

# Canadian Association of Elizabeth Fry Societies Programs and Services Directory



Canadian Association of Elizabeth Fry Societies (CAEFS)  
Association Canadienne des Sociétés Elizabeth Fry (ACSEF)  
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## **Mission Statement**

CAEFS is an association of self-governing, community-based Elizabeth Fry Societies that work with and for women and girls in the justice system, particularly those who are, or may be, criminalized. Together, Elizabeth Fry Societies develop and advocate the beliefs, principles and positions that guide CAEFS. The association exists to ensure substantive equality in the delivery and development of services and programs through public education, research, legislative and administrative reform, regionally, nationally and internationally.

## **PRINCIPLES**

Member societies support the following principles:

- While the strength of our federation is the freedom to meet the needs of our communities in unique and effective ways, as an Association, CAEFS develops policies and positions and acts on common interests affecting women.
- Women's rights are human rights and women are entitled to substantive equality; that is, the right of access to equal opportunities and programs in the justice system; as well as the right to justice without fear of prejudice or discrimination on the basis of such factors as sex, race, disability, sexual orientation, age, religion and freedom of conscience, social or economic condition.
- Women who are criminalized should not be imprisoned; all efforts will be made to prevent women from being incarcerated and to facilitate the earliest community integration of those who are sentenced to a term of imprisonment.

## **GOALS**

- To increase public awareness and promotion of decarceration for women.
- To reduce the numbers of women who are criminalized and imprisoned in Canada.
- To increase the availability of community-based, publicly funded, social service, health and educational resources available for marginalized, victimized, criminalized and imprisoned women.
- To increase collaborative work among Elizabeth Fry Societies and other women's groups working to address poverty, racism, and other forms of oppression.

# BRITISH COLUMBIA

## 1. CENTRAL OKANAGAN ELIZABETH FRY SOCIETY

Executive Director: Aimee Thompson  
104-347 Leon Avenue  
Kelowna, British Columbia, V1Y 8C7  
Phone: (250) 763-4613  
Fax: (250) 763-4272  
Email: [efry@shawbiz.ca](mailto:efry@shawbiz.ca)

### PROGRAMS AND SERVICES

BC1 – Community Justice Programs  
BC2 – Volunteer Criminal Courtworker Program  
BC3 – Support Services  
BC4 – Shoplifting Prevention  
BC5 – BCCW  
BC6 – Specialized Victim Services Unit  
BC7 – Women’s Sexual Assault Services  
BC8 – Sexual Abuse Intervention Program

## 2. THE ELIZABETH FRY SOCIETY OF GREATER VANCOUVER

Executive Director: Shawn Bayes  
103 – 237 East Columbia Street  
New Westminster, British Columbia, V3L 3W4  
Phone: (604) 520-1166  
Toll Free: 1-888-879-9593  
Fax: (604) 520-1169  
Email: [shawn.bayes@elizabethfry.com](mailto:shawn.bayes@elizabethfry.com)

### PROGRAMS AND SERVICES

BC9 – Youth Residential  
BC10 – Vancouver House  
BC11 – Orenda Residential Family Program  
BC12 – Cambridge Preparation for Independence Program  
BC13 – Family Counselling Services  
BC14 – South East Vancouver Family Support  
BC15 – Burnaby Integrated Family Program  
BC16 – North Shore Integrated Family Program  
BC17 – Crisis Intervention Program – North Shore  
BC18 – Burnaby Youth Secure Custody Program  
BC19 – Burnaby Youth Open Custody Program  
BC20 – Alcohol and Drug Program  
BC21 – Shoplifters Counseling Program  
BC22 – Courtwork Program  
BC23 – Victim Offender Reconciliation Program  
BC24 – Crime and Consequences

BC25 – Community Service Program  
BC26 – Columbia Place  
BC27 – Sheena’s Place  
BC28 – Burnaby Correctional Centre for Women Program  
BC29 – Surrey Family Visitation Program  
BC30 – Volunteer Services

### **3. KAMLOOPS AND DISTRICT ELIZABETH FRY SOCIETY**

Executive Director & Regional Advocate: Louise Richards  
827 Seymour Street  
Kamloops, British Columbia, V2C 2H6  
Phone: (250) 374-2119  
Toll Free: 1-877-374-2119  
Fax: (250) 374-5768  
Email: [louise@kamloopsefry.com](mailto:louise@kamloopsefry.com)

#### **PROGRAMS AND SERVICES**

BC31 – Speakers  
BC32 – Courtwork Program  
BC33 – Advocacy  
BC34 – Library Program  
BC35 – Pre-trial Services  
BC36 – Residential Attendance Program  
BC37 – Reighmount Drive Home  
BC38 – Hilltop Apartments  
BC39 – Youth Community Measures Program  
BC40 – Community Outreach Program  
BC41 – BladeRunners Partnership  
BC42 – Supervised Access Program

### **4. ELIZABETH FRY SOCIETY OF PRINCE GEORGE AND DISTRICT**

Executive Director & Regional Advocate: Kathi Heim  
1575 – 5th Avenue  
Prince George, B. C., V2L 3L9  
Phone: (250) 563-1113  
Fax: (250) 563-8765  
Email: [kathi@pgefry.bc.ca](mailto:kathi@pgefry.bc.ca)

#### **PROGRAMS AND SERVICES**

BC43 – Bridges Program  
BC44 – Courtwork Services  
BC45 – Housing  
BC46 – Pathways  
BC47 – Shelter for Abused Women and Their Children  
BC49 – TMAP (Teen Mother’s Alternative Program)  
BC50 – Youth Accountability Program

## **5. ELIZABETH FRY SOCIETY OF SOUTH CARIBOO**

Executive Director: Denise Fiddick  
P.O. Box 603, (601 Bancroft St.)  
Ashcroft, British Columbia, V0K 1A0  
Phone: (250) 453-9656  
Fax: (250) 453-2034  
Email: [scelizfry@telus.net](mailto:scelizfry@telus.net)

### **PROGRAMS AND SERVICES**

BC51 – Courtworker Program  
BC52 – Battered Women’s Program  
BC53 – Incarcerated Women’s Program  
BC54 – Victim’s Assistance Program  
BC55 – Parenting Program  
BC56 – Legal Aid  
BC57 – Community Work Service  
BC58 – Family Support Worker Program  
BC59 – Relationship Abuse Support Group for Women  
BC60 – AIMS – Assisted Income Meeting Sessions  
BC61 – Adult Literacy Tutor Program  
BC62 – Food Bank  
BC63 – Men Who Abuse Their Partners  
BC64 – Community Education and Awareness Sessions  
BC65 – Community Kitchens

## **6. VERNON WOMEN’S TRANSITION HOUSE**

Executive Director: Ninke Beeksma  
P.O. Box 625  
Vernon, British Columbia, V1T 6M6  
Phone: (250) 558-3850  
Fax: (250) 558-3856  
Email: [ninke.beeksma@vwts.ca](mailto:ninke.beeksma@vwts.ca)

## **7. ELIZABETH FRY SOCIETY OF YUKON**

President: Jennie Cunningham  
23-1114 First Avenue  
Whitehorse, Yukon, Y1A 1A3  
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# BRITISH COLUMBIA

## 1. CENTRAL OKANAGAN ELIZABETH FRY SOCIETY

Agency Coordinator: Aimee Thompson  
104-347 Leon Avenue  
Kelowna, British Columbia, V1Y 8C7  
Phone: (250) 763-4613  
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Email: [efry@shawbiz.ca](mailto:efry@shawbiz.ca)

### PROGRAMS AND SERVICES

#### **Adult Counselling Program**

Specialized therapeutic counselling for adults and mature youth who have experienced abuse.  
*Contact:* Alice Jensen

#### **Community Justice Program**

Advocacy and support for women and youth who are in conflict with the law is offered at the Kelowna Law Courts by volunteer Court-worker Monday and Thursday afternoons  
*Contact:* Monika Penner

#### **Specialized Victim Assistance Program**

Practical, emotional, and justice related support to assist children, youth, and adults who have experienced family violence, adult sexual assault, child sexual assault / abuse, and criminal harassment.  
*Contact:* Alex Valentine-Allen

#### **Shoplifting Prevention Program**

Individual and group counseling and support for women and youth exhibiting shoplifting behavior.  
*Contact:* Paula Farrel

#### **Outreach Services for Women – NEW SERVICE!**

Transportation, accompaniment, advocacy, and support for women who have experienced violence, abuse or threats.  
*Contact:* TBA

# BRITISH COLUMBIA

## 2. THE ELIZABETH FRY SOCIETY OF GREATER VANCOUVER

Executive Director: Shawn Bayes  
103 – 237 East Columbia Street  
New Westminster, British Columbia, V3L 3W4  
Phone: (604) 520-1166  
Toll Free: 1-888-879-9593  
Fax: (604) 520-1169  
Email: [shawn.bayes@elizabethfry.com](mailto:shawn.bayes@elizabethfry.com)

### PROGRAMS AND SERVICES

#### **BC11 – Orenda Residential Family Program**

A specialized residential program for up to six children and youths aged 11 to 17. Average length of stay is six months with family members attending weekly counselling sessions and with residents returning home for weekends.

#### **BC12 – Cambridge Preparation for Independence Program**

Cambridge House is a co-ed life skills program for five youths aged 16 to 18 who stay there up to one year. The home provides a safe, stable environment where adolescents learn the skills they will need in the transition to living independently in the community. Cambridge Outreach provides a support service to graduates of the program in the transition to living on their own.

#### **BC13 – Family Counselling Services**

(In Burnaby and the North Shore focus on strengthening the family unit. Also funded by the Ministry of Social Services.)

#### **BC15 – Burnaby Integrated Family Program**

Provides counselling for Orenda Residential families and other families in Burnaby/New Westminster who request counselling without the need for the residential component.

#### **BC16 – North Shore Integrated Family Program**

Provides comprehensive in-home assessments and counselling services to 65 families living through a period of parent teen conflict by providing short-term conflict resolution strategies, mediation, communication and parenting support.

#### **BC17 – Crisis Intervention Program – North Shore**

Family workers enable families to live together through a period of parent-teen conflict by providing short-term conflict resolution strategies and counselling in the areas of meditation, communication and parenting. Over 100 families are served annually.

#### **BC 1740, 1742, 1744, 1746, 1748 – Attorney General Supervised Access Program**

Provides supervised access to families referred by the Attorney General Justice Centres in five locations in the Lower Mainland.



**BC17-50 – Simon Fraser Visitation Program**

The family visitation program provides services for and is funded by the Ministry of Children and Family Development. The program staff supervise children in the care of the Ministry during visitations with their families.

**BC18 – Burnaby Youth Secure Custody Centre Program**

The Society provides a full-time Volunteer Coordinator who recruits, trains and supervises 200 volunteers. Volunteers last year gave almost 4,000 hours in the area of school tutoring, recreation, life skills, special events and case management. In addition, the Society employs two Lifeguards. Funded by B.C. Corrections Branch.

**BC19 – Burnaby Youth Open Custody Program**

The Society provides a full-time Volunteer/Program Coordinator who recruits, trains and supervises 90 volunteers who donated more than 3,300 volunteer hours last year in recreational school and support programs. Funded by B.C. Corrections Branch.

