Horizons is a 4-month pre-employment program for women. It is a personal journey of moving towards connection, purpose, valuing self and becoming a productive member of the community. The program consists of workshops and one-to-one meetings with a case manager.

The program assists women in rebuilding their self-esteem, recognizing how past or present trauma or abuse is affecting their ability to move forward and becoming aware of personal choices and skills. Women also learn job search, job maintenance and interview skills.

This year Horizons instituted a continuous intake process. Women can come directly to Horizons at any time to enroll in the program. Thirty-eight new women joined the fifty-six women already in the program.

Horizons’ collaboration with Global Vocational Services and the BC Employment Program continued this year. With more secure funding in place, Horizons added data entry hours and is looking at increasing facilitator hours in the near future.

The success of the Horizon’s program is decided not by just one particular outcome like employment but by the degree to which women move forward in their lives. Some women gain enough self-esteem to move on from an abusive relationship. Some find the right amount of support to assist them to change life threatening lifestyle choices. Some women increase confidence, communication skills and stability which enables them to get their children back from government care. All participants find they have more skills than they ever imagined.

During the past year, some women found a place in the workforce. Others are in the early stages of making new career choices. We’ve had a few graduates start training and schooling programs. One woman is beginning to investigate starting her own business.

No matter what path a women takes along her journey, Horizons’ continues to support her as she finds her voice and explores her truth.

Brenda Berard
Supervisor Horizons Program

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.”

Maya Angelou
93 participants in the Horizons program this year

37 client cases closed

56 ongoing clients

16% achieved sustainable employment
As a young child I experienced serious trauma and abuse in my home. To escape the violence, I left when I was a teenager. I ended up living on the streets of Victoria and Duncan. It was tough.

Eventually I was referred to Cowichan Women Against Violence Society and the Horizons Pre-Employment Program. At first I struggled wondering if I needed the services they provided. I told myself, “I’m not that woman. I’m not abused. I’m not a victim. Other women need these kinds of services, not me.” I found it hard to trust that I was deserving of help and support. I chose not to participate.

A year or so went by. I was still struggling in my daily life and living with a partner who abused me physically and emotionally. I had odd jobs, but I had a hard time keeping those jobs. I knew that something had to change.

I decided to go back to Horizons for help. Maybe if I could get a job and keep it, I could support myself financially and get out of the crazy situations I always seemed to be in.

At first, I wasn’t interested in taking part in the group workshops. I found it difficult to deal with people. I started with one to one sessions with a caseworker and did a series of workshops at my own pace. I learned through this process that I had a lot of skills from working all those odd jobs. I realized that I was a hard worker, that I worked well on my own.

Eventually, I joined the group workshops. I learned that my experience of abuse and violence as a young child and during my time on the street affect the way I relate to others. I found new ways to cope with situations that might come up at work. I started to trust myself, to believe in myself. I could do this. I was worth it. I also made friends. I still meet with one or two of the women from Horizons every once in a while.

With help from the Horizons program I was able to create a business idea and develop a business plan. I’m currently participating in a self-employment program and am in the beginning stages of running my own business.

I really believe that Horizons played a huge part in saving my life. I learned that I was deserving of the help and support, that I had a lot of skills and that I could change my life. And I’m doing it!

Former Horizons Client
C WAV Society’s Social Action Committee’s goal is to raise awareness and educate the public by engaging the community and working with individuals and agencies to reduce gender based violence.

This year, Social Action helped to organize One Billion Rising, a dance flash mob in the city square that is part of a global initiative to highlight the extent of violence against women. The same day, we supported the annual celebration of International Women’s Day.

We sponsored the film It Was a Woman on childhood-sexual abuse at the Aboriginal Film Festival and co-sponsored a screening of a documentary on human trafficking in Canada called Red Light Green Light. Volunteers assisted at Duncan schools and at the community engagement event for the RCMP-sponsored BC Lions’ Be More Than a Bystander events.

