

A woman with long dark hair, wearing a white tank top and denim overalls, stands in a field of tall grass and wildflowers. Her arms are raised high, and her head is tilted back, looking towards the sky. The entire image is overlaid with a semi-transparent teal filter.

2022-2023

# **ANNUAL REPORT**

**WOMEN'S RURAL  
RESOURCE  
CENTRE**

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519-246-1526

## 2022-2023

# MESSAGE FROM THE BOARD

At the onset of 2022, it seemed our world was ready to take steps forward again; after nearly three years of lockdowns, health mandates, and heightened stress, people were ready to move on. For many, this was cause for celebration, but for those impacted by gender-based violence (GBV), there was a troubling trend emerging, one that has our society taking a step backward.

Our most vulnerable community members were among the most impacted by the pandemic, and this continues as service demands have skyrocketed through 2022; our crisis lines alone have more than doubled since the year prior. Provincially, the rate of femicide for women and girls saw a 41% increase in 2022 over pre-pandemic levels. Alarming, the rate of femicide in rural areas is 2.5 times higher than in urban areas.

These numbers were highlighted on a national stage last July when the Renfrew County inquest released 86 recommendations following the investigation of the 2015 triple murder of Carol Culleton, Anastasia Kuzyk, and Nathalie Warmerdam. The most powerful message coming out of Renfrew was a familiar one: the greatest way to prevent femicide is coordinated community responses to GBV. For 20 years, death review committees have been calling for greater coordination to prevent tragedy, and despite great intentions, it remains the greatest barrier to keeping women and their children safe.

*Corey Allison*  
**COREY ALLISON**

Executive Director, Women's Rural  
Resource Centre



For rural communities' collaboration comes naturally, a strength of our unique geography and context. However, we have often felt isolated at the margins of our urban counterparts. As WRRC enters its fourth year in a Joint Venture with our sister organization, Huron Women's Shelter, Second Stage Housing, and Counselling Services (HWS), we are realizing the power we can leverage as co-leaders across our rural region. In 2022, we raised our collective voices with other rural shelters across the region, driving the Renfrew call to action through local coordinating committees, using feminist and systems change strategies to develop a regional commitment to GBV. As a result, there are four rural regions with a cross-sectoral commitment to actively align our efforts and move the needle meaningfully.

Collaboration is a natural part of the rural ecosystem; in a world that is relearning how to be together after a long period of disconnection, it's time for rural GBV organizations to rise up and share their leadership, wisdom, and vision. One of the greatest lessons we're taking away from our joint venture is that our capacity expands when we work together. We're carrying this theme and these lessons forward into 2023.

*Jane McGregor*  
**JANE MCGREGOR**

Chair, Board of Directors, Women's  
Rural Resource Centre



# Mission & Vision

## *Mission*

Using a feminist, anti-oppressive analysis, we provide education, prevention, and support services for women and families impacted by violence against women in Middlesex County.

## *Vision*

A vibrant, connected community where women and children can thrive in healthy relationships.





# Values

These are the foundation on which all of our decisions are made, and they live and breath in every decision we make as an organization. The organizational values we have committed to reflect the essence of who we are as an organization, and what we adhere to when faced with tough decisions.

## Feminism

As a feminist organization, WRRC leads our community in embracing equity through activism and education.

## Relationships

At WRRC we believe everyone is creative, resourceful and whole. We foster relationships that are courageous, authentic and inclusive.

## Learning

At WRRC we believe education is the path to liberation. We honour lived-experience and understand that lived-experience is knowledge. Our responsibility is to educate, learn and grow

## Leadership

At WRRC, leadership means taking responsibility for your world. At WRRC everyone is a leader.

## Holistic Healing

At WRRC we believe healing and wellness is the foundation for healthy minds, bodies, spirits and relationships






**46**

Women served  
in shelter

**OUR  
IMPACT  
IN  
MIDDLESEX  
COUNTY**



**154**  
Individuals

**16**  
Groups  
Served in Children's  
Program



**78**

Women served  
in counselling



**2,289**

Support calls  
taken



**64**

Women served  
in Healing  
Program



**701**

Hours of  
counselling



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# Our Impact: Healing Program

In 2021, Terry\* was coming out of years in a toxic, abusive relationships. She came across WRRC's Healing program, and tentatively signed up for our virtual chair yoga class. She'd been through trying to heal her trauma before, so she was skeptical. But something about this felt different.

