



A G E N D A



- 01 ABOUT CORNERSTONE
- 02 LET'S TAKE A TOUR
- 03 OUR SPACE
- 04 OUR APPROACH
- 05 OUR SERVICES
- 06 THE ISSUE
- 07 THE IMPACTS
- 08 CURRENT TRENDS
- 09 LOOKING AHEAD
- 10 QUESTION AND ANSWER

ABOUT

MISSION | At Cornerstone, we provide a support system that inspires hope and creates safety and resilience while working to end gender-based violence

VISION | We are an actively engaged community committed to a violence free future



VALUES |



LEADERSHIP



INTEGRITY



INCLUSION

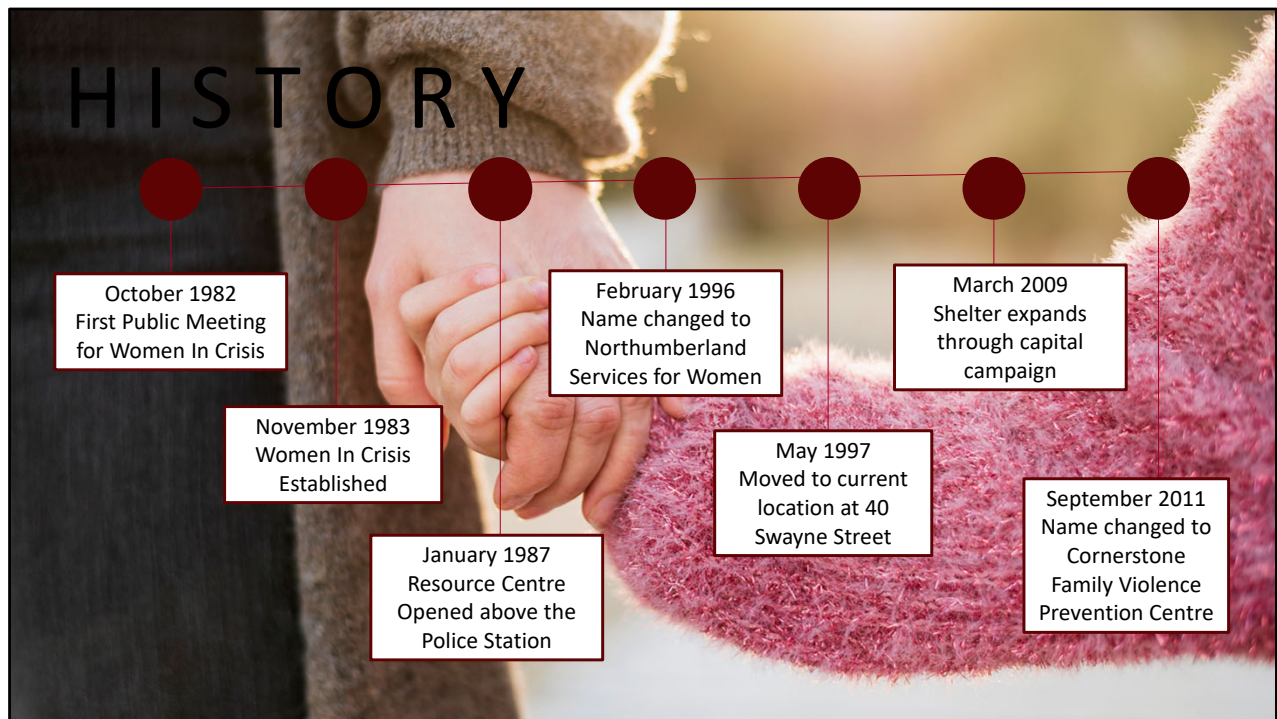


COLLABORATION



INNOVATION

- Established in 1983, Cornerstone Family Violence Prevention Centre (Cornerstone) is an accredited violence against women agency working to end gender-based violence by providing accessible, compassionate, and best practice modeled programs and services inclusive of shelter, counselling, housing support, and prevention through a support system that inspires hope, creates safety, and fosters resilience. Our services provide a range of options and entry points, helping women gain the right kind of support at the right time in their journey. All services are free, confidential, woman-centered, inclusive, and accepting. All woman-identifying individuals are welcome in all our spaces, including cis and trans–women.
- At Cornerstone we work to achieve our mission and vision by connecting with a broad array of stakeholders through various programs to advocate for systemic change that supports the advancement of women and children impacted by violence, for a safer, healthier future.



