Spring.

Events

We work with numerous individuals and businesses who host events on our behalf. From benefit concerts to high-profile golf tournaments, these events raise much needed funds. We encourage new events big and small. We are always interested in new partnerships and look forward to supporting your fundraising event however we can. Visit our website for more information.



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