

COMMUNITY CONNECTION

**VIOLENCE PREVENTION
NEWSLETTER**

FALL 2007



Message from the Minister

We remember.

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Dear Friends,

As newly appointed Minister responsible for the Status of Women I am happy to welcome you to this issue of *Community Connection*.

This month marks the 18th anniversary of the Montreal Massacre. On December 6, 1989, 14 young vibrant women were murdered at the École Polytechnic de Montréal. Women killed, simply because they were women. As we gather to reflect and remember these 14 young women and all women who have lost their lives to gender-based violence, I encourage you to wear a purple ribbon as your on-going commitment to end violence against women.


Violence against women is a societal problem, and we all have a responsibility to eliminate it. The work being done around the province on the issue of violence against women is not only impressive but also very encouraging. Developing a coordinated and comprehensive response to address violence against women is central to moving forward.

Working in the area of violence against women is not easy work, and I commend each and every one of you for the work you do on a daily basis to improve the lives of women in New Brunswick. I look forward to meeting many of you over the coming months and to working with you toward the elimination of violence against women.

Sincerely,

Mary Schryer
Minister Responsible for the Status of Women

This newsletter provides a forum for resource and information sharing, primarily between regional networks of the Provincial Partnerships in Action committee and other stakeholders invested in women's issues in New Brunswick. You, the readers, are also contributors as you have the opportunity to share new programs, community events and other information relating to women's issues and service provider wellness. Please take this opportunity to share this newsletter by forwarding it to others in your own networks!

New  Nouveau
Brunswick

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Upcoming Events

- **Empowerment Session: May 20th-22nd**

This will replace the spring Provincial Partnerships in Action Meeting. We will examine our service delivery and how we respond to women in relation to the empowerment approach. The session will take place in Moncton, please contact Laura Hamilton for further details at Laura.Hamilton2@gnb.ca or (506) 453-8277.

- **Consultative Forum**

You are invited to participate in the upcoming consultative forum entitled "Weaving it Together: Collaboration for a Comprehensive Strategy Against Sexual Violence", being held on January 16th and 17th at the Crowne Plaza Lord Beaverbrook Hotel in Fredericton.

Sexual violence is, unfortunately, an issue to which no one is unaffected. Thankfully, it is also an issue in which we can all contribute in eradicating. There is a vital role in raising awareness, identifying helpful practices, and in identifying the gaps and barriers that exist in the current systems. During the upcoming consultative forum, this information will be shared and we will work towards building a more comprehensive strategy that will move our province into action.

This forum will no doubt be the important first step that will bring government representatives, community members, and other stakeholders together to discuss and collaborate on strategies for all those affected by sexual violence.

Wage Gap

Newsbytes from the Wage Gap Reduction Initiative

Wage Gap Action Plan Scholarships Awarded

Fifty-seven students will have one less thing to worry about this school year having been awarded the Wage Gap Action Plan Scholarship for 2007-2008. The scholarships are awarded to students entering their first year of a non-traditional program at either NBCC or CCNB. The goal of the scholarship program is to help reduce the impact which job clustering has on New Brunswick's wage gap and to encourage students to explore a wider variety of career options. More information on the Wage Gap Action Plan Scholarship can be found at: <http://www.nbcc.nb.ca/>.

Pay Equity for Contract Workers

The provincial government, in the Charter for Change framework, made a commitment to implement pay equity programs targeting child care staff, home support workers, and transition house workers working in provincially registered facilities. The program will complete job descriptions and job evaluations of positions, and will provide results and recommendations to government by 2010. The program aims to ensure pay equity is achieved for these targeted workers in the province. Consultation and regional information sessions will be held during the upcoming months. For more information, visit <http://www.gnb.ca/0012/Womens-Issues/wg-es/payequityprog-e.asp>.

- On **December 6th**, 2007 The Miramichi Emergency Centre for Women Inc. will be holding their annual **Vigil** in the (Newcastle) Park at noon. Please contact the Centre for more information at (506) 622-8865, or visit their website for information on previous years. <http://www.mecw.nb.ca/>

- **Old Government House hosts Muriel McQueen Fergusson Foundation (MMFF) Gala Dinner Art Series**

The exhibit features work created for the Foundation's annual Gala Dinner Series. It includes works by artists Muriel Bell, Herzel Kashetsky and Carolyn Purdy. Other related works joining the display include: The New Brunswick Silent Witness Silhouettes; Lois Wilby Hooper's Sue Anonymous Quilt Series; select pieces from the Putting Ourselves Back Together Again MMFC collection; along with sculpture pieces by Wendy Forrest.

