

2022-2023

Sage Haven Society

ANNUAL REPORT





We acknowledge the Traditional custodians of the unceded lands and waters of the Tseshaht and Hupačasath on which we live and work.

We pay our respect to Elders past, present and emerging.

We respect the cultural strength, knowledge and richness of the Tseshaht and Hupačasath peoples.

We embrace diversity and are committed to working collaboratively with Tseshaht and Hupačasath peoples, organizations and communities.

We acknowledge your right to self-determination and we will stand beside you.



BOARD OF DIRECTORS

Chris Alemany
PRESIDENT

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DIRECTOR

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DIRECTOR

Jennifer Gallic
DIRECTOR

A MESSAGE FROM CHRIS ALEMANY CHAIR, BOARD OF DIRECTORS

This past year has been one of transition and growth both in the community and here at Sage Haven Society. It will soon be a full year since we changed our name from Alberni Community & Women's Services to Sage Haven and the transition of everything from websites and emails to signs, community events and correspondence is complete! I want to thank everyone at Sage Haven who has taken on this transition with vigour and excitement while still providing the first class care and attention our clients and the community needs and has come to expect from this organization.

Even though this year has been one of economic hardship and turmoil for an even greater number of people, the community, our donors and volunteers have come out and supported Sage Haven generously. Whether it was from the Golf tournament last Summer or Coldest Night this February; whether it was from personal donations or anonymous benefactors; whether it was from steadfast and continuing Government funding or local companies making generous ongoing donations to our services, the support we receive as an organization is deeply appreciated and is critical to the success of the important programs and services that we provide the community.

One especially important aspect of this year has been the ongoing efforts of Tseshaht First Nation to investigate the site of the former Alberni Indian Residential School. Sage Haven Society, its staff, board, and volunteers, want to continue to extend our love and support to Tseshaht and Hupacasath First Nations and all First Nations members of the community as we all walk on a path of healing from this ongoing inter-generational trauma. We recognize the role we must play as an organization to help that healing and we strive to lift up all the survivors and families in our thoughts and actions every day.

The next year will see Sage Haven open Second Stage Housing, increasing the level of support we will provide for those fleeing domestic violence, abuse, or gender based violence. We are very excited to have this long waited and needed project come to fruition with the support of BC Housing, and the City.

Thanks to our wonderful staff, our incredible Executive Director Ellen Froud and our amazing Board of Directors including our newest members Jennifer Gallic and Julie Borina. Working together I know the next year will again be fruitful and important.

A MESSAGE FROM ELLEN FROOD

EXECUTIVE DIRECTOR

We are strong because of you...

...because when you get right down to it, our work is about being there for others when they need someone. Our sector is made up of people who are helpers, who welcome sharing both joy and pain, and who want to work together to make things better for others. Sage Haven Society is increasingly relevant and strong and effective because of our connections, because of our compassion, because of the way we work together and...because of you.

As we close another successful year, I extend a very hearty thank you to all that have contributed their time and efforts towards ensuring the wellbeing, health and safety of our clients and staff. While this past year has seen significant relaxation of pandemic restrictions and a normalization of operations, the instances of family violence have seen a notable increase. Our services continue to be in high demand.

When we began this fiscal year, we had high hopes the pandemic was behind us and we could focus on returning to our normal service delivery. Instead, the year continued to bring many challenges for our organization, our partners, our staff and especially for the families and individuals we serve. We continued to implement COVID-19 safety processes and procedures to ensure we were adhering to health safety needs along with keeping our families and individuals safe from intimate partner violence.

With a skilled and dedicated leadership team firmly in place, we continued to develop and examine our policies and procedures. Additionally, the Board completed a three-year Strategic Plan which was implemented January 2023 and updated our statement of purpose and vision to align our feminist values in the work we do in the community. We are committed to ensuring our work supports women and gender diverse people, advocates for systems change, and follows the principles of reconciliation and diversity, equity and inclusion.

Early in 2022 we changed our name and created a new look. Rebranding has been a great experience and our logo is vibrant and symbolic of our roots in the ground with beautifully coloured leaves representing our diversity. Our new name, Sage Haven Society, aligns with our values and what we offer... 'sage' – knowledge and wisdom and planting from the earth, and 'haven' – exactly that...we are a haven to all who reach out.

Once again, support through our funders, grants, donations and fundraising efforts has been amazing! It helps us deliver programming and ensure our clients have everything they need to move forward with lives free from violence. We were excited to bring back our Coldest Night of the Year event in February 2023 as a live event. And what an event it was...our best year ever, raising over \$45,000!

I cannot write this report without mentioning our Second Stage Housing project. Construction started in the fall of 2022 and we expect completion and occupancy later in the fall of 2023. This complex will have a mixture of studio, one, two, and three bedroom units – 22 in all. This project would not be possible without the contributions from the City of Port Alberni and BC Housing.

To our donors, supporters, community partners and volunteers, your time, commitment, and dedication make all the difference to keeping our families safe.

To our dedicated and passionate team, thank you for your hard work, professionalism, humility, and respect.

To our Board, thank you for providing your time to ensure our strategic direction is clear and we are on track to achieve our goals. We are excited about the future of Sage Haven Society and will work to continue our Vision to create a safe and inclusive community free from violence, inequality, and injustice.

Violence against women is both a symptom and a cause of gender inequality and a barrier to its achievement. We look forward to a year ahead of continued connections, providing life-changing support and tangible resources to survivors, and making social changes to enhance safety, equity, and well-being for all members of our community.

We are on a journey of reflection and growth to ensure our services are accessible, safe and fair for all people who are experiencing intersections of disadvantage, experience of colonization, gender-based violence, racism or homophobia.

