

Annual Report



2018-19

nova
house

Nova House is an emergency and transitional shelter for women* and children experiencing domestic and/or family violence. Offering 24-hour, 7-day a week intake and accommodation to help support and empower women to live free from abuse. We strive to promote expression of feeling, build self-esteem and confidence, encourage and teach empowerment by providing individual counselling, educational and support groups as well as workshops.

**Although our website and literature speaks to and focuses on "women and children," Nova House strives to include individuals of all genders. For those seeking support and shelter who do not identify as women, we do offer off-site accommodations.*

OUR MISSION

To provide women and children in the Interlake and North Eastman Regions with facilities, programs and a continuum of service to protect and empower them against all forms of domestic violence. To create an awareness through public education of the abuse of women in our society.

Goals & Objectives

1. To promote awareness that violence does exist in families, and that abuse (physical, emotional, psychological, sexual and financial), is a crime.
2. To develop and provide a full range of support services in the hope of intervening in the cycle of violence within the family.
3. To provide help and support, through community resources, to family members involved in the violence.
4. To implement voluntary programs and services, free of charge, designed to meet the needs of people regardless of age, race, faith, socio-economic status, physical or mental capabilities, or sexual orientation.

24 hour-Toll Free Crisis Line
1-877-977-0007

Local Crisis Line
204-482-1200



novahouse.ca

@novahousemb

Empowering Women to Live Free from Abuse



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**"FEMINISM
ISN'T ABOUT
MAKING WOMEN
STRONG.
WOMEN ARE
ALREADY STRONG.
IT'S ABOUT
CHANGING
THE WAY
THE WORLD
PERCEIVES THAT
STRENGTH."**

G.D. ANDERSON

Report from the Board Chair ~ Deb Jenkins

Being involved with Nova House for over two decades has given me the opportunity to see how far we've come. Going as far back as the mid to late 1980's it continues to be impressive that our doors first opened because of the vision of a few volunteers who believed something had to be done to ensure there was appropriate services for abused women and children available in our community. Nova House has certainly evolved from those humble beginnings, when we started in a small office on Manitoba Avenue. We are now quite settled in our beautiful new building and strive to ensure we continue to provide a safe, stable and welcoming home for those who need our services.

As we moved past the "getting settled" stage that comes with moving into a new building we began to prepare for some much-needed change and transition. Awareness and education have been key objectives in our service delivery throughout the years but this past year we were able to review and upgrade some of our policies and procedures to create some realistic and practical structure for the shelter. Our Emergency, Transition (RISE), and Outreach Programs are thriving, our community connections are renewed, and our vision is never ending. We are on the right track!



Above : Old shelter Below: New Shelter

Our board has also been through some changes in this fiscal year as three board members left us, a new Executive Director joined us, and a fresh perspective from a new accounting firm helped us. Without missing a beat the board held strong and we moved through the year knowing that part and parcel with change and transition would be to ensure that our operational and fiduciary responsibilities were in tack and good standing. We worked hard to support our new Executive Director, Viktoria Westgate, to establish new concrete and precise measures in our reporting, accounting and in all aspects of what we do on the management side of the operations. Hiring F. H. Black to come in and review our financial and reporting process, create new and updated systems that would ensure accuracy and consistency was an invaluable support to our team and we are so grateful.



Something I want to recognize in this report that took place in June 2019 was a visit from the Honourable Minister Rochelle Squires, and Beth Ulrich, the Executive Director of the Manitoba Status of Women. Several board members joined our Executive Director as we welcomed the opportunity to share stories of triumph, including some personal anecdotes from them Minister herself. We felt so exhilarated and inspired from the support and recognition that we received throughout this visit. We are so grateful to the Family Violence Prevention Program, Brandon Neighborhood Renewal Corporation and so many other funders for the great collaboration and commendable support they give to Nova House.

On behalf of the board, I would also like to extend great gratitude to the staff of Nova House who have worked alongside our Executive Director implementing and accepting change over this past year. Their continued hard work is so appreciated. We believe we have an excellent team to carry out the mission and goals of our shelter.

Our second-hand store, Twice Over, is thriving as we work on creating a refreshed atmosphere and improving some long awaiting structural upgrades. With the guidance of a single staff member that works vigorously each day our great volunteers give up so much of their time to help to help us help others.