This combined exhibit will be on display from November 5 to December 7 as part of November Family Violence Prevention Month, an initiative of the Muriel McQueen Fergusson Foundation. Please drop by Old Government House, 51 Woodstock Road, Fredericton to view these inspirational pieces for yourself. For further information you may contact the Muriel McQueen Fergusson Foundation: 1-888-673-6633.

New to our website, visit us at www.gnb.ca (keyword: Wage Gap)

- **New Tool – Employer Case Study: WHSCC**

At New Brunswick's Workplace Health, Safety and Compensation Commission people come first – the people the WHSCC serves and the people who work there.

- **New Section – Pay Equity Program**

Pay equity for child care staff and home support workers – what you need to know.

- **Monthly Poll Question - Does your company offer flexible work hours?**

Have your say, [vote online](#) today!

- Stay up-to-date and [sign up](#) for our eNews!





Meet the Branch

Lise Bellefleur is the Director of the Violence Prevention Initiatives unit within the Women's Issues Branch. Lise has enjoyed a career as a civil servant for over 27 years in the New Brunswick provincial government. She is a social worker by profession and has spent most of her career working with marginalized and at risk populations.

The first half of her career was spent working on the front lines where she helped individuals through the multitude of challenges they experienced as a result of poverty, abuse, neglect, and violence. Starting as a correctional officer working with adult women and men and later with youth, she speaks fondly of the learning that takes place working on the front lines – a university of life. It was there she realized she was entrusted with only a small piece of the intervention while many others held other critical pieces. Spending nine years working with individuals behind locked doors she states that "one sees very clearly the many challenges

and direct impacts of violence, abuse and neglect on the lives of these individuals. Turning that around is very challenging". It is with that lens that she promotes prevention, support, person-centered and integrated approaches to counter those challenges. Whether from an individual or systemic approach there is room for better integration and, as helpers we need to work together to make that happen.

Later in her career, she worked with victims of crime and in a supporting role for community development initiatives in social housing projects. "There were many common threads weaving all these groups together. The challenges were varied yet many the same. "At times it felt like all you could really bring to the work was your humanity and compassion, which is good, but limited in making a real difference in their lives".

The natural path for someone trying to effect systemic changes on the front lines is to bring that experience to an arena where it can be translated to action. So when the opportunities arose, she was always willing to bring that experience to those forums; doing policy work or accepting to work on special assignments seeking more effective ways of delivering services. "I am an advocate for positive change. "People work" rooted in social inequality is incredibly

complex. However, when we align government services with the non-profit sector we can bring this energy and know-how together to achieve better results. The broad system holds many promises and possibilities when it is fueled with the incredible energy and caring of the many that work within this landscape. The results can only be enhanced by recognizing and respecting this approach."

Lise is also the proud mother of two children. She doesn't take lightly her responsibility and opportunity to work at addressing the fundamental imbalance in society so that it can be a society where all can thrive and live free of violence.

"Leading the implementation of our action plan "A Better World for Women: Moving forward 2005-2010" provides me with that opportunity. It is an incredible framework for change, supportive of the work that needs to be done, while taking us towards that ability to bring creative solutions to problems we were only able to dance around before. The strength of the plan is definitely in the foundation it creates to bring community and government together to move forward with a common vision."

Let's Network Let's Network Let's Network

- Are you dealing with some difficult stuff lately? This book discusses vicarious trauma, its impact, and possible coping strategies. It is designed to help antiviolence workers identify and deal with their vicarious trauma experiences.

Guidebook on Vicarious Trauma: Recommended Solutions for Anti-Violence Workers

by Jan I. Richardson

http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/femabus_e.html

- Non-profit agencies need help too: This website addresses many aspects of volunteerism in Canada, and even includes information on insurance for volunteers!

Volunteer Canada <http://new.volunteer.ca/en>

- **Call for proposals! Status of Women Canada** is calling for proposals for the Women's Community Fund. Deadlines for proposals are December 17, 2007. Please visit www.swc-cfc.gc.ca for funding priorities, criteria and application forms.

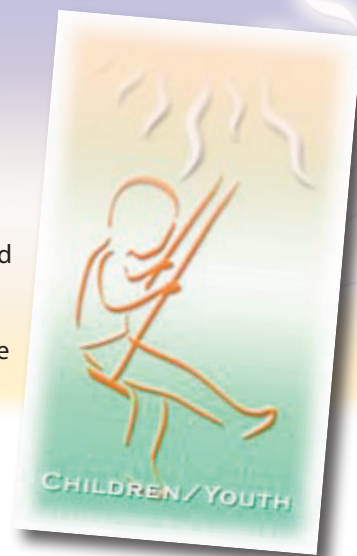
- **A group for teens in Shédiac**

The Shédiac region outreach worker is organizing a discussion group at Louis-J.-Robichaud high school that aims to cover problems encountered in adolescence, such as dating violence, peer pressure, and bullying among girls. Both educational and interactive, the group will run for six sessions. Please contact 532-2166 for more information.