- Let me take you back to October 1982 where a group of 5 women saw a need within the community for a woman's helpline for victims of violence. These women started an answering service around a kitchen table, and on November 25, 1983, Cornerstone, known then as women in Crisis, was established.

- Throughout the past 39 years, Cornerstone has undergone 5 moves, 3 name changes, and 1 major capital campaign. Additionally, from the round table answering service Cornerstone now offers 13 programs and services and has a team of 47 staff and volunteers and we continue to grow and develop.

- Let's continue on our journey with a virtual tour.

TOUR



OUR SPACE

Shelter

- 10 bedrooms, 23 bed
- Nurses Station
- Family Spaces
- Lounge

Community Resource Centre

- 4 Counselling Rooms
- Community and Program Space
- Donation Room



At Cornerstone we are very proud of our physical building. You'll notice from the video that the shelter spaces are not institutional and resemble a homelike environment. It is our goal to create a safe and welcoming environment for clients to live and receive support in. Creating spaces where people want to be, and where women and children can regain their independence.



The reason our spaces look the way they do is because they are grounded in research and best practices. When interacting with clients we embrace 6 key guiding principles and systems of thought. To enhance this commitment Cornerstone formalized these 6 frameworks and integrated them across the organization.

These include:

- o Client Centered Approach
- o Harm Reduction
- o Motivational Interviewing
- o Comprehensive Continuous Integrated System of Care
- o Trauma Informed Approach
- o Intimate Partner Violence

These frameworks guide all the work we do, and help to direct the way we furnish our shelter.

OUR SERVICES

Shelter

- Crisis Line/Cornerstone Connect
- Case Management
- Child & Youth Services


Community Services

- Counselling
- Family Court Support
- Case Management
- Prevention



- However, Cornerstone is more than just a bed – we are a full-service agency that in addition to our residential shelter offers individual counselling, groups, workshops, child and youth supports, prevention programming, family court support as well as housing and transitional support.

- Further we operate a 24-hour crisis phone line and an online web and text chat



THE ISSUE

4 in 10 women have experienced some form of intimate partner violence (IPV) in their lifetime.

Every 6 days, a woman in Canada is killed by her intimate partner.

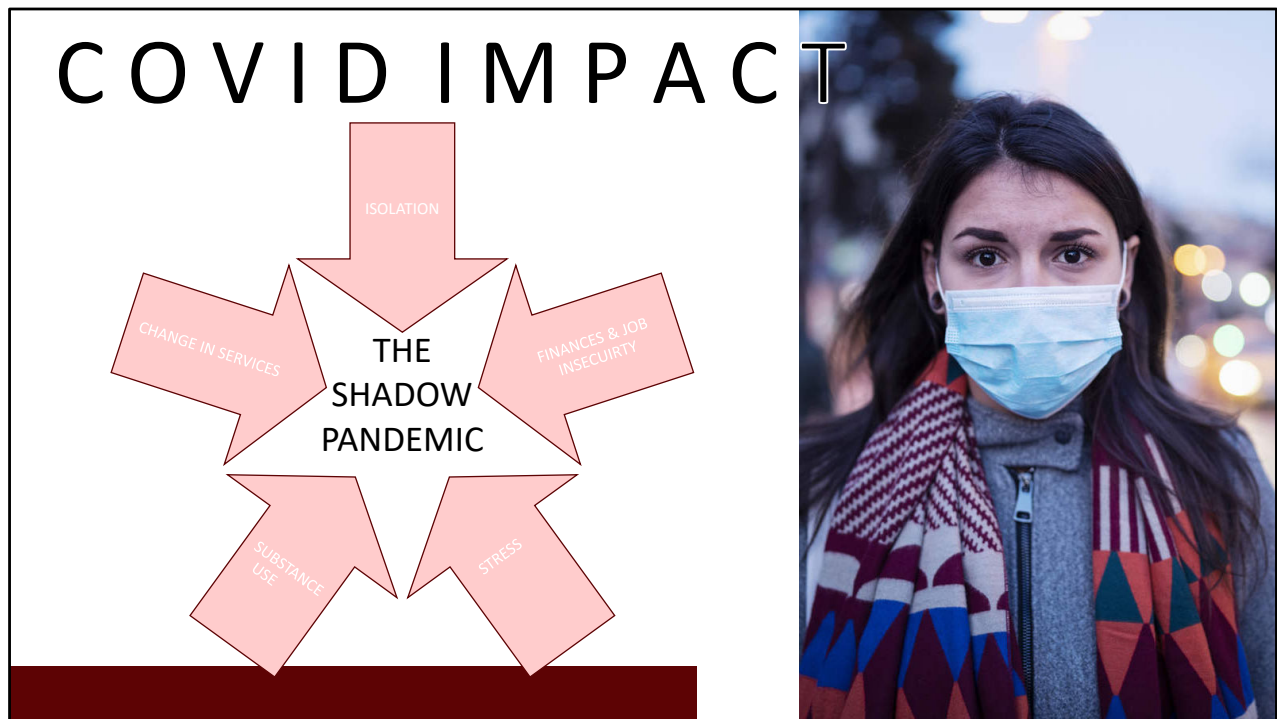
-Necessary to have the facilities and programs we do to address the ongoing issue of gender-based violence