I would personally like to take this opportunity to applaud the Board of Directors for their hard work and commitment. We have had some challenges this year and our board has met those challenges and become stronger through them. I look forward to many more years working with them and helping them support and guide Nova House.

Report from the Executive Director ~ Viktoria Westgate

CHANGE THAT MAKES A DIFFERENCE

Nova House has always been an organization that has provided safety and security. When looking at what we have offered in the past and what needs to be changed moving forward, it is evident that not everything is in need of change. I realized early in my appointment to the Executive Director position that by reviewing our current process I would be able to improve and make beneficial changes where needed. It was important to me that we focused on what we did best and creatively explore new possibilities; to share and learn from current staff, the board of directors, other women's shelters, and the individuals using our services, as well as bringing my relevant experience in residential shelter services and programming.

One of my most challenging obstacles was to show the current staff that I was a part of their team, not that they had to conform to my approach. It was important that I provided leadership that was inclusive to my staff and that an "all-knowing" attitude was not something that I was bringing with me. I valued the input they would be able to provide me with and wanted them to understand this and believe in it. I knew that once the staff believed we were all a team and that the experience they brought with them was of vital importance to how our organization would evolve, we would see a shift towards a full and meaningful agency that would continue to fulfill our mission.

Shelters like ours require flexibility and a wider scope of services to accommodate the vast array of complex issues walking through our door. I wanted my leadership to provide a sense of what was possible and that as a team we could handle anything. As we know, change is not for everyone and some staff decided to part ways. Despite these and other roadblocks, we adapted, learned together, and became stronger for it. In sharing our learning, we would develop a much stronger shelter together. And I believe that we have.

We continue to support women and families, provide advocacy, crisis management, have drop-in support, outreach support and on-going follow up services, and we have continued to build strong programs. Our one-on-one counselling and life skills teaching is increasingly strengthening our level of comprehensive support available to our community.

With the idea of never being okay with settling for the status quo, we will always be an organization that believes in changing for good. The staff at Nova House have become invaluable to my growth and the growth of the shelter. They work tirelessly on the front line every day changing lives for the better. They empower me to support them and challenge me to become a stronger leader. Their hard work and motivation has not gone unnoticed and is an immeasurable asset to the work that we do. As we move forward into a new fiscal year, I will build on the progress we have made and ensure that the staff continue to be acknowledged for all of the contributions that they make. I truly believe that an appreciated staff becomes a stronger staff and builds a stronger shelter.

I would be amiss if I did not also take this opportunity to acknowledge the incredibly supportive and welcoming Board of Directors that I have been so grateful to have. The support each board member has given me this past year has been both inspiring and motivating. They have allowed me to bring new vision into the shelter and given me the opportunities that I have needed to move forward in the direction I envision for Nova House.



PROGRAM

HIGHLIGHTS

OUR EMERGENCY RESIDENTIAL PROGRAM offers safe and secure short-term accommodation for abused women and children who want to leave an abusive environment. Men can also access this program but are housed in a different location. We offer full and comprehensive trauma informed programming that includes daily counselling, support groups, educational workshops, guest speakers that focuses on breaking the cycle of abuse and developing healthy life skills. We strive to meet individuals where they are at and work with them at a pace that is comfortable for them. Ensuring that we have a solid safety plan in place we provide assistance in accessing community resources and offer activities that promote expression of feeling and the building of self-esteem and healthy relationships. We incorporate parenting and children's programming to assist individuals with the common stressors that they face when transitioning into a life free from abuse.



RECREATING INDEPENDENCE AND SUPPORTING EMPOWERMENT

OUR RISE PROGRAM is a long-term residential transition program geared towards helping women re-gain their independence by participating in a complex trauma informed program. RISE (Recreating Independence and Supporting Empowerment) is designed to be an extension of the Emergency Program with a more in-depth and complex trauma focus. In addition to the counselling, support groups and workshops, an outreach and life skills component has been added to enhance those participating in the program to develop life long tools for a life free from abuse.

To help provide a continuum of care we work together with many organizations in our community. **OUR OUTREACH** and **FOLLOW UP** services provide immediate and consistent resources to those leaving our residential programs. We also work with individuals in the community to engage and connect them to the services and supports they need while they work towards their next steps. These programs provide counselling, support, safety planning, and educational groups much like our residential programs and also assist with access to household items they may need while building a new life for themselves.