What's New?

New Programs for Child Witnesses of Domestic Violence

Do you know a child that has been impacted by domestic violence? The Community Group Program for Children Exposed to Woman Abuse is a community-based program for children/youth, four to sixteen years of age, and their mothers. Children will have the opportunity to process and understand the hurting that happened in their family. Five programs have been funded through the *A Better World for Women: Moving Forward 2005-2010*, and four programs are currently being offered in the province. Five more programs in different areas are expected to start in the Spring/Summer 2008. The programs receive funding as part of the initiatives in the *A Better World for Women: Moving Forward (2005-2010)* action plan. For more information, please contact the children's program nearest you.



| REGION | COMMUNITY GROUP PROGRAM | PHONE |
|-------------------|---------------------------------------|-------------------|
| Acadian Peninsula | Services à la famille de la péninsule | 727-1866 |
| Woodstock | Valley Outreach Services | 328-9680 |
| Saint John | Moving Forward | 632-5775 |
| Moncton | Family Services Moncton | 857-3258, ext. 41 |



Outreach Programs Funded for the 2007 Fiscal Year: Helping People Move forward

Outreach services provide support to women living in or leaving abusive relationships and consist of the outreach worker meeting with the woman and providing a variety of services from crisis intervention and safety planning to accompaniment etc. Five communities received funding for outreach programs this year from the Women's Issues Branch under the *A Better World for Women: Moving Forward (2005-2010)* action plan. If you would like more information, please contact the numbers below.

| REGION | PHONE NUMBER |
|-------------|--------------|
| Miramichi | 778-6496 |
| Shédiac | 533-9100 |
| Chaleur | 543-1724 |
| Kent County | 743-5449 |
| Fredericton | 458-9774 |

Another five programs will be implemented in the 2008 fiscal year.

Violence Prevention Website

<http://www.gnb.ca/0012/violence/index-e.asp>

Here at the Women's Issues Branch we are always trying to better the Violence Prevention website. As such there are a few new editions to the site that you might find useful:

- Our **calendar of events** gets updated on a regular basis. Tap into it to see what events and programs are going on in your community, or make a submission (send it to the contact information on the last page of this newsletter).
- We also have the **Provincial Partnerships in Action** meeting **resources, tools** and **presentations** from the October 2007 meeting posted in the PPA section.
- A list of **community contacts** for each network has also been added to the PPA section of the website, so if you have a question for another region, give the community contact a shout.
- We've compiled a **list of services** on the website, such as outreach, and the children's program, along with housing and other needs women might have.

More helpful information and changes to come! Happy surfing!

News from the Women's Issues Branch

Highlights from the Violence Prevention Unit

Members of the Violence Prevention Unit, within the Women's Issues Branch, have been hard at work since the last newsletter. Visits to various communities such as Sainte-Anne de Kent, Bathurst, Campbellton, Woodstock, Saint John, Miramichi, St. Stephen, Moncton, Shédiac, and Tracadie Sheila to name a few, always prove beneficial in staying in the loop about the wonderful work that is taking place across the province.

Over and above these visits we've managed to lead or partner on a number of important initiatives. We have completed the Concurrent Group Program for Children Exposed to Woman Abuse and their Mothers standards and they will be distributed in the near future.

We've also been collaborating with the Fredericton Sexual Assault Crisis Centre to move forward on the Provincial Strategy for Sexual Assault Services. November 13th and 14th saw approximately 100 service providers gather for a Sexual Assault Services Training and community mobilization forum lead by the Fredericton Sexual Assault Centre. It was a great success and very productive. In January there will be a comprehensive sexual violence strategy forum taking place entitled *Weaving it Together: Collaboration for a Comprehensive Strategy Against Sexual Violence* in Fredericton, you can read more about that in the Upcoming Events section.

Just recently a couple of our staff were involved in organizing the Muriel McQueen Fergusson Centre for Family Violence Research "Research Day 2007". The day's focus was on Resistance and Resilience: Helping children and youth survive in the face of family violence. It was a very informative day full of research and practice approaches to consider in our interventions and future planning. You can read more on it below in our section called "In the Loop".

We also partnered with Public Safety to hold a provincial consultation in Saint John, November 15th and 16th, regarding women and girls at risk. Over 100 stakeholders participated in this consultation. Dr. William Morrison of UNB presented on his research findings, assisted by Nancy Hicks from Ridgewood Addiction Services in Saint John. Kim Pate, Executive Director of Canadian Association of Elizabeth Fry Societies was the keynote speaker. Women and girls at risk include those facing personal, social and/or economic challenges that interfere with healthy functioning. The objective of this event was to identify ways that can best meet the needs of these women in a more comprehensive, strategic and holistic way, as reflected in current research and practice.

