



“Welcome to the Neighborhood”

Tim Horton’s is a valued partner of the Women’s Outreach and sponsor of our

“Drive To” Campaign

This **Educational Awareness** campaign provides us with the opportunity to meet with the community to create a greater understanding of not only our agency, but also serves to open the dialog with regard to domestic violence and its impact on our community.



Individual or corporate donations are greatly appreciated.

Call us to book your next coffee break.

Community Partnerships

TOGETHER – CHANGING LIVES

The Women’s Outreach is proud to be a part of a community that collectively uses energy, talent, knowledge and resources to find solutions to important community issues.

Funded programs touch thousands of lives. Together, we provide opportunities that help people make the transition to a better life.

By making a donation to the Women’s Outreach you help to strengthen the lives of women and their families in central Alberta.

Let us Introduce Ourselves!

The Women’s Outreach Society strives to improve the safety, social and emotional needs of women and their families through one-on-one discussions, information, and public awareness.



We are dedicated to helping women who have chosen to pursue and achieve a safer, healthier, and more secure life for themselves and their families.

Contact us at:

**403-347-2480 or
toll free: 1-866-347-2480**

or on the web at:

www.womensoutreach.ca

Or visit our office located at :

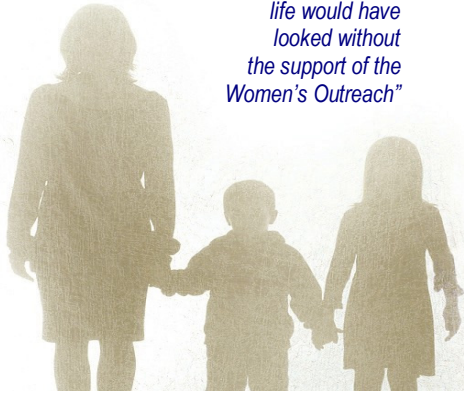
4808- 51st Avenue
RED DEER, AB
T4R 4H3

The Central Alberta Women’s Outreach is a proud member agency of the Central Alberta United Way.

WOMEN’S OUTREACH PROGRAMS & SERVICES



"I cannot imagine how the past year of my life would have looked without the support of the Women's Outreach"



Outreach Workers assist with ...

Supporting women and families experiencing domestic abuse/violence, difficulties in meeting their basic needs and identifying barriers to reach their personal goals.

- Supporting individuals and families in identifying their needs and concerns
- Accessing support services related to individual needs
- Supporting women and families experiencing the effects of domestic abuse/ violence
- Legal Support
- Supporting women who are leaving the Women's Emergency Shelter
- Crisis Intervention
- Meeting basic needs

What is right for you?

Programs and services are offered to ensure that initiatives make the best use of our resources and that we meet four main targets:

- To provide support to the individual
- To assist women & children dealing with poverty
- To provide access to safe and affordable housing
- To provide legal support services

Helping Women and their Families Succeed

Women's Outreach offers referral and educational services, individual support, and program support to women to assist them in accessing, securing and developing the resources they need to achieve their individual goals.

Programs

BOUNDARIES

This programs objective is to provide information and resources to women seeking to break the pattern of unhealthy relationships

WOMEN'S DROP IN GROUP

This "DROP-IN" group session provides education and support to women who are, or who have been involved in abusive relationships. A critical component of this program is allowing time for women to share their stories

OUTREACH

Provides support to women and families in Red Deer and various rural communities who may otherwise not have the resources

DOMESTIC VIOLENCE SUPPORT

Program focus is on ensuring safety for families experiencing domestic conflict. Domestic Violence Support workers can help with: safety planning, emotional support, and provide information about abuse, healthy relationships and more.

JULIETTA'S PLACE

A 10 unit affordable housing unit for women and their children who are leaving domestic violence and abusive situations.

SAFE VISITATION

Allows children to visit with their non-custodial parent in a neutral environment that limits conflict in family violence situations.

MONITORED EXCHANGE

This program facilitates the exchange of children between parents according to parenting agreements where there has been a history of domestic violence.

KID POWER

Designed for parents and their children ages 19 months to 11 years who have witnessed domestic violence, this program's focus is to provide participants with information and tools to break the cycle of abuse.

Services

R-OWN FOOD COOP

Assists in purchasing quality food at a low cost to members. Yearly membership is \$5.00.

HOUSING SUPPORT

Support information and referrals to individuals and families in search of safe and affordable housing.

LEGAL SUPPORT

Referral and assistance to those individuals who are engaged in the legal process

DROP IN DAYCARE

Children learn and develop positive social skills in a safe and caring environment. Priority is given to those parents who are accessing our services

POST SHELTER SERVICES

Outreach Workers provide direct support to women residing in the Women's Shelter.

"KID POWER gave back my power as a parent.

It gave my children back a voice"

Special Projects

Throughout the year we undertake several projects to assist those most in need:

TOOLS FOR SCHOOL

Assists children returning to school with grade appropriate supplies and backpacks

ADOPT A FAMILY

Assists in helping single parents, who would otherwise be unable, to provide the kind of Christmas they would like for their family.

PERSONAL CARE

The month may be longer than the pay cheque for many of our clients. We provide items like shampoo, conditioner, toothpaste, toothbrush, soap, combs, hygiene items to help them through.



We are with you every step of the way ...

Change is a process and does not happen in a short timeframe. Our programs and services will provide you with the necessary support to facilitate a change for a lifetime and will provide you with the tools to assist you in making the best possible decision for you and your children.