



NEWSLETTER

Ending Sexual Violence in Alberta



What is sexual violence?

Sexual violence is an act committed against someone's sexual integrity without that person's freely given consent. It can be physical and/or non-contact, affects all ages and genders, and the person committing the act may be known or a stranger. It is against the law. It includes, but is not limited to, sexual assault, harassment & exploitation.

Sexual assault is any unwanted act of a sexual nature that is imposed on another person without their consent. It can include forced or unwanted kissing, touching, vaginal penetration, anal penetration or oral sex.

Sexual harassment is unwanted or uninvited sexual remarks, gestures, sounds like leering or whistling, and actions that make a person feel unsafe, degraded or uncomfortable, even if the harasser claims to have been only joking. It includes any unwanted sexual behaviour that affects or prevents a person from getting or keeping a job, promotion or living accommodations.

Sexual exploitation happens when a person in a position of trust or authority uses that power to start or attempt sexual activity with another person. It can be through direct or indirect touching, violence, coercion or the use of threats.

Who is hurt by sexual violence?

Even though anyone can experience sexual violence, most incidents occur against women and girls. In addition, statistics show that some groups are more likely to experience sexual violence:

- Indigenous women and girls
- Children and adolescents
- People with disabilities
- LGBTQ2S+ persons

Sexual Violence in Alberta

- As of 2019, approximately 43% of Albertans (1.8 million in total) have experienced sexual violence in their lifetime.¹
- As of 2019, two in three females and one in three males in Alberta have experienced sexual violence in their lifetime.¹
- Women are more likely than men to experience unwanted sexual behaviours in public, online and in the work place.²
- 95% of survivors do not report their assaults to the police, making sexual violence the most underreported crime in Canada.³

1. Association of Alberta Sexual Assault Services, 2020; 2. Statistics Canada, 2019; 3. Statistics Canada, 2016.

What is consent?

Consent means giving permission for something to happen or agreement to do something. Consent is defined in Canada's *Criminal Code* as the voluntary agreement to engage in sexual activity. The legal age of consent is 16 in Canada. Silence or passivity does not equal consent and consenting partners must be capable of revoking consent at any time. Therefore, consent cannot be given in advance and there is no implied consent in Canadian law.

The person initiating sexual activity needs to take reasonable steps to establish consent and seeking it actively during sexual activity. Consent is an ongoing process or conversation, not a one-time event. Consent should never be assumed or implied; the absence of "NO" does not mean "YES".

You have the right to withdraw consent at any time during sexual activity.



Myths about sexual violence

Myth: Sexual assault is most often committed by strangers.

Fact: Of sexual assaults where a charge was laid by police, the majority (87%) of victims knew their assailant; most commonly as a casual acquaintance, a family member, or an intimate partner.

Myth: It's not a big deal to have sex with someone while the person is drunk, stoned or passed out.

Fact: If someone is unconscious or incapable of consenting due to the use of alcohol or drugs, they cannot legally give consent. Without consent, it is sexual assault.

Myth: Survivors lie and make up stories about being sexually assaulted.

Fact: The number of false reports for sexual assault is very low, consistent with the number of false reports for other crimes in Canada.

What is government doing to prevent sexual violence and support survivors?

Alberta has made a government-wide commitment to prevent sexual violence and improve support for survivors.

The commitment includes actions in three key areas:

- **Shift the culture** by promoting a culture of consent and gender equality
- **Improve the response** by ensuring that the social, health, justice and education systems respond effectively to sexual violence
- **Support individuals** by funding community agencies that help survivors and run education and prevention programs

Everyone can play a part in preventing and ending sexual violence

Call 911 to help someone who is in immediate danger, or when you don't feel safe stepping in to help someone.