**174 women participated in
Nova House programming**

SUPPORTING STRONG PARENTING

Living in a home with abuse, of any kind, can affect parenting in both indirect and direct ways. Women parent as effectively as they can, in spite of their obstacles, and they want more than anything to parent their children and keep them safe and happy. At Nova House we believe in helping parents enhance their skills by providing parenting programs, parent-child programs and children's programs.



CHILDREN'S PROGRAMMING

Children who have witnessed violence in the home often have feelings of sadness, anger, confusion, and guilt. The purpose of the children's program is to listen and provide support for children and to help them understand their feelings. We do this by offering a safe and supportive environment for children to play. We offer age appropriate groups and fun activities that allow children to express themselves in a healthy way. Our programs include many basic teachings such as nursery rhymes, healthy and creative play. We include hands on / tactile activities, crafts, and outdoor exploration. Our children's program allow for parents to participate and learn along side their child.

This past year
81 children
called Nova
House their
HOME

Our Parent and Child Groups are geared to the needs of each parent and child(ren) in the session. This includes helping parents understand and determine developmental stages, respectful and appropriate discipline, nutrition, physical activity needs, emotions, and how and when to reach out for help along the way. Helping to re build the parent child relationship gives women more confidence and strength in their decisions to move forward and start a new and healthy life free from abuse for them and their child(ren).

353 Child / Parent
sessions took place
throughout the year



ACTIVITIES AND EVENTS



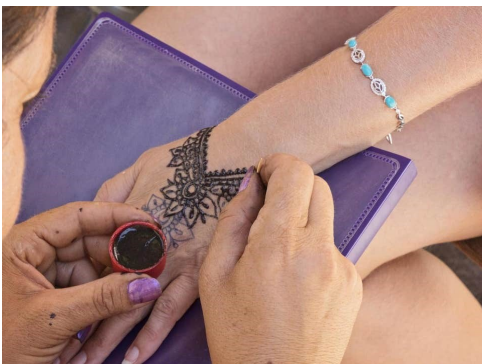
With support and funding from Justice Canada in recognition of Victims and Survivors of Crime Awareness Week we held our **Annual Women's Wellness Awareness Day** event on May 30, 2018. The theme this year was *"Transforming the Culture Together"*.

This event provides us an opportunity to gain knowledge and collaborate with each other in order to work towards transforming the culture of violence that exists for many individuals and families living in our community. We bring together and connect a cross section of service providers, families using our services, and those in the community that have an interest in sharing and learning about the resources available.



Picture of the giveaway layout

As a way to give back to the community we also have a large "give away" section for anyone attending the event to take what they need. We invite specific service focused business in the community, such as massage therapy, henna tattoo artist, hairstyling, manicurist and make up specialists to provide some much needed pampering.



Our **Annual Christmas Party** is held in December and is specifically for the families that have been involved with us over the past year. This event includes a full holiday meal with all the fixings and fun activities for the children to participate in. The visit from Santa is the hit of the event and while all the children receive gifts from Santa we also take pictures for the families to have a keep sake. The unique area of this event is our "Elf Room" that we fill up with items for the children at the event to go "shop" and create a gift for their mom on Christmas morning.

**all of our services and events at Nova House are*



“Learning to Sew”

This beginners class helped teach some lessons on how to sew. Sewing is about picking up all the pieces and putting it all together, a lesson in sewing and in life.



Working with your hands can be so expressive and calming. This group spent some time planting succulents in various vases using a number of different items. The planting symbolized “planning for the future and seeing beautiful results”

Group Activities

Help foster healthy learning and behaviours
Help create healthy bonds
Help to express feelings when you are not ready to talk

“BIRD HOUSE ACTIIVTY”

Sharing our experiences on “starting over and building a new life for ourselves” was the topic during this activity as everyone boldly built their own birdhouses.



TOGETHER WE ARE STRONGER



MANITOBA ASSOCIATION
OF WOMEN'S SHELTERS

In the mid 1980s, women's shelters in the province of Manitoba began to work together to provide support, reduce the isolation of shelter directors, and stop the competition between shelters for funding dollars. The organization evolved, and was incorporated in 1991 as The Manitoba Association of Women's Shelters Inc.