In 2014, we initiated a made-in-Cowichan version of the international Clothesline Project. This project used art and the words of victims and anti-violence activists on t-shirts to promote safety for women. Clotheslines were hung at several venues in the community during Prevention of Violence Against Women Week in April, and at the VIU campus during “frosh week” in September.

Our second annual Purple Lights Campaign (November 25 to December 10) brought the international 16 Days of Activism Against Gender-Based Violence to the Cowichan Valley. During the 2014 campaign,

- CWAV hosted a community workshop to address issues of victim blaming, men as allies and community responsibility.
- Cowichan Valley residents and businesses participated by substituting purple lights for traditional Christmas lights to support the message that violence against women is unwelcome in our communities.
- CWAV decorated a tree with purple lights and anti-violence messages in Duncan’s annual Community Christmas Tree Forest.
- CWAV organized the annual December 6 vigil for the National Day of Remembrance and Action on Violence Against Women.

Together Against Violence Community Workshop
As our financial report illustrates, Cowichan Women Against Violence is in good shape. The positive financials disguise, however, ongoing vulnerabilities and challenges for the Society. While we have fairly stable and predictable funding in three of our four programs, there is no room for error. In the past, each program has been bumped from funder to funder.

In 2012, Somenos House was shifted from a ministry to BC Housing Corp. We enjoy working with this Crown Corporation. They are more flexible in responding to problems, something which is helpful when dealing with an older house.

Also in 2012, employment services in BC were privatized. Horizons Pre-Employment program became a subcontractor to Global Vocational Services. During the last year, we started to feel more secure with this model. Thinking in terms of fee-for-service has changed our services but not our commitment to assisting women overcome multiple barriers to employment.

Our WAWAV program is funded through contracts with the Ministry of Justice (MOJ). Some of that funding, like our Children Who Witness Abuse (CWWA) counselling falls short of what we provide so we supplement those funds from donations. The BC Government believes all contracts should be awarded through a competitive bidding process. In the next year, we expect MOJ to issue a Request for Proposal for Stopping the Violence counselling, Community Based Victim Services and CWWA counselling. Uncertainty about how the contracts will be awarded contributes a sense of vulnerability in this program.

Safer Futures has never had core funding and is dependent on short and longer term grants. This year both of our major grants came to an end and we are on the hunt for new money to allow the program to continue.

**CWAV SOCIETY**

**Statement of Revenues and Expenditures**

**Year Ended March 31, 2015**

**REVENUE**

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<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Government funding</td>
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<tr>
<td>Non-government funding</td>
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<td>Miscellaneous</td>
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<td><strong>Total Revenue</strong></td>
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**EXPENSES**

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<th>Amount</th>
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</thead>
<tbody>
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<td>Advertising</td>
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<td>Amortization</td>
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<td>Audit and legal</td>
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<td>Automotive</td>
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<td>Bad debts</td>
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<td>Bank charges and interest</td>
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<td>Contractual services</td>
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<td>Equipment rentals</td>
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<td>Food and supplies</td>
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<td>Honoraria</td>
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<td>Insurance</td>
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<td>Office</td>
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<td>Program</td>
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<td>Property taxes</td>
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<td>Rent and utilities</td>
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<td>Repairs and maintenance</td>
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<td>Staff development</td>
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<td>Telephone</td>
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<td>Travel</td>
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<td>Wages and benefits</td>
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<td><strong>Total Expense</strong></td>
<td>1,256,173</td>
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**EXCESS OF REVENUE OVER EXPENSES**

<table>
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<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td></td>
<td>$ 61,751</td>
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</table>

*As prepared by Hayes, Stewart, Little and Company*
“I have been volunteering at Cowichan Women Against Violence Society since 2004, helping out at events as needed. This year, I’ve helped with the annual photo contest and the 16 month photo calendar. It’s important to me to volunteer because I feel it’s a great way to give back to my community.”

Stephanie Ferris, Volunteer

“The biggest reason I volunteer at CWAV Society is to offer safety, understanding and reassurance to women and children who are in an abusive situation. The other is I had a friend I went to college with who was killed by her boyfriend.”

