



**PATHS Bi-Monthly  
Newsletter**

**September 2011**

## **Working for Equality in Saskatchewan: The Prairie Lily Feminist Society**

by Amber Fletcher

The Prairie Lily Feminist Society (aka the "Prairie Lilies" or "Red Lilies") is a society for Saskatchewan feminists. Since the group was created in 2008, the Prairie Lilies have held a number of extremely successful events to celebrate women's accomplishments and seek social equality for women and other marginalized groups.

In 2010, the Lilies organized a gala dinner to celebrate International Women's Day, which featured the award-winning Canadian singer and activist Buffy Sainte-Marie. In 2011, they hosted a dramatic social-justice protest that brought hundreds of people from all corners of the province into the streets of Regina, to fight against government cutbacks to important social programs.

The Prairie Lilies focus on supporting the community and, as such, have donated proceeds from their fundraising efforts to the Saskatchewan Sis-

ters in Spirit and the Regina Early Learning Centre. The group also cooperates with other women's groups in organizing a commemorative event every December 6, to mark the National Day of Remembrance and Action on Violence Against Women. This type of support and mutual cooperation is a key part of the PLFS mandate to encourage solidarity and sisterhood between women's groups in the province.

The group also organizes a number of educational sessions each year, such as our recent session on "Women and Politics", in which Dr. Darlene Juschka and Dr. Joyce Green discussed issues surrounding women's participation in politics. Prairie Lily educational sessions are open and free to all members of the community.

Please join the Lilies in our mandate for education, action, and justice!

Membership is open to all women who agree with the PLFS intentions. We want as many women as possible to become involved. We intend to:

- develop a space for women to address the issues and various conditions that impact our lives;
- empower the diverse community of Saskatchewan women to have our voices heard;
- provide education about and opportunity for actions which promote gender equity;
- create opportunities for us to build our skills and develop mentoring relationships, and
- build a network of support, solidarity and sisterhood for women across Saskatchewan.

You can contact the Lilies via email at [prairielilies@gmail.com](mailto:prairielilies@gmail.com), or obtain a membership form at: [www.prairielilies.wordpress.com](http://www.prairielilies.wordpress.com).

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## **Featured Member: Hudson Bay Family & Support Centre**

by Jennifer Cross, Administrator

The Hudson Bay Family & Support Centre is a community based non-profit organization serving Hudson Bay and surrounding area since 1990. Our mission is to provide families and communities the freedom of choices, where people are equally valued. We also provide tools to enhance growing, encourage violence-free living and promote healthier tomorrows. We run all programs in partnership with our local interagency to ensure we are helping all families in need.

Through our Personal & Family Violence program we offer information, referrals, crisis assistance and response, assistance to a safe place or shelter as well as advocacy. The Centre operates many other programs. Our "Ladies

Group" program is designed to allow women to socialize in a gender focused environment while being creative.

"Collective Kitchens" is a program designed to help individuals enhance their cooking skills and nutritional knowledge as well as money management, problem solving skills and a chance to interact with others.

"Dare to Care", Food Bank, "Angels Anonymous" and "TIPS" are a few programs designed to help financially challenged families and individuals in our community. Angels Anonymous is a program where we collect new toys, wrap and distribute them to families in the community at Christmas. The TIPS Grant is

a program where we give family swimming passes to utilize at our local swimming pool.

We are currently upgrading our Resource Room and upon completion it will be available for use by any person, club or agency who finds the material of benefit to them. We will have pamphlets on a variety of topics, as well as fact sheets and videos available for use.

Also, please check out our new website, [www.hbfamilyandsupport.ca](http://www.hbfamilyandsupport.ca), which showcases more in-depth information on the Centre.

## Cyberstalking by Envision Counselling and Support Centre

This article on cyberstalking is reprinted from Envision Counselling and Support Centre's website at <http://www.envisioncounsellingcentre.com/>

The explosive growth in Internet use, as well as in other forms of electronic communications has brought with it an equal explosion in the misuse of these new forms of communication, including the crime of cyberstalking. Cyberstalking causes fear, and it is characterized by a predator pursuing a target through online or electronic means of communication.

