

January 2024 - March 2024

SARA'S NIGHT OF ENTERTAINMENT



J&J SWING



THIESEN ART



ANNIKA CATHARINA

HOSTED BY COREY CASSEL



May 30th, 2024

MORE DETAILS TO COME SOON
SAVE THE DATE!



SARA's Board of Directors - not pictured: Kristi Clark

Statistics and Program Good News

MULTICULTURAL OUTREACH

In February, Outreach supported a newcomer to Canada to get into transitional housing and advocated for an immigration legal aid lawyer to help with her status in Canada

"My husband threatened to deport me, and I was scared to leave the abusive relationship. Thanks to the Outreach team for providing me with a safe place, information and referrals."

HARM REDUCTION & OVERDOSE PREVENTION SITES PROGRAM

In this quarter, A peer developed a rapport with an unhoused individual in the community. The individual felt safe connecting with the Peer and letting her know she was struggling with not being able to afford a market housing damage deposit and first-month rent. The Peer connected the individual to the MCC rent bank and advocated for them during an interview. MCC agreed to help the individual with said amounts, and the individual was able to move into her new basement bachelor suite the next day. The individual was incredibly grateful, and the Peer was very excited she could help the individual in a housing crisis in such a powerful way

HIV Program

The HIV program provides services to 11 clients identified to receive treatment and accompaniment services to their appointments.

HIV Kits are provided to anyone who wants to test privately. Six kits were provided in the quarterly period.

"I have seen you come to the door and wait patiently when I don't open the door, and you don't give up on me. Keep encouraging me to keep up with my lab to keep my viral loads low. Others give up on me, but I'm grateful you keep empowering me".

HOUSING

Several women who began their tenancy just as Covid was rearing in the world, were able to finally find their forever homes, after being at CLR for over three years.

Since moving into CSR one mother has gotten her two children returned to her care full time. She is still being monitored through MCFD but there are no concerns currently regarding the full return plan as the mother has been doing great.

PREGNANCY OUTREACH PROGRAM (POPS)

Lunch and Learns have been successful with the dental hygienist meeting children aged 3 and under. The hygienist also checks in with any of the older children in the group making sure they have dental supplies. Providing this service is one way SARA can give children and their caregivers support.

COUNSELLING

PEACE:

Children are learning emotional regulation in the program and have been using the skills taught at home with success.

STV:

A Client had an "ah ha" moment when she recognized that childhood trauma had caused her to not trust anyone she had ever had a relationship with. The lack of trust had been impacting her ability to trust her counsellor as well so no gains were being made in her sessions. Once the client recognized this she began to let the wall of mistrust down and the therapeutic relationship has strengthened.

Housing and Outreach

923

women accessed Housing services

585

women have accessed Outreach Services

Harm Reduction

3100

Needles Distributed

445

Naloxone kits provided to clients

142

Services and referrals provided

Counselling

232

Women seen in our STV program

49

Kids seen in our P.E.A.C.E program

Pregnancy Outreach Program (POPS)

73

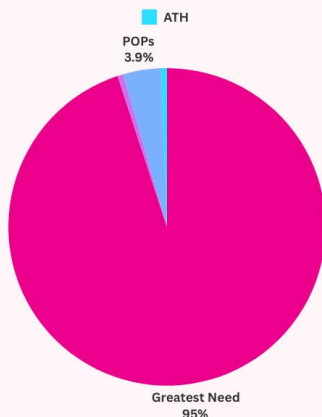
Women ongoing in the program

136

Mothers + Children attending lunches

WHERE HAVE YOUR DONATIONS GONE?

■ Greatest Need ■ Outreach ■ POPS



[Donate Now](#)

WHY DONATE?

When you donate to SARA for Women you make a direct positive impact in the lives of vulnerable women and children in your community. And there are a number of ways that you can make that difference.

WHAT DOES SARA NEED?

Your donations are distributed where they are needed most to achieve maximum effectiveness for the most vulnerable members of our community. Aside from onetary donations you can donate things like:

1. Diapers
2. Formula
3. Personal Hygiene products like unopened shampoo and conditioner, deoderant, sunscreen, bodywash
4. Baby wipes
5. Laundry detergent.

Winner! Non-profit of the Year Awards

The Mission Business Excellence Awards recognize outstanding organizations and individuals in the community. Taking time to recognize Mission's valuable professionals is vital to its continuous growth and success.



We are so honoured to have received this award two years in a row, as it shows our continued dedication and commitment to all the communities we serve.

We are thankful to everyone who voted for us and to our staff who work tirelessly to support the communities. We are grateful to be able to do the work we do every day!



Board Corner

SARA is a wonderful organization and it's a privilege to work with this group of amazing women. Being on the board is an opportunity for me to contribute to making our community a stronger, safer place. The fact that so many women and children need support to build lives free from violence can sometimes run a bit "under the radar", but it is a reality.

Being involved with SARA is not only putting my time and energy to work in positive ways, it is also creating more chances for me to talk about the reasons our community needs SARA and the empowered, inspirational women who make it happen.



- Heather Beckett, Board of Directors

SARA IN THE COMMUNITY

*Trinity Memorial United Church
Speaker Presentation*



LiUNA1611 Donation



Fronya X SARA For Women Soft Opening



Round Table on Affordability