Virtual Destinations

The Rave Project: Religion and Violence E-Learning

This website is only in English for now. It is a bridge between Christian faith leaders and domestic violence by providing information on how faith leaders can help members of their congregation who are experiencing domestic violence.

<http://www.theraveproject.org/index.php> - English Only

"Breaking the Links Between Poverty and Violence Against Women" – a resource guide by Health Canada

http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/html/femInspvrt_e.html

New Brunswick's Wellness Strategy

As part of our continual journey of personal wellness, we are featuring the province's new wellness strategy. It talks about everything from tobacco to mental fitness and resilience. Take a look, for your wellbeing.

<http://www.gnb.ca/0131/wellness-e.asp>

Outreach Corner

By Liz L., Outreach Coordinator, Liberty Lane's Family Violence Prevention Centre (450-9877)

Liberty Lane's Family Violence Prevention Outreach Program in Fredericton has been busy. Earlier this week we finished a self-esteem group. The Fredericton Sexual Assault Crisis Centre allowed us to use their meeting space. We also used their space this past spring for our Assertiveness workshop. Not only did the women like the space, they also liked its' location because it was downtown and on a bus route so it was very accessible.

In terms of the self-esteem workshop itself, when putting together this workshop, we noticed that often women's magazines have stories with titles such as "Get Self Esteem in Just 5 Days!" or "A New You In Seven Easy Steps" which are unrealistic if one wants to make some real changes with our self esteem. So one of the main goals of our self-esteem sessions was to provide women with information and tools they could take with them to continue working on their self-esteem long after the workshop had ended. Participants felt they received both the information and tools they could continue to use to work on their self-esteem and got other benefits, as well. One woman shared: "I have learned so much [and] gained some wonderful friends." Another participant stated she received the information and tools to continue working on her self-esteem. "I fully intend to go back to my workbook, and to pass some of the tools on to others...the handouts are so valuable."

This week we also started The FREEDOM Group, a group for women who have left abusive relationships. The FREEDOM

Group has two main purposes; give women the opportunity to meet with other women who have left similar situations for support as well as gain resources and information they choose during the first session. This group of women said it was important they share their stories as a way to break their isolation and let go of hurt. The FREEDOM Group, by asking women (for example) to choose they topics they want to focus on during our time together, follows Liberty Lane's woman-centred, women-directed philosophy.

Liberty Lane's Outreach Program has also been working with communities in the greater Fredericton area. We are in the process of doing some work in Stanley specifically with teens about healthy relationships. We are also working in Oromocto with teen mothers also on healthy relationships. Again, similar to our self-esteem group, we want to share with the teens resources and information they can use now and for the rest of their lives.

I look forward to, finally, setting up and developing our province-wide Outreach Network with the other Outreach Workers in the province and with the Women's Issues Branch!

Help for victims of violence in the Cap-Pelé area

The team at the Beauséjour Family Crisis Resource Centre Inc. has opened a satellite office in Cap-Pelé, which will make it possible to better serve local residents who are going through difficult situations related to family violence, family problems, depression, and so on. The outreach worker, Anise P. (533-9100), is able to meet with people who need support.



Among our Favourite Spaces

If you're looking to get away from it all, why not take a drive through the Appalachian Mountain Range? Better yet, why not get one last hike in before the snow hits?

The Appalachians are a mountain range that run along western New Brunswick and end at the beautiful Baie des Chaleurs. These mountains are older than the Himalayas and much of their natural beauty is untouched. The range runs all the way into the United States and is actually 1,045 kms long, but don't worry, you don't have to do it in one day! If you'd like more information on hiking trails and driving routes through the breathtaking Appalachians visit this link:

<http://www.tourismnewbrunswick.ca/en-CA/HNThingsToDo/HNNaturalWonders/HNNWAppalachians.htm>

Marg's Corner

Marg Malone Currie is a senior policy advisor with the Women's Issues Branch.

On September 21st, the NB Task Force on Human Trafficking held a one-day symposium in Fredericton. The objective of this event was to raise awareness of the issue of both domestic and international human trafficking. Both exist in Canada and, although there is only anecdotal evidence, it's strongly believed to be an issue for New Brunswick.

The objective ... was to raise awareness of the issue of both domestic and international human trafficking.

At the symposium participants learned that trafficking in persons is:

- the action of recruitment, transportation, transfer, harbouring, or receipt of persons
- by means of the treat or use of force, coercion, abduction, fraud, deception, abuse of power or vulnerability, or giving payments or benefits to a person in control of the victim
- for the purposes of exploitation, which includes exploiting the prostitution of others, sexual exploitation, forced labour, slavery or similar practices, and the removal of organs.