There are many variations of cyberstalking, some seem less serious but can have severe consequences:

- Sending vulgar greeting cards
- Creating websites about the target

- Posting photos of the target online
- Attacking the victim's computer with viruses or excessive spamming
- Using programs that track online activity against a victim to record their online history and confidential information including passwords
- Sending threatening, harassing or obscene messages to the victim's friends, family, and coworkers through e-mail, texts, live chat, message boards or online guest books

Vicious on-line statements and rumours may also be used against the victim. Any form of harassment sent by electronic communication, including cell phones, is also classified as cyberstalking; cyberstalking is not limited to the internet.

Many cyberstalking situations do evolve into off-line stalking, and a victim may experience abusive and

excessive phone calls, vandalism, threatening or obscene mail, trespassing, and physical assault.

### CYBERSTALKING AND DOMESTIC VIOLENCE VICTIMS

Domestic violence victims are one of the groups most vulnerable to traditional stalking, so it's no surprise they are vulnerable to cyberstalking as well. In Canada, it appears that the primary motivation for stalking another person relates to a desire to control a former partner. It's a myth that if women "just leave" they will be okay. Cyberstalking provides astonishingly easy and cheap tools for an abuser to locate women who have tried to move away or go into hiding. Cyberstalking is a way for abusers to continue to maintain rigid control and instil fear into a domestic partner, even when she has already left the relationship.

### Information for Clients Who May Be Victims of Cyberstalking

**If you are leaving a partner, spouse or boyfriend or girlfriend** – especially if they are abusive, troubled, angry or difficult – reset every single password on all accounts to something the partner cannot guess. Inform your bank and credit companies that this person is not allowed to make any changes to your accounts no matter what the reason. Even if you are reasonably certain that your former partner is "okay," this is a good practice for moving forward on your own. It is also a good idea to get a new cell phone and credit card that the ex doesn't know about. Make these changes before you leave if you can.

#### FAQ'S ABOUT CYBERSTALKING

##### WHAT TYPE OF PEOPLE ARE STALKERS?

In many documented cyberstalking cases, the cyberstalker and the victim had a prior relationship, and the cyberstalking began when the victim attempted to break off the relationship. It is common for the "dumpee" to become jealous, enraged, and begin to stalk their ex online. Cyberstalking by strangers and acquaintances can occur as well.

##### HOW CAN I PROTECT MYSELF AGAINST BEING A VICTIM OF CYBERSTALKING?

Using trustworthy antivirus software and keeping the number of people who have access to your computer as limited as possible, as well as being sure not to use public computers for very personal matters, lessens the chances that your personal life can be breached by a cyberstalker.

##### WHAT SHOULD I DO IF I'M BEING CYBERSTALKED?

- If you know the person cyberstalking you, you should send the stalker a clear written warning. Explain that the contact is unwanted and ask them to stop sending communications of any kind. You should do this only once. No matter the response, you should absolutely never communicate with the stalker again.
- If you suspect that you are being cyberstalked, you should start collecting all evidence and document all contact made by the stalker.

Save all e-mail, postings, or other communications in both electronic and hard-copy form.

You may also want to explain each contact in more detail, by documenting how the harassment affected your life.

- You may want to file a report with local law enforcement to see what charges, if any, can be pursued. You should save copies of police reports and record all contact with law enforcement officials.
- If you are still being cyberstalked you may want to consider changing your e-mail address, Internet service provider, home phone number, and examine the possibility of privacy protection programs. Any local computer store can offer a variety of protective software, options and suggestions. Some filtering capabilities of email programs and tools offered by Internet service providers can block e-mails from certain addresses.
- Finally, under no circumstances should you agree to meet with the perpetrator face to face to work it out or talk. No contact should ever be made with the stalker. Meeting a stalker in person can be very dangerous.

