



Jeremy's Memorial Foundation Against Domestic Violence

Winter 2024 Vol. 45

Message from the President

I'm overwhelmed with gratitude. Every dollar raised contributes to women and their children seeking refuge from domestic violence. You have been steadfast allies in our journey offering unwavering support. We have now distributed 15,137 pairs of new pajamas to the Transition houses. The pajama program was started in 2010 because of the need that was identified by managers of the houses we support. Many of the women and children are now provided with pjs as a part of their admission process making it possible to wash their clothing. The pajamas offer comfort and a message of hope from the community that people they don't even know care about them and their situation. Together, we are making a difference. You will find a thank you letter from Ishtar Women's Resource Society on page 2.

We were finally able to have our Poinsettia Fundraiser again. The last sale took place in 2019. Thankfully, it was successful and brought in close to \$1,000. We received many compliments on the quality of the plants. Please keep us in mind for next year. It won't be long before it's time for our Spring Plant Fundraiser.

I recently read an article in a newsletter that I thought you might find informative. It's about coercive control. You will find the article on page 2.

A Canadian helpline for suicide prevention 9 8 8 was launched on November 30, 2023. For more details, see page 3.

Did you know that you can make a donation or set up automatic monthly contributions to us through CanadaHelps.org (Interact, Visa, Mastercard, American Express or Paypal)? It is easy and secure. You can go to our website (www.jeremysmemorialfoundation.com) and the donate button will take you to us in CanadaHelps.org. You can also go directly to CanadaHelps.org website and choose our charity. We do not process charge cards directly because of the cost. We do everything we can to make sure that every dollar donated goes directly to helping the victims of domestic violence.

Thank you again for all your kind words, thoughts, and deeds all year long. Your generosity is what makes this work possible.

We wish you a wonderful 2024.
Thank you again,

Donna

NEWSLETTER

Coercive Control

Every community feels the weight of domestic abuse. Whether it is the flashing police lights down the block, the unexpected 'disappearance' of your child's friend from school, the uncertainty about a neighbor or friend who flinches at a loud noise or sudden movement, the never-ending tragic headlines in the local, provincial, and national news coverage, or the toll in our front line social service providers. These things are just the tip of the iceberg. Beyond the grim statistic that in Canada there is a woman killed by her intimate partner every 48 hours. There are so many unreported or 'behind closed doors' relationships marred by harmful abusive behaviors that could quickly escalate into a lethal event.

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten another person; a set of behaviors an abuser uses to cause fear and isolate a victim from friends and family, keeping control through a harmful misuse of power.

Examples include taking control over aspects of another person's everyday life, such as where they can go, who they can see, what they can wear and when they can sleep; depriving them access to support services such as medical services, repeatedly putting them down, such as saying "you're worthless"; humiliating, degrading or dehumanizing them through words, attitudes, and actions.

A private member's bill to **formalize coercive control as a criminal offence** reached its second reading in the House of Commons on November 9th, 2023. If this bill makes it through the process and becomes law, this could help release many women from the oppression in their daily lives.



ISHTAR WOMEN'S RESOURCE SOCIETY'S **letter to our Foundation**

On behalf of Ishtar Women's Resource Society, I would like to thank you for your incredibly generous donation of pajamas and knit goods. The support from people like you helps us continue in our mission of advocating change through service to women and children who have experienced violence and abuse.

As you know, we have two transition houses, Ishtar House and Libra House. We also provide support and counselling through our community-based victim's assistance program, our STV (Stopping the Violence) women's counselling program, outreach services and our PEACE children and youth program. Through these programs, women and children can find safety and support to deal with the effects of violence and emotional abuse.

We are so grateful for your support - you are making our mission possible. Thank you for believing in the power of kindness and working with us locally to eliminate violence against women globally.

With the deepest of gratitude,
Peny Aghili, Interim Executive Director

Suicide Crisis Helpline 9-8-8

Canadians can call or text 9-8-8 to access bilingual, trauma-informed, and culturally appropriate mental health and suicide prevention support. The service is free and can be accessed 24 hours a day, 7 days a week, 365 days a year. Trained crisis responders will listen to you and provide support with compassion, providing a safe space for you to talk.

The helpline is funded by the Government of Canada and delivered by the Centre for Addiction and Mental Health (CAMH) and their partners. It was rolled out November 30, 2023

If you are thinking about suicide, or worried about someone else thinking about suicide, call or text 9-8-8 for suicide prevention support at any time day or night.

Calls and texts to 9-8-8 are confidential. No personally identifiable information will be disclosed or shared outside of the 9-8-8 network, except as required or permitted by law, or in cases where emergency intervention is required to support the safety and well-being of the caller or texter, and the safety of others.

There is also a helpline for Indigenous People across Canada 1-855-242-3310.

Kids Help Phone provides mental health support and crisis services call 1-800-668-6868 or text 686868.

Our Board of Directors

Elected September 2023

Donna Gillette	President	Bob Meister	Director
Gary Menendez	Vice President	Gail Rawle	Director
Toki Menendez	Secretary	Bonnie Rumley	Director
Christine Halston	Treasurer		

Fundraising

Thank you to all our supporters (individuals, charities, corporate donors and volunteers) who have chosen to selflessly give. The help comes in many forms – memberships, donations, supporting a fundraiser, gifts in kind (pajamas, toys, backpacks, knitted items, etc.) and more.

From Apr 2001 – Nov 2023, we have raised a total of \$549, 908

Thanks for your support!

Donor Appreciation

Your generous gifts make it possible for us to assist the victims of domestic violence. On their behalf we wish to acknowledge and thank you. Please know that lives are forever changed and impacted in such positive ways because of you.

(Due to confidentiality, we do not list private donors in our newsletter.)

Donors (May – Nov 2023)

Sigma Master Beta Sigma Phi Sorority
Knitting Sisters
Maple Knitters
Return It Express

Help us Help others

- Please make a donation.
 - Send a cheque payable to Jeremy's Memorial Foundation. To receive a tax receipt, please include your name, address, postal code, and phone number with your donation.
 - Donate securely online through CanadaHelps.org by any one of the following:
Interact, Visa, MasterCard, American Express or PayPal. (Access CanadaHelps.org directly or through our website.) You will receive a tax receipt directly from CanadaHelps.
You can do a one-time donation or set up monthly contributions.
- Donate pajamas and toys (new only please)
- Donate the deposit on drink containers.
 - Take returnable drink containers in a clear plastic bag to a Return-It Express depot. Enter our phone number (604-275-7234) at the kiosk and print a label to attach to each bag. Leave the bag in the designated area. A Return-It Express employee will sort and count your donation and credit our account.



Jeremy's Memorial Foundation Against Domestic Violence

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