Heather Barker, Volunteer
Cowichan Women Against Violence Society sincerely thanks its funders, government partners, local organizations and community businesses who have contributed to help fund our Society as it provides a supportive environment to women and children who have been affected by abuse.

**Funders and Government Partners**
- BC Housing Corporation
- Canadian Women’s Foundation
- Canadian Women’s Ride Day Foundation
- City of Duncan
- Cowichan United Way
- Cowichan Valley Regional District
- District of North Cowichan
- Global Vocational Services
- The Home Depot Canada Foundation
- Ministry of Children and Family Development
- Ministry of Justice
- Royal LePage Shelter Foundation
- Status of Women Canada
- University of British Columbia
- Vancouver Foundation
- Victoria Foundation

**Organizations**
- BC Regional Council
- Beta Sigma Phi
- Boggy Babes
- Christian Science Society – Duncan
- Clements Centre Society
- CMHA U Fix It Bike Works
- Cobble Hill Women’s Institute
- Community Flower & Garden Show
- Cowichan Bowmen
- Cowichan District Hospital - Housekeeping
- Cowichan District Hospital - Nursing

“Deeds of giving are the very foundations of the world.”
~ Pirkei Avot 1:2
Cowichan Family Life Association
Cowichan Fly Fishers
Cowichan Green Community
Cowichan Intercultural Society
Cowichan Rocks
Cowichan Valley Garden Club
Cowichan Valley Heritage Quilters
Cowichan Valley Highland Dance Society
Cowichan Valley Shrine Club
Danse Oriental
Duncan A.O.T.S Club
Duncan Probation
Duncan United Church
Duncan Volunteer Fire Department
Girl Guides of Canada
Girl Guides of Canada - Pathfinders
Fraternal Order of Eagles #4400
Handmade Hugs
Kiwanis of Duncan
Louisa Mission Ladies
Mill Bay Garden Club
Mill Bay Plantaholics
Provincial Employees Community Services Fund
Queen Margaret's School
Royal Canadian Legion Chemainus Branch
Royal Canadian Legion Malahat Branch
Shawnigan Quilters
Shimmy Mob Productions
St. Edward’s Catholic Women’s League
St. John the Baptist Anglican Church
St. Michael's Parish - Duncan
St. Peter's Mothers' Union
St. Peter's - Quamichan
Sunset Chapter 44 Order of the Eastern Star
Thetis Island Shimmy Mob Team
United Way of the Lower Mainland
Wedgewood House Knitwits
Young Seniors Action Group Society
Country Grocer - Cobble Hill
Country Grocer - Nanaimo
Country Grocer - Lake Cowichan
Duncan United Church Red Door Thrift Store
Festubert Family Practice
Gordon Closson Fencing
Island Return It Depot
Island Savings Credit Union - Cowichan Commons
La Petite Auction House
Lake Dental Health Centre
LegArt
McKinnon & Germann Inc.
Mill Bay Pharmacy Ltd.
Pet Smart – Duncan
Pot of Gold Coffee Roasting Co.
Save On Foods – Duncan
Seaside Computers
Scotiabank – Duncan
The Old Farm Market & Deli
Thrifty Foods – Duncan
Uforik Computers
Westcoast Roar
Winner’s - Duncan
WrenchMasters Automotive Repair

**CWAV Society also thanks the many individual donors who have supported us in the past year.**

**CWAV Society apologizes for any omissions. We appreciate all contributions and we want to acknowledge your generosity. Please let us know if we missed you and would like to be added to the list.**
fuel up at Peninsula Co-op use account #48047

pick up a Thrifty’s smile card

get involved volunteer

WAYS YOU CAN HELP
more info @ www.cwav.org

get informed

attend a CWAVS event
join the CWAVS board

Cowichan Women Against Violence Society
#103–255 Ingram Street
Duncan, BC V9L 1P3
250-748-7000
www.cwav.org
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$1,000 make a difference donate

drop off your Country Grocer receipts

donate your refundables to CWAVS at Island Return It Depot

911 donate your retired cellphone