##### WHAT ARE THE EFFECTS OF BEING CYBERSTALKED?

Online stalking can be a terrifying experience for victims, placing them at risk for psychological trauma and possible physical harm. Many stalkers - online or off - are motivated by a desire to exert control over their victims. The effects of stalking may include behavioural, psychological and social aspects. Victims of cyberstalking may feel:

- Angry
- Annoyed
- Anxious
- Helpless
- Depressed
- Suicidal
- Feelings of uncertainty and unpredictability
- Trouble sleeping and concentrating
- Weight instabilities (losing or gaining)

- Loss of personal safety and security

#### HELPFUL TIPS FOR INTERNET SAFETY

- Do not give out your home address online.
- Use difficult passwords for protection. This goes for online passwords, cell phones, bank cards, etc.
- Search for yourself online by using your name and number to see how much information is available online and if there is false information posted.
- Be skeptical about any emails, telephone calls, or texts that ask for your personal information. Always err on the side of caution if you are not sure about something.
- Never give out your Social Insurance Number online unless you are sure of who will have access to it.
- If you have a blog or website, use a free registry that will record incoming users of your site.
- Once or twice a year check your credit report status online, this is especially the case for businesses.
- Always act on suspicions concerning your accounts online and phone calls received; do not assume that there is nothing wrong.
- Have your PC checked by a professional if you believe you may be a target.
- Reach out for emotional support by talking to a counsellor if you have been affected by a cyberstalker.
- Familiarity with the Internet and a sense of distance created by electronic communications causes society to believe that such communications are not dangerous, are easily ignored and are therefore unimportant. However, cyberstalking is a serious threat facing individuals in every community. The internet has no geographical limitations, so cyberstalking may occur regardless of whether or not the victim and harasser are in the same location.

## Far From the Heart on Tour in Saskatchewan This Fall!

by david sereda, Associate Producer/ Artist

Sheatre's Far From the Heart (FFTH for short) comes to Saskatchewan after a year and a half of planning, community meetings and networking with an array of organizations and individuals. When I moved to Regina from Owen Sound, Ontario, I needed to find out if there might be an interest in FFTH, which has interactive theatre at the heart of a dating violence prevention program. I met with an overwhelmingly positive response. I found support with educators, violence prevention organizations, health care and social agency workers, teachers, youth workers and youth themselves. I noticed early on that the drive here to make communities aware of the best ways to respond to violence paralleled how FFTH works: you need a team. One thing I noticed in the Community Connections Plan (check out the STOPS to Violence website and get a copy!) was that each community is recognized as unique and that being aware of your strengths and assets is key. One area that is not given a focus is the role that the arts can play in educating people about abuse, in our case, dating violence and sexual assault, and engage people in strategies to build safer relationships. Artists are resources: their skills can be part of a community-based approach to violence prevention and education.

Some exciting news: as of September 1<sup>st</sup> Far From the Heart will have an online presence in the form of a movie version of the play which will also be interactive. This will be a resource that can reach places and people beyond our tour, and another way to connect people.

At the core of FFTH is Forum theatre, an interactive educational tool. A forum play is a short play, usually under 20 minutes, which ends in disaster. All the characters make bad decisions which contribute to the bad ending. Once the play is finished, certain scenes are played over again. This time, the audience members have the chance to stop the action, come onstage, and replace an actor to improvise a scene and try to change the outcome of the play. This process is facilitated by a professional, called a Joker, who leads discussions about what did and didn't work. Afterwards, the play is debriefed in smaller groups. Also called Rehearsal for Reality, forum theatre allows participants to test conflict resolution strategies without consequences.

This summer the Sheatre team was happy to include Kate Wagner who worked as a program assistant in Regina. I was interested in finding out a bit more about Kate's perspective and her experience with Forum.

david sereda: Kate, how did you get involved with Forum?

Kate Wagner: I first became involved with forum theatre when I joined my high school's ACT! group in grade 9. ACT! stands for Anti-discrimination Cross-cultural Team development. An initiative of Regina Public Schools, it uses a variety of tools to work towards our goal of schools where everyone can feel safe and comfortable. At the time, Rhonda Rosenberg was the ACT! Coordinator, and she was very interested in forum theatre. As a student leader in the group, I had the opportunity to help create, perform in, and debrief forum plays designed to address the issues which high school students faced.

ds: And Rhonda is still engaged, in fact she's on our Planning Committee and we've done an event together with the Multicultural Council of Saskatchewan and the Regina Immigrant Women Centre. What interested you in Forum to begin with?