Because of you we can continue this journey.

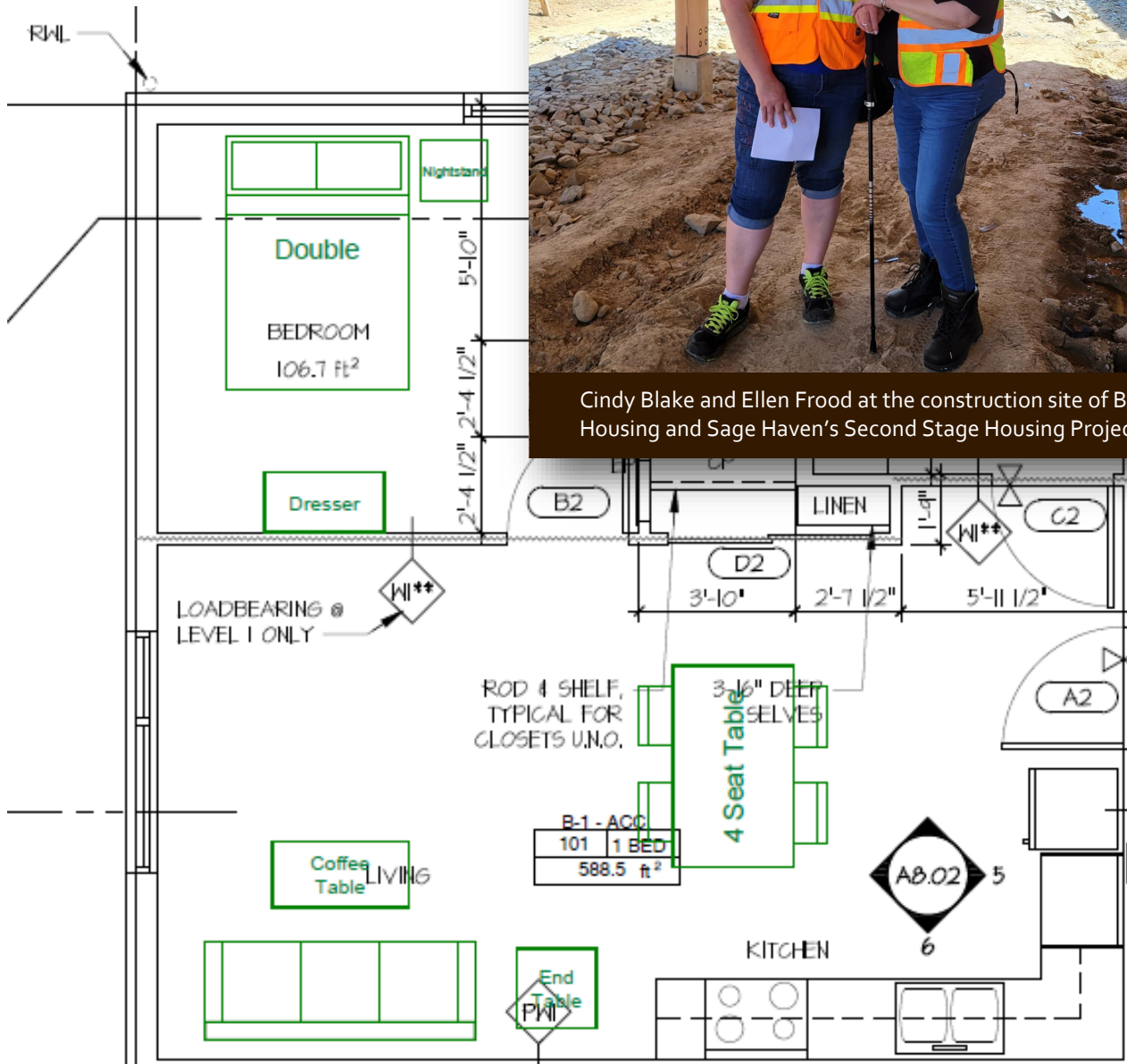
Thank you!

Ellen Froid

Ellen Froid



Cindy Blake and Ellen Froid at the construction site of BC Housing and Sage Haven's Second Stage Housing Project.





ANNUAL STATISTICS

2,205

BED STAYS

1,127

ADULT BED STAYS

1,078

CHILDREN BED STAYS

96

WOMEN CLIENTS SERVED

68

CHILDREN CLIENTS
SERVED

115

WOMEN & CHILDREN
THAT WERE ACCEPTED
BUT DID NOT SHOW UP

414

WOMEN & CHILDREN
THAT WE WERE NOT
ABLE TO HOUSE AT
TRANSITION HOUSE

164

CRISIS PHONE CALLS

44

FULL HOUSE NIGHTS

TRANSITION HOUSE

Transition House is core funded for eleven beds by BC Housing. We also gratefully receive donations from service organizations and private citizens.

The Transition House supports women and their children who are at risk of violence or have experienced violence, by providing access to safe, secure, and confidential services, including information and supports for decision-making, short-term shelter or housing, referrals to other services and links to affordable housing. All women are eligible for the program services regardless of ethno-cultural background, religious beliefs, physical ability, health, mental wellness, social context, sexual orientation and/or gender identity.

Women who are referred to services but do not reside at Transition House are provided initial contact services including an immediate safety assessment, short-term plan for safety, emotional support, and referrals to alternative and appropriate resources.

We are now working in a post COVID-19 environment. We are still struggling with the comfort levels that clients have towards the communal setting of Transition House. The choice to mask or not has been an ongoing topic and we have left that to the clients. We try to adapt to the needs of our clients and have readily available PPE for staff and clients.

