

# JEWISH FAMILY & CHILD

Annual Campaign  
*A Safe Home*

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*"And my people shall dwell in a peaceable habitation, and in secure dwellings, and in quiet resting-places." -Isaiah 32:18*



All members of our community, our city and our country have **the right to live in a safe and peaceful home**. Having a warm home, a clean bed and food to eat are basic human needs that are often taken for granted.

But if you take a look around, you will see that there are many people in our own neighbourhoods and communities who **do not share our good fortune**. They may live with their children in an abusive home. They may be living in poverty in an uninhabitable environment, with insufficient food or beds. Or they may be homeless.

Whatever the situation, it is intolerable and a **priority of Jewish Family & Child to make a change**. But we cannot do it alone. We need your help!

Inside these pages you will read how Lena\* and Sophia\* have moved forward in their lives thanks to the support they received from Jewish Family & Child and about our Centre of Excellence, which is helping to transform the way we address poverty. Each story is a reflection of what JF&CS does and the support that we can offer as a result of the **kindness and philanthropy of our community members**.

\*Names, photos and certain identifying features have been changed in order to protect the anonymity of our clients.



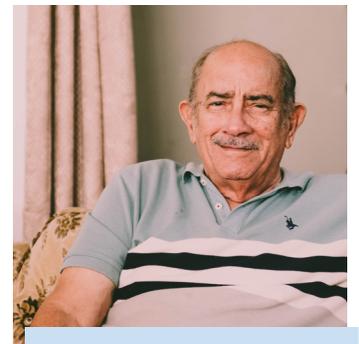
**1382** clients accessed the *Just A Second Shop* for clothing and small household items for free.



**738** individuals received a monthly basic income supplement and/or emergency financial assistance.



**43** women abuse clients found a safe place to live through our Transitional Housing Support Program.



**119** clients attended community Passover Seders where they were able to connect with their Jewish identity.

# "When you feel most vulnerable, they are there to support you"

## JF&CS helps Sophia thrive after leaving an abusive relationship

"If you had ever asked me," says Sophia, "I would have told you that there was no way — not in a million years — that I would ever find myself in this situation: with an emotionally abusive ex, a child to support, no job, no job skills, and now no place to live. But I did. And **there are a lot of Jewish women like me** out there."

Sophia had worked as a dental assistant before her daughter was born. When she wanted to go back to school to become a dental hygienist, her baby's father objected.

"He said, 'No, stay home. Why would you want to do that?'" Sophia recalls. "At first, I thought his reaction was normal. But I talked with friends, and I began to realize that it wasn't. I was young; I wanted to go to school. Why shouldn't I be able to get a better education?"

Sophia, now 46, then began to notice just how controlling her partner was: about how she spent her time, her career choices, money, even the clothes she wore and who she socialized with. "He just wanted me to cater to his needs. I was really nothing in his eyes, zero. I knew that this was not the man I should be with."

Eventually, Sophia got up the courage

to end the relationship. Her ex moved out and, one day, stopped paying the rent and child support. "I was left with nothing."

Sophia and her daughter needed a place to live — and **a long-term plan for survival**. "A friend who had been in a similar situation told me, 'Call Jewish Family & Child.' So I reached out and they knew how to help me."

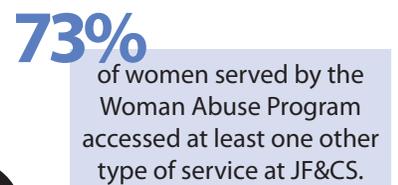
In addition to emotional support, Sophia's social worker helped her find an affordable apartment and to access social assistance to help pay the bills. JF&CS offered access to legal advice, clothing assistance, and even funding to send Sophia's daughter to a Jewish summer camp, **all made possible through donor-funded initiatives**. Her social worker helped Sophia enroll in school: she's currently completing her practicum to become a personal support worker.

Sophia wants people to know that women in the Jewish community need support. "**You don't hear about it too much, but abuse does happen**. When you're in that position, sometimes you feel like you are alone and afraid to ask for help. I hope that other women have the courage to go to JF&CS."

Sophia has a lot to look forward to: returning to the workforce, and maybe one day returning to school to become a registered practical nurse. She's excited to watch her daughter grow and thrive in a supportive community, and to be able to model to her child what it means to be resilient, to be able to ask for help, and to build — and rebuild — the life she wants and deserves.