How you can intervene:

- Even as a bystander you can help stop sexual violence and harassment
- If it is safe to do so, speak up and come to a victim's defence if you witness sexual harassment and offer support
- Call the police if you witness sexual assault
- Tell the police if you see anyone adding something suspicious to another person's drink
- Check in with your friends and any vulnerable individuals to see that they get home safely
- Say "no" if anyone tries to share explicit texts or snapchats
- Refuse to join degrading conversations that keep sexism and sexual violence alive (and voice your disapproval)

How to be an ally and support survivors:

- Never blame the survivor
- Talk to your children about consent and healthy relationships
- Participate in public awareness programs
- Get your organization to promote training programs for professionals
- Volunteer or donate to organizations that work to prevent sexual violence and support survivors
- Raise awareness about sexual violence in your community

If you are a survivor of sexual violence and need help

If you are in immediate danger, call 911.

Alberta's One Line for Sexual Violence

If you have experienced any form of sexual violence and need crisis support or if you need help finding sexual assault support services in Alberta. Available in 200+ languages.

Call or text: **1-866-403-8000** (toll-free, 9:00 am to 9:00 pm daily)

Online chat: aasas.ca

Local Sexual Assault Services

If you have experienced any form of sexual violence and need crisis support or counselling.

Website: aasas.ca/get-help/

For more information, <https://www.alberta.ca/sexual-violence-prevention.aspx>

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Alberta

Join Us!

Come one, come all to our Annual General Meeting.
This meeting will be held on June 27th, 2022.
Starting at 7pm and located at the Mountain Rose
Centre 4708 46th street



A Message from our Executive Director



"Follow effective action with quiet reflection. From the quiet reflection will come even more effective action." -Peter Drucker

It is the time of year for renewal; grass is green, lilacs are blooming, and everywhere we look there is effective action. The same is happening within our organization. After a busy year of effective action, it is time to have some quiet reflection. The reflection starts at our fiscal year end with an external audit which leads us to the renewal of our funding streams to meet the ever-changing needs in our community. We need to take this time of quiet reflection to ensure that the Mountain Rose Centre is providing the supports and services that offer the people we serve the most effective programs.

This is accomplished through a variety of systems and people within our organization. The Board of Directors provide the strategic leadership by reviewing the effective action(s) and setting the strategic objectives through quiet reflection. The Leadership Team implements that strategic plan with support from the staff team and volunteers. And the cycle of 'effective action', 'quiet reflection', and 'even more effective action' starts again. You are invited to the Mountain Rose Centre's Annual General Meeting on June 27th to hear about the accomplishments from the past year and to hear about our future. Please see the invitation in this e-newsletter.

OUTREACH

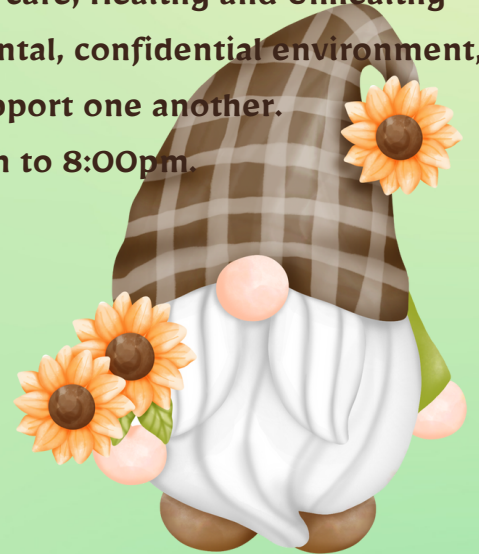
In our Outreach Program we work with shelter clients and community members to assist them with achieving their goals in moving forward successfully whether it is fleeing abuse, homelessness, or any situation that has brought them to our organization. We provide one-on-one support, meeting the person where they are at in their lives. We provide support such as emotional well being, financial, court assistance and connecting them if needed to other Community Service Agencies. We welcome both Female and Male for one-on-one appointments and walk ins. Monday to Friday from 8:00am to 4:30pm

We also have a Support Group to which both community and shelter ladies are invited to attend. We have various topics to share, such as the Cycle of Abuse, self care, Healthy and Unhealthy relationships, thoughts and feelings, discussion is in a non judgmental, confidential environment, respecting where each person is at in their lives and helping support one another.

Group is every Wednesday Evening from 6:30pm to 8:00pm.