KW: I was never actually very interested in traditional theatre as anything other than a spectator, but when I saw my first forum play, I was intrigued by the way it can be used to reach people. It entertains people in a way that a lecture can't, and offers a way to practice conflict resolution strategies without consequences. Now, working on the tour of Far From The Heart, I have the opportunity to bring the experience of forum theatre to much wider audiences. I am able to help this great project reach the people who need to see it. FFTH helps youth learn to build healthy relationships.

ds: What do you think about the interactive website and film idea?

KW: It is a great tool that will allow us to reach an even greater audience than we will with our fall tour.

ds: Do you think there's a need for more work like this?

KW: Yes! Far From the Heart addresses

issues that all too often just aren't talked about. Teenagers need to learn about healthy relationships so that they can create their own. And those who are in abusive relationships need to learn how to get out.

ds: How can people find out more?

KW: You can see the trailer, and eventually the interactive film, at farfromtheheart.com, you can like Far From The Heart on Facebook, and follow FarFromTheHeart on twitter. Or, email us at david@sheatre.com or sheatre@sheatre.com.

Kate Wagner's summer internship with Sheatre was made possible by a grant from SaskCulture, for which we're most appreciative! Out tour would not be possible without the guidance and knowhow of OSAC, the Organization of Saskatchewan Arts Councils, and in particular Marianne Woods, who selected Far From the Heart for their Junior Concerts series this year.

Look for us on tour September 17 - October 14 at schools in Regina, Wilcox, Lumsden, Pilot Butte, Piapot First Nation, Southey, Fort Qu'Appelle, Balcarres, Indian Head, Broadview, Kipling, Ochapowace First Nation, Estevan, Bengough, Gladmar, Assiniboia, Kincaid, Swift Current, Macklin, North Battleford, Cando, Humboldt, Central Butte and Rouleau! There will be community presentations in Regina and Humboldt. For more information visit our websites: sheatre.com, farfromtheheart.com or email us at david@sheatre.com or sheatre@sheatre.com.

Sheatre is pleased to acknowledge its funding partners for Far From the Heart: the Government of Saskatchewan, the Saskatchewan Arts Board, the Organization of Saskatchewan Arts Councils, the Ontario Arts Council, the Ontario Ministry of Health Promotion, the Ontario Trillium Foundation, the Canadian Women's Foundation, the Tippet Foundation, the Grey Bruce Community Foundation, RBC, SaskTel, Bruce Power, Creative City Centre and the University of Regina.

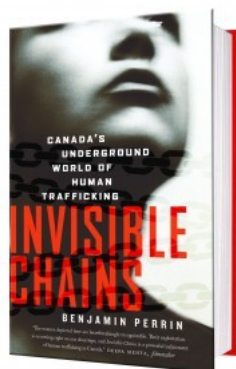
Have you seen  
our **new**  
**website** yet?  
What do you  
think?

Let us know?  
[www.abusehelpines.org](http://www.abusehelpines.org)

### Do You Already Work in Forum Theatre But Want to Go Further?

**FORUM THEATRE JOKER / FACILITATOR TRAINING:** Learn the art of Joking a Forum Theatre show. Develop skills that draw out self-expression; allow the interactive audience to feel safe, and find their own voices in a unique and supportive environment that promotes dialogue, debate and change. Focused on an actual production, FAR FROM THE HEART, participants attend rehearsals and practice skills with a real audience. Participants will be considered as Jokers for upcoming Sheatre productions. Led by Simon Malbogot and Joan Chandler. Rare opportunity for THEATRE PROFESSIONALS. Previous Forum Theatre experience required. Limited to 3 participants. \$350. Sept. 13 - 17 in Regina. Send resume and letter to Joan Chandler, [sheatre@sheatre.com](mailto:sheatre@sheatre.com).

## Book Review *Invisible Chains: Canada's Underground World of Human Trafficking*



by Crystal Giesbrecht, PATHS

“My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world”.

— Jack Layton

“Perrin outlines what Canada must do to ensure that victims (or potential victims) are protected and perpetrators are prosecuted.”