Homelessness has surged greatly in our community. Families are being displaced from the rising real estate market. Market prices of rentals are at an all-time high and limited in numbers. We are finding that families are more often staying longer than the recommended 30-day program. The current housing shortage and high cost of rentals are the biggest hurdles that clients must face to find safe and affordable housing in our community. This can also deter some from leaving their abusive situation.

I believe Transition House services and our staff have a positive impact on the clients we serve through the supports we offer which includes: respecting clients right of choices; brainstorming options with clients to be able to make informed decisions; our pet friendly policy that keeps a client connected with their beloved fur babies; referrals to housing options and; support services within Sage Haven Society and the greater community.

Transition House staff have been working diligently on the new training requirements set out by BC Housing for all houses. We continue with upgrades where needed at the Transition House such as rooms being painted and appliance replacement.

Our statistics have increased greatly over last year. We attribute this to the impacts of the COVID pandemic and our current housing crisis. The number of bed stays of children rose 578%. Last fiscal year, there were 159 bed stays. In 2022/23, that number increased to 1,078.

I would like to thank our funders, our Board Members and our Executive Director, Ellen Frod for all their dedication and work done so we can offer services to those at risk of violence.

CINDY BLAKE
MANAGER OF HOUSING

“ I am not what
happened to me, I
am what I choose to
become. ”

— CARL JUNG





FUNDRAISING & DONATIONS

\$91,698

FUNDRAISING & DONATIONS

\$62,248

IN-KIND DONATIONS

\$153,946

TOTAL

FUNDRAISING & DONATIONS

Because of you we had our best Coldest Night of the Year Event ever! A huge thank you to our sponsors, walkers, donors, and volunteers who made this event a success. We walk again February 24, 2024. Please join us.

Because of you, your generous donations and fundraising efforts, we have been able to make a difference in the lives of people in our community who have been affected by gender-based violence.

Because of you, we have been able to provide necessities of furniture, clothing and household items to women and children fleeing violence and rebuilding their lives.



CAROL HANSON

Administration Support / Fundraising Coordinator

WE CAN DO SO MUCH MORE BECAUSE OF YOU



BECAUSE OF YOU OUR COMMUNITY WILL BE A BETTER PLACE

Sage Haven is unflinching in its commitment to build stronger communities and provide services and support to those in need. We are excited about the future of Sage Haven and will work to continue our vision to create a safe and inclusive community free of violence, inequality, and injustice.

WE ARE STRONG **BECAUSE OF YOU**

The instances of family violence have seen a notable increase and the services and shelter we offer at Sage Haven continues to be in high demand. Our core belief is building safe and healthy communities and our work is life changing. Sage Haven is increasingly relevant, strong and effective because of our connections, because of our compassion, because of the way we work together, and because of you.

ANNUAL STATISTICS

TYPE OF OFFENSE REFERRED TO OUR AGENCY

177

INTIMATE PARTNER VIOLENCE / ASSAULT / ABUSE

61

SEXUAL ASSAULT / EXPLOITATION

36

OTHER ASSAULTS/ CRIMINAL HARASSMENT

34

OTHER CRIMINAL INCIDENTS

74

OTHER (NON-CRIMINAL)

382

TOTAL

CLIENTS BY GENDER

335

FEMALE

25

MALE

5

OTHER

365

TOTAL

COMMUNITY-BASED VICTIM'S SERVICES

Community Based Victim Services (CBVS) provides critical incident response, emotional support, practical assistance and referrals, criminal justice information and safety planning to women, men, youth, and children in the Alberni Valley and Bamfield who are victims of family and sexual violence.

- Victims of violence in relationships (adult, youth, or child)
- Victims of sexual assault
- Victims of criminal harassment
- Victims of child abuse/assault (both physical and sexual)
- Adult survivors of childhood abuse (both physical and sexual)
- Child witnesses of family violence

CBVS ensures victims voices are heard in the criminal justice system such as what they would like to see for the person who has caused harm.

CBVS provides transportation to court and other related meetings and appointments; facilitates court orientations, trial and sentencing preparation; accompanies victims to interviews with the RCMP and judicial hearings; updates victims of the status of investigations and court proceedings; assists with forms such as Protection orders, Victim Impact Statements, Crime Victim Assistance applications and Victim Safety Unit registration; takes 3rd Party reports for sexual assaults; gives out emergency phones; creates safety plans in conjunction with the client; and refers victims to other programs and agencies for continued support.

PROGRAM STATISTICS

From April 2022 to March 2023 there were 382 reported incidents. The CBVS program received 365 new client referrals compared to 309 last reporting year. Often multiple people are impacted by one incident. Non-criminal files continue to rise from 52 last reporting year to 74 files this year. These non-criminal files often evolve into issues that are criminal in nature. Sometimes there are family support files that require obtaining Family Law protection orders.

SUMMARY

COVID-19 restrictions have ended and we are back at full capacity! CBVS organized a working trip to Bamfield in the summer of 2022 with the hopes of making regular trips to our service area. We were able to coordinate with local service providers such as VIHA-Outpost Nursing Station, Bamfield Community School and community members. We were very well received and able to connect and provide service to those who have barriers to coming into Port Alberni.

CBVS was able to give back to the community through education and hosting a North Island College practicum student for 90 hours. The student was able to job shadow many aspects of Victim Services by attending court, meeting with clients, advocacy, setting up emergency phones and day-to-day operations.

CBVS attended a two-day Justice Forum in Parksville on programming through an Indigenous lens. Many Nuu-chah-nulth chiefs, counsellors, victim services, probation, restorative justice groups and community members came together to discuss program creation for those who have caused harm.