MAWS was created to provide: support to member shelters; increased negotiating abilities with funders; shared information and resources; increased public awareness, training of staff and improved services for clients. MAWS is dedicated to providing a unified voice for women and children who experience violence.

A full membership to the Manitoba Association of Women's Shelters (MAWS) is open to all Manitoba shelters for abused women and their children. An affiliate membership is also available to any Manitoba organization, other than a shelter, which deals with issues relating to the abuse of women and/or children. Currently there are ten women's shelters that collaborate together to help ensure that all Manitobans who are experiencing abuse have easy access to a supportive place of safety.

The ten collective shelters in Manitoba include; **Nova House**, Selkirk; **Agape House**, Steinbach; **Aurora House**, The Pas; **Genesis House**, Winkler; **Parkland Crisis Centre**, Dauphin, **The Portage Family Abuse Prevention Centre**, Portage la Prairie; **Thompson Crisis Centre**, Thompson; **YWCA Westman Women's Shelter**, Brandon and **Willow Place** and **Ikwe-Widdjiitiwin** in Winnipeg.

Please visit sheltersafe.ca to find a full list of shelters available across Canada.



*When women
support each
other. Incredible
things happen*

To learn more about MAWS please visit
maws.mb.ca

IMPACT OF PROVINCIAL SHELTERS IN MANITOBA - 2018/2019

16792

Crisis Calls

49031

Beds Occupied

2745

Individuals
Sheltered

3338

Served by
Shelters

11825

Counselling
Sessions

maws.mb.ca



**WOMEN'S
SHELTERS
CANADA**

Shelters and
Transition Houses
United to End Violence
Against Women

Shelters support women and children fleeing violence. We support the shelters.

Women's Shelters Canada (WSC) is based in Ottawa. Bringing together 14 provincial and territorial shelter organizations, we represent a strong, unified voice on the issue of violence against women on the national stage. Through collaboration, knowledge exchange, and adoption of innovative practices, we advance the coordination and implementation of high quality services for women and children accessing VAW shelters and transition houses.

The Vision of Women's Shelters Canada is to work towards a world where:

- Everybody matters – people of all genders, all cultures, all faiths, all abilities are valued and have equitable access to resources, power and justice, and all are safe from violence.
- Society uses an inclusive, intersectional, equity-based lens to make decisions.
- Organizations and systems are collaborative and accountable.
- The Earth, on which we all depend for survival, is protected.



DEVELOPING A NATIONAL PROFILE

MORE THAN A BED is the first national VAW shelter survey developed by and for the VAW sector. Its recommendations are

1. The number of shelters in Canada must be increased to respond to a) the fact that turn-away rates are alarmingly high in major cities and that b) far too many women in rural and remote areas simply do not have access to shelter services.
2. Sustainable, core operational funding for all VAW shelters is required as are yearly increases in accordance with standard of living costs.
3. WSC supports the National Aboriginal Circle Against Family Violence (NACAFV)'s recommendation to the Standing Committee on the Status of Women on November 19, 2018
4. WSC calls on the federal government to develop and implement a National Action Plan on Violence against Women.

For more information on Women's Shelters Canada please visit <https://endvaw.ca/>

MESSAGE FROM THE FAMILY VIOLENCE PREVENTION PROGRAM AND THE MANITOBA STATUS OF WOMEN

"The Family Violence Prevention Program and the Manitoba Status of Women would like to thank Nova House for their continued efforts and commitment in supporting women and their children that have been impacted by family violence. We send a special thank you to all staff, volunteers, and board members who give generously of their time and energy to support women and children. We acknowledge the important work you do in your communities. Thank you and we look forward to our ongoing relationship with Nova House".

~ Beth Ulrich, Executive Director of Manitoba Status of Women



Since 1991 men have worn white ribbons as a pledge to never commit, condone or remain silent about violence against women and girls. Interested in taking the pledge?