Trafficking in Persons Protocol (Art. 3.a)

Victims of trafficking are not all forced into prostitution. They may be live-in caregivers, mail order



brides, or labourers. Because of threats of violence against family members, victims fear coming forward, especially to the police. If they do find the courage to try to escape they most likely will go to a shelter or faith group.

Some indicators to help identify victims of trafficking include:

- Their stories that are confusing, unclear, convoluted, with many missing pieces;
- They are quiet, reluctant or appear afraid to talk;
- They have no identification;
- They may mention having a boyfriend in a gang;
- They may speak a foreign language;
- There is evidence of violence, isolation, control, intimidation, fear, and depression.

When interviewing victims of human trafficking:

- Assure them you will not have them arrested, deported, or put in jail.

- Attend to their medical needs, if necessary.
- Be one-on-one (in case the victim is accompanied by the trafficker).
- Question them as you would a victim of domestic violence, using a confidential and safe location.
- Use an interpreter if necessary. (Be aware, however, that in some cultures women have few rights and may be intimidated by the interpreter or the interpretation may be questionable.)
- Respect the victims as experts on their own lives.

If you feel you are in contact with a victim of human trafficking and in need of assistance and/or information please call the RCMP at 888-270-2266 (24 hours).

If you would like a presentation made to your network by a member(s) of the NB TaskForce please contact me at marg.malonecurrie@gnb.ca.

Emerging Issues

The Male Violence Action Research Team Works to Reduce Violence Against Women

The Male Violence Action Research Team (MVART) works to engage men in our communities in action-oriented research that will reduce violence against women. For several decades feminists have been working valiantly to bring attention to the issue of violence against women. This brave work has led to the creation of shelters and crisis lines, to increased public awareness about the issue, and to a heightened criminal justice response to the problem.

Despite these great efforts, violence against women remains a serious social issue, and until now men in most communities have stayed on the sidelines of this struggle. MVART, an affiliated research team of the University of New Brunswick's Muriel McQueen Fergusson Centre, was formed in order to invite men to become part of the critical work of reducing violence against women. The Team is comprised of men and women from various academic, governmental, and community organizations.

In the spring of 2007 MVART held a series of public consultations to ask members of various communities in New Brunswick about what needs to be done to help to engage men in this work. Because MVART believes that effective solutions to social problems must have significant community input, and that various communities have unique factors that must be included in developing any effective solutions, MVART held three consultations, one in French, one in English, and one dedicated specifically to Aboriginal concerns. MVART is currently analyzing this information and formulating subsequent action steps.

A second project that MVART is currently pursuing is a series of lectures and workshops featuring regional, national and international experts. These presentations will take place in the fall of 2008 and will focus on how to engage, confront, and work with men in the struggle to end violence against women. The themes that will be touched upon will include effective ways of holding men accountable for their violence, how men can work in partnership with women in reducing family violence, developing effective community responses to family violence, and what men can do to heal themselves and their communities.

MVART welcomes suggestions and comments. Please contact the Male Violence Action Research Team: mvart@unb.ca.

RED HOT

Canadian Observatory on the Justice System Response to Intimate Partner Violence

The Muriel McQueen Fergusson Centre for Family Violence Research at the University of New Brunswick in Fredericton has been awarded \$ 2.1 million dollars from the Social Sciences and Humanities Research Council of Canada (SSHRC) under the Strategic Knowledge Clusters program, to establish a network promoting and coordinating multidisciplinary research from across Canada on intimate partner violence and the justice system.

The Director of the Observatory is Dr. Carmen Gill, Director of the Muriel McQueen Fergusson Centre for Family Violence Research at the University of New Brunswick. Dr. Elizabeth Blaney, Research Associate at the MMFC has been designated as the coordinator of the Canadian observatory. The Canadian observatory is comprised of academics from thirteen Canadian/

international, plus counselling centres, family services and housing, foundations, and government departments. This partnership will allow the observatory to compare community and justice responses to intimate partner violence in various jurisdictions across Canada and abroad.

An initiative of this magnitude is unique in Canada and intends to be a national conduit between provinces and territories, in both official languages. The Canadian observatory will enable the *Alliance of Canadian Research Centres on Violence*, partner organizations, and family violence researchers from across Canada, and abroad, to work together more effectively to conduct research and develop initiatives on the justice system's response to intimate partner violence.

What is the Canadian observatory?

The Canadian observatory is a national/international research network emphasizing continued bilingual dialogue and in-depth research on the justice system in all parts of the country and on the impact of its response to intimate partner violence. The Canadian observatory intends to

lay the groundwork for standardized national data sets on the justice system's response to intimate partner violence, with particular emphasis on civil legislation and specialized response units (e.g. police, court, prosecutions); and to develop regional, national and international forums for dissemination of inter-jurisdictional analyses and program/policy outcomes.

