
Our Mission Statement and Mandate

*Identifying, developing and delivering programs and services to respond to gaps and barriers in services for women

*Responding to the needs of women in prison

*Lobbying for improvement in conditions for women in local penal institutions

*Encouraging public awareness and understanding of issues and challenges associated with women and female youth.

Women have the opportunity to build their capacity for creative expression, health and well being, and empowered lifestyles and to develop the skills to become productive in their communities through:

1. ongoing caring relationships and mentoring with unconditional positive regard
2. advocacy and support that promotes safe and healthy lifestyles
3. education and training programs that promote and encourage increased self-awareness and self-esteem that focuses on personal responsibility

The long-term social change that we envision for women in our community:

1. A future in which all women are educated and empowered to make healthy choices in their lives; therefore significantly lowering the rates of harmful involvement, substance abuse, and incarceration.
2. A future in which all women have the opportunity and ability to be employed in careers that are meaningful to themselves and their communities, feed their mind, bodies and spirits, and fully provide for the lives that they envision.
3. A future in which all women are educated and empowered to identify abusive situations and take active steps to seek help and remove themselves from these environments.
4. A future in which all women receive the best health care possible, regardless of their economic status.
5. A future in which all women have a strong voice and impact in our communities and the future of those communities.
6. A future in which all women realize happy, healthy, and productive lives.

Our programs and services include but are not limited to:

1. Support and resources for navigating social systems i.e Criminal Justice System, Community Services, Child Welfare Services
2. Personal Development Workshops i.e. Anger Management, Healthy Relationships, Assert Yourself!, Personal Boundaries, Communication Skills and Conflict Management
3. Community Outreach
4. Federal and Provincial Outreach
5. Food and clothing, depot for clients
6. Advocacy services
7. Relapse Prevention Support

Would you like to become a volunteer with The Elizabeth Fry Society /Holly House and/or explore the possibility of becoming a Board Member?

Please contact us at 454-5041 or visit www.efrynovascotia.com

Holly House

Opening Doors, Offering Hope



*In April of 2007 The Elizabeth Fry Society opened the doors of Holly House at 1 Tulip St. Dartmouth offering affordable housing to 8 homeless women. **Holly House** offers:*

- ★ *individual self contained rooms with shared kitchen and bath*
- ★ *up to a 2 year stay*
- ★ *on site counselling, upon request*
- ★ *programs and services available*
- ★ *contact 454-5041 Ext. 21 or 24 for more information*

Elizabeth Fry Society

Mainland Nova Scotia

1 Tulip St.

Dartmouth, Nova Scotia

B3A 2S3

Phone: 454-5041

Fax: 455-5913

Toll-free: 1.877.619.1354

Website: www.efrynovascotia.com

PLEASE HELP US HELP!!

Support Us: As a non-profit organization, we need donations and community support. All donations are tax-deductible. Also, you can have planned giving in your will.

Become a Volunteer: From our Management Team (board) to the One-to-One Program; volunteers are essential.

Help us to Educate Others: If you belong to a local organization or club, invite us to speak at your next meeting.

Take Out a Membership: You will receive newsletters and a vote at the annual general meeting.

Membership Application

Name

Address

Postal Code

Phone Number

Waged \$25 _____ **Unwaged \$5** _____

Group \$50 _____ **Corporate \$100** _____

Sustaining \$100 _____

** I do not wish to become a member, but would like to make a donation _____*

**THE ELIZABETH FRY SOCIETY
MAINLAND NOVA SCOTIA**

Women



Supporting Women

2352 Gottingen Street

Halifax, NS, B3K 3B9

Ph: 902.454. 5041

Toll-free: 1.877.619. 1354

www.efrynovascotia.com