**BC21 – Shoplifters Anonymous**

Serves more than 150 clients annually and provides a professional assessment and counselling service for male and female offenders who have committed theft, fraud, false pretense and related offenses. A volunteer support program is also available. The program receives funding from the B.C. Corrections Branch and the Ministry of Health, Forensic Services.

**BC24 – Crime and Consequences Seminar**

A three-hour crime prevention seminar for adult and young offenders, their families and the general public. The seminars are provided by counsellors from the Shoplifters Counselling Program throughout the year, and provide information and education concerning the criminal justice

**BC26 – Columbia Place**

A home for 12 women who have been in conflict with the law or are in a state of transition. The philosophy is one of self-direction and independence, with individual counselling and goal-planning focusing on self-reliance, coping skills and independent living. There is 24-hour supervision. Funded by B.C. Corrections Branch and the Ministry of Health, forensic Services.

**BC27 – Sheena's Place**

A residential program for women and their children who are homeless and/or without resources. Provides safe and comfortable shelter, daily necessities, crisis intervention, children's programming and community liaison support. Funded by the Ministry of Social Services.

**BC30 – Volunteer Services**

Have been the backbone of the Society for all of its 58 years, and in 1984 an allocation from the United Way allowed the Society to hire a Volunteer Coordinator who recruits, interviews and places volunteers in most of the Society's programs. Last year more than 17,5000 volunteer hours were recorded in all Society programs.

**Women Prison Programs**

Provides services for women in ACCW, FVI, and Surrey Pre-trial prison programs.

## BRITISH COLUMBIA

### 3. KAMLOOPS AND DISTRICT ELIZABETH FRY SOCIETY

Executive Director & Regional Advocate: Louise Richards  
827 Seymour Street  
Kamloops, British Columbia, V2C 2H6  
Phone: (250) 374-2119  
Toll Free: 1-877-374-2119  
Fax: (250) 374-5768  
Email: [louise@kamloopsefry.com](mailto:louise@kamloopsefry.com)

#### PROGRAMS AND SERVICES

##### **Speakers**

Members of the staff and Board of Directors, are available to speak to community groups, schools and at special events regarding the justice system and the Society.

##### **Courtwork Program**

Volunteers are in the Kamloops Provincial Courts each day, explaining court procedures, providing support services by liaising with duty counsel and legal aid. They interact with court personnel, lawyers, sheriffs, Crown Counsel and other referral services, to assist with the needs of those individuals involved in accessing justice. The Society offers a comprehensive training program as well as ongoing support and training for Courtwork volunteers.

##### **Advocacy**

A great many individuals need assistance in finding information whether they are offenders, victims or community members. Our staff provide information, and referrals about community services and programs.

##### **Library Program**

The Kamloops Regional Correctional Centre (KRCC) Library Programs provide inmates with the opportunity to participate in volunteer delivered programs. The library program provides inmates with an awareness of the knowledge and pleasure derived from reading and provides inmates enrolled in the Adult basic education program access to reference materials. Remand inmates are also provided with the opportunity to access legal resource material from the law library.

##### **Pre-Trial Services**

Provides individuals incarcerated in Kamloops Regional Correctional Centre assistance in obtaining legal aid.

##### **Residential Attendance Program**

This program provides private home placements for youth on judicial interim release, on temporary absence from a youth custody centre or under residential attendance requirements of a Probation or Disposition Order. The main objective is to provide a flexible, residential resource as an alternative to remand/sentenced custody or as an attendance program option for those on community supervision. The focus is on providing youth with supervision, structure, consistency, family participation, suitable activities, guidance and caring.

**Housing Program**

The program has a total of 96 units, 81 are family housing, and 15 specialized suites. These projects are operated in conjunction with BC Housing Management Commission. These are low-income, subsidized rental units in 3 buildings, Hilltop, Elizabeth Court and Cornerhouse. Applications are submitted to the Elizabeth Fry Society office.

**Housing Activity Program**

The coordinator for this program provides activities for families at our Elizabeth Court apartments. These activities are designed to improve the tenants' live-ability, and provide an opportunity for life skills development. They include recreational, social or educational activities and programs designed to meet the needs of tenants and children.

**Youth Violence Intervention Program**

This is an educational program for youth, designed to reduce violent behaviour. YVIP engages youth in active learning with age appropriate, creative activities that incorporate various learning styles. One to one crisis intervention is provided when necessary. Referrals for this program are received from probation officers and other social service agencies.

**Poverty Advocate Program**

An advocate provides public legal education, advice and representation on legal problems that people on low-incomes face. The advocate works with community agencies and resources to deal with systemic issues.

# BRITISH COLUMBIA

## 4. ELIZABETH FRY SOCIETY OF PRINCE GEORGE AND DISTRICT

Executive Director & Regional Advocate: Kathi Heim  
1575 – 5th Avenue  
Prince George, B. C., V2L 3L9  
Phone: (250) 563-1113  
Fax: (250) 563-8765  
Email: [kathi@pgefry.bc.ca](mailto:kathi@pgefry.bc.ca)

### PROGAMS AVAILABLE

#### **Young Parent Program (Outreach, Education, and Family Centre)**

Outreach workers provide individual support/assistance to young parents. They facilitate peer support groups, enlightening workshops, parenting groups, and recreational activities. Outreach workers also assist clients with accessing appropriate community resources and exploring options for education. The Young Parent Education Program is a program for pregnant and parenting teens through a partnership with School District #57. The Young Parent Family Centre Program is designed to assist with childcare for the Education Program with a parent involvement model.

#### **Transition House Service**

The Prince George and District Elizabeth Fry Society currently operates two transition houses for women who are or may be at risk for violence threats and/or abuse. Transition house operations include safe shelter, advocacy, support, and counselling referrals. The houses are located in Prince George and Burns Lake.

#### **Bridging Employment Program**

The Bridging Employment Program at the Prince George and District Elizabeth Fry Society has been in operation since 1996. This program is for women survivors of abuse who are in receipt of Income Assistance and who are facing significant barriers to moving along the continuum to independence and employment. These barriers are addressed through an integrated strategy to employment training. Participants receive both employment related training and extensive services and supports to address the abuse dynamics in their lives. The program consists of personal and professional development, job search skills, job maintenance skills, academic upgrading, specific skills training, core certificate training, career exploration, and work placement.

#### **Specialized Victim Support Services**

The Specialized Victim Support Services offers assistance, short term counselling, information, referrals, and support to victims of childhood abuse/trauma, criminal harassment, partner assault or violence in relationships, and sexual assault. This program operates in both Quesnel and Prince George.

#### **Stopping the Violence Counselling Program**

The Stopping the Violence Counselling Services provides community based counselling for women and their children who have experienced sexual assault, relationship violence, or

childhood abuse. The STV Counsellor also assists in providing community coordination and liaison, promote awareness, provide public education, and prevention activities. This program operates both in Burns Lake and Prince George.

### **Community Based Outreach**

This program provides a range of support, outreach, crisis intervention, follow-up, community coordination, and public education services to respond to the specific needs of women and their dependent children who have experienced or are at risk of abuse, threats, and/or violence. This program operates in Prince George and Burns Lake.

### **Children Who Witness Abuse Program**

This community-based program provides individual and group counselling services for children who witness abuse of a parent, most often a mother. Designed to help break the intergenerational cycle of violence against women this program helps children cope with, and heal from, the trauma of living in an abusive situation. Support is also provided to the parent (usually the mother) who has been abused by her partner. This program is offered in Prince George and Burns Lake.

### **Anger Management Groups**

The Society currently offers anger management support groups for women. These sessions are offered throughout various times in the year.

### **Women's Support Groups**

The Society currently offers open support groups for women. These sessions are offered throughout various times in the year.

### **Courtwork Services**

The Courtwork Services Program offers assistance by explaining charges, providing information on court procedures and terminology, assistance in contacting a lawyer, and providing information, encouragement, and support to families of accused persons.

### **Prince George Regional Correctional Centre – Advocacy for Women**

The Society current conducts bi-weekly visits to the Prince George Regional Correctional Centre to advocate for women in the female unit.

### **Irwin Place and Rainbow Village**

The partnering Society, Prince George and District Elizabeth Fry Housing Society, provides eighty safe and affordable housing units to individuals and families.

### **Nexus Place**

The Housing Society operates an eleven-unit second stage apartment building for women who have or could have safety risks in the community.

## BRITISH COLUMBIA

### 5. ELIZABETH FRY SOCIETY OF SOUTH CARIBOO

Executive Director: Denise Fiddick  
P.O. Box 603, (601 Bancroft St.)  
Ashcroft, British Columbia, V0K 1A0  
Phone: (250) 453-9656  
Fax: (250) 453-2034  
Email: [scelizfry@telus.net](mailto:scelizfry@telus.net)

#### PROGRAMS AND SERVICES

##### **BC51 – Battered Women's Program**

Initial support, information and transportation to a shelter.

##### **BC52 – Incarcerated Womens Program**

To ensure the woman is being treated in a humane way. To provide information and support to the woman's family.

##### **BC53 – Parenting Program**

This includes the following programs: Nobody's Perfect Program, STEP and STEP TEEN.

##### **BC54 – Community Work Service**

Contracted service with Probation when those individuals both adult and youth who receive community hours as a result of a 'guilty' outcome are given the opportunity to complete community hours. Elizabeth Fry is responsible for the placement and supervision.

##### **BC55 – Family Support Worker Program**

Employs a Family Support Worker who provides group support through facilitation of a variety of support and education groups as well as providing one-to-one support and information, on a walk-in self-referral basis, to the families and individuals of our community.

##### **BC56 – Relationship Abuse Support Group for Women**

Support group for women who are involved in or who have been involved in

##### **BC57 – AIMS – Assisted Income Meeting Sessions**

This is a support and information group for individuals on assisted income (either Income Assistance from the Ministry of Social Services or Unemployment Insurance from Employment Canada).

##### **BC58 – Food Bank**

Through the efforts of the Ashcroft Poverty Action Committee the Food Bank is held at the Elizabeth Fry Office every third Tuesday of the month from 12-4 pm.