For more information on the Canadian observatory, please contact Dr. Elizabeth Blaney, Coordinator, at 506-458-7378 or blaney@unb.ca.



Wellness

Journaling as a way of connecting to your inner compass

"Keeping a journal has many benefits. It can aid you on the path of self-awareness, enlightenment, and growth by providing a secure forum in which to experiment. A journal also can help you balance perspective, release negative emotions, explore new options, and appreciate your accomplishments"¹ Why then don't we all do it? It takes some level of commitment to really get into journaling. Time being of essence in our busy lives the idea of taking thirty or forty minutes a day can seem like a lot. However, coming from an avid journal keeper, it is time well spent. When I think of the problems I solve on paper, the peace I find, the forgiveness I give myself, I can think of no other source of inspiration greater than that of my own inner compass.

Everyday, we put faith in places and people to bring us peace and happiness when in reality answers are much better when they come from within. After all, who knows us better than we know ourselves? Journaling is a way to train ourselves to come to that self to find the answers that fit for us. It helps us align with our values and our beliefs. Good advice we receive once tested against our inner convictions may be acted upon or found to simply not fit. Again, the opportunity to check this out will enlighten your way to action.

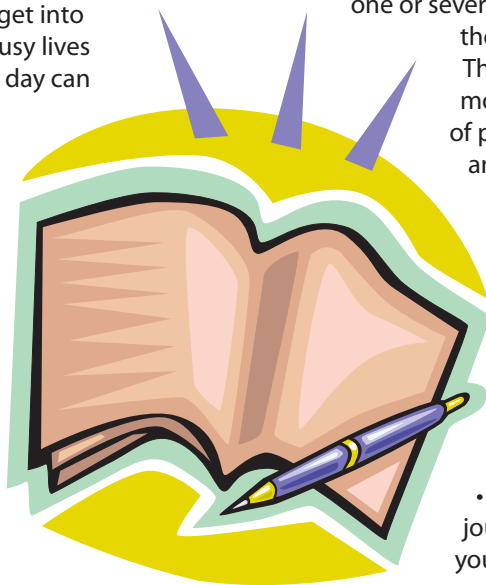
As we work at helping others we carry a lot of their struggles into our existence. Again journaling is a great way of cleansing that energy that can weigh us down. Even as professionals we carry a lot more than we care to admit to ourselves. Once in the meditative state induced by journaling, you begin to see the depths of the impact of that helping relationship. Your discourse may take shape to rejoice over helping someone find his or her way or help us move on from a place of despair where we cannot make the kind of difference we would like to make. Helping someone else discover journaling as a means of moving forward in his or her life is a success in itself. It is a form of therapy that is affordable to all and can supplement other forms of support.

Getting started is easy. If you want to master this art you need to dedicate a time and space where you feel comfortable and make it a ritual. A special tea, scented candle, and soft music are all great accompaniments. Your entries should be hand-written and at least three pages long. Some days it takes at least a page

and a half before you can get to your essential self. You may find that you will deal with the day's events first before moving into a space where you are connecting with your inner self. As time goes on you get better at it. Here are some suggestions to get started.

- Choose a notebook of your choice; something you will enjoy reaching for and that lends itself well to the type of journaling you wish to undertake. Complement it with one or several writing instruments that glide well on the page. Gel pens are great for journaling. They come in an array of colors to fit your mood. You can also use stickers, collect scraps of paper collected through the day such as an empty wrapper from your favorite tea, the ticket stub from a movie you enjoyed and use these to decorate your page and reflect upon.
- Do not worry about proper sentence structure and grammar. You are after ideas. If you plan to use some of your written work later, there will be plenty of opportunities to polish it as needed.
- Allow yourself to be creative. It is your journal; so let yourself pour the mood onto your page. If drawing or doodling is something you enjoy; provide a place for this in your journal page as well.
- At a loss as to what to write about? Prepare a little box containing words/topics that you like to think about and let that be the topic for the evening. Simply pick a word from the box and write what comes to mind. (For a ready made list of journaling words- visit our website at <http://www.gnb.ca/0012/Violence/tools-e.asp>)
- Keep your journal in a safe place. If you worry about prying eyes you may want to discuss these concerns with those you are sharing living space with to ensure they understand that this would be a breach of your privacy. You can encourage them to do the same with the understanding that you will respect their privacy. Journaling can be a great tool for kids as well. Getting them started in the same fun way is a sure way to develop tools for life.
- There are many great books available at your local library or bookstore. Treat yourself to the insights of others to grow your own approach to this wonderful practice.

Enjoy this time spent with yourself. You can be assured of the quality and sincerity you desire.