Visit whiteribbon.ca



Unifor Local 830 would like to acknowledge the tremendous efforts put forth on a daily basis by the hard working and committed staff, volunteers and board members of Nova House. Your continued support to the women in our communities who have fallen victim to violence is incredible. Your daily efforts and the difference you make in our community does not go unnoticed by your Union. It has been an incredibly eye-opening pleasure to have had the opportunity to learn about this organization and the integral work you do. I look forward to our continued relationship and feel honoured to have the opportunity to work with and represent the staff at Nova House. The women and children impacted by violence in our communities need people like you. Thank you for being there for them. You ladies do great and important work. Thank You.

In Solidarity,
Joel Zillman
President Unifor Local 830

Some of the following RESOURCES were used throughout this publication. These and other resources on Domestic and/or Family Violence are worth taking a look at if you would like more information.

Family Violence Prevention Program <https://www.gov.mb.ca/msw/fvpp/index.html>

Women's Shelters Canada <https://endvaw.ca/>

Manitoba Association of Women's Shelters (MAWS) <https://maws.mb.ca/>

Shelter Safe Manitoba <https://www.sheltersafe.ca/manitoba/>

Stop the Violence <https://www.gov.mb.ca/stoptheviolence/index.html>

Stop the Violence <https://www.gov.mb.ca/stoptheviolence/lgbttq.html>

Family violence in Canada: A statistical profile, 2017 <https://www150.statcan.gc.ca/n1/pub/85-002-x/2018001/article/54978-eng.pdf>

Department of Justice <https://www.justice.gc.ca/eng/cj-jp/fv-vf/help-aide.html>

Homefront Calgary <http://homefrontcalgary.com/main/>

The Learning Network <http://www.vawlearningnetwork.ca/>

White Ribbon <https://www.whiteribbon.ca/> TAKE THE PLEDGE

Un Women <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/take-action/say-no>

Futures Without Violence <https://www.futureswithoutviolence.org/>

Family Violence: How big is the problem in Canada <https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/problem-canada.html>

THE MORE YOU KNOW THE MORE YOU CAN HELP

Cost of violence against women:
criminal justice system, \$684 million
police, \$187 million
counselling, 294 million.
TOTAL: 1 billion each year.



Violence against women is not a private family issue. It is a community and public health issue affecting not only the abuser and his victim but everyone around them.

Common Types of Abuse Definitions and Examples

Physical

Unwanted physical contact - slapping, pinching, punching, pushing, kicking, hair-pulling, burning, biting or cutting.

Sexual

Unwanted sexual contact - sexual touching, forced sex, forced humiliating acts, offensive sexual comments, control of birth control, or being forced to watch or take part in sexual acts with a third party.

Psychological/ Emotional

Being forced by another person, to watch or take part in behaviour that is psychologically/emotionally harmful – threats, humiliation, put-downs, name-calling.

Financial

Use of financial information or other resources (ex: property, possessions) to control and cause harm to another person.

"Honour" Based Violence

Fear of or actual forced marriage, controlling sexual activity, false imprisonment, forced abortion, and death.

<https://www.gov.mb.ca/msw/fvpp/>

DOMESTIC VIOLENCE MUST STOP



1 in 3 women will experience some sort of violence in their lifetime

1 in 6 men will experience some sort of violence in their lifetime



Every year in Canada 362, 000 children witness or experience family violence.

Manitoba has the second-highest rate of intimate partner violence in Canada, with a police-reported rate of 896 victims per 100,000 citizens, nearly double the Canadian rate of 482 per 100,000, according to Statistics Canada's *Family Violence in Canada: A Statistical Profile 2015*.

In CANADA every 6 days a woman is killed by her intimate partner.

79%

of police reported intimate partner violence is against women

26%

of all reported crime in Canada for 2016 was family violence

SUPPORT IN MANITOBA

10 Women's Shelters

9 women's resource centres

4 residential second-stage housing programs


14 specialized programs

**A provincial toll free crisis line
1-877-977-0007**

For more information please review our resource list

STATS

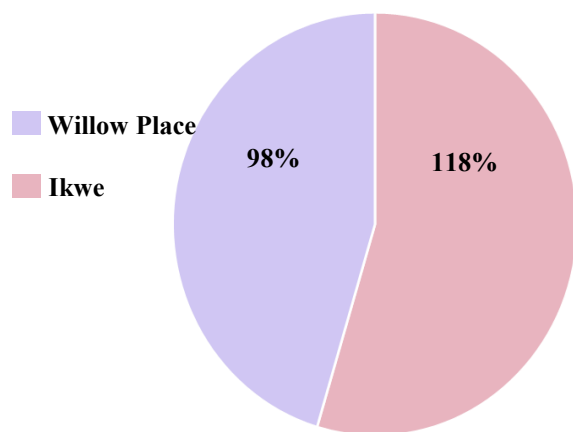
Data collected is shared with our funders to ensure that we are accountable for the funding we receive. However, the biggest benefit of sharing our data with our funders and MAWS is that a bigger picture of what is happening in Manitoba and across Canada can be shared. Without the collection of data appropriate and required services do not have a chance of being available.