-Gender-based violence is the types of abuse that women identifying people are at highest risk of experiencing. It can take physical and emotional forms, such as: name-calling, hitting, pushing, blocking, stalking/criminal harassment, rape, sexual assault, control, financial restraint, and manipulation. Many forms of this abuse are against the law.

- It can happen between people in romantic relationships. It can happen in families, at work, and between friends and acquaintances and strangers. It often occurs in private places between people who know each other.

Anybody can be abused, no matter their background, identity, or circumstance. But women, girls, and gender-diverse people are at high risk of gender-based violence. Some are at even higher risks; due to the additional discrimination and barriers they face. This includes women with disabilities, Indigenous women, racialized women, trans and non-binary people, and women who are homeless or underhoused. People facing abuse may have not have access to services that meet their needs e.g. people in rural or remote areas

- In any given year Cornerstone provides support services to over 1800 women children and youth



- Like the rest of the world Cornerstone was impacted by COVID-19
 - o For Cornerstone this meant reducing our residential shelter capacity and intake policies to properly distance and limit the spread
 - This means that while we typically housed 20-23 individuals, during COVID our numbers maxed out at 9.
 - This also meant that we were not able to admit anyone who hadn't been in Northumberland for 2 weeks prior to admission.
 - o Limiting community services
 - o Redeploying staff to help keep everyone safe
- Fortunate to have incredible staff who continued to show up, despite the risks of congregate care, stretched expectations, and the burden of wearing intensive PPE
- However, gender-based violence was a pandemic long before we knew the term COVID
 - o We refer to this as the shadow pandemic.
- COVID created an opportunistic environment for violence to thrive
 - o It increased isolation
 - o Added financial stress
 - o Created vicarious employment
 - o Challenged housing
 - o Eliminated any form of privacy

Globally, the pandemic produced an increase in gender-based violence by 30 per cent.



CURRENT TRENDS

- Youth Mental Health
- Longer Lengths of Stay
- Increased Complexity in Clients

- As a result of the past three-years we are seeing some new trends
 - Youth mental health
 - Social isolation causes anxiety and depression. Children don't know how to interact with one another, and are severely stunted, and if not addressed this will result in increased rates of violence down the line
 - Longer lengths of stay
 - Economic impacts have left the housing market in a worse place than before which means there are bottle necks
 - Women are staying longer, limiting the turn over and number of individuals we can serve, as well as forces us to operate in a way we are not set up for
 - Increased complexities within clients
 - People are further traumatized.
 - No longer just gender-based violence
 - Dealing with many more layers of trauma which requires more time and attention
 - Specialized care

LOOKING AHEAD

Expansion

Education

Endowment



- As we work to address these trends and we look to Cornerstone's future we think of Expansion, Education, Endowment.
 - Expansion: as mentioned we are no longer operating how we were set up to work
 - Not pandemic proof
 - Wishes to revamp our space, as well as expand as we are maxed out
 - Education: youth based prevention program is in high demand, and we are committed to maintaining this program, despite no provincial or long-term funding, as it is critical to educate our youth so they can experience a violence free future
 - Endowment: with economic unrest and unknowns, creating financial independence and longevity is critical, and Cornerstone is working to create endowment funds to sustain various programs and services to ensure we are available to all who need us into the future



H O W T O H E L P

- Make a donation
- Get involved
- Talk about it

You can help support Cornerstone in many ways:

You can make a donation by visiting our website cornerstonenorthumberland.ca/donate

you can get involved by volunteering, or attending events

or you can simply talk about the issue, let people know who Cornerstone is, what we do, and how they can find us, or support us.

GET IN TOUCH

Visit Us |
cornerstonenorthumberland.ca

Follow Us |

FB @Cornerstone Family Violence Prevention Centre
IG @cornerstonefvpc

Call Us |
Business 905-372-1545
Support: 905-372-0746



ccunningham@cornerstonenorthumberland.ca