##### **BC59 – Community Education and Awareness Sessions**

**BC60 – Anger Management Group for Youth**

**BC61 – Intensive Support & Supervision Program for Youth**

## **BRITISH COLUMBIA**

### **6. VERNON WOMEN’S TRANSITION HOUSE**

Executive Director: Ninke Beeksma  
P.O. Box 625  
Vernon, British Columbia, V1T 6M6  
Phone: (250) 558-3850  
Fax: (250) 558-3856  
Email: [ninke.beeksma@vwts.ca](mailto:ninke.beeksma@vwts.ca)

### **7. ELIZABETH FRY SOCIETY OF YUKON**

President: Jennie Cunningham  
23-1114 First Avenue  
Whitehorse, Yukon, Y1A 1A3  
Phone: 867-334-2419  
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Email: [efsyukon@gmail.com](mailto:efsyukon@gmail.com)

# PRAIRIE PROVINCES

## 1. ELIZABETH FRY SOCIETY OF CALGARY

Executive Director: Barbara Hagen  
1731 – 10 Avenue SW  
Calgary, Alberta, T3C 0K1  
Phone: (403) 294-0737 ex. 235  
Toll Free: 1-877-398-3656  
Fax: (403) 262-0285  
Email: [reception@elizabethfry.ab.ca](mailto:reception@elizabethfry.ab.ca)

### PROGRAMS AND SERVICES

P1 – Provincial Court  
P2 – Youth Court  
P3 – Legal-Ease  
P4 – Aftercare/Community Resource Program  
P5 – Shoplifting Intervention Program  
P6 – Bridges  
P7 – S.A.F.E.S.T. (Support, Assistance, Friendship, Esteem, Services for Teens) PS – EAGLE Circle for Women (Ending Aggression Group, Living Empowered)  
P9 – Prison Program  
P10 – Bail Program  
P11 – Volunteer Services

## 2. ELIZABETH FRY SOCIETY OF EDMONTON

Executive Director: Toni Sinclair  
10523-100th Avenue  
Edmonton, Alberta, T5J 0A8  
Phone: (780) 784-2201  
Toll Free: 1-866-421-1175  
Fax: (780) 425-8989  
Email: [director@efryedmonton.ab.ca](mailto:director@efryedmonton.ab.ca)

### PROGRAMS AND SERVICES

P12 – Courtwork  
P13 – Prison Liaison  
P14 – Community Resources  
P15 – Daily Living Skills  
P16 – Aboriginal Women' s Program  
P17 – 'Shop'lifting Program  
P18 – Volunteer Program



### **3. ELIZABETH FRY SOCIETY OF MANITOBA**

Executive Director: Tracy Booth  
544 Selkirk Avenue  
Winnipeg, MB, R2W 2M9  
Phone: (204) 589-7335  
Toll Free: 1-800-582-5655  
Fax: (204) 589-7338  
Email: [execdir@efsmanitoba.org](mailto:execdir@efsmanitoba.org)

#### **PROGRAMS AND SERVICES**

P19 – Courtworker Program  
P20 – Portage Correctional Institute for Women /Provincial Remand Centre  
P21 – Services to Federally Sentenced Women  
P22 – Crisis and Individual Support Counselling  
P23 – Community Assessments  
P24 – Parole Supervision  
P25 – Families Moving Together  
P26 – STOPiifting Program  
P27 – Women for Change  
P28 – Changing Directions by Breaking Barriers  
P29 – Anger Management Program  
P30 – Precious Pals and Caring Correspondence  
P31 – Birth Control Outreach Program  
P32 – Education and Information Services  
P33 – Volunteer Program

### **4. ELIZABETH FRY SOCIETY OF SASKATCHEWAN**

Executive Director: Sue Delanoy  
600-245 3rd Avenue South  
Saskatoon, Saskatchewan, S7K 1M4  
Phone: (306) 668-0600  
Toll Free: 1-888-934-4606  
Fax: (306) 652-2933  
Email: [executivedirector@elizabethfrysask.org](mailto:executivedirector@elizabethfrysask.org)

#### **PROGRAMS AND SERVICES**

P35 – Prison In/Outreach  
P36 – Courtworker Program  
P39 – Volunteer Program  
P40 – Community Reintegrative Model Research Project

# PRAIRIE PROVINCES

## 1. ELIZABETH FRY SOCIETY OF CALGARY

Executive Director: Barbara Hagen  
1731 – 10 Avenue SW  
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### PROGRAMS AND SERVICES

(All of our programs are free)

#### **Bridges Program**

This program is designed to meet the emotional and educational needs of women who are re-entering the workforce or returning to school. Through individual and group work, this program helps women explore realistic career goals and assists them in obtaining meaningful employment. Enhancing self-esteem, developing life skills and exploring pathways to employment is the focus of this program. Entry into the program involves an intake and assessment process and is most beneficial for women who are ready to make changes. Barriers to employment and education unique to having a criminal record are addressed, and women are offered a supportive environment to explore personal issues which may hinder their progress.

#### **Aboriginal Employment Program**

This program is run concurrently with the Bridges program. We provide a learning environment for women in conflict with the law. The focus is on a cultural holistic approach to sharing, healing and learning. It is our hope to strengthen and forge new links in the Aboriginal justice and interagency communities.

#### **Adult Court Program and Youth Court Program**

The Elizabeth Fry Society of Calgary has been operating the Adult Court Work Program since 1975 and the Youth Court Program since 1990. In 2012, we are piloting a similar program with Family Justice Services. We provide our service to women and men, boys and girls, the accused, family, witness and victims. This is a volunteer based program.

The premise behind the court programs is to ensure that people who are appearing in first appearance courts are aware of their legal options prior to going into court and entering a plea. In essence, it is the job of volunteers and staff to educate people about the court system. Our court programs fill a very big gap in our judicial and legal systems.

#### **Legal-Ease**

Legal-Ease is a program which provides one on one support to women who are involved in the

legal system. We provide knowledge of the legal system and how it works, emotional support, and can refer women to additional resources in the community or at the Elizabeth Fry Society. Women are matched with a staff member or a volunteer who can be their support person as it relates to court until their court matter is finished. If you need to attend court and would like someone to go to court with you, please call.

### **Theft and Loss Counseling Program**

The Theft and Loss Counseling Program (TLC) is an intensive individual and group counseling program aimed at addressing the issues which underlie theft / fraud behaviour and thus preventing further occurrences of the behaviour. Counseling focuses on helping the individual identify and understand the issues underlying their theft and fraud behaviour, encouraging the individual to take responsibility for their behaviour, and developing new coping skills to deal with the identified issues.

### **Prison Program**

The prison program exists to provide information, support and advocacy to women prior to, throughout, and after their incarceration.

Community Support Workers visit correctional facilities to assist women who are incarcerated. These services include: aiding with practical needs, providing information, referrals to treatment centres, bail assistance, advocacy, short-term crisis counseling, and assistance with pre-release planning, and community integration.

The Community Support Workers make contact with a woman as soon as possible after her arrival at an institution. Then, in cooperation with correctional staff, they work with that woman throughout her term of incarceration and reintegration into the community.

### **Outreach Program**

The outreach program provides assistance for women in conflict with the law to secure community resources as the progress towards the goal of economic sufficiency and personal wellness. The Outreach Coordinator will work with clients who are being released from prison and/or who are attending E Fry programs to access resources for basic needs like access to safe housing, food, clothing, and medical needs. This program provides support and advocacy for individuals who may be working closely with other social service systems.

### **Women's Healing Circle**

The Women's Healing Circle offers women an ongoing Aboriginal Healing Circle to help them reconnect to their spirit and heal.

### **Berkana House**

Berkana House is a residence for federally sentenced women on day parole and their young children. This partnership with Calgary John Howard Society provides a safe, respectful and empowering environment that facilitates and supports successful transition from prison to the community.

## **Volunteer Program**

Volunteers are an integral part of the success of programs at the Elizabeth Fry Society of Calgary. We utilize volunteers in our Court Work programs, in clinical BSW and MSW practicum placements, in office administration, as well as on committees and our Board of Directors.

# PRAIRIE PROVINCES

## 2. ELIZABETH FRY SOCIETY OF EDMONTON

Executive Director: Toni Sinclair  
10523-100th Avenue  
Edmonton, Alberta, T5J 0A8  
Phone: (780) 784-2201  
Toll Free: 1-866-421-1175  
Fax: (780) 425-8989  
Email: [director@efryedmonton.ab.ca](mailto:director@efryedmonton.ab.ca)

### PROGRAMS AND SERVICES

#### **P12 – Courtwork**

Staff and volunteers assist those appearing in Provincial Court and advise them of their legal rights and available resources. We attend adult Remand Court and Youth Court in order to explain courtroom procedure and terminology; provide legal referrals; provide Return Court Date Cards; and offer practical assistance and emotional support to those appearing in court, their relatives and friends. In addition, the Youth Courtwork provides long-term assistance to young girls by matching them with volunteers for one to one support and mentoring.

#### **P13 – Prison Liaison**

Staff and volunteers assist women in the Edmonton Remand Centre, Fort Saskatchewan Correctional Centre, Regional Psychiatric Centre and The Edmonton Institution for Women. We provide individual support, referral, information, recreational and social development programs and a bail facilitation program.

#### **P14 – Community Resources**

Staff and volunteers offer psychological, educational, vocational and practical assistance. We offer short-term support and crisis intervention, assistance to women in obtaining food, clothing and shelter, and we offer a client drop-in centre.

#### **P15 – Changing Paths – Living skills and Literacy**

This program works in conjunction with the Attendance Centre and probation of Canada. It serves women who are currently under community surveillance, house arrest and probation. Our staff assist clients in the following areas: realistic self-assessment and goal exploration; communication skills; budgeting; self-esteem enhancement; emotional and practical support and use of available resources.

#### **P16 – Aboriginal Women’s Program**

This program was set up to help facilitate our clients in becoming healthy, happy, and whole aboriginal women through cultural awareness, one to one support, referral services, healing and talking circles, art and craft circles, prison visiting, ceremony and ritual, seminars, workshops and retreats, elder potlucks.

**P17 – Adult Stop-Lifting Program**

This program addresses the many issues around shoplifting. It runs for 10 weeks in length (3 hours per week). Weekly workshops focus on areas of self-esteem, self-awareness, relationships, addictions and how they relate to women and shoplifting.

**P18 – Pardon Program**

This program facilitates the pardon process and assists women financially to obtain a pardon and have their criminal history sealed to enable the women get gainful employment or go to school.

**P19 – Legal Clinic Program**

Volunteer lawyers assist federally sentenced women by providing legal advice. These lawyers volunteer their time to this program to meet one on one with the women in the federal prison and they provide legal information, referrals to Legal Aid, Student Legal Services, or other agencies and follow up.

**P20 – Private Home Placement**

Through the Private Home Placement Program, we recruit, train and support individuals or families who are interested in providing board and lodging and supervision to women on Federal Conditional Release from the Edmonton Institution for Women.

**P20 – Release Kit Project**

This program addresses the need of women in prison who are at risk of contacting HIV/AIDS and Hepatitis C. This project provides women upon release from the institutions with sanitary supplies and information on community resources to help them survive the first 72 hours in the community.

**P22 – Teen Shoplifting Program**

This program focuses on the unique issues faced by young girls as they move into adulthood. A small and supportive group of girls share their experiences and feelings, gain insight into why they shoplift and learn healthier ways to deal with problems and stresses. Group work is combined with one-on-one support so that the girls can successfully move towards the resolution of issues and not commit theft again.

**P23 – Women's Work program**

We provide employment-related services to women in contact with the law and women at risk. The program is a sister operation to the Bissell Centre's employment program but is specifically designed to meet the unique needs of women. Women accessing the program face a variety of barriers, which often include poverty, mental health issues, addictions, criminal records, isolation, child welfare issues, lack of education and discrimination. Working with other community agencies and each woman's unique goals, the Women's Work Program seeks to reduce these barriers.