Community Based Victim Services continues to thrive through the amazing community collaborations made.

SARAH HENSHALL
PROGRAM COORDINATOR

“ Accept
no one’s
definition of
your life;
define
yourself. ”

– HARVEY FIERSTEIN





ANNUAL STATISTICS

270
INDIVIDUAL SESSIONS
FOR CHILDREN & YOUTH

129
INDIVIDUAL SESSIONS
FOR CAREGIVERS

76
REFERRALS RECEIVED
FOR CHILDREN & YOUTH

55
REFERRALS RECEIVED
FOR CAREGIVERS

P.E.A.C.E. PROGRAM CHILDREN'S SUPPORTIVE COUNSELLING

The PEACE (Prevention, Education, Advocacy, Counselling, & Empowerment) program provides individual and group counselling for children and youth between the ages of three to 18 who have witnessed violence and abuse.

The PEACE Program Counsellor uses a psycho-educational approach in their work to achieve the following program goals:

- To support children and youth to feel safe, respected, valued, and heard,
- To support parents/guardians to feel respected, empowered, confident, and effective,
- To support children, youth, and caregivers to develop healthy and respectful ways of connecting with one another,
- To reduce isolation, and let children and youth know that they are not alone,
- To identify and develop safety skills and strategies,
- To support emotional health and self-esteem,
- To view emotions and responses not as pathological, but rather as a natural response to traumatic events,
- To help children and youth identify and manage their emotions,
- To provide strategies to help children and youth cope with and minimize responses, including healthy ways of expressing anger,
- To foster hope by reminding children and youth of their abilities, and how they have used strategies and resistance in the past to successfully cope with adversity,
- To offer reassurance that the child's/youth's reactions are natural under the circumstances,
- To provide outreach in schools, focused on violence prevention,
- To develop understanding of violence against women and girls.

If the COVID-19 pandemic has taught us anything, it's that children and youth will always be the most resilient ones during hard times. Every session spent in the playroom is a reminder that children already possess natural coping skills and that they are constantly communicating their emotions and perspectives with us; we just need to learn how to read them. That is why this year, I prioritized the psychoeducation and empowerment of caregivers, all the while continuing to support their child/youth.

This approach involves strategies such as collaborating with our Stopping the Violence counsellor to line up parent/child appointments at the same time so mothers who struggle with childcare can still access supports for themselves and their child(ren).

Donated children's books are handed out to encourage caregivers to maintain/introduce story time into their evening routines as a way of grounding, bonding, and checking-in with one another. Customized workbooks and prompted journals are made in collaboration with children/youth and are brought home with them to work alongside their parent/guardian. Caregivers/children and youth are encouraged to work through these books together as a way of educating one another, supporting each other with accountability and the adoption of new coping skills, and overall, facilitating healthy conversations within the household.

Some mentionable highlights from this past fiscal year are...

- Resuming in-person client sessions after the COVID-19 pandemic.
- Establishing community relationships in Bamfield and planning future VIP program delivery & overall support within their school.
- Ongoing mentoring a cohort of 15 Transition House staff across the country through a pilot project with BC Society of Transition Houses to better educate staff in supporting children and youth within transition homes.
- Achieving 100% of all children/youth clients completing the PEACE program fully with no dropouts.

None of this would be possible without the support and collaboration of Sage Haven staff and community partners, volunteers, donors, and fundraisers. All these roles play a direct part in supporting and empowering clients as they heal from their experiences with violence. Whether donated or fundraised, promoted or advocated, it is because of you and our community that we can continue supporting families as they navigate through their journeys of healing.

CELINE SAUVÉ
CHILDREN'S SUPPORTIVE COUNSELLOR



Children who witness abuse experience **just as much or more** trauma as children who are abused themselves.



ANNUAL STATISTICS

58

NEW CLIENTS

125

REFERRALS

336

INDIVIDUAL COUNSELLING
SESSIONS

49

INDIVIDUAL GROUP
SESSIONS

INCIDENT TYPES

52

INTIMATE PARTNER
VIOLENCE, ABUSE/ASSAULT

41

HISTORICAL ABUSE/
ASSAULT

15

SEXUAL VIOLENCE OR
EXPLOITATION

8

UNKNOWN/OTHER

STOPPING THE VIOLENCE PROGRAM WOMEN'S SUPPORTIVE COUNSELLING

The Stopping the Violence program at Sage Haven Society offers individual and group counselling sessions to self-identified women 19 and older who have experienced domestic violence, historical violence, sexual assault, rape, and interpersonal violence. We complete psychoeducational work using a client centered, trauma informed, and feminist perspective.

As another year comes to an end, it's always amazing to look back at all the hard work that our clients have done. The theme 'Because of you' resonates in all that we do. It's because of our clients that we strive to continue doing better, learn and implement new skills, find new ways of approaching difficult topics when dealing with a survivor of violence. Our clients often help us grow just as much as we help them. So, because of all of you, I am so grateful to be able to come in each day to watch you grow and become stronger. You are why I am here, and I am forever grateful to all of you.

This year the Stopping the Violence has had 125 referrals, 58 new clients, and 336 appointments. Some of the feedback we received from our clients:

"...I feel more like myself than I have in years. I have the tools I need now to move forward and move past what happened to me. I can tell the difference between my thoughts and those programmed into me by my abuser, and I know how to get myself out of the negative self-talk spirals. Thank you so much!"

"I felt comfortable within the first few mins of meeting my counsellor. Everything we discussed has forever changed my outlook and I will be forever grateful. My relationships have changed for the better."