Immediately, Terry felt a sense of connection. A connection to others in the class, to WRRC, and back to her own body, her own journey. She was in charge of her healing, her narrative, and her trauma. She quickly signed up for more offerings from our Healing Program, including meditation, and interactive workshops about self-compassion and mindfulness. Eventually, she began to engage in one-on-one coaching, where she began to explore her own relational patterns and clarify the vision she holds for her own life and healing.

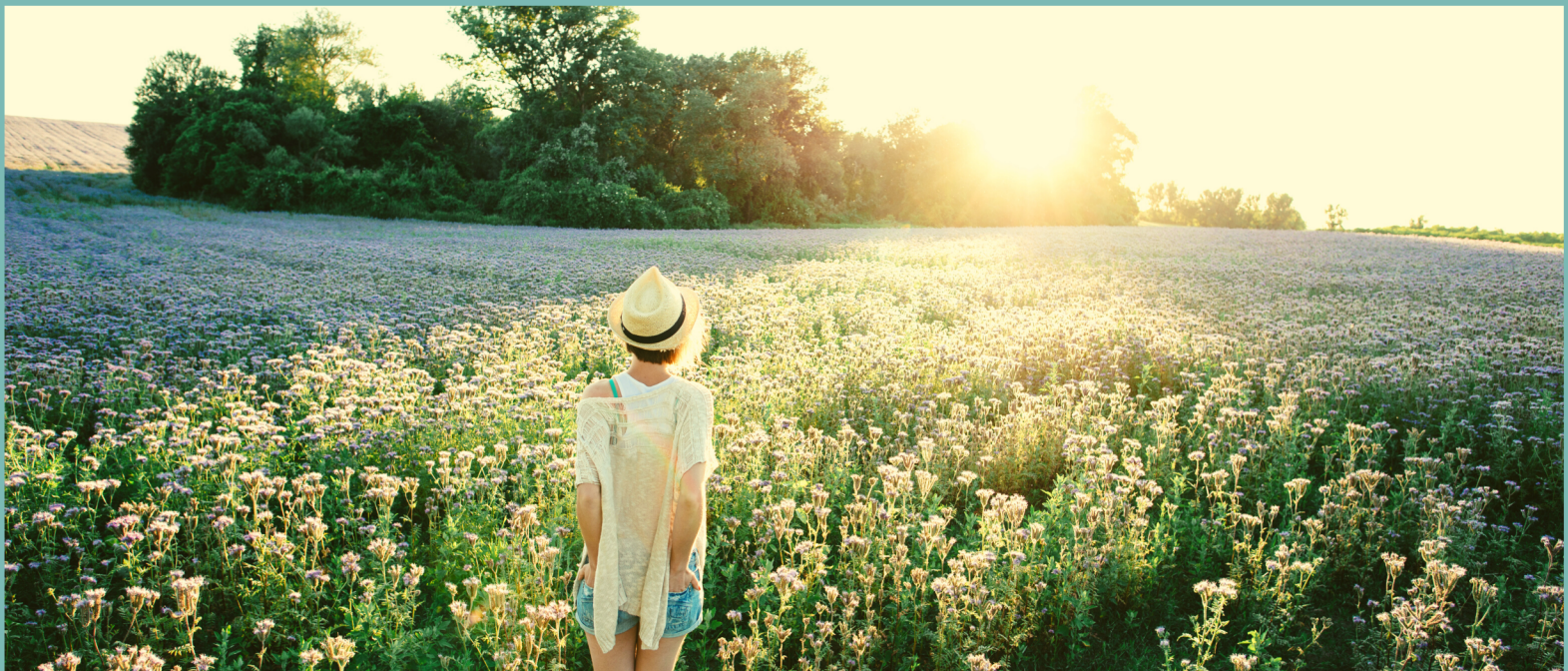
Terry became so immersed in this program, the content, but mostly, the people in it, she has started participate in some of the in-person workshops. After loneliness being a constant for most of her adult life, she's now connected in a way she never thought possible. She says she's realizing "how beautiful life can be with safe and healthy people."

More recently, Terry has taken on a leadership role within WRRC's Healing Program. She co-facilitates our 'Quotes and Conversations' program, which allows women with shared experience to come together over coffee, and connect. She feels like she's reclaiming a sense of well-being in her physical and mental health.

