

## 2011 /2012 Year in Review

# Love Shouldn't Hurt Campaign

## Stopping the Violence Counselling Program

The Love Shouldn't Hurt Campaign continued to have significant impact in keeping women and children safe from violence and has contributed to our vision of a connected community where people care for one another.

In 2008, 56 women called our Agency for help. By 2010 that number increased to 125. In 2011 that number grew yet again to 139 women who reached out to us for help. This is a 248% increase over 3 years in the number of women who see Family Services of the North Shore as a safe place to get help.

As we continue to highlight the issue of violence against women and children, we send a strong message to the community that violence against women is not something to be hidden, but a problem to be solved. We also send a message to women living in violence that there is help and they are not alone. The more outreach and education we do about this issue the more demand we see for services as more women come forward for help.

As a direct result of the Love Shouldn't Hurt Campaign 70 women have been taken off the waitlist and are now receiving counselling services.

### Thank you!

for your generous support of our Love Shouldn't Hurt Campaign



### What about the next 70 women?

The fact remains that as we put a spotlight on the issue of violence against women and children, more women will come out and dare to be seen. Our increased demand for services confirms this fact. This tells us that our outreach and education efforts within the community are having a real impact on women's belief that there is help and they are not alone. We will continue to do our part and with your help, change lives.

### The Stopping the Violence Counselling Program

Our Stopping the Violence Counselling Services (STV) include individual and group counselling for women age 19 and older who have experienced relationship abuse, sexual assault, and/or physical, emotional or sexual abuse at any age. Counselling includes naming types of abuse, identifying coping strategies, honouring strengths, regaining a sense of safety and control, reducing self-blame, improving self-care, and building positive ways to live and love. The length of service is based on the specific needs and issues presented. Our counsellors hold master's degrees and are registered with various professional organizations.

Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, education and support services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.



We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver, District of North Vancouver and the financial assistance of the Province of British Columbia.

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