# PRAIRIE PROVINCES

## 3. ELIZABETH FRY SOCIETY OF MANITOBA

Executive Director: Tracy Booth  
544 Selkirk Avenue  
Winnipeg, MB, R2W 2M9  
Phone: (204) 589-7335  
Toll Free: 1-800-582-5655  
Fax: (204) 589-7338  
Email: [execdir@efsmanitoba.org](mailto:execdir@efsmanitoba.org)

### **PROGRAMS AND SERVICES**

"The Elizabeth Fry Society of Manitoba actively seeks to reduce the number of women and girls involved with the criminal justice system."

#### **SERVICES TO COMMUNITY WOMEN**

##### **Crisis and Individual Support Counselling**

The Society provides one-to-one short term counselling for women from Manitoba who are in conflict with the law. Our aims are:

- To assist in stabilizing a crisis situation
- Provide ongoing counselling and to support women in being proactive in their personal healing journeys
- To support women in making the transition from incarceration to community life
- To identify issues and needs for referrals to other support agencies.

#### **SERVICES TO INCARCERATED WOMEN**

##### **Portage Correctional Institute for Women/Provincial Remand Centre**

The Society regularly attends the Portage Correctional Centre for women in Portage La Prairie and the Winnipeg Remand Centre. Services provided include:

- Informational/Educational workshops
- Pre-release consultation
- Counselling to individual women
- Advocacy of human rights issues
- Communication meetings with Centre Staff
- Follow up service for release
- Phone contact through our 1-800 number as needed
- Institutional Activities coordinated by volunteers who organize educational and recreational activities as well as Mother's Day and December events.

TOLL FREE PHONE NUMBER: 1-800-582-5655

#### **COURT SUPPORT PROGRAM**

The Society provides emotional support to clients and their families appearing in court on a case

by case basis. A client can make a request to her Counsellor who will arrange a worker to meet with her at the court office. Services offered:

- Information on the court process, provincial and federal institutions
- Referrals to Elizabeth Fry Programs, or other appropriate community resources
- Contact with the client's lawyer, Crown when requested
- Advocacy for the use of alternatives to incarceration

### **SERVICE TO FEDERALLY SENTENCED WOMEN**

A Community Reintegration Coordinator acts as a liaison with the Manitoba women serving their sentence at Edmonton Institution for Women, Okimaw Ohci Healing Lodge, and Regional Psychiatric Centre. Telephone contact is maintained on order to provide support, pre-release planning, and liaison back to the community. The CRC also assists by providing opportunities for family contact, counseling, "*Community Reintegration Program*", "*Community Relapse Prevention and Maintenance Program*", employment prep, and referral to other appropriate community resources.

### **PAROLE SUPERVISION / COMMUNITY ASSESSMENTS**

Elizabeth Fry has on staff a person who supervises women on federal and provincial parole. The fundamental purpose of conditional release supervision is to protect the public by helping offenders become law-abiding community members. Ensuring appropriate control. Providing assistance and restorative services helps minimize the risk of committing new offences. The supervisor does weekly contact, counselling, report documentation, intervention and correctional planning for or with clients. Community Assessments are also completed as a tool to determine day and full parole, Penitentiary placement, and family visitation eligibility.

### **COMMUNITY SUPPORT PROGRAM**

The Elizabeth Fry Society's Community Support Program provides intensive community support to women who are high risk with mental health/disability issues. Specialized case plans are created to meet the needs of the specific client. In recognizing that each client is an individual, opportunities are aimed at the development of the whole individual in keeping with her strengths. These opportunities are based on a holistic model, making the women part of their own healing process. Keeping this in mind, we assist each individual in setting, prioritizing and meeting her own goals and objectives.

### **CLOTHING DEPOT**

Available to Elizabeth Fry Society's clients and/or through a referral. Please call and ask for Darlene.

### **COMMUNITY BASED PROGRAMS**

#### ***STOPLifting Program***

The STOPLifting Program is a 10-session program that explores the underlying reasons why women shoplift, commit fraud, or breach of trust offenses. Discovering why they offend creates an environment for learning tools and skills to prevent re-offending. Participants learn through



discussion, work sheets and by identifying and creating personal supports necessary to reach individual goals.

### ***Women for Change***

Women for Change is a family violence/anger management program for women who are abusive to their partners, children, or other persons. The program allows participants to identify the cycle of violence in their lives, its causes and effects, and develop safety plans as a means of protection.

### ***Wonderful Me***

Wonderful Me is an eight session program that has been designed to address the needs of women who are in conflict or at risk to be in conflict with the law. The program addresses the issues of self-care, self-esteem, healthy communication, and assertiveness. This program is interactive and practice oriented.

### ***Changing Directions by Breaking Barriers***

This program is designed to give an individual the tools to take control and improve the quality of their life by developing a better understanding of themselves and the people they live, work and associate with. Breaking Barriers uses a combination of facilitation and video presentation. Sessions include comfort zones, self-talk, motivation, goal setting and aspiration writing.

### ***Birth Control program***

Condoms and foam are provided to agency clients free of charge. This program operates in partnership with the Women's Health Clinic. Information regarding S.T.D. and A.I.D.S. are also available.

## **RESEARCH**

### **Community Mobilization for Women and Girls Who Self-Harm**

The Elizabeth Fry Society in conjunction with Cathy Fillmore of the University and Colleen Dell of Carleton university have completed their exploratory study entitled Prairie Women, Violence and Self-harm (funded by the prairie Women's health Centre of Excellence). Grounded in the narratives of women who self-harm was derived at: *Any behavior, be it physical, emotional, social, or spiritual, that a woman commits with the intention to cause herself harm. It is a way of coping and surviving emotional pain and distress which is rooted in traumatic childhood and adult experiences of abuse and violence. It is a meaningful action, which fulfills a variety of functions for women in their struggle for survival.*

**Copies of the full report and a plain language summary are available through the Elizabeth Fry Society office. A Self-harm Summit will be held in Spring 2004 based on the results of a community environmental scan.**

## **EDUCATION AND INFORMATION**

The society strives to increase community understanding of women and the criminal justice

system through presentations in response to information requests from individuals, schools, universities, community-based groups, etc. Through effective utilization of the media the society is able to bring relevant issues to public attention. Organizing workshops and participating in various activities relating to justice and women is also an important way to further public education. The Elizabeth Fry Society endeavors to strengthen its participation role in the community by encouraging cooperative programming and promoting inter-agency partnerships.

## **PUBLICATION AND RESOURCES**

**"Prairie Women, Violence and Self-harm"** Research report. Cathy Fillmore of the University of Winnipeg, Colleen Dell of Carleton University, and the Elizabeth Fry Society of Manitoba. \$10.00 each

**"Women and Self-Harm"** Plain Language Summary. This toll is a must for those service providers, family members, and health care workers for quick reference. Included are the Holistic model of self-harm and two exercises to assist women with the urge to self-harm. \$1.00 each

**"Passing pictures with Prisoners"** This book is based on "passing pictures with prisoners" project which is part of a larger project creating artwork with women in prison. This book includes essays that explore the dynamics of communication between artists and prisoners housed at the Portage Correctional Centre and one federally sentenced woman. \$15.00 each

### **"Attending to the Needs of Manitoba Women in Conflict with the Law"**

Position paper (May 2000). This document outlines several short and long-term strategies for working effectively with Manitoba women involved with the Criminal Justice system. \$3.00 each

**"The Elizabeth Fry Society of Manitoba, The Needs of Female Offenders and Interagency Partnerships: Rethinking Social Intervention Strategies"** Written by Severine Minot of the University of Winnipeg (April 2001).

**"Beyond the Attic Door: A Feminist Social History of Imprisonment at the Portage Goal from 1945 to 1970"** Written by Wendy Singleton of the University of Manitoba (April 2001).

# PRAIRIE PROVINCES

## 4. ELIZABETH FRY SOCIETY OF SASKATCHEWAN

Executive Director: Sue Delanoy  
600-245 3rd Avenue South  
Saskatoon, Saskatchewan, S7K 1M4  
Phone: (306) 668-0600  
Toll Free: 1-888-934-4606  
Fax: (306) 652-2933  
Email: [executivedirector@elizabethfrysask.org](mailto:executivedirector@elizabethfrysask.org)

### PROGRAMS AND SERVICES

#### **A Women's Journey**

Offered to women who have experienced abuse at some time in their lives. The program offers information, support and education in a safe group environment allowing them to explore and reclaim their anger as positive energy

#### **Barriers to Reintegration – Research Project**

The Society is currently in the evaluation stage of a research project to determine if women encounter barriers to successful reintegration after incarceration. This project has identified available services, determined what programs and services women want and need after release, and determined which gaps exist. Funding for this project was provided by the Women's Program, Status of Women Canada.

#### **Community Service Order Program**

This is a community based sentencing alternative for adult and young male and female offenders convicted of an offence and required by the Court as a condition of probation to complete a specified number of hours of voluntary service to the community. The E. Fry Society develops placements in community nonprofit organizations and supervises the offender's performance.

#### **Court Program**

The court program is designed to assist accused women, especially first offenders and those with special needs, in dealing successfully with the criminal justice system. The Court Liaison Worker, with the help of volunteers, explains the court and courtroom procedures, provides legal information, clarifies legal terminology, outlines legal options for the clients, refers clients to the Duty Counsel and initiates the Legal Aid process. She provides as well moral and emotional support. She advocates as necessary on the client's behalf for referral to the E. Fry Society and other community programs.

#### **Courtworker Program**

A courtworker and volunteers are in the courts each day. Information about court procedures, support, referrals to other agencies, child care, and assisting at the time of sentence are just some of the services offered to help smooth the court process and make it more humane.

**Healthy Choices Program**

An Elizabeth Fry staff member provides group counselling to women in the Hamilton-Wentworth Detention Centre who have experienced violence in their lives. She helps the women explore and understand the role that violence has played in their lives. She explores ways of dealing with the effects of violence in a way which promotes healing and empowerment.

**Main Office**

Provides information, support and advocacy.

**Opportunities for Women**

This is a self-help program for women of all ages, economic levels and lifestyles who experience similar difficulties. As a result of experiences shared they gain strength. They encourage themselves to address issues such as self-esteem, self awareness, anger management, constructive methods of coping with stress, etc.

**Release Planning Program**

This program helps incarcerated women use their time away from society to plan for the time when they will return. Pre-release counselling and strategic planning around educational upgrades, job search and housing concerns help ease re-entry into the community for these women.

**Resource Center****Sex Trade Alternatives and Resource Services (STARS)**

This program is a diversion, casemanagement and outreach service for women who are or have been involved in sex work. It offers a drop in component.

**Shoplifters' Alternative and Resource Services (SHARE)**

For many women of all ages, social and economic backgrounds, shoplifting is an early symptom of underlying personal, familial or emotional problems. The Elizabeth Fry staff member facilitates a self-help group counselling program for women to help identify their problems, and assist them in developing skills to cope in a more appropriate manner.

**Volunteer Program**

Volunteers from the community receive an orientation to the Elizabeth Fry Society and information covering criminal law and procedure, substance abuse, and awareness of women's circumstances and treatment. After training, volunteers may become courtworkers, community workers, researchers, office workers, or provide practical assistance and support to clients by participating in one-to-one matches.