"Nicole was amazing. She helped me towards the path of becoming myself again. Seeing her was like talking to an old friend. She cared about all aspects of my life, not just what I was here for."

This past year we have been able to run our 16-week Making Connections Program twice as well as our five-week program Rebuilding Lives twice. Both programs focus on the strength that survivors have. Together we learn about the types of violence, impacts of violence in relationships, grief, and rebuilding, and how to become ourselves again. This work isn't easy, and we are grateful for each participant that continues to show up to do the hard work. It's because of you that we can work towards reducing violence in our community. Some feedback that we received from participants:

"This is the first group I have felt safe in talking, and the first time sticking with a group."

"I'm not crazy and not alone."

"I think it's amazing how I was affected by today and the help I received."

"Time doesn't always mean it gets better on its own."

"Thank you for being here for me."

"I love that women are so powerful and supportive of each other."

"Our facilitator is amazing and appreciated."

"I love this course and all these powerful women."

This past year we also worked hard with our community partners to provide workshops, support, and information to clients to build healthier relationships with themselves and others. Being able to share our tools and programs has continued to strengthen our community bonds and we look forward to another year of working closely to build the resources to best support our community members. We have been grateful to work with Work BC, Quu'asa, Kuu-us Crisis Line, Port Alberni Friendship Center, Family Guidance, and Mental Health and Addictions. Because of all that they do, we are building a better community one step at a time.

Our courageous clients continue to amaze our team. They persevere even against all odds. Over the past year we have seen first hand the impacts that the housing crisis has had on many women to escape their circumstances. The financial difficulties don't stop there. When you flee domestic violence, often you must leave without furniture, household items, and sometimes without clothing. Yet, our clients continue to find ways to overcome against all odds. Because of you, we are here.

If it weren't for our amazing donors, we could not be here providing these so desperately needed services to our community. Many of you support us by donating clothing, food, household items, furniture, and financial supports. Each donation contributes to the ability to these women to escape domestic violence. Because of you we can do what we do!

One of the biggest changes to our program has been many of our clients referring their own friends and family to our services. This is one of the biggest ways of showing that you have confidence in what we do. I thank each and every one of you that has not only trusted in this program for yourself, but also those whom you hold closest to you.

Our team continues to strive to do the best that we can, and without my team, I wouldn't have grown as much as I have as an individual over the past year. Because of you, I am so grateful.

NICOLE CULINA
STOPPING THE VIOLENCE COUNSELLOR

It is because of you...

It wasn't the trauma
that made you strong,
kinder, and more
compassionate. It's
how you handled it.
The credit is yours.





ANNUAL STATISTICS

SUPPORT FOR SEXUAL ASSAULT SURVIVORS

17
FEMALE

0
MALE

0
NON-BINARY

17
TOTAL

SEXUAL ASSAULT SURVIVOR'S AGE

4
13-18 YEARS

6
19-30 YEARS

3
31-45 YEARS

4
46-60 YEARS

0
60+ YEARS

SEXUAL ASSAULT RESPONSE PROGRAM

Our Sexual Assault Response Program (SARP) provides essential services to survivors of sexual assault by offering advocacy, bridging service gaps, and direct support during a sexual assault crisis. The team of 13 dedicated volunteers offers 24/7 hospital accompaniment to survivors. As program lead, I work closely with volunteers to coordinate schedules, offer debriefing support, and provide continuous education to ensure they are equipped to allow the best possible support to survivors.

To ensure that our volunteers are well-equipped to support survivors from a trauma-informed and feminist perspective, we provide a comprehensive 20-hour training program. The volunteers are trained to work with the Forensic Nurse Examiner in the hospital, where crucial support is given to survivors during the immediate aftermath of sexual assault. Our volunteers play a vital role in letting survivors know that they are not alone and that there is support and resources available. Over the past year, we conducted three rounds of training and welcomed six new volunteers to our team. As a result, our SARP team has continued to grow and now boasts 13 amazing volunteers. Additionally, we partnered with North Island College to offer SARP training to Human Service Worker students seeking to expand their knowledge around sexual assault while gaining practicum hours.

It can be challenging to maintain the volunteers' interest, particularly when there are inconsistencies in the volume of calls received. However, our volunteers are dedicated and passionate about the work they do. Some of our volunteers have been with us since the program started in 2021, which is a testament to their commitment to the cause. To keep our volunteers engaged, we prioritize communication and send regular updates through bimonthly newsletters. In addition, special events such as a SARP appreciation lunch in the holiday season are organized to recognize their hard work and dedication. By fostering a sense of community and appreciation for their efforts, we maintain a motivated volunteer team.

Through our 24/7 hospital accompaniment, we were able to provide emotional support, safety planning, and guidance on medical and reporting options to 17 survivors who have all identified as female, with ages ranging from 13 to 60. We understand the importance of creating a safe and supportive environment for survivors of all genders, and we are committed to providing the necessary resources to help them move forward.

SARP has been an essential service in providing direct support to survivors of sexual assault. As the SARP Coordinator, I have had the privilege of overseeing the program's growth and development. The 17 calls we received this year reflect the need for services like SARP, and we are proud to have been able to provide survivors with the support and resources they need during a difficult time. Our team of passionate and dedicated volunteers has been instrumental in our success.

It should be noted that of every 100 incidents of sexual assault only six are reported to RCMP (source Stats Canada 2019). Through community engagement and education and networking with service providers it is our hope more survivors will feel comfortable in coming forward. I look forward to continuing to expand our program and services to better meet the needs of survivors in our community.