Human trafficking does not require an international border to be crossed, nor does it necessarily involve movement or transfer of the victim. “Human trafficking in Canada involves the sexual exploitation and forced labour of a diverse array of victims: Canadian citizens and newcomers, adults and children, women and men” (Perrin, 2010, p. 8). (To date, *Invisible Chains* by Benjamin Perrin is the only book written on human trafficking in Canada).

*Invisible Chains* is comprehensive and well-written, and includes sections on: the new slavery, how travelling sex offenders fuel human trafficking abroad, trafficking to Canada from abroad, trafficking across to US/Canada border, domestic sex trafficking and organized crime, forced labour, technology and trafficking, breaking the bonds between traffickers and victims, the vulnerability of First Nations women and girls, provincial approaches to trafficking in persons, dealing with trafficking on a global basis, and proposed action plans to combat trafficking in Canada.

Perrin spent three years (2007-

2010) researching human trafficking cases in Canada and the country's responses since the *Palermo Protocol* was signed in 2000. His research

included examining decisions of courts and tribunals in trafficking cases; reports published by international governmental organizations, governments, and NGOs; interviews; and data obtained from requests made to federal and provincial government departments and agencies through Canada's *Access to Information Act*.

Trafficking is a significant problem in Canada. A 2004 RCMP report “estimated that approximately six hundred foreign nationals are brought to Canada for sex trafficking every year, with an additional two hundred being brought for forced labour trafficking annually” (p. 29). In another report, the RCMP revealed that over one hundred and fifty cases were identified between 2005-2009. Perrin speculates that this number only represents a small portion of the total cases, as RCMP totals do not include cases identified by NGOs and, of course, cases that went unreported. The author notes that cases of human trafficking have been discovered in Victoria, Vancouver, Calgary, Edmonton, Saskatoon, Regina, Winnipeg, Toronto, Ottawa, Montreal, Quebec City, Halifax, as well as in numerous other communities. Several of these case examples are cited in the book.

Perrin notes that past responses by Canadian courts and governments in response to suspected cases of trafficking in persons have failed to protect victims and punish perpetrators, largely due to the fact that until late 2005, human trafficking was not listed as an offence in Canada's *Criminal Code* and the first conviction did not occur until 2008. Globally, nearly twenty thousand people were convicted of human trafficking between 2003 and 2008.

This book shows us that “human trafficking has taken hold across the

country and is thriving due to a lack of a coordinated response from federal, provincial, territorial, and municipal governments” (p. 218). Perrin outlines what Canada must do to ensure that victims (or potential victims) are protected and perpetrators are prosecuted. The book outlines steps for effective leadership from the federal government, including: steps to develop a national action plan, enact stronger laws against trafficking in persons, ensure that victims are not criminalized by the system, and enhance law enforcement capacity to investigate trafficking. He has also included action plans for provincial and territorial governments, police, businesses, parents, and individuals.

*Invisible Chains* is an excellent book, whether you are aware of the issues or have never heard the term “human trafficking” before. Perrin takes you through the definition of trafficking, what has been done in Canada to date, case examples, and—best of all—ends the book by telling the reader what they can do about it. Perrin further empowers readers to get involved in the fight against human trafficking by including an Appendix of *Organizations Combating Human Trafficking*.

While stories of human trafficking are distressing and it is difficult to imagine the trauma that survivors of trafficking face, readers will not put down the book feeling hopeless. Instead, they will feel confident that something is being done about human trafficking in Canada by Benjamin Perrin and others like him, and perhaps they too will find a way to work towards combating human trafficking.

Currently submitted for publication to the *Sexual Assault Report*.