¹ *Writing your Authentic Self*, Lois Guarino, A Dell Trade Paperback Random House, Inc. New York New York, 1999 by the Omega Institute. ISBN 0-440-50871-1

In the Loop



- **Provincial Partnerships in Action Meeting, October 2-4th**

The Meeting took place in beautiful Tracadie-Sheila. Topics covered included presentation skills, incorporation of your network, the provincial sexual assault services strategy, wellness, poverty, wage gap and updates on our newly funded outreach and children's programs. If you would like more information, including resources and minutes from the meeting, please visit the Violence Prevention website:

http://www.gnb.ca/0012/Violence/tools_resources-e.asp

- **Research Day 2007: Resistance and resilience: Helping children and youth survive in the face of family violence**



Nov. 1, in conjunction with the Muriel McQueen Fergusson Centre for Family Violence Research's, world-renowned child maltreatment expert Dr. Bruce D. Perry gave a free, public address entitled "Relational Poverty and the Impact of Trauma on Children: A Neurodevelopmental View of Resilience and Vulnerability to Adverse Childhood Experiences."

On Nov. 2nd RESEARCH DAY 2007 A conference for government, community-based organizations, academics, and individuals interested in the issue of violence against women and children was held at the Wu Conference Centre. Dr. Geneviève Lessard, School of Social Work, Université Laval spoke on "How exposure to domestic violence impacts children and youth: Better understanding for better intervention".

For more information, please visit What's New on our website: www.unb.ca/arts/CFVR or call (506) 453-3695

- The Miramichi Emergency Centre for Women Inc. held it's 1st annual **Walk for Awareness** on Thursday November 22, 2007 at noon.
- **How does exposure to intimate partner violence affect mother and child health?**

Exposure to violence is linked with a number of negative behavioral, cognitive, and social outcomes for children and adolescents. Recent research suggests that exposure to violence may alter the mother-child relationship, and some mothers in violent relationships are more responsive and sensitive to their children (Levendosky, Huth-Bocks et al. 2003). This may be a key factor protecting some children exposed to partner violence given what we know about the influence of early caregiving experiences on children's development. Unfortunately, very little is known about the affects of exposure to violence in infancy.

To understand this better, researchers at the University of New Brunswick, University of Prince Edward Island, Dalhousie University and Cape Breton University, have come together to conduct an exploratory descriptive study guided by community members engaged with the issues of violence against women and healthy child development. Through interviews and family assessments, *The Mothering Study* will learn from the experiences of service providers (30) and mothers of infants 3 years or less who have left a violent partner (90). Strengths-based feedback on children's development can be provided upon request. The results of this study will contribute substantially to our understanding of the impact of IPV on mother-infant relationships, and guide the design of supports for maternal-infant relationships and infant development.

For more information, or to learn how you can help, please contact Katie Young at 447-3204, 1-888-639-1555, or katie.young@unb.ca or visit the CHILD Lab website at <http://www.unbf.ca/nursing/child/>.



- **More than 800 people paid homage to the women killed by a husband, partner, or acquaintance by visiting the "Silent Witness" exhibition in Shediac.**

The Beauséjour Family Crisis Resource Centre Inc. presented the "Silent Witness" exhibition on August 13, 14, and 15 in Shediac. During those three days, the silent witnesses

were on view in Pascal Poirier Park, at the Co-op, and at the downtown shopping centre. Many people were touched by these silent witnesses and some even left the exhibition in tears. The project, launched in 2002 by the Charlotte County Family Violence Committee, certainly helped to demystify people's preconceived ideas of marital violence in our community.

- The Miramichi Family Violence Prevention Committee had a **pamphlet display** at Region 7 hospital the week of Nov 19-23. The Silent Witness Silhouettes were also on display.

Congratulations to the Beauséjour Family Crisis Resource Centre INC. on their 10th anniversary of serving the Shédiac region!

Call for Quilt Blocks!

Stitching Solutions: New Brunswick's Provincial Violence Prevention Quilt!

Do you want to be part of the solution to ending violence against women, but don't know how? Here is your chance! We are putting a call out to individuals and agencies for quilt squares of 8"x8". Be creative with your quilt block; you can use paint, glitter, traditional quilting techniques, whatever you fancy!

Please make sure to include:

- At least one stitch in your block somewhere
- Your name or your agencies' name
- Identify your region of the province
- Include your message, either written or through art, about family violence

You can express your message directly on to the fabric, create a pocket and include a note, or stitch your message onto your block. It's up to you! We would like to have submissions from all corners of the province in your language of preference, as this quilt will be part of a traveling exhibit. We're hoping to unveil it at our next Provincial Partnerships in Action meeting, May20-22nd. So please have your **quilt blocks in to us by the end of January**. Let's show people that domestic violence is not tolerated by New Brunswickers!