FRANCES WILSON
PROGRAM COORDINATOR





ANNUAL STATISTICS

SUPPORTS PROVIDED TO CLIENTS

2,758

FOOD & CLOTHING PROVIDED

1,304

HARM REDUCTION & NALOXONE KITS

869

REFERRALS / COMMUNITY SUPPORT

2,596

OTHER SUPPORTS PROVIDED

6,803

CLIENT VISITS

COMMUNITY RESOURCE CENTRE

Sage Haven Society Community Resource Drop-in Centre is a safe place for all individuals from diverse backgrounds to visit. We offer resources, referrals, crisis support, harm reduction supplies, personal care products, clothing, coffee, tea, food, and of course a lot of compassion and warm smiles. The Drop-in Centre is also a fun place to take part in activities such as art classes, knitting classes, and special events. In the winter the Drop-in Centre provides a warm sanctuary for people to come in and get out of the cold. In the summer the Drop-in Centre is equipped with air conditioning, giving people a cool place to escape from the heat. Whatever the time of year the Drop-in Centre is a welcoming, non-judgmental, supportive space for all to enter.

Because of the amazing people we serve the Drop-in Centre is getting busier every day. In the past year the Drop-in Centre has held some very successful events and programs with the support of our loyal patrons. Without our patrons the days lack laughter, friendship, and connection. We are so thankful for the people that access our services, they truly make our jobs at Sage Haven Society rewarding and fulfilling.

Because of remarkable donations from organizations such as Soap for Hope Canada, and the contributions from our local businesses and individuals, the Drop-in Centre can provide people with free personal care products, clothing, household goods, and more. The Centre has also started hosting art classes every Thursday from 1 pm to 3 pm. These art classes are made possible through generous donations from local organizations. We now have easels for painting, macrame supplies, equipment for creating tie dye clothing, the necessities to make dream catchers and string art, along with many other supplies to create until our hearts content. The art program would not be feasible without these donations and our Drop-in Centre would not be so colorful, inviting, and full of life.

Additionally, Sage Haven Society Drop-in Center partnered with the BC Farmers' Markets Nutrition Coupon Program last summer. Because of the Farmers' Market program, we were able to sign up 25 individuals to receive coupons every week to purchase fresh produce, meat, eggs, and cheese from our local Farmers' Markets. The participants of the program learned how to preserve foods, prepare, and share new recipes, eat healthier, and learn the impacts of buying locally. The program was a great success, and we plan to partner with the Farmers' Market program again this year.

Sage Haven Society Drop-in Center is so grateful for the kindness, selflessness, dedication, and hard work of our volunteers. Because of you our community is a better place to live. The Human Service field was founded by volunteers and volunteerism remains an exceptionally valuable resource in all organizations. Many of our programs and events would not be possible without the help of our volunteers. We commend and thank all our volunteers who donate their time to make a difference in the lives of others and our community.

Overall, Sage Haven Society Drop-in Center has had an outstanding year and we owe much of that success to the amazing community we live in, and to the organizations, businesses, and people who devoutly support us. Thank you!

TRACY MELIS
PROGRAM COORDINATOR

IT'S BECAUSE OF **YOU** THE CREDIT IS YOURS

BECAUSE OF YOU

WE CAN CONTINUE THIS JOURNEY

There is a great need for our services. Women need a safe place and Sage Haven provides that and so much more. We offer counselling, victim's services, education programs, outreach and drop-in services and new supportive second stage housing is scheduled to be completed in the summer of 2023. Gender based violence may be widespread, but it is preventable, unless we remain silent.

THANK YOU

- BC Housing
- Ministry of Public Safety & Solicitor General
- Ending Violence Association of BC
- Vancouver Island Health Authority ~ Aboriginal Health
- BC Gaming
- City of Port Alberni and the Alberni-Clayoquot Regional District
- Individuals, businesses and non-profit organizations





ANNUAL STATISTICS

76

ADULT WOMEN CLIENTS

88

YOUTH CLIENTS

117

COMMUNITY ENGAGEMENT
HOURS

1,021

INDIVIDUAL SUPPORT
SESSIONS

BECAUSE OF YOU WE
CAN MAKE A
POSITIVE IMPACT....

OUTREACH SERVICES

We are pleased to present our annual report for the Youth and Adult Women Outreach Services, highlighting our accomplishments and progress made in the past year. Our theme for this year is 'Because of You,' which reflects the tremendous impact our clients, donors, volunteers, and community partners have had on our organization and the individuals we serve.

Over the past year, we have continued our outreach programs and services to meet the growing needs of youth and adult women in our community. Our programs include support, connection, safety planning, early intervention, and advocacy for women's rights and empowerment, support, connection, safety planning, early intervention, and advocacy assistance. We were able to provide our services to hundreds of women and youth in our community, helping them to overcome challenges and achieve their goals. We also partnered with several local organizations to provide additional resources and support to our clients.

Our programs had a significant impact on the lives of those we served. Here are a few examples:

A single parent of two, came to us seeking assistance for their children's school supplies. With our help and the connections, we have with other service providers, they were able to provide for their children and focus on their job search. They now have a full-time job and can provide for their family.

A teenager struggling with depression and anxiety, received advocacy and connection through our program. With support, they were able to develop coping strategies and improve their mental health. They are now thriving in school and has a positive outlook on life.

A recent immigrant, participated in our program through outreach in their school. With the self-esteem skills they learned, they were able to balance school and a job as well as share the skills they learned to help their mom with safe choices and the courage to reach out for help.

An individual who has been learning about their gender and sexuality, came to us to find a safe space where they could speak and be heard without judgement. They found us to be a trusted ally and a connected resource which allowed them to find their own path as well as gaining tools and resources to support them in their conversations with family and friends.