***Invisible Chains:***  
***Canada's Underground World of***  
***Human Trafficking***

By Benjamin Perrin  
320 pages  
Published by Penguin  
September 29, 2010

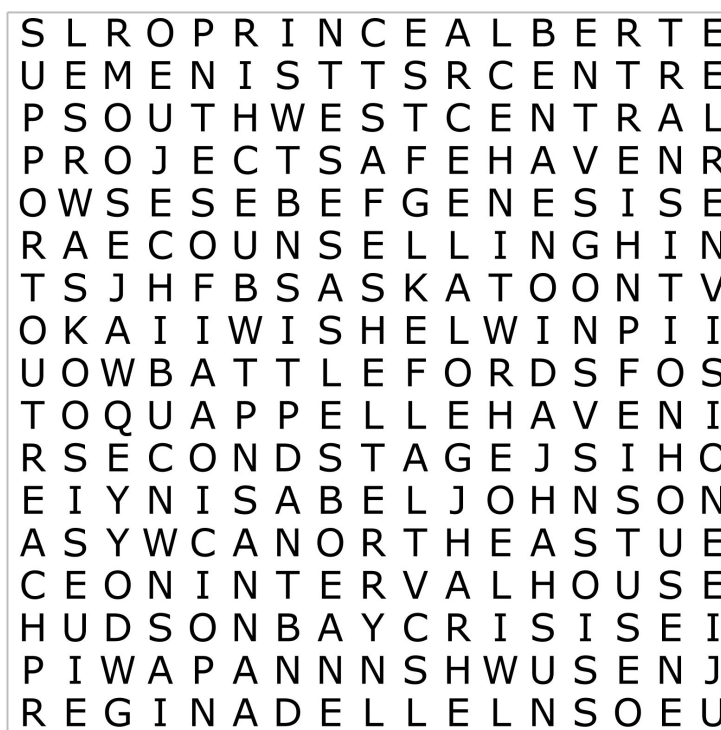
**For More Information:**  
[www.endmoderndayslavery.ca](http://www.endmoderndayslavery.ca)





Diane Delaney, PATHS Coordinator, receives a plaque from a SaskTel Executive for 10 Years of Connected to the Community for the Phones for a Fresh Start cell phone recycling program.

### PATHS Member Agencies Word Find



- ADELLE
- BATTLEFORDS
- CENTRE
- COUNSELLING
- CRISIS
- ENVISION
- GENESIS
- HUDSONBAY
- INTERVALHOUSE
- ISABELJOHNSON
- MOOSEJAW
- NORTHEAST
- OUTREACH
- PIWAPAN
- PRINCEALBERT
- PROJECTSAFEHAVEN
- QUAPPELLEHAVEN
- REGINA
- SAFESHELTER
- SASKATOON
- SECONDSTAGE
- SHELWIN
- SOFIA
- SOUTHWEST
- SUPPORT
- TRANSITIONHOUSE
- WASKOOSIS
- WESTCENTRAL
- WISH
- YWCA

### Answer Key for July Interpersonal Violence Crossword

#### Across

1. **HOUSINGFIRST**—The project featured on Page 3 uses a \_\_\_\_\_ approach.
4. **FIFTEEN**—PATHS Member Agencies are in \_\_\_\_\_ communities across Saskatchewan.
6. **ABUSE**—85% of women with mental health or substance use problems have experienced \_\_\_\_\_.
8. **FITNESS**—The Meadow Lake Shelter has recently incorporated \_\_\_\_\_ into the range of services that they provide for their clients.
13. **ABUSIVE**—The Responsible Choices for Women Group is aimed at assisting women who are \_\_\_\_\_ in intimate relationships.
15. **CHOICES**—The Discovery House Community Housing program recognizes that women deserve \_\_\_\_\_ when it comes to housing.
16. **AFGHANISTAN**—A country where 87% of women are illiterate.
17. **EMOTIONAL**—According to Statistics Canada, this type of abuse is the most common reason for women to seek shelter.
19. **HOLISTIC**—Responses to women's needs should be \_\_\_\_\_.
20. **ORIGINS**—PATHS new project is titled "\_\_\_\_\_ of Violence and Strategies for Change".
21. **VIOLENTRESISTANCE**—When a victim responds with violence.

22. **CONGO**—The second most dangerous country for women.