# ONTARIO

## 1. THE ELIZABETH FRY SOCIETY OF HAMILTON

Executive Director: Leanne Kilby  
85 Holton Avenue South  
Hamilton, Ontario, L8M 2L4  
Phone: (905) 527-3097  
Toll Free: 1-866-216-3379  
Fax: (905) 527-4278  
Email: [lkilby@efryhamilton.org](mailto:lkilby@efryhamilton.org)

### PROGRAMS AND SERVICES

ON1- Court program  
ON3 – Community Service Order Program  
ON5 – Healthy Choices Program  
ON7 – Release Planning Program  
ON8 – Shoplifters' Alternative and Resource Services (SHARE)  
ON9 – Opportunities for Women  
ON-11- A Woman's Journey  
ON-12 – Sex Trade Alternatives and Resource Services (STARS)

## 2. THE ELIZABETH FRY SOCIETY FOR THE REGIONAL MUNICIPALITY OF WATERLOO

Chief Executive Director: Judy Garneau  
58 Queen St. South Kitchener, ON, N2G 1V6  
Phone: (519) 579-6732  
Toll-free: 1-888-556-3814  
Fax: (519) 579-6367  
Email: [e.f.society@gmail.com](mailto:e.f.society@gmail.com)

## 3. THE ELIZABETH FRY SOCIETY OF OTTAWA

Executive Director: Bryonie Baxter  
311-211 Bronson Avenue  
Ottawa, Ontario, K1R 6H5  
Phone: (613) 237-7427 or 1-800-611-4755  
Fax: (613) 237-8312  
Email: [bryonie.baxter@efryottawa.com](mailto:bryonie.baxter@efryottawa.com)

### PROGRAMS AND SERVICES

ON27 – Support at Court  
ON28 – Free Counseling  
ON29 – Fergusson House  
ON30 – Prison Visiting  
ON31 – Newsletter "The Voice"

ON32 – Volunteer Speakers  
ON33 – Committees  
ON34 – Resource Volunteers

#### **4. THE ELIZABETH FRY SOCIETY OF PEEL**

Executive Director: Deborah Riddle  
24 Queen Street East, Suite LL-01  
Brampton, Ontario, L6V 1A3  
Phone: (905) 459-1315  
Fax: (905) 459-1322  
Email: [driddle@efrypeelhalton.ca](mailto:driddle@efrypeelhalton.ca)

##### **PROGRAMS AND SERVICES**

ON35 – Community Service Order Program/Community Intermittent Release Program  
ON36 – Crime Prevention Program – Theft, Fraud, Anger Management  
ON37 – Court and Institutional Services  
ON38 – Ellen House  
ON39 – Marjorie Amos Residence  
ON40 – Volunteer Services  
ON41 – Public Education  
ON42 – Courts  
ON43 – Jails and Local Detention Centres  
ON44 – Vanier Centre for Women  
ON45 – Grand Valley Institution for Women  
ON46 – Post or Non-Institutional  
ON47 – Young Offenders  
ON48 – Other

#### **5. THE ELIZABETH FRY SOCIETY OF PETERBOROUGH**

Patricia Zimmer  
223C Aylmer Street North  
Peterborough, ON, K9J 3K3  
Phone: 705-749-6809  
Toll Free: 1-800-820-7384  
Fax: (705)749-6818  
Website: <http://www.efryptbo.org/>

##### **PROGRAMS AND SERVICES**

ON49 – Court Work Assistance Program  
ON50 – Counselling Program  
ON51 – Pre-Release Planning  
ON52 – Probation and Parole Services  
ON53- Community Education Program  
ON54 – Volunteer Program  
ON55 – Resource Library  
ON56 – Food Supplement Program

ON57 – Jail Visitation Program

## **6. THE ELIZABETH FRY SOCIETY OF SIMCOE COUNTY**

Executive Director: Paula King  
102 Maple Avenue  
Barrie, Ontario, L4N 1S4  
Phone: (705) 725-0613  
Fax: (705) 725-0636  
Email: [paula@elizabethfrysociety.com](mailto:paula@elizabethfrysociety.com)

### **PROGRAMS AND SERVICES**

ON58 – Court Support  
ON59 – STOPlifting Program  
ON60 – Counseling  
ON61 – Bail Reporting  
ON62 – High School Criminal Justice Awareness  
ON63 – Maple House  
ON64 – Student Co-op  
ON65- Speakers Bureau  
ON66- Jail Visitation  
ON67 – Pre-Release Planning  
ON68 – Volunteer Program

## **7. THE ELIZABETH FRY SOCIETY OF SUDBURY**

Executive Director: Maureen Schizkoske  
204 Elm Street West  
Sudbury, Ontario, P3C 1V3  
Phone: (705) 673-1364 ext. 210  
Fax: (705) 673-2159  
Email: [mschizkoske@efrysudbury.com](mailto:mschizkoske@efrysudbury.com)

### **PROGRAMS AND SERVICES**

ON69 – Direct Service  
ON70 – Court Support  
ON71 – Jail Visitation Program  
ON72 – Family VisitingO  
N73 – Victim of Violence Program  
ON74 – Recreational Program  
ON75 – Stop Shoplifting Intervention Program  
ON76 – Second Chances  
ON77 – Resource Centre  
ON78 – Speakers Bureau  
ON79 – Student Placements

## **8. THE ELIZABETH FRY SOCIETY OF TORONTO**

Executive Director: Michelle Coombs  
215 Wellesley Street East  
Toronto, Ontario, M4X 1G1  
Phone: (416) 924-3708  
Toll Free: 1-855-924-3708  
Fax: (416) 924-3367  
Email: [mcoombs@efrytoronto.org](mailto:mcoombs@efrytoronto.org)

### **PROGRAMS AND SERVICES**

ONSO – Residential Programs  
ON81 – Drug and Alcohol Counseling Groups  
ON83 – Community Client Services  
ON85 – Institution Services  
ON86 – Volunteer Programs  
ON87 – Community Relations

## **9. THE ELIZABETH FRY SOCIETY OF NORTHWESTERN ONTARIO**

Agency Co-Ordinator: Erin Bellavance  
212 Miles St. E., Suite 103  
Thunder Bay, ON, P7C 1J6  
Phone: (807) 623-1319  
Toll Free: 1-888-885-4072  
Fax: (807) 684-0894  
Email: [erin\\_bellavance@yahoo.ca](mailto:erin_bellavance@yahoo.ca)



# ONTARIO

## 1. THE ELIZABETH FRY SOCIETY OF HAMILTON

Executive Director: Leanne Kilby  
85 Holton Avenue South  
Hamilton, Ontario, L8M 2L4  
Phone: (905) 527-3097  
Toll Free: 1-866-216-3379  
Fax: (905) 527-4278  
Email: [lkilby@efryhamilton.org](mailto:lkilby@efryhamilton.org)

### PROGRAMS AND SERVICES

#### **ON1 – Court Program**

The court program is designed to assist accused women, especially first offenders and those with special needs, in dealing successfully with the criminal justice system. The Court Liaison Worker, with the help of volunteers, explains the court and court room procedures, provides legal information, clarifies legal terminology, outlines legal options for the clients, refers clients to the Duty Counsel and initiates the Legal Aid process. She provides as well moral and emotional support. She advocates as necessary on the client's behalf for referral to the E. Fry Society and other community programs.

#### **ON3- Community Service Order Program**

This is a community based sentencing alternative for adult and young male and female offenders convicted of an offence and required by the Court as a condition of probation to complete a specified number of hours of voluntary service to the community. The E. Fry Society develops placements in community nonprofit organizations and supervises the offender's performance.

#### **ON5 – Healthy Choices Program**

An Elizabeth Fry staff member provides group counseling to women in the Hamilton – Wentworth Detention Centre who have experienced violence in their lives. She helps the women explore and understand the role that violence has played in their lives. She explores ways of dealing with the effects of violence in a way which promotes healing and empowerment.

#### **ON7 – Release Planning Program**

This program helps incarcerated women use their time away from society to plan for the time when they will return. Pre-release counseling and strategic planning around educational upgrades, job search and housing concerns help ease re-entry into the community for these women.

#### **ONS – Shoplifters' Alternative and Resource Services (Share)**

For many women of all ages, social and economic backgrounds, shoplifting is an early symptom of underlying personal, familial or emotional problems. The Elizabeth Fry staff member facilitates a self-help group counseling program for women to help identify their problems, and assist them in developing skills to cope in a more appropriate manner.

**ON9 – Opportunities for Women**

This is a self-help program for women of all ages, economic levels and lifestyles who experience similar difficulties. As a result of experiences shared they gain strength. They encourage themselves to address issues such as self-esteem, self-awareness, anger management, constructive methods of coping with stress, etc.

**ON 11 – A Women's Journey**

This is offered to women who have experienced abuse at some time in their lives. The program offers information, support and education in a safe group environment allowing them to explore and reclaim their anger as positive energy

**ON-12 – Sex Trade Alternatives and Resource Services (STARS)**

This program is a diversion, case management and outreach service for women who are or have been involved in sex work. It offers a drop in component

# ONTARIO

## 2. THE ELIZABETH FRY SOCIETY FOR THE REGION OF WATERLOO

Chief Executive Director: Judy Garneau  
58 Queen St. South Kitchener, ON, N2G 1V6  
Phone: (519) 579-6732  
Toll-free: 1-888-556-3814  
Fax: (519) 579-6367  
Email: [e.f.society@gmail.com](mailto:e.f.society@gmail.com)

### **PROGRAMS AND SERVICES**

#### **COMMUNITY PROGRAMS:**

##### **Court Support**

Provides direct support to women in conflict with the law within the court system. Support includes assisting and/or facilitating women's movement through the court process as well as resources and options available for women.

##### **Support and Referral Service**

To refer women to community agencies and resources; to provide support by providing practical information, letters of support; encourage community involvement through recreation and leisure activities and provide linkages in other communities.

##### **Community Development**

To identify gaps in service; network and partnership with other agencies to develop and enhance programs and services.

##### **Public Education**

To promote community awareness and involvement with women who come into conflict with the law. This program includes public speaking engagements, and public forums.

##### **Community Outreach Support**

To assist women with reintegration and empower all women in their journey towards a positive, productive lifestyle. To assist women in attaining the necessary tools and coping skills to live successfully in their communities. To refer women to community agencies and resources that provide support, counseling, housing, employment, education, legal issues and linkage in other communities.

##### **Youth Support and Referral**

Support and referral for female youth between the ages of 16-18 years who are at risk or in conflict with the law.

#### **PROGRAMS AT GRAND VALLEY INSTITUTION FOR WOMEN:**

This federal institution is located at:

1575 Homer Watson Blvd  
Kitchener, ON N2P 2C5

**One-to-One Program**

To match community volunteers with women at GVIW for Women for befriending and support.

**Institutional Services**

Weekly appointments with women to address issues and concerns regarding deportation, National Parole Board hearings, legal issues, incarceration concerns and release planning. Recreation and leisure activities as well as seminars related to prison and reintegration issues are also offered.

**Anger Management**

To provide an Anger Management Program when scheduled to federally sentenced women at GVIW.

**Mother-Child Program**

To provide pre-natal and post-natal care to mothers who qualify for the mother-child program as well as developing services within the community. Services have included advocacy with child welfare agencies, interaction within the family unit and lineages with local agencies. Partnerships with agencies such as the Conestoga College Daycare program have been able to provide daycare needs for children who live at GVIW.