Our impact is evident in the success stories of the women and youth we have served. This year has shown the number of previous clients who have chosen to stay with us over a longer period has increased. Through our programs and services, we are helping individuals overcome personal and societal barriers, gain confidence and self-esteem, and work toward becoming self-sufficient and empowered members of their communities. Having access to working within the two High schools on a weekly basis while offering over 10 sessions per day, has further allowed us to reach many more youth who would otherwise not have the time and ability to reach out for help.

Looking forward, we have several goals and objectives for the coming year, including expanding our outreach programs to reach more individuals in need, developing new partnerships with community organizations, and launching new programs for young girls as we continue our work in the community. We know that there is still much work to be done, but we are confident that we can make a difference in the lives of those we serve.

In conclusion, we would like to express our gratitude to all our clients, donors, volunteers, and community partners who have supported us throughout the year. Because of you, we have been able to make a positive impact on the lives of many women and youth in our community.

HARRENA GILLIS
ADULT, YOUTH, AND CHILD WORKER

The screenshot shows the top portion of the Alberni Valley News website. At the top, there is a navigation bar with social media icons (Facebook, Twitter, Instagram) and a search icon. The main header reads "ALBERNI VALLEY NEWS" with a weather indicator showing "23°". Below the header is a secondary navigation bar with links for Video, News, Podcasts, Travel, National, Obituaries, e-Editions, Classifieds, and Marketplace. A third navigation bar contains links for Subscribe, Login, Today's Home, Autos, Contests, Notices, Cannabis, Jobs, Trending Now, Business, Puzzles, Contact Us, and Support Centre.

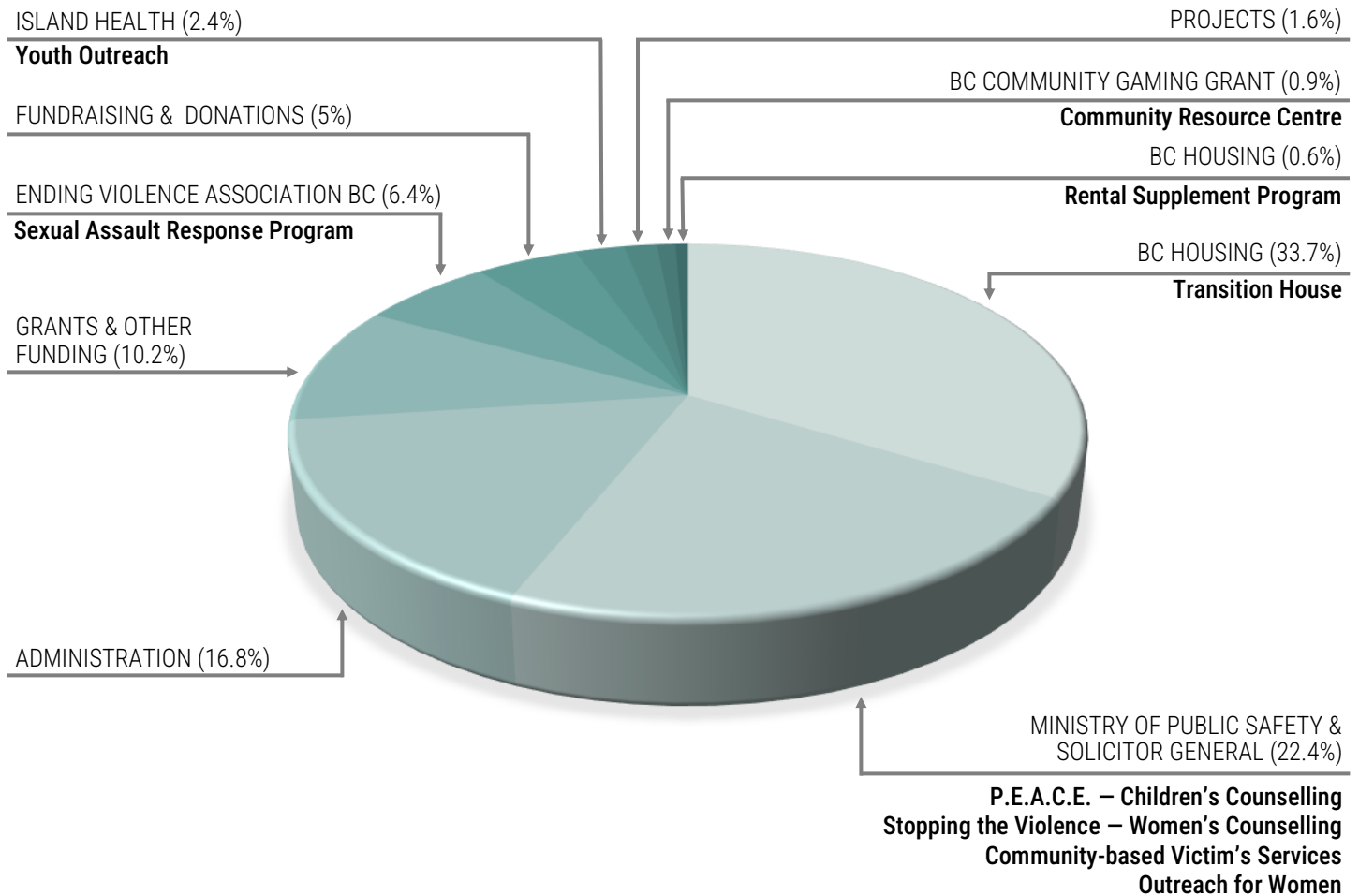
The main content area features two advertisements. The first is for Sage Haven, featuring a colorful tree logo and the text "SAGE HAVEN Understanding the Past, Building Futures". To the right of the logo is a headline: "Sage Haven continues to provide vital services in Alberni Valley". Below the headline is a paragraph describing the services provided, including transitional housing, emotional & crisis support, women's and children's supportive counselling, victim's support services, outreach services, sexual assault response, and resources through their drop-in centre. At the bottom of this ad is the text "VISIT OUR NEW WEBSITE sagehavensociety.org".