Do you know anyone who could help us put our provincial quilt together? We are looking for a partner organization to stitch the quilt together. Let us know at Laura.Hamilton2@gnb.ca or (506) 453-8277.

If you or your agency is interested, please send your quilt block to:

Attn: Laura Hamilton
Women's Issues Branch
Sartain MacDonald Building
PO Box 6000
Fredericton, NB
E3B 5H1

Thank you!

Old Tools, New Twist

In 2005 the Women's Issues Branch in partnership with Public Legal Education and Information Service of New Brunswick (PLEIS-NB) launched *Ending Abuse in Your Relationship: A Woman's Roadmap to Empowerment*. This booklet is designed to help women as they journey out of violence. The booklet includes general information about woman abuse, information on the process of leaving abuse, and tips on making a safety plan. It also includes information about moving forward. The final section of the booklet is designed to help women identify available services and resources she may need in her journey including the contact information. Service providers using this booklet with women will also be able to use this roadmap to see who has been contacted and where the next step should be.

For more information or to order more booklets please contact PLEIS-NB at 506-453-5369 or email pleisnb@web.ca.

A Lived Experience...

What does an abused woman look like?

What does an abused woman look like? She may be short, tall, thin, not so thin, a blond, a brunette, a red-head, a white-head, a black-haired or a grey-haired woman. She may be a waitress, an x-ray technician, a lawyer, a doctor, a childcare worker, a teacher, a secretary, or a bartender.

She is a woman that suffers from the pain of each hit, each strike, each attack. She wears her wounds as she goes on with her life. She picks up pieces and many, many times does not even let it show that she is continually bashed around.

Some women are abused physically, and others are abused emotionally. The physically abused are lucky in some ways because they wear their wounds on the outside and others can see. The hurt is just as strong and just as damaging. This paper refers to emotional abuse.

For the victims of emotional abuse there are no physical wounds. No one can witness any bruises. No one will see black eyes or broken arms. There is no bleeding, no oozing of the wounds. The hurt is deep inside and infects the woman's spirit.

Society does not want to hear about a woman's emotional abuse. She learns to remain silent. With each person that she tells about her suffering, she is met with disbelief, disregard, suspicion and lack of concern. People turn their heads.

Her children suffer as they watch her be abused. They watch as their mother endures the pain of emotional abuse. Her girls learn to tolerate abuse and her boys learn how to become abusive.

"No one knows what goes on in other people's homes", "The children adore their father", "Just because the mother is being abused does not mean that the children are being abused", "I have seen nothing to think there is anything wrong", "It couldn't be him so it must be her",

"Did you do anything to make him do this to you?", "He is a wonderful father", "He is so good at his job". These words lash out and fester in the already seeping ulcers.

"Let the children figure it out for themselves", "Don't say anything to the children or they will turn against you both", "The children are smart, they will figure it out when they are older", "Don't let the children know you are being abused. Don't let the children know what is going on."

So the girls smile. I taught them that. The girls endure. They know no difference. They tell themselves that there is nothing wrong. I told them that. They believe that if they don't complain then there isn't anything wrong. I've shown them that.

The boys lash out with anger. They have learned this. They have friends that can't believe that they can be so angry. They have learned to only show their anger at home. They are beginning to use hurtful words. I have always taught them to use their words and not their fists.

Is the trick really to make it look easy? Aren't we just making it easier for the professionals? "It is too hard to prove emotional abuse." "Unless he does it in front of a professional, nothing will be done about it." People are too afraid to become involved.

Bette Midler sang, "From a Distance". That is what people wish things to be. From a distance everything seems to be fine. Thank you. I have done what I have been told to do. I make it seem as if everything is normal, like I am supposed to do. But how will things ever change? How will cycles be broken? Are they supposed to be broken?

What does an abused woman look like? She looks like you or me. She sings, she laughs, she cries, she becomes ill. She works, she cleans, she walks, "she gets on with her life", she doesn't let her feelings show. She tries to tell people even when they will not listen. She thinks that if people are not part of the solution they are part of the problem.

To be sure what an abused woman looks like you must look deep into her eyes, if she will show you. You will see the hurt, the pain, the despair that comes along with the abuse and the disbelief. An abused woman cannot hide her suffering. It shows deep in her eyes. This is what an abused woman looks like.

Gwen

If you have any comments or events or articles you'd like to submit to the newsletter please feel free to contact the Women's Issues Branch:

Tel: (506) 453-8126

Fax: (506) 453-9799

Sartain MacDonald Building
PO Box 6000

Fredericton, NB

Canada E3B 5H1

Email: Laura.Hamilton2@gnb.ca

We look forward to hearing from you!