**JF&CS offers a wide array of interventions and support to women and their children. Hundreds of women reach out to us each year and receive assistance.**

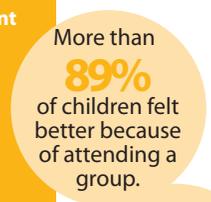


JF&CS delivers several psycho-educational and counselling groups to help women and children increase their understanding of domestic abuse, develop coping skills, and heal from the harmful effects of experiencing or witnessing violence.

**99%** of women who attended groups rated their experience as 'good' or 'excellent'.

*Here to Help* counselling groups for children provide a safe and supportive environment where they can talk openly with other children who have experienced violence at home.

Through this powerful initiative, children learn that they are not alone; that there are ways other than violence, whether physical or non-physical, to solve problems.



# "Rebuilding my belief system"

JF&CS helps Lena create a healthy future for herself and her children

For decades, Lena lived in a state of fear. It began when she was a little girl in Ukraine, growing up in a home where her stepfather abused her mother physically and emotionally. "I thought it was my fault," recalls Lena, now 51 and the mother of four. "And then, when it happened to me, I thought that was my fault, too."

Lena's first marriage followed the pattern of her mother's: her husband was violent and controlling, refusing to let her work and keeping her socially isolated. When they immigrated to Toronto, her inability to speak English also kept her dependent on him. After she finally managed to leave, she soon found herself in a second violent relationship. "I felt guilty, as though it was my fault for getting myself in that situation not once but twice," she says.

After a particularly vicious attack, Lena called the police. "He was choking me," she says. Her husband was arrested and barred from contacting her — which left Lena in an entirely different quandary. With no job or income, **how would she and her children survive** in Toronto? "I didn't know how to do the most basic things: to take the subway, to deposit a cheque."

That's when she got in touch with Jewish Family & Child.

JF&CS connected Lena with a social worker who spoke Russian and Hebrew — the languages Lena had grown up with — as well as English. "That was comforting." Recognizing the urgency, JF&CS fast-tracked Lena and her children into a subsidized apartment and helped her apply for social assistance. They provided her children with subsidized daycare and, later, tuition assistance at a Jewish day school and subsidies for Jewish summer camp. More recently, her children were given computers in order to make sure that they can participate fully in school; her youngest son, now 11, regularly attends

JF&CS' Homework Club. She's received clothing assistance, funding for Passover food, and help securing an interest-free loan to cover medical expenses.

**But JF&CS has provided much more than financial assistance.** Through individual and group counselling, Lena began to question her blind acceptance of the abusive culture she'd grown up in. "My social worker helped me see that it wasn't my fault. I had to rebuild my belief system and my sense of worth, from scratch. **I learned how to be independent.**"

Today, Lena works at a second-hand clothing store. She goes to synagogue, to the gym, and to the theatre with her friends. More than anything, she's happy knowing that her hard work — with the support of Jewish Family & Child — will help to ensure that her children grow up with healthy attitudes toward relationships. Her younger two are thriving, and, at 24, her oldest daughter has grown up to be a strong young woman in a loving relationship.

As for Lena's oldest son? He graduated from high school, later earning a degree in social work. Now, he works at a shelter with youth facing their own challenges. He's happily married, with a one-year-old baby. "They are equal partners in their relationship," says Lena of her son and daughter-in-law, "and they respect each other."



## Every person deserves a clean and safe bed.

For individuals struggling with poverty, this is often not their reality. After working to make ends meet, some JF&CS clients find themselves returning to inhabitable sleeping spaces. Whether it is because the bed is broken, soiled or infested, JF&CS clients need new beds.

**By giving to JF&CS, you support the purchase of new beds for....**



## Monthly Mitzvah Makers

### Monthly donation amount

- \$ 100
- \$ 72
- \$ 50
- \$ 36
- \$ 20
- \_\_\_\_\_ Other

Please email my receipt

## Yes! I want to support Jewish Family & Child as a Monthly Mitzvah Maker.

### Ways to give



#### By mail

Complete this form and return it in the enclosed postage-paid envelope



#### Online

Visit our website:  
[www.jfandcs.com/donate](http://www.jfandcs.com/donate)



#### Call us

416-638-7800  
ext. 6999

I'd like to know more about including Jewish Family & Child in my Will.  I have included Jewish Family & Child in my Will.