Terry tells us something "magical" is happening at WRRC, and the way this work is being done. Indeed, WRRC's Healing Program is unlike anything else offered at shelters across Ontario. Terry's growth is emblematic of many of those who have entered this relatively new program. A woman-centered, trauma-informed, powerful way to heal: through choice. We meet women where they're at, and they choose the right healing journey for them.

The results, much like Terry's story, have been remarkable. Women are not only healing from past abuse, violence, and trauma; they're reclaiming their lives and their power. They have become leaders not only for themselves but for their community. Terry has big plans – she plans to be an advocate and an ally for spreading the message about healing to other women in rural and remote communities across our region.

\*Names and details have been changed.





# WHAT WE DO AT WOMEN'S RURAL RESOURCE CENTRE

We're more than a shelter. Here are just a few of the things we can support you with.



**Safety Planning**



**24/7 Support Line**



**Counselling**



**Referrals to Other Experts**



**Court Support**



**Children's Support**



**Information, Resources and Advocacy**



**Holistic Healing (like yoga)**



**Supporting Family and Friends of those Experiencing Abuse**

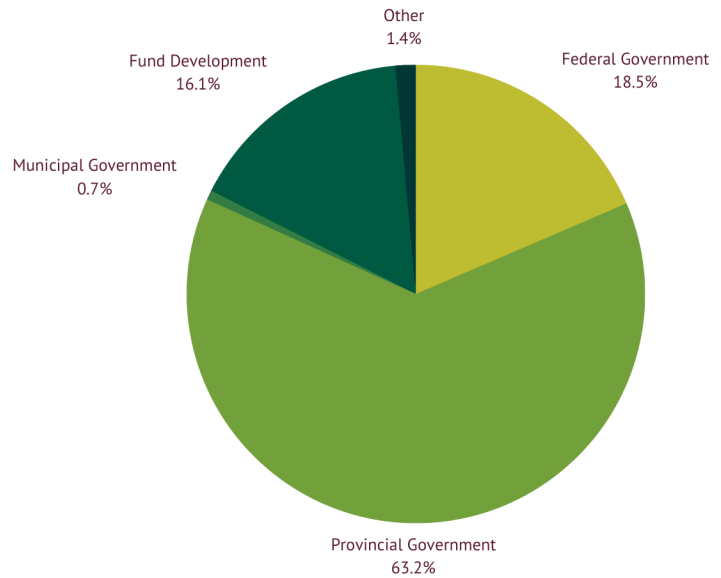


**GET IN TOUCH**  
**1.800.265.5390**  
**[www.wrrcsa.org](http://www.wrrcsa.org)**

# FINANCIAL STATEMENT

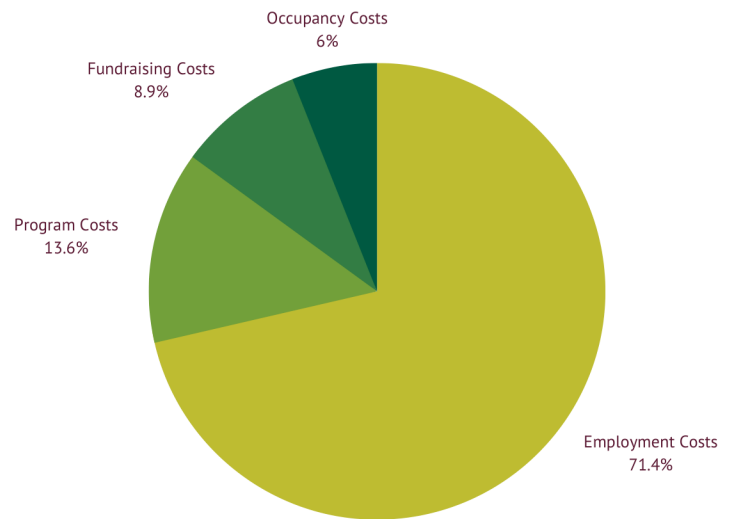
## Revenue

**TOTAL: \$ 1,556,159**



## Expenses

**TOTAL: \$ 1,533,923**



For our complete audited financial statement, please visit our website:  
[www.wrrcsa.org](http://www.wrrcsa.org).

\*Surplus from fundraising used to offset operational costs that exceed funding.