	Crisis / Emergency Program			RISE Program		Interim Unit		Follow Up Programming		Non-Residential Programming		
	Women	Men	Children	Women	Children	Women	Children	Women	Children	Women	Children	
Total Individuals	62	2	72	8	9	3	7	48	28	53	5	
Total Bednights	1433	75	1820	837	1044	269	807	N/A	N/A	N/A	N/A	
Counselling Sessions	1040			318						162		
Children / Parent Group Sessions	353			Note: Programs for Parents and Children are open to all residential and follow-up clients.							N/A	
Crisis Calls	1433			Crisis Calls come in on both the local crisis line and the toll-free Manitoba Crisis line which is answered based on the area the caller is calling from.								

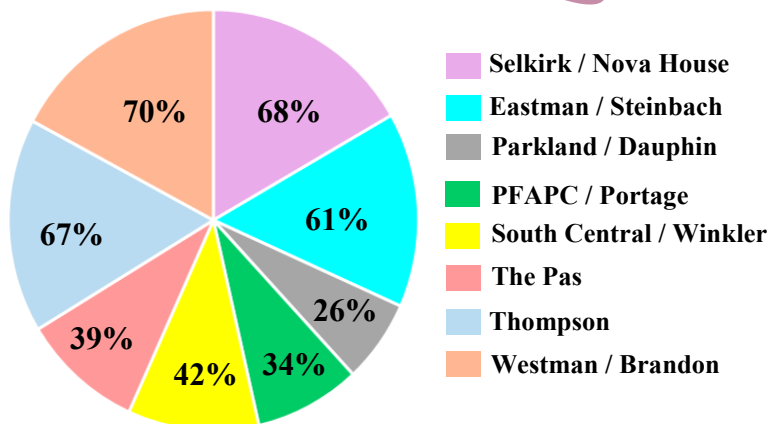
Residential services provide short term shelter and support; RISE program provides shelter and support for up to two years; Interim Housing provides shelter and support for short term stays while waiting for housing; Non-Residential Support is provided to individuals in the community not requiring shelter services; Follow-Up Services are provided to any residential client once they leave the shelter.

INDIVIDUAL SHELTER OCCUPANCY 5 YEAR AVERAGE April 2014 - March 2019

WINNIPEG



RURAL





Twice Over is a thrift store located in Selkirk, Manitoba owned and operated by Nova House. Proceeds from the store help support programming at Nova House.

Individuals using our services are given opportunities to shop at the store free of charge to help them reclaim many of the items they lost when fleeing their life of abuse. Starting over is not easy, and the items given to them through our store helps bring back some hope that starting over is manageable. Although the store only has clothing and small household items larger items such as furniture are donated directly to Nova House and stored in a secure location.

If you have any questions or would like more information on how to donate, please call Twice Over directly to arrange a drop off time.

204-785-9484

**214 MANITOBA AVENUE
SELKIRK, MANITOBA**

**For information on volunteering at
Twice Over or Nova House
please call 204-482-7882 ext. 0**



GIVE YOUR USED ITEMS A SECOND LIFE AT TWICE OVER

**NOVA HOUSE INC.
STATEMENT OF FINANCIAL POSITION
AS AT MARCH 31, 2019**

March 31, 2019 2018

ASSETS

CURRENT ASSETS

Cash	\$ 524,371	\$ 315,497
Accounts receivable	2,242	16,333
Goods and services tax receivable	6,152	3,833
Grants receivable	49,854	13,132
Due from related party, note 4	6,438	2,878

