



Chorus of Courage Retreat June 2023, image by Jen Squires

MPSSAS ANNUAL REPORT

2023-2024



Our 30th year in operation in
our communities.

MPSSAS TEAM



**MUSKOKA / PARRY SOUND
COORDINATED
SEXUAL ASSAULT SERVICES**

ANNUAL GENERAL MEETING

June 12, 2024, 7 pm

**Held at 29 Manitoba St. room 7
Bracebridge ON
P1L 1S4**

Check out our website at www.mpssas.org

Aaniin, Boozhoo, Shé:kon, Welcome

We will begin this Annual General Meeting by acknowledging that we are meeting on land that has been inhabited by Indigenous peoples from the beginning. We also acknowledge all the water found here and give thanks also for all our relations - all the living things around us in this beautiful time of spring.

We are on stolen land.



These lands are the home of **the Anishinabeeg – Ojibway, Potawatami, Chippewa and Algonquin people, now the people of