

2010 /2011 IN REVIEW

Love Shouldn't Hurt Campaign

Stopping the Violence Counselling Program

We are pleased to report that the **Love Shouldn't Hurt Campaign** has had a significant impact in keeping women and children safe from violence and has moved us closer to our vision of a Connected Community where People Care for one Another.

In 2008, 56 women called our Agency for help; in 2009, that number increased to 95 and last year, 125 women reached out to us.

The number of women reaching out for help while living in violence is currently at a critical all-time high on the North Shore. Your generous donation has not only supported life saving services for women and children, but has also sent a strong message to the rest of our community that this is not a problem to be hidden, it is a problem to be solved. As a direct consequence of the "Love Shouldn't Hurt" campaign, forty eight (48) women have been taken from the waitlist and are now receiving counselling services.



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.

The Impact of your gift

As a direct consequence of the "Love Shouldn't Hurt" campaign, forty eight (48) women have been taken from the waitlist and are now receiving counselling services. These women look a lot like all the women on the North Shore. They all deserve to live a life free from violence. They now have a chance.

What about the next 48 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 History of the Campaign

Lisa Wolverton, FSNS board member and local philanthropist, with her husband, Ford Nicholson were inspired by the urgency of the North Shore's current needs. They embarked on the "Love Shouldn't Hurt" fundraising campaign to demonstrate their commitment to ending violence in the lives of women and children, and ensuring that women who had finally gathered the courage to ask for help didn't have to wait for 6-9 months to receive the help. As a couple, they offered to match any donations up to \$50,000 and the rest of you responded in kind. When all the donations were in, the total support for the campaign had reached \$103,000.

♥ **Counselling**

♥ **Support**

♥ **Education**

Family Services of the North Shore is an accredited not-for-profit community based agency that offers education, support and counselling 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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