589,057 351,673

PREPAID EXPENSES

15,169 -

\$ 604,226 \$ 351,673

LIABILITIES

CURRENT LIABILITIES

Accounts payable and accrued liabilities, note 5	\$ 78,181	\$ 38,180
Deferred contributions, note 6	80,545	80,545

158,726 118,725

NET ASSETS

General fund	445,500	232,948
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\$ 604,226 \$ 351,673

On Behalf of the Board:

Director: 

Director: 

Date: Sept 24/19

NOVA HOUSE INC.
STATEMENT OF OPERATIONS AND NET ASSETS
FOR THE YEAR ENDED MARCH 31, 2019

	2019	2018
PROVINCE OF MANITOBA FUNDING		
Central support program, schedule 1	\$ 156,243	\$ 123,787
Core program, schedule 2	354,813	279,750
Children's counselling program, schedule 3	34,074	41,350
Follow-up program, schedule 4	56,000	123,038
Second Stage grant	85,975	86,000
	687,105	653,925
OTHER ACTIVITIES, SCHEDULE 5		
Capital funding for new building	-	95,349
CAPC	21,326	22,812
Donations	75,999	76,135
Fundraising and honorariums	6,585	9,511
Home for the Holidays	-	75,464
Interest income	8,568	2,706
Other grants	133,915	133,368
Second Stage - rental revenue	12,728	10,764
Selkirk Imagination Library	-	10,932
Summer student grant	10,582	9,293
	269,703	446,334
	956,808	1,100,259
EXPENDITURES		
Central support program, schedule 1	239,019	231,268
Core program, schedule 2	298,423	329,810
Children's counselling program, schedule 3	55,900	70,189
Follow-up program, schedule 4	109,565	123,815
Other activities, schedule 5	41,349	242,556
	744,256	997,638
REVENUES IN EXCESS OF EXPENDITURES	212,552	102,621
NET ASSETS BEGINNING OF YEAR	232,948	130,327
NET ASSETS END OF YEAR	\$ 445,500	\$ 232,948

Without the incredible generosity of countless community members, stakeholders and funders that donate their time, money, and talents to us each year we would most certainly not be able to provide the services we do. We cannot thank everyone individually but extend our gratitude to each one of you.

Community Stakeholders and Funders

provide us with operational and project funding throughout the year. Our gratitude for your support is immeasurable.

Many businesses, organizations and individuals in our community continue to provide funding to us each year. Some of our core funders include:

Family Violence Prevention Program
Manitoba Status of Women
Brandon Neighbourhood Renewal Corporation
Manitoba Metis Federation
Community Action Program for Children (CAPC)
Public Health Agency of Canada

Manitoba Housing
Employment and Income Assistance
Selkirk and District Community Foundation
Anonymous Funder
Justice Canada
ECDC

Helping Us Help Others at events and through volunteering makes us so proud to be a part of this community.

WE ARE SO VERY



*Thankful
&
Grateful*

Our Incredible Team

Thank you for sharing your ideas, input and enthusiasm. Your passion and hard work is invaluable to the

Executive Director: Viktoria Westgate

Staff Supervisor/Administrative Assistant: Lisa Karol

Twice Over Store Manager: Tammie Bedard

Counsellors: Joanne, Laura, Robyn

Outreach: Tracy, Darlene

Residential Support Workers: Sandy, Hyoshin, Kaelyn, Michele

Child Care Assistants: Shaylynnne, Morgan

Students: Harlie, Zachary, Austin, Kelly, Alyssa M



The dedication and commitment of our Board continues to be outstanding.

Board Chair

Deb Jenkins

Secretary

Vanessa Luloff

Finance

Doug Simister

Members

Retha Simpkin

Ingrid Pflug

Dr. Carolyn De Coster

Non-Voting

Donna Simister

Thank you for all of the time, talent and expertise that you give to Nova House.

NOVA HOUSE** relies on the donations and kindness of volunteers and donors. If you want to volunteer with us or donate please call **204-482-7882**, email us **info@novahouse.ca** or visit **novahouse.ca



**Shelter and Support for
Women and Children Experiencing
Domestic and/or Family Violence**

Box 337
Selkirk, MB R1A 2B3
novahouse.ca

General inquiries:
204-482-7882
info@novahouse.ca

24-Hour No Charge Crisis Line
Province-Wide: 1-877-977-0007
Local: 204-482-1200