The second advertisement is for the "coldest night OF THE YEAR" event in Port Alberni. It features a photograph of people sitting around a table with a snowflake graphic. The text reads "port alberni february 25, 2023". To the right of the photo is the event logo and a paragraph of text: "There's something special about the **Coldest Night of the Year**: it's a national event, but the money that is raised through **Sage Haven** stays in **Alberni Valley**. Team up, fundraise, walk, and **gather for good**...because it's cold out there. **Sign up at** cnoy.org/portalberni".

At the bottom of the screenshot is a dark blue footer with the following contact information: "Sage Haven Society | 3082 3rd Avenue, Port Alberni, BC V9Y 2A5 250-724-7111 | office@sagehavensociety.org | www.sagehavensociety.org".

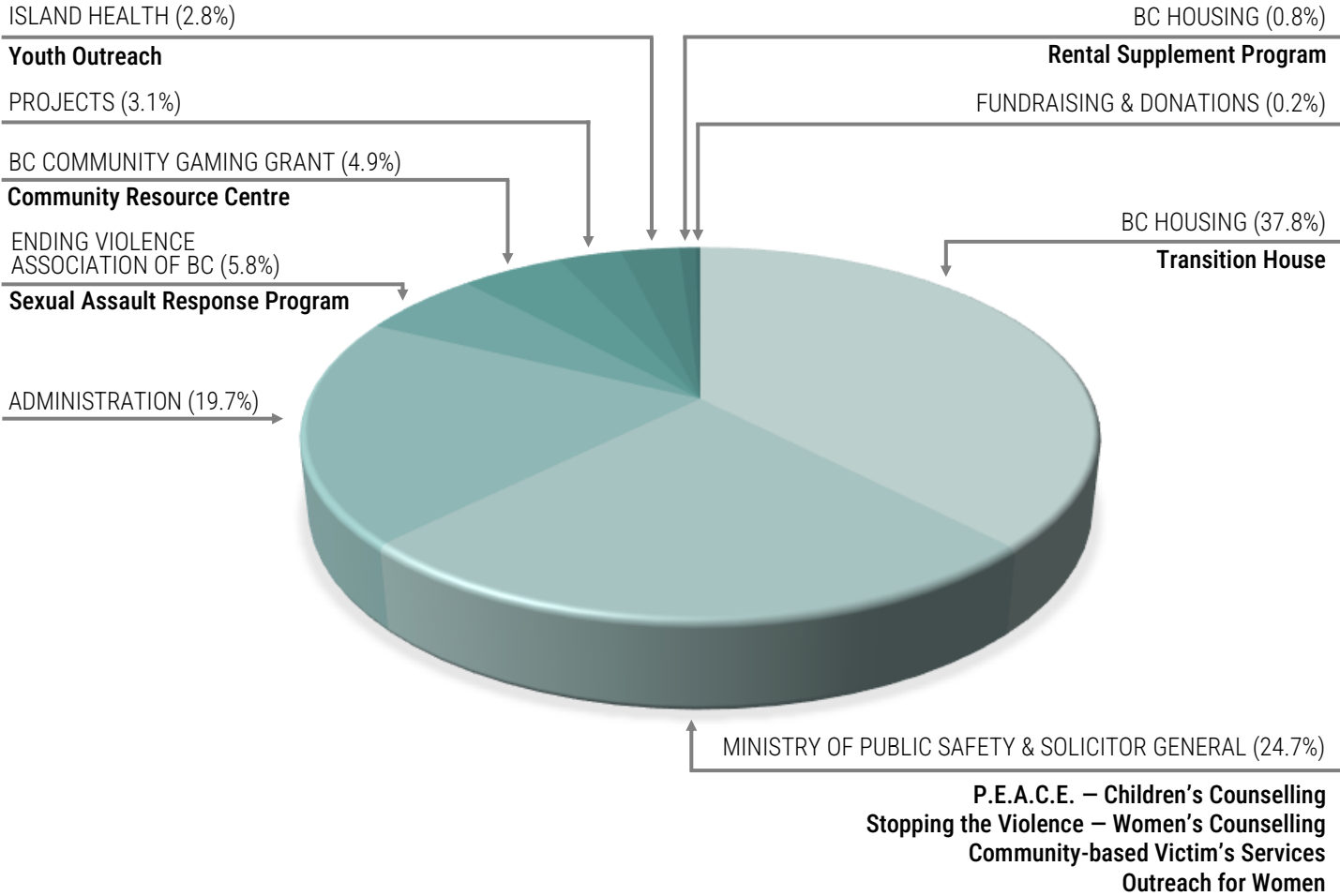
FINANCIALS: REVENUE

FOR THE FISCAL YEAR APRIL 1, 2022 TO MARCH 31, 2023



FINANCIALS: EXPENSE

FOR THE FISCAL YEAR APRIL 1, 2022 TO MARCH 31, 2023



SUSAN ROTH
MANAGER OF FINANCE AND ADMINISTRATION



SAGE HAVEN

Understanding the past, Building Futures



3082 - 3rd Ave., Port Alberni BC V9Y 2A5



250-724-7111



office@sagehavensociety.org



www.sagehavensociety.org