COMMUNITY OUTREACH:



As the Community Outreach Worker I have had the opportunity to connect with and build working relationships with so many people in the communities surrounding Rocky Mountain House over the last few months. It is both inspiring and humbling to meet staff members of other organizations that, like Mountain Rose Centre employees, all work for the good of the members of their community to ensure that in every community services exist, including: access to resources, information, and programs, giving every member in the community the opportunity to thrive through their individual needs being met, including the needs of vulnerable and marginalized community members and families. When community members and families are affected by domestic violence and abuse, trauma occurring in childhood or adulthood, addiction, poverty, homelessness, or mental health struggles, it touches the community as a whole. I look forward to continuing to work with the many passionate service providers and organizations to ensure that those individuals and families that could use a little extra compassion and caring, as well as deliberate and dedicated involvement, have the opportunity to build healthy lives for themselves and for their families in their community.



FAMILY SUPPORTS

"Play is our brain's favorite way of learning."

-Diane Ackerman



Play will be the focus for our spring and summer months!!!

We are entering our busiest time of the year with school coming to an end for summer break. We have various Family Enrichment activities planned such as Tie Dying and rock painting, a trip to Kraay Family Farms, planting and tending our gardens, various trips to the pool and water park, a visit to the Confluence Heritage Society's Fun Day, and our annual client appreciation BBQ at the Community Garden.

We have two wonderful childcare workers ready to ensure our Second Stage Summer Program will be full of fun and growth for the children. They have been busily planning crafts, games, and other activities with various themes and interests for our summer program.

With the nicer weather the families have been on the playground a lot and it has been full of activity and laughter. As well, our greenspaces are being used to run around, tumble, and play games. Healing, connection, and growing can happen through play, and we hope to continue to provide many opportunities for play for our clients.

Have a great summer from the Family Support Team!





HOUSING SUPPORTS

"A friend is one who over looks your broken fence and admires the flowers in your garden."

-Unknown



We're looking forward to planting away again this year, both flowers and vegetable garden. Last year we were able to harvest a fair amount of food for two families from the community garden. Also last year we had a small garden for the Shelter and Families onsite to test out their green thumb. Now that we know a little more, and with some trial and error were hoping to make it that much more successful.



Check out our Facebook for more upcoming events and news from Mountain Rose Centre or go to our website www.mrwsa.net to learn more about MRC!

PCAP- PARENT CHILD ASSISTANCE PROGRAM



What Is Change?

change

verb

1. make (someone or something) different; alter or modify
2. replace (something) with something else, especially something of the same kind that is newer or better; substitute one thing for (another)

noun

1. an act or process through which something becomes different



But what does that mean for the clients that we serve? It means a lot of tears and fear. A lot of heart ache and lonely nights. You see, to make the change they need, they have to give up sometimes everything...everything they know, they loved...people, places, money, identity, and sometimes comfort.

But what do they gain? They gain strength, hope, faith, courage, bravery, freedom, self-love, and everything else in-between. A new future, a new start, a new life, a new adventure....

But it does not come easily! It's hard work. Sweat, blood, tears, and a lot of effort on their part. It is loss and gain wrapped up in insecurity at first. It is first tries, first steps, first falls, and first opportunities...

Opportunities are a strange thing- if no one offers them to you, they don't exist. Some clients have never had the opportunity to make new choices. Their choices have been limited to what was around them. They needed someone to offer them a new opportunity. A helping hand. Someone to help them through the hard decisions and hard choices. They needed someone to hold their hand and show them the way. They needed someone to open the door for them that had previously been closed to them.

When that door opens...they see a life that they may not have imagined before. A new start, a new job, new friends, new choices...then it begins! What will they choose? It is both exciting and scary! And we are here every step of the way!

Safe Ride / Bartending Program

The MRWSA Safe Ride / Bartending Program provides these services to community events such as weddings and company parties (Christmas, staff appreciation, etc.) for a fee. This may be a safe ride or a bartending event or both for an event. This program raises up to \$10,000 per year which assists the Mountain Rose Centre to provide a variety of services. MRWSA has special insurance to provide coverage for any volunteer involved in these volunteer opportunities.