#### Down

2. **SHELTERS**—In 2010, 593 \_\_\_\_\_ in Canada offered services to abused women.
3. **DUALARREST**—When both individuals involved in a domestic violence incident are arrested.
5. **NARRATIVETHERAPY**—Requires the therapist to employ "double listening strategies".
7. **EXTERNALIZING**—\_\_\_\_\_ the problem says that "the person is not the problem, the problem is the problem".
9. **DEFINED**—For women with disabilities, the definition of domestic violence needs to be more widely \_\_\_\_\_.
10. **MULTIPLE**—Women with disabilities are at risk for abuse from \_\_\_\_\_ abusers.
11. **SECONDSTAGES**—PATHS Member Agencies operate a total of five \_\_\_\_\_.
12. **PAMPHLETS**—PATHS plans to produce six new \_\_\_\_\_.
14. **SKYWOMAN**—The meaning of "Waskoosis".
18. **EIGHTYTWO**—The Canadian Spousal Homicide survey (1995-2005) showed that men were the perpetrators \_\_\_\_\_% of the time.

## PATHS Members

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Battlefords Interval House (306) 445-2742	Regina YWCA Isabel Johnson Shelter (306) 525-2141
Envision Counselling and Support Centre Weyburn (306) 842-8821 Estevan 637-4004	Saskatoon Interval House (306) 244-0185
Hudson Bay Family and Support Centre (306) 865-3064	Saskatoon YWCA (306) 244-2844
Moose Jaw Transition House (306) 693-6511	Shelwin House (306) 783-7233
North East Outreach and Support Services (306) 752-9464	SOFIA House (306) 565-2537
Prince Albert Safe Shelter for Women (306) 764-7233	Southwest Crisis Services (306) 778-3692
Piwapan Women's Centre (306) 425-3900	Waskoosis Safe Shelter (306) 236-5570
Project Safe Haven (306) 782-0676	West Central Family Support Centre (306) 463-6655
Qu'Appelle Safe Haven Shelter (306) 322-6881	WISH Safe House (306) 543-0493
Regina Transition House (306) 757-2096	

Visit the PATHS website at  
[www.abusehelplines.org](http://www.abusehelplines.org)

## Featured Member: Envision Counselling &amp; Support Centre

by Patt Lenover-Adams, Executive Director

Envision Counselling and Support Centre has offices located in Estevan and Weyburn and has been in operation since 1994 covering South East Saskatchewan. The organization began as Violence Intervention Program (VIP) and evolved into Envision Counselling and Support Centre in September 2007. Envision presently has 24 employees.

Envision offers confidential counselling and group support for survivors of interpersonal abuse or violence. This includes family violence (partner abuse and children who witness violence), dating violence, sexual assault, adult survivors of childhood abuse, and older person abuse. In addition to counselling and support groups, Envision offers crisis intervention, workshops and public education. Envision also has an In-Home Support Program which provides support to high-risk families. All services at Envision are free of charge.

Last year, Envision counsellors saw almost 400 clients. The vast majority of those clients were survivors of family abuse (partner abuse and adult survivors of childhood abuse). From April 2010-March 2011, Envision's client sessions rose to 1779 from 1157 the previous year.

Envision Counselling and Support Centre recognized the need for safe and confidential after-hour services and implemented the 24-Hour Abuse/Sexual Assault Support Line in 1995. The goal is to provide victims of interpersonal abuse/violence and sexual assault with immediate specialized support and assistance.

Envision holds several one-day workshops throughout the year. The workshops provide a safe environment for women to come together, connect with one another, and learn to communicate and assert themselves more effectively. Envision's most popular workshops are Creating

Healthy Boundaries and Assertiveness Training.

Envision's Outreach Program provides educational presentations and initiatives throughout South East Saskatchewan. Through education to community stakeholders, students, agencies, businesses and organizations, it is our hope to build a society that understands the impact of abuse and violence and its impacts on our community and families. Envision continually assesses community needs and strives to meet those needs by education and prevention.

Our mission is to encourage and support healthy choices in individuals, families and communities by offering innovative programming and diverse counselling and support services. Our vision is that all individuals will live in a happy, healthy environment.

Comments on the Newsletter?  
Suggestions? Want to submit an article for the next issue?  
Let us know!



Please send your submissions for the November 2011 newsletter to Crystal ([paths.services@sasktel.net](mailto:paths.services@sasktel.net)) by **October 19th**.