**Shoplifting-Fraud Program**

To provide Shoplifting-Fraud Program to women in order to assist them with the issues that brought them into the prison system.

**Community Support Program**

Strives to create an atmosphere in which participants are encouraged to take charge of her personal reintegration plans and to assume responsibility within a supportive environment once released into the community.

**STUDENT PLACEMENTS**

The Society recognizes the need for students to gain practical work experience. Our society accepts student placements from our local college (Conestoga College) and our local universities (University of Waterloo and Sir Wilfred Laurier University). The areas of study range from social work, law and justice and clerical. This provides an opportunity for students to learn and acquire skills in a women oriented agency.

# ONTARIO

## 3. THE ELIZABETH FRY SOCIETY OF OTTAWA

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### PROGRAMS AND SERVICES

#### **ON28 – Free Counselling**

This service is available at the Charlotte Street office for women aged 16 and over who are in conflict or at risk of being in conflict with the law. Women may request services or may be referred to the program by the criminal justice system, social workers or health care professionals, but counselling is undertaken voluntarily.

#### **ON29 – Fergusson House**

This is a temporary residence for women 18 and over. Women on probation, temporary absence and provincial or federal parole are eligible to stay. Women may be interviewed prior to their sentencing. Incarcerated women wishing to be released to Fergusson House are interviewed by staff at prison. Fergusson House provides counselling and referrals to other community resources. Volunteers engage in conversation and activities (ie. Sports, hobbies, crafts and education) with residents. Many of these activities occur out of the house using community resources.

#### **ON30 – Prison Visiting**

Trained volunteers make twice weekly visits to the Detention Centre. These volunteers are involved in friendly visits, recreational and educational programs for adult and young offender women in custody at the Detention Centre.

#### **ON31- Newsletter ‘The Voice’**

Four issues of this newsletter are available per year. Volunteers contribute relevant articles, interview, book reviews, or help with the design or layout of the newsletter.

#### **ON32 – Volunteer Speakers**

These individuals inform the public about the work of the agency and about current issues. This includes the united way Campaign, schools and service groups.

#### **ON33 – Committees**

Several committees exist including: Fundraising, Public Relations, and Personnel/Finance.

#### **ON34 – Resource Volunteers**

These volunteers contribute a particular skills such as translation, publicity, purchasing, photography, baking or office work.

# ONTARIO

## 4. THE ELIZABETH FRY SOCIETY OF PEEL – HALTON

Executive Director: Deborah Riddle  
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### PROGRAMS AND SERVICES

#### **ON35 – Community Service Order Program/ Community Intermittent Release Program**

Valuable volunteer help is provided to Peel as C.S.O. clients assist non-profit groups and private citizens (primarily the aged). Clients (youth and adult) are provided opportunities to avoid jail sentences through proactive and positive involvement with the community against which they have offended. Additional programmes initiated by the Agency and operated in conjunction with and under the auspices of the C.S.O. are the Community Intermittent Release program, the Extended Community Temporary Absence Pass Program and the Diversion Program.

#### **ON36 – Crime Prevention Program – Theft, Fraud, Anger Management**

Clients in this program may be court-referred, self-referred or sent to us by their lawyers or social workers. Through therapeutic counselling, both individual and group, our workers' primary goal is preventative. By addressing problems often created by domestic violence and/or addictions, our counsellors enable the clients to address the real issues underscoring their anger, theft, and fraud related behaviours. Although the majority of our clients in this program are women we also work with young offender females (many of them victims of abuse) and with men.

#### **ON37 – Court and Institutional Services**

By assisting at Court, our aim is to reduce the rate of recidivism: in part by explaining the nature of the offence and judicial process, and in part by supportively assisting the families as well as the client herself. This support is carried over to the institutional setting, where our provision of realistic pre-release counselling, assessment and referral ensures that the women have the necessary network of supports established that is so essential in preventing recidivistic behaviour.

#### **ON38 – Ellen House**

The programme currently has a 10 bed ceiling, with both provincial and federal residents. Our counsellors routinely refer our residents to community-based programmes whenever possible, in order to better reintegrate the resident into our community. Inter-agency liaising occurs on an on-going basis. Our principal goal is remediation and the establishment of an external support network.

#### **ON39 – Marjorie Amos Residence**

The primary focus, whenever possible, is to reintegrate the youth back into her family. The ultimate goal is for the resident to learn the necessary behavioural and employment skills for

successful community reintegration.

**ON40 – Volunteer Services**

Volunteers work in all programme areas and on all committees. We strive to include volunteers of all ethnic and cultural backgrounds insofar as we believe it vitally important to strive for cross-cultural representation.

**ON41 – Public Education**

By speaking to groups, particularly youth, the agency highlights both the services it provides, and outlines why it is best to avoid behaviour that may lead to conflict with the legal system (i.e. preventative focus). As well, we attempt to reach out to Peel residents of all backgrounds in order to explain to them that our agency provides services to everyone, and to help break down many of the stereotypes the community holds of ‘criminals’.

**ON42 – Courts**

Court Worker  
Community Service  
Orders Diversion

**ON43 – Jails and Local Detention Centres**

Visiting  
Counselling/Advocacy  
Temporary Absence Supervision (CIRP/ECTAP)  
Release Planning  
Residential Services

**ON44 – Vanier Centre for Women**

Visiting  
Counselling/Advocacy  
Temporary Absence Supervision (CIRP/ECTAP)  
Release Planning  
Recreation  
Victims of Violence (Young Offenders)  
Survivors of Abuse (adult women)  
Residential services

**ON45 – Grand Valley Institution for Women**

Visiting  
Counselling/Advocacy  
Temporary Absence Supervision  
Release Planning  
Residential Services

**ON46 – Post or Non-Institutional**

Counselling/Advocacy  
Residence  
Employment Counselling  
Shoplifting/Fraud  
Incest Counselling

Anger Management  
Cognitive Skills  
Cognitive Skills Boosters  
Choices  
Community Support Programme (Residential Aftercare)

**ON47 – Young Offenders**

Shoplifting  
Residence  
Community Service Orders

**ON48 – Other**

Speakers Bureau



# ONTARIO

## 5. THE ELIZABETH FRY SOCIETY OF PETERBOROUGH

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### PROGRAMS AND SERVICES

#### **ON49- Court Work Assistance Program**

A full time court worker and volunteers are in the courts daily offering assistance to women appearing in Criminal Court. Providing information about court Procedures, counseling, support, assistance at the time of sentencing, Information and help in connecting with other service providers, advocacy, and Other services on a as-needed basis.

#### **ON50 – Counseling Program**

A counselor offers one-to-one counseling around issues of substance abuse and chemical dependency, as well as, crisis intervention, housing, life skills, anger management, physical, emotional and sexual abuse.

#### **ON51- Pre-Release Program**

This program assists women returning to the community after serving their sentence at local jails or detention centres or at provincial and federal prisons.

#### **ON52 – Probation and Parole Services**

The Ministry of Correctional Services (Ontario) refers women on parole to this program for one-to-one counseling.

#### **ON53 – Community Education Program**

The Society's goal is to inform the public about the agency's programs and services, the client population and the issues affecting women in the criminal justice system. The agency participates in many service and criminal justice networks and advocates on behalf of the women in the criminal justice system.

#### **ON54 – Volunteer Program**

Volunteers assist the Court worker in providing direct service to our clients. In addition, volunteers are actively involved in fund-raising and are the backbone of this agency. Without their selfless dedication, the women we serve would not have the programs and services they need. Volunteer orientation, training and ongoing support is provided.

#### **ON55 – Resource Library**

The Society maintains an extensive collection of resources pertaining to women in the criminal justice system. Open to the public.

**ON56 – Food Supplement Program**

The Society has a small food bank stocked with food. The purpose is to supply our clients with emergency food when they have a shortfall and are unable to provide nourishment for their families.

**ON57 – Jail Visitation Program**

The Whitby Jail provides an opportunity for the Elizabeth Fry Society of Peterborough's staff and volunteers to work with women in jail. Through regular monthly visits, we provide the women with emotional support, some programming, practical support, information and assistance with re-integration into the community where applicable.

# ONTARIO

## 6. THE ELIZABETH FRY SOCIETY OF SIMCOE COUNTY

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### PROGRAMS AND SERVICES

#### **ON55 – Court Support**

Volunteers and staff attend at bail hearings, first appearance court, trials, young offender court and family court with and on behalf of females in conflict with the law.

#### **ON59 – Stoplifting Program**

This 12 week therapeutic program with a 6 week aftercare component, is designed to provide counselling for women who shoplift or engage in fraud related offenses. There is a separate group for males.

#### **ON60 – Counselling**

The agency provides one-on-one counselling by qualified counsellors to females in conflict with the law. Referrals are made to the appropriate community agencies in the area to avoid duplication of services.

#### **ON61 – Bail Reporting**

The organization provides bail reporting and counselling to females released on bail supervision.

#### **ON62 – High School Criminal Justice Awareness**

This 90 minute presentation, preventative in nature, for students in elementary and high schools, was presented to over 1500 teenagers in Simcoe County in 1996. The program informs the students about their legal rights, court processes and the effects of a criminal record.

#### **ON63 – Maple House**

Maple House is a 6 bed, safe residence for women. Referrals are accepted from the courts, jails, shelters, friends and self. Some of the beds are funded through the City of Barrie and the United Way. Women who are eligible for release on electronic monitoring but do not have a residence, are eligible to come to Maple house. Women released on bail can live at Maple House.

#### **ON64 – Student Co-op**

The agency provides college students with an opportunity to complete their practicum in a woman positive environment.

#### **ON65 – Speakers Bureau**

The agency provides speakers to schools and the community to educate the public about the criminal justice system and to inform the community about the services which the organization provides for its clients.

**ON66 – Jail Visitation**

The staff visit females in the Barrie Jail, Morton House and on request at the Vanier Centre for Women, G.V.I., Toronto West Detention Centre and the Prison for Women.

**ON67 – Pre-Release Planning**

The agency visits incarcerated females who wish to return to Simcoe County and assists them with their plans for release.

**ON68 – Volunteer Program**

Volunteers are a valuable asset and assist Elisabeth Fry workers in a variety of areas, such as Court Support, maple house, fundraising and clerical.

# ONTARIO

## 7. THE ELIZABETH FRY SOCIETY OF SUDBURY

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### PROGRAMS AND SERVICES

#### **Counselling Services**

Offer adult and adolescent women an opportunity to better understand themselves and their life situations by addressing issues that may lead them to come into conflict with the law and/or increase their probability of re-offending. Focus is placed on developing strategies and interventions to prevent criminal activity, and to foster rehabilitation and reintegration. These strategies are developed through crisis intervention, long and short-term counselling, group lifeskills programs and referrals to other community organizations, where appropriate and feasible.

#### **Direct Services**

Provide crisis intervention to adult and adolescent women who become in conflict with the law, or when they are "at risk" of entering the judicial system. Clients are seen with and without appointments and offered one-on-one support. Services include everything from food assistance, clothing, transportation assistance, housing referral, access to our resource library, and referrals to other community programs and services, if necessary. Interventions are geared towards being a catalyst for change, promoting positive lifestyles and healthy choices, and support in the community. This service is not restricted to agency clients, or people in conflict with the law.

