

Programming

We are pleased to offer a wide variety of programs that are aimed at assisting women to enhance their overall well-being, to address specific issues that challenge women, and to support the good of the community.

Our programs include:

- ★ One-on-one counselling
- ★ Mentoring support
- ★ Relapse Prevention (addictions)
- ★ Healthy Relationships
- ★ Personal Boundaries
- ★ Stoplifting (anti shoplifting)
- ★ Anger Management
- ★ Assert Yourself!
- ★ Conflict Management

For information on programs, to be a volunteer, or to sign up, please contact 454-5041.

Funding may be available to assist attendance.

Programs and schedules are on the website at www.efrynovascotia.com

How can you help?

We are a registered charity and a not-for-profit society incorporated under the laws of Nova Scotia.

Here are some of the ways you can help:

- ★ Volunteer your time (we provide volunteer training) on our Board, with our committees, by fundraising, or supporting the women we help
- ★ Enjoy delicious food at our Café or with a catering order for your next family event or meeting
- ★ Donate clothing or food or some household items
- ★ Donate funds
- ★ Attend our annual fundraising events, which currently include a gala celebration each May and a bowlathon
- ★ Tell others about us
- ★ Educate yourself about women's issues relating to incarceration, poverty, homelessness and mental health matters

The Elizabeth Fry Society Mainland Nova Scotia

Main Office:
2352 Gottingen St.
Halifax, NS B3K 3B9
454-5041

Holly House:
1 Tulip St.
Dartmouth, NS B3A 2S3
446-4592

Our Thyme Café:
98 Portland St.
Dartmouth, NS B2Y 1H6
406-7467

www.efrynovascotia.com

Established in 1982, the Elizabeth Fry Society Mainland provides services to women and female youth.

We are named for Elizabeth Fry (1780-1945), a Quaker Englishwoman. Elizabeth took an interest in the plight of people who were poor or sick. After visiting Newgate Prison, she was appalled by the conditions there for women and children. In response, she introduced productive work inside the prison to prepare women for their release, and lobbied parliament for changes to the penal system. She helped found societies for the reformation of the penal system in England.

Our services include:

- ★ Advocacy for all women and female youth, including those whose are incarcerated, living in poverty, homeless or suffering from addictions or mental health issues
- ★ Programming in the HRM and in prisons
 - ★ One-on-one counselling
 - ★ Safe, affordable housing
- ★ Referrals to avoid duplication of services
 - ★ Publications
 - ★ Public Education & Research
 - ★ Food bank
 - ★ Clothing bank

Housing

Holly House, located at 1 Tulip Street in Dartmouth, was opened in 2007. Funding for this initiative came from Development Canada's Supporting Community Initiatives Program.

Holly House provides safe, affordable housing to women who are at risk of homelessness. It is not a half-way house or shelter, but instead offers women a private room and access to communal living spaces for up to two years, with rent adjusted for income.

Organizational Information:

The Society is managed by a volunteer board of directors. We employ an executive director, a programming coordinator, a federal outreach coordinator, a provincial outreach coordinator, and financial and support staff.

We are supported in our work by excellent volunteers.

Funding is provided by the United Way, the Law Foundation of Nova Scotia, donations and our fundraising efforts.

Our Thyme Café and Catering

Our Thyme Café is a social enterprise, an organization providing goods and services with a social purpose. We offer an education and employment program for any woman or female youth who may face barriers to employment. By developing immediate employment skills, we seek to assist women to find sustainable, long-term employment. We partner in this initiative with the Department of Community Services and Service Canada. We:

- ★ Provide training in the culinary, service and retail sectors
- ★ Develop skills in hygiene, food preparation, storage, costing, budgeting and delivery
- ★ Develop skills in management, customer relations, marketing and advertising
- ★ Provide certification in WHMIS, OHS, First Aid and Food Safety
- ★ Offer a non-judgmental environment
- ★ Promote life skills and job readiness
- ★ Increase confidence
- ★ Support women to move into long-term employment or return to school

Menus and information are online:
<http://ourthymecafe.biz/>

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 _____*