

Fall 2017

ANNUAL NEWSLETTER

Message from our Executive Director, Michelle Novakowski

This is going to be an exciting and busy fall for us as we move into new office space at the end of November! Our new space will be downtown, which will make for easier access to the RCMP detachment and the Courthouse. The space is very light and bright and we are all very excited about the move.

At the same time we will miss our “office-mates” at Power Concepts. Sharing the office space has worked out really well and we’ve enjoyed working with the lively team there. Thank you for all your support, Frank Byl and team!

This year we’ve had tremendous support from the community. Donations have grown, and this year we received grants from TELUS and Coast Capital Savings. These have meant we will be able to more than triple the number of youth who will be able to attend our Girls United and Tough Guise middle school programs this year!!

Our Chocoholic 5k Frolic continues to grow and is such a fun event! Happy families, chocolate coated smiles and laughter warms our hearts. While working on such serious subjects as domestic and sexual violence we need to take care of ourselves and have fun. The outpouring of community support and the many chocolatiers who came out, help our clients and our staff to see that they’re not alone.

Again I’d like to thank our staff and volunteers for their commitment and hard work. And thank you to all of our donors who help us to support safety and healing.



We are moving!

We have outgrown our current office space and will move on December 1, 2017. Visit us at our new downtown location at **649 Leon Avenue**, Kelowna. Thank you in advance for your patience during our move!

Save the date

Orchard Park Gift Wrap Fundraising
December 2017. Volunteers needed.

Chocoholic 5K Frolic
March 25, 2018 at Mission Creek Regional Park.
Sponsors needed.



Victims and Survivors Crime Week

The Central Okanagan Elizabeth Fry Society participated in Victims and Survivors of Crime week on June 3rd at Orchard Park Mall, with an awareness campaign of #SpeakOut to end Domestic & Sexual Violence.

The goal was to bring attention to the issue of sexual and domestic violence in our community. This was displayed through the heartfelt messages from survivors decorated on t-shirts, which were hung on a clothesline display for the mall patrons to view.

Pictured [L to R]: Shannelle Connell, Miss Universe Canada National Finalist; Mayor Colin Basran; Shannon McVagh-Janz, COEFS Fund Development; Robyn B., volunteer.



2017 Chocoholic Frolic

COEFS hosted the 3rd Annual Chocoholic 5k Frolic Hop for Hope Fundraiser on April 9, 2017 at Mission Creek Regional Park in Kelowna B.C.

Our family friendly event saw over 100 participants come together to walk, bike and run 5 km towards a shared cause of building safe and secure spaces for all.

While on the journey, they were provided tasty chocolate treats from our local chocolatiers to boost their energy and happiness, all while supporting a cause they believe in!



Day of Caring with Coast Capital Savings

The Central Okanagan Elizabeth Fry Society is truly grateful to the Coast Capital Savings Kelowna staff for all their assistance with painting our new office space.



Many hands make light work. Thank you for your time and energy Pusher Mitchell and United Way Central and South Okanagan, and for helping make the day of caring success!

Funding announcement for Girls United and Tough Guise programs

Thank you Coast Capital Savings and TELUS Thompson Okanagan Community Board!



Our school-based primary prevention and intervention programs, Girls United and Tough Guise, received funding from a Coast Capital Savings Community Investment Grant for \$25,000, as well as a \$20,000 donation from the TELUS Thompson Okanagan Community Board!

Girls United and Tough Guise work with youth at risk of sexual abuse, sexual exploitation, and/or domestic violence to support and empower them to develop healthy relationships. Students learn to build resiliency, self-protective skills, and knowledge, thus making long lasting changes in their lives, relationships, and communities.

Thanks to such charitable support, Girls United and Tough Guise will continue to spread its curriculum and message to at-risk youth in our community, thus promoting individual and group successes. Further, this funding gives all groups access to self-regulation and self-empowerment opportunities, such as yoga, art therapy, and self-defense, tools our participants would not be able to access elsewhere.





Take Back the Night

On September 14, 2017, the community gathered in downtown Kelowna for the Take Back the Night rally and march to end sexual violence against women and children.

Activities before the march included a self-defense demonstration from First Strike Martial Arts Academy.

This event is part of a global movement to make our streets safer and shatter the silence on behalf of sexual assault survivors.



“ Thank you for everything you do to support women going through challenges in their lives. You helped me get through one of the most challenging times in my life and that led me to the happiness I am living in now. Thank you from the bottom of my heart.

“ You really are an amazing organization and I'm forever grateful for the hard work you've done for me and countless others.



Volunteer spotlight: Jannah

Jannah has volunteered with COEFS since January 2017 as a way to contribute to the fight against domestic and sexual violence, an issue she is passionate about. Jannah views volunteering as an opportunity for growth.

On her most memorable moment at COEFS, Jannah says, “Witnessing the Take Back the Night march in September was the most memorable moment. The discussion of sexual violence is one that is often avoided. However, what is significant about this march is that it moves the discussion of sexual violence into the public sphere, and it was so moving to see 150 of our community allies march to end violence!”

FortisBC Energy Conservation Assistance Program

Looking to better manage your bills and be more comfortable in your home next winter? Join over 5,500 British Columbians who have already participated in the free Energy Conservation Assistance Program from FortisBC. The program provides free home energy evaluations, energy-saving products, and in-home energy conservation education. For more information, email us at info.efry@coefs.ca or call 250-763-4613.



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Connect with us on:



How to donate

Online

Make a one-time gift or sign up for monthly giving at www.coefs.ca

Over the phone or in person

Contact Shannon McVagh-Janzen, Fund Development Coordinator at fdc.efry@coefs.ca

Mail

Send a cheque payable to "Central Okanagan Elizabeth Fry Society" to:
Central Okanagan Elizabeth Fry Society, 649 Leon Avenue, Kelowna, BC V1Y 9S3

Through the strong belief and collective action of our volunteers, staff, board members, and donors—united with the courage of over 3500 women and children whom we have served in the last year alone—we can make a difference in our community. Your donations foster strategies that move beyond the crisis and towards long-term safety and economic security for the people that we are here to help.

Yes, I want to help! Enclosed is my donation. . .

Please check one: \$5 \$10 \$25 \$50 \$100 \$_____

I have enclosed a cheque made payable to the Central Okanagan Elizabeth Fry Society

I consent to receiving further emails and newsletters from COEFS. I understand my personal information will never be sold to or shared with third party organizations.

Name: _____

Address: _____

E-mail: info.efry@coefs.ca

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