#### **Ongoing Support**

Elizabeth Fry Society staff will meet with women prior to their release from correctional institutions and assist them in preparing their release plans. Ongoing support and counselling services are available in the community and are accessible to the clients for as long as clients deem necessary.

#### **Court Support**

Volunteers and staff provide information and emotional support to adult and young women appearing in court. Support is also extended to family members. This service is delivered by the program coordinator, placement students and volunteers. Volunteer participation not only ensures provision of a needed service to women in the court system, but also promotes community awareness and involvement in the criminal justice system. Volunteers may also provide referrals and information regarding services that the Elizabeth Fry Society or other agencies offer. Statistics for future referrals are recorded.

### **Jail Visitation Program**

The Sudbury Jail provides an opportunity for Elizabeth Fry Society volunteers to work with women in jail. This volunteer-based service has existed since our inception in 1972. The volunteers provide emotional support and information regarding community resources and services through these institutional visits. In addition to friendly visits by the volunteers, the social work staff also visit the institution to assist women in their pre-release planning. Supportive counselling and liaison with other community services is provided. The agency and volunteers attempt to address the needs of the incarcerated women and, on occasion provide family visitation to support the emotional needs of the female clients and their children.

### **Release Planning**

Assists women to prepare for their review before the parole board, and reintegration into the community by: 1) developing a plan of action for their release from the correctional facility; 2) creating contacts with community agencies to assist with the provision of basic needs; 3) establish a support network thereby reducing recidivism.

### **Violence Awareness Program**

This institutional program, educates women in jail about the impact of violence in their lives, assists them in learning appropriate assertiveness and coping techniques, and teaches them practical strategies for avoidance, escape and ways to seek emergency assistance. This is an important program because, it has been repeatedly identified that, the majority women in conflict with the law have been victims of violence. Sessions held weekly, are two hours in length and are educational and informative in nature. The main objective of the sessions are to educate women concerning the nature and impact of violence and abuse in their lives.

### **Drug and Alcohol Awareness Program**

This program is offered to women in jail with the focus of stopping the cycle of addiction and criminal behaviour. Women have the opportunity to explore the cycle of addiction, examine issues related to abuse and use of drugs and alcohol, and learn about treatment options, and lifestyle changes. There is a connection between substance abuse and crime and by providing women with the opportunity to develop healthy coping skills, the incidence of recidivism will be reduced. The sessions are offered weekly, are two hours in length and focus on increasing the awareness of the link between substance abuse and crime behaviour.

### **Recreational Program**

Volunteers attend and teach arts and crafts to the female inmates at our local institution. This provides an opportunity for the women to express themselves through art. In addition to this program, through partnerships with the John Howard Society, the women have an opportunity to participate in sessions offered at the jail by professional artists. These sessions focus on visual art and creative writing.

### **Volunteer Recruitment and Training**

An essential service to ensure a strong volunteer base. Volunteers receive the necessary orientation and training to provide services such as Court Support and Jail Visitation. Annual training opportunities are also provided for volunteers on specialized topics, as well as, recognition/appreciation and social events.

### **The Elizabeth Fry Transition House**

The Transition House provides transitional shelter for women being released from local

correctional institutions, as well as emergency shelter services for women and families who are homeless or experiencing housing crisis. The twenty-four hour staff provide support, crisis intervention, assessments and plan of care, counseling, information and referrals, and daily residential support and programming.

### **Resource Centre**

The agency maintains a library of publications and videos pertaining to women and the law. Books on women and crime, and many correctional publications can be found in the library.

### **Public Education & Speakers Bureau**

Agency staff responds enthusiastically to the opportunity to teach the public about the role of the Elizabeth Fry Society, agency programs and services, and criminal and social justice issues impacting women. We will address speaking engagements, schools, service clubs, recreational facilities and other community groups. Media contacts, community seminars, displays and other information are provided upon request.

### **Student Placements**

The agency recognizes the need for students to gain practical work experience. Our society accepts student placements from university, colleges and native educational facilities. The areas of study range from social work, law and justice and clerical. This provides an opportunity for the students to learn and acquire skills in a women-oriented agency.

# ONTARIO

## 8. THE ELIZABETH FRY SOCIETY OF TORONTO

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### PROGRAMS AND SERVICES

#### **ON80 – Residential Programs**

The agency operates a transitional residence accommodating 14 women. Residents work toward individual goals and community integration in a supportive and structured environment. The program provides individual and group counselling, life skills, practical assistance and resources. The agency also operates a satellite apartment and assists women in obtaining long-term, affordable housing.

#### **ON81 – Drug and Alcohol Counselling Groups**

Presently there are two groups for women in conflict with the law who have substance abuse problems. Both groups occur on an 8 week cycle for 8 continuous weeks. One group uses a Harm reduction Model and targets women actively struggling with addiction issues. The second group is for women who have previously addressed substance abuse issues and are ready to look at relational and causal factors for their addictions. Individual counselling is also provided.

#### **ON83 – Community Client Services**

Counseling crisis intervention, referrals, practical assistance and life skills are provided to women living in Metro Toronto who are or have been in conflict with the law. A small clothing bank is also available.

#### **ON85 – Institutional Services**

Staff visit the Grand Valley Institution bi-weekly to provide counseling, support, and release planning for women serving sentences of more than two years. In addition, a weekly service for women sentenced under two years is offered at the Vanier Centre for Women.

#### **ON86 – Volunteer Programs**

Volunteers provide direct service to clients through practical assistance, support, life skills and recreation to women in our residence, at court, in the community, and at Vanier Centre for Women. Volunteers are also involved in policy decision and agency direction on the Board of Directors and its committees, in fundraising, at special events, in community relations and public speaking. Volunteer orientation, training, and ongoing support is provided.

#### **ON87 – Community Relations**

Our goal is to inform the public about the agency's programs and services, the client population, and issues affecting women in the criminal justice system by participating in many service and



criminal justice networks and by advocating on behalf of women in the criminal justice system. The agency maintains a reference library specializing in material pertaining to women in the criminal justice system, publishes a newsletter and addresses professional associations, service clubs, church groups, schools and business.

**B.E.S.T. pre-employment program**

This program provides pre-employment support to homeless women in conflict with the law. It includes skills-building and support for women who are not yet ready to work.

**Community Justice Program**

This program offers diversion to those charged with a minor offence such as theft-under at College Park Court and Finch court. It is a part of a larger Community Justice Initiative being offered at court houses across Toronto via a network of community agencies.

**Theft/Fraud Group**

**Partner Intervention Program (a PAR program)**

This group program provides support for women charged in domestic situations. The program is sensitive to the conditions that may have brought the woman in conflict (such as dual-charging, woman abuse etc.)

## ONTARIO

### **9. ELIZABETH FRY SOCIETY OF NORTHWESTERN ONTARIO**

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# QUEBEC

## 1. Société Elizabeth Fry du Québec

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### **PROGRAMS AND SERVICES**

PQ1 – Residential Program – La Maison Therese-Casgrain  
PQ2 – Court Services – Para-legal Assistance  
PQ3 – E.V.E. Program – Stop Shoplifting Program  
PQ4 – Pre- Release Training Program  
PQS – Visits in Prison  
PQ6 – Joliette Prison  
PQ7 – Regionalization  
PQ8 – Counseling and Referral Services  
PQ9 – Food Bank  
PQ10 – "Femmes et Justice" Newsletter  
PQ11 – Documentation Centre  
PQ12 – Research & Projects  
PQ13 – Media  
PQ14 – Public Awareness

# QUEBEC

## **Société Elizabeth Fry du Québec**

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### **PROGRAMS AND SERVICES**

#### **PQ1 – Residential Program – La Maison Thérèse-Casgrain**

Established in 1980, the halfway house offers every day a supportive, supervised environment for up to 25 women who have been incarcerated at Maison Tanguay or Joliette Penitentiary. Women on probation, mandatory supervision and day parole can reside in the house as can women sentenced directly from the court. Support is offered to women who experience drug problems, violence and abuse. Counselling emphasizes employment and education objectives, as well as personal goals. We have also developed a mother-child component. An average of 120 women are serviced every year with a success rate of 73%.

#### **PQ2 – Court Services – Para-legal Assistance**

Provided by 15 volunteers trained to act as para-legal assistants in the Montreal, Laval and Longueuil Court Houses, this service provides support, information about legal proceedings, accompaniment during court procedures, supervision of release conditions, bail supervision, referrals to legal aid and other community resources. An average of 400 women a year have been serviced since 1986.

#### **PQ3 – E.V.E. PROGRAM – Stop Shoplifting Program**

This program is for women who have committed shoplifting offences. It provides individual and group counselling on a 12 week basis to an average of 170 women a year since 1990. The success rate is 97%.

#### **PQ4 – Pre – Release Training Program**

Available to women at Maison Tanguay and at the Joliette Penitentiary, this 30 hour program helps women prepare their social reintegration. It is a support group that focuses on issues such as work, health, emotional and financial security, sexuality, available resources and everyday life management.

#### **PQ5 – Visits in Prison**

Our society visits the women or the inmate committees once a month.

#### **PQ6 – Joliette Prison**

The opening of the new prison for women in Joliette has opened a whole new area of work for us around the citizen advisory committee, service delivery and volunteer work. We are responsible for a pre-release program for women about to leave the prison and we train and coordinate volunteers in a wide range of activities for the women. We also provide an anger

management program twice a week.

**PQ7 – REGIONALIZATION**

Since 1995, we have tackled the REGIONALIZATION of Elizabeth Fry Quebec by establishing links with five cities other than Montreal and Joliette. These are Hull, Sherbrooke, Quebec, Chicoutimi and Rimouski. Although still modest we hope this work will lead to a province wide presence of Elizabeth Fry in Quebec. In 1997, we opened an Elizabeth Fry branch in Sherbrooke to service women in that region.

**PQ8 – Counselling and Referral Services**

Staff receive visitors and answer telephone inquiries from women seeking support and counselling, information, and/or referrals, on a wide range of problems. The McGill University student Legal Assistance clinic gives in house counselling on different issues.

**PQ9 – Food Bank**

We distribute food to ex-residents and community clients donated by 'Moisson-Montreal'.

**PQ10 – 'Femmes et Justice' Newsletter**

The Society publishes a 20 page newsletter twice a year, on women in conflict with the law, which it mails to about 1500 volunteers, donors, members, the media, corrections and criminology professionals, lawyers, judges and community organizations. It is a promotional and informational tool.

**PQ11 – Documentation Centre**

A collection of materials concerning women in conflict with the law and the criminal justice system is opened for consultation at the Society's head office.

**PQ12 – Research & Projects**

Research on the sentencing of women to better know their profile and the sentences imposed; research on homeless women having mental health problems and being incarcerated; research on conditions in prison for women and on the consequences and alternatives to imprisonment.

**PQ13 – Medias**

We answer many requests for interviews and participate in projects such as weekly information programs or documentaries.

**PQ14 – Public Awareness**

Whenever possible, we participate in organizing conferences with our partners in the justice system, insuring that a focus be put on women's issues.