Safe Ride Program

Volunteers use their personal vehicle to provide safe transport from the event to where the guest(s) is staying within a 15 kilometer distance of Rocky Mountain House. The time commitment is 3 hours usually from 10 pm to 1 am but this fluctuates. Mileage can be reimbursed to the driver.

Any cash tips received from the guests are donations to MRWSA.

Bartending Program

Volunteers support events by completing the bar service. One volunteer per event must have ProServe. The time commitment is 6 to 8 hours usually from 6 pm to 1 am but this fluctuates. Any cash tips received from the guests are donations to MRWSA.

Board of Directors

President

Sharon Kopchia-Oko

Vice President

Maureen Janke

Past President Lisa Block

Member Chris Chabot

Member A. Mavis McGilvery

Treasurer Miranda Titford

Secretary Diana Monfette

Please **HELP** us continue this program in our community. If you have a few hours to spare or would like more information, please contact Cindy Easton to register as a volunteer with this program (ceaston@mrwsa.net).



UPCOMING EVENTS

CONFLUENCE HERITAGE SOCIETY

Community Fun Fair

Enjoy a barrier free day of fun for all members of our community

LOCATED AT THE NATIONAL HISTORIC SITE

SATURDAY JULY 16, 2022

10AM - 3PM

Event is free with pre-registration or \$7 dollars at the door.
You can pre-register with any partnering agency:

LOOKING FOR VOLUNTEERS/SPONSORS!

We are hosting our first Annual
Confluence Heritage Society Community
Fun Fair

We are looking for donations and/or sponsorship of food and refreshments, and volunteers for the event. If you wish to support us I would be happy to provide you with more information. We would offer your company's logo to appear on our donation wall, as well as in our social media advertising.

Feel free to contact Tia Detta at 403-845-5339 or tdetta@mrwsa.net

FUNDRAISING BBQ

Sponsored By:

TIME:
11am-2pm

LOCATION:
Parking Lot of Coop

SATURDAY
JUNE 18TH, 2022

Single burger with or without cheese and a pop = \$5

Double burger with or without cheese and a pop = \$7

All proceeds go to supporting the
Mountain Rose Centre

Beginning the week of June 15, 2022 members of the Church of Jesus Christ Latter Day Saints will be dropping off yellow bags in the community. This is for our annual food drive, on June 18th they will be coming back to collect them. If you would like to donate but did not receive a bag please drop donations off Monday-Friday from 8am-4:30pm we are located at 4708 46th street.

As a Community Member, I Support Mountain Rose Women's Shelter Association

by giving a gift of \$_____

by giving a monthly gift of \$_____

Name:

Address:

City: Province: Postal Code:

Home Phone: Cell Phone:

Email Address:

☐ would like volunteer information

☐ would like to sponsor an event

☐ would like to do a third party event

Please mail your completed form and make cheque(s) payable to: Interac is available

Mountain Rose Women's Shelter Association

PO Box 325

Rocky Mountain House AB T4T 1A3

Project & Grant Supporters



Funded by the Government of Canada's Homelessness Partnering Strategy

Funded by the Government of Canada's Department of Women & Gender Equality

Funded by the Government of Canada's New Horizons for Seniors Program

Thank you to all event sponsors, community donors & volunteers

Incorporated under the Canada Revenue Agency Charities Act, Alberta's Society Act and Alberta's Charitable Fundraising Act.

You are receiving the Mountain Rose Women's Shelter Association's e-Newsletter because you are currently or have historically supported MRWSA as a volunteer, member or community supporter. If by chance your email address was added by mistake, please accept our apology and contact ldallacosta@mrwsa.net to be removed from our e-mailing list.

Each edition will include valuable information about our agency, such as dates for special events, information about domestic violence, ways to get involved, and highlights about our programs and services. Please feel free to contact ceaston@mrwsa.net directly if you have ideas for future newsletters, any comments, questions or concerns.