### Donation information

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

### Payment information

Cheque payable to: Jewish Family & Child Credit Card:  VISA  MasterCard

Credit Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_ CVC (3 digits on the back): \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ Signature \_\_\_\_\_

# "Understanding poverty, from the front lines"

## JF&CS launches a groundbreaking Centre of Service and Program Excellence for Poverty and harnesses the wisdom and experience of front-line workers

Poverty. It's at the core of nearly every service offered by JF&CS, the universal truth of so many of the people who contact us for help. It's pervasive, insidious, and shape-shifting: it may present as poor mental health, an inability to learn at school, domestic violence or child abuse, illness, homelessness, unemployment, social isolation, substance abuse — or a toxic combination of any of the above.

For all these reasons, JF&CS is launching an exciting new initiative: a Centre of Service and Program Excellence for Poverty (CSPEP) designed to better **understand and share knowledge about the complexities of poverty in our communities** — in order to find ways to combat it. It will draw upon the rich and varied experiences of the social workers, counsellors, chaplains, mental-health professionals, and others who interact directly with those experiencing poverty and its effects.

The CSPEP — identified as a strategic priority by the JF&CS Board and staff — is the brainchild of Dr. Richard Cummings, former Executive Director of the agency who says, "it is a compelling opportunity

for Jewish Family & Child to leverage the skills and knowledge we have acquired through our unique mix of services and programs. I am so passionate about this important endeavour, which will showcase and share the **hands-on experience and wisdom of our front-line workers.**"

A key feature of the CSPEP, explains Dr. Nikki Mann, JF&CS' Director of Research and Evaluation, is its focus on bringing together and sharing the knowledge and experiences of professionals across the GTA and beyond, harnessing the lessons learned from successes and failures. It will disseminate its knowledge via its website, working groups and learning events.

"The idea is to learn from each other so that we can work more efficiently and effectively and be able to respond quickly to change," explains Dr. Mann.

With more than 150 years of front-line experience in the community, JF&CS is the ideal home for a Centre of Service and Program Excellence for Poverty, she says — noting that it is designed to **complement, not replicate,**

**other poverty-related research and initiatives.** The Centre's steering committee includes representatives from the John Howard Society, the Canadian Mental Health Association, and Braeburn Neighbourhood Place. "We have specifically sought out new partnerships so that the cross-pollination of ideas is fresh, engaging and innovative."

With reduced and flat-lined budgets and increasing needs, it's more important than ever to combine research and best practices. Dr. Cummings calls donor support of the CSPEP "a game changer, supporting our commitment to excellence and innovation." For that, he acknowledges JF&CS "leaders, superb staff and of course, our donors."

The CSPEP, he points out, is **designed to benefit not only the Jewish community but everyone in our communities affected by poverty:** "Our focus is regional, diverse, and inclusive, because every community faces poverty. I think of the Jewish notion of *tikkun olam*, or healing the world. The Centre is an offering to do that."

## The impact of your gift



**\$5,000** Covers first & last month's rent for two women leaving abusive relationships.

**\$1,000** Provides an individual with a clean and safe new bed.

**\$500** Helps to cover furnishing costs for an individual who was experiencing homelessness.

**\$360** Covers the cost of changing locks in an apartment.

**\$180** Provides two weeks of groceries for a former foster care youth.

**\$72** Provides a single parent with one week of after-school care.

*These are examples of how your donation may be used.*

## JEWISH FAMILY & CHILD

**Yes!** I want to support Jewish Family & Child with a one-time annual gift.

### Ways to give



#### By mail

Complete this form and return it in the enclosed postage-paid envelope



#### Online

Visit our website: [www.jfandcs.com/donate](http://www.jfandcs.com/donate)



#### Call us

416-638-7800 ext. 6999

I'd like to know more about including Jewish Family & Child in my Will.  I have included Jewish Family & Child in my Will.

### Donation information

#### Donation amount

\$ 5,000

\$ 1,000

\$ 500

\$ 360

\$ 180

\$ 72

\_\_\_\_\_ Other

Please email my receipt

### Payment information

Cheque payable to: Jewish Family & Child

Credit Card:  VISA  MasterCard

Credit Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ CVC (3 digits on the back): \_\_\_\_\_

Name on Credit Card \_\_\_\_\_ Signature \_\_\_\_\_