# ATLANTIC PROVINCES

## 1. ELIZABETH FRY SOCIETY OF CAPE BRETON

Executive Director: Darlene McEachern  
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### PROGRAMS AND SERVICES

A1 – Court Services  
A2 – Advocacy  
A3 – Referrals  
A4 – Prison Visits  
AS – Drop-In Centre  
A6 – Special Needs  
A7 – Presentations  
A8 – Individual Problem Solving  
A9 – Student Placements  
A10 – Community Service Orders  
A11 – The Shoplifting Intervention Program  
A12- Aftercare  
A13 – Teen Intervention  
A14 - Information Sessions  
A15 – The "Self" Program  
A16 – The Positive Reaction Series  
A17 – Court Worker Training  
A18 – Volunteer Training

## 2. ELIZABETH FRY SOCIETY OF MAIN LAND NOVA SCOTIA

Executive Director: Jeanette Milley  
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### PROGRAMS AND SERVICES

A19-Information &Referral  
A20 – Pre-Release Planning  
A21 – Social & Recreational  
A22 – One-to-One Volunteer Program  
A23 – Public Education  
A24 – Consultation

A25 – Handbook for Mothers in Prison  
A26 – Confidence in Crafts  
A27 – Community Development  
A28- Elizabeth Fry Drop-In Centre  
A29 – Halifax Correctional Centre  
A30 – Springhill Institution  
A31 – Nova Institution  
A32 – Other Activities

### **3. ELIZABETH FRY SOCIETY OF SAINT JOHN**

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#### **PROGRAMS AND SERVICES**

A44 –Direct Services for Women at Saint JohnRegional Correctional Centre  
A45 – Programs at the Correctional Centre  
A46 – SJ Committee for Federally sentenced Women  
A47 – Atlantic Elizabeth Fry Meeting  
A48 – Advocacy  
A49 – Antishoplifting Program  
A50 – Lobbying  
A51 – Christmas Presents for Children  
A52 – Annual Summer Party

# ATLANTIC PROVINCES

## 1. ELIZABETH FRY SOCIETY OF CAPE BRETON

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### PROGRAMS AND SERVICES

#### **A1 – Court Services**

Staff and volunteers attend Provincial, Supreme and Family Courts on a daily basis to provide support, explain court procedures, assist in obtaining legal counsel and make referrals to appropriate agencies and resources.

#### **A2 – Advocacy**

As a member of the Canadian Association of Elizabeth Fry Societies, we provide advocacy on a local, regional and national level.

#### **A3 – Referrals**

Our staff are experienced at providing referrals to other organizations where appropriate to the needs of our clients.

#### **A4 – Prison Visits**

The Society visits the federal Nova Correctional Facility and the Springhill Penitentiary, once a month to provide assistance to the women in the facilities.

#### **A5 – Drop-In-Centre**

Located in the Society's office, the drop-in-centre, which is open Monday through Friday between 1:00pm and 4:00pm, provides a place for women who are going through divorce/separation, in conflict with the law (or have been), or having family problems – to talk, develop friendships, build interpersonal skills and increase confidence.

#### **A6 – Special Needs**

In addition to court support, the Society refers women to the proper agencies when in need of assistance with housing, groceries, etc.

#### **A7 – Presentations**

Staff of the Society are available to provide presentations on the Society and its programs as well as issues pertaining to the female offender.

#### **A8 – Individual Problem Solving**

These sections are offered to women who are having family problems, or are dealing with emotional stress as a result of a traumatic event. Part of the process is to explore options and make appropriate referrals.



**A9 – Student Placements**

The Society recognizes the need for students to gain practical work experience and endeavours to provide assistance by accepting placements and providing training. Our Society accepts placements from secondary and post-secondary educational facilities.

**A10 – Community Service Orders**

Our society has made our office available to provide both a placement and supervision for women who are required to complete Community Service Orders.

**A11 – The Shoplifting Intervention Program**

A twelve-week therapeutic counselling program utilizing a combination of assessment, one-to-one counselling and group discussion. Through these individual and group discussions, women are able to express their feelings and concerns with other women who have had similar experiences. The program format is composed of 1) assessment 2) individual or group sessions and 3) referrals and support. Attendance is either court mandated, or by self-referral.

**A12 – Aftercare**

A nine-week program dealing with the special needs of women following their terms of incarceration. The sessions cover areas including release and long-term planning, stress and anger management, high risk situations and coping skills.

**A13 – Teen Intervention**

Modelled after the Shoplifting Intervention program, the Teen Intervention Program is designed for females aged 12 to 17. The sessions cover such issues as peer pressure, self-esteem, anger management and sexuality.

**A14 – Information Sessions**

Weekly sessions involve presentations from various community agencies, to further educate women as to what resources are available to them.

**A15 – The “Self” Program**

A twelve-week program designed to enable women to learn more about themselves and their relationship to others. Members meet weekly at the Society office for a two-hour session.

**A16 – The Positive Reaction Series**

A twelve-week program designed to introduce more effective coping mechanisms for anger and stress management, and building self-esteem.

**A17 – Court Worker Training**

The Society offers a twelve-week training session for court workers, consisting of weekly sessions instructions the basics of the criminal justice system, guest speakers including Judges and Lawyers and actual attendance in Provincial and Supreme courts.

**A18 – Volunteer Training**

The Society offers volunteer training sessions.

# ATLANTIC PROVINCES

## 2. ELIZABETH FRY SOCIETY OF MAIN LAND NOVA SCOTIA

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### PROGRAMS AND SERVICES

#### **A19 – Information/Referral**

Trained staff and volunteers provide information about the criminal justice system and referrals to social service agencies to women and female youth at risk and those in conflict with the law.

#### **A20 – Pre-Release Planning**

Through regular visits to the Central Nova Scotia Correctional Centre and Nova Institution for Women staff help incarcerated women plan for their release. Plans often include housing, financial assistance, education and employment opportunities.

#### **A21 – Social/Recreational**

Elizabeth Fry volunteers visit the women at the Central Nova Scotia Correctional Centre and provide a weekly Bingo, with prizes donated by the community and the Elizabeth Fry Society. Volunteers also visit on one other night to support women with recreational activities such as movie night or craft night.

#### **A22 – One-to-One Volunteer Program**

This program matches women coming out of the Central Nova Scotia Correctional Centre and the Nova Institution with a trained volunteer, to provide emotional and practical support as they re-enter their community.

#### **A23 – Public Education**

Presentations are given to interested groups on topics related to women in conflict with the law.

#### **A24 – Consultation**

The Society is available for consultation on community agency and government programs and policies.

#### **A25 – Handbook for Mothers in Prison**

A booklet which helps address concerns mothers who are incarcerated have about parenting long distance.

#### **A26 – Community Development**

The Society works with other organizations to develop and implement programs relevant and accessible to women at risk in the community.

**A27 – Elizabeth Fry Drop-In Centre**

Open from 8:30am to 4:30pm, the centre is a safe place for women to relax and get information, referrals, and assistance with advocacy etc. The centre offers many programs including Anger Management, Healthy Relationships, Personal Boundaries, Assert yourself and Stoplifting. The Resource centre offers books, videos, journals, newspaper clippings, reports on women, and social and criminal justice issues.

**A28 – Central Nova Scotia Correctional Centre**

The society offers a number of programs. One-to-one pre-release planning is offered. In addition, the society has bingo nights every Thursday nights. Movie or Craft night is offered on Sundays nights. Lastly, a One-to-One Program is available which matches up a supportive volunteer with a woman coming out of the correctional centre.

**A29 – Nova Institution**

At the Nova institution, One-to-one Pre-release Planning and advocacy is offered twice a month.

**A30 – Other Activities**

Other activities include public education, advocacy: broad and individual research and community development.

# ATLANTIC PROVINCES

## 3. ELIZABETH FRY SOCIETY OF SAINT JOHN

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### PROGRAMS AND SERVICES

#### **A44 – Direct Services for Women at Saint John Regional Correctional Centre**

These services include weekly educational/craft/entertainment programs presented by volunteers. In addition, bi-weekly meetings are conducted using Elizabeth Fry programs on abuse, shoplifting, general discussion topics. Monthly Bingo nights are also conducted as is individual counselling of women prisoners, as requested. The women are also provided with winter and maternity clothing as well as money for bus fare and emergency supplies.

#### **A45 – Programs at the Correctional Centre**

These programs allow us to get to know women awaiting federal sentence/transfer to Nova Institution, sometimes resulting in correspondence and continuing close relationships even beyond their prison and parole status.

#### **A46 – SJ Committee for Federally Sentenced Women**

Participation in these meetings provides opportunities to meet with government and private agency personnel to share concerns about women who are at Nova Institution or about to be transferred to Truro.

#### **A47 – Atlantic Elizabeth Fry Meetings**

Attendance at meetings of the Atlantic Elizabeth Fry Societies allows input into issues concerning our region and our relationship with CAEFS.

#### **A48 – Advocacy**

Membership by two members of SJEF in the Citizens Advisory Committee for Parrrtown Centre, a residential facility of the Correctional Services of Canada gives occasion to raise awareness of the needs of convicted women and the inequities that exist. Some EF members are involved in local programs that help to bring the focus on rehabilitation of addicted women in prison. Public meetings with special speakers are held annually to inform the public about the work of our society and issues related to women in conflict with the law. The president and other members have spoken in churches and women s groups, on radio and television. Participation by community professionals in the weekly program at SJRCC leads to greater public understanding of the lives of women behind bars, as well as giving the women valuable information and skills.

#### **A49 – Anti-shoplifting Program**

The anti-shoplifting program developed by the John Howard Society, presented in 23 schools to

28 classes of grade- five students in the spring of 1997, was a worthwhile contribution to the local community, with possible future beneficial effects in the provincial and federal prison systems by preventing some children from shoplifting and thereby “graduating” to major crimes.

#### **A50 – Lobbying**

Lobbying for improved conditions for women prisoners in the provincial jail has always been a major mandate of our society. There is generally serious over-crowding, even up to 20 women in the unit of 12 cells, each intended for one person, which means that one of the occupants must sleep on a mattress on the floor. The lives of the women were further disrupted by being moved to another unit due to the influx of young offenders, whose violent behaviours created for inmates and staff a very stressful and chaotic environment -- a situation which was ameliorated considerably, but the overcrowding remains. Thus, we intend to intensify our efforts to lobby the government to establish a separate facility for provincially sentenced women, as they are now doing for young offenders.

#### **A51 – Christmas Presents for Children**

An annual request is made through letters to the editor of the newspaper for financial help in providing Christmas presents for the children of incarcerated mothers. The women give us a list of their children, including their sex and ages, with gift suggestions for each. After the gifts are purchased, the mothers wrap them, and keep them until they go home. If they are not being released for the holidays, we mail the parcels to diverse points in Canada. We also obtain gifts to be distributed at our annual Christmas party, where the women are feted with treats and entertained by a professional musician. Some of the women will join in and sing for the group.

#### **A52 – Annual Summer Party**

Our annual summer party is held at the Correctional Centre at the end of June, with food and entertainment and presents. Next August we plan to have a picnic at the cottage of one of our members, hoping that a number of the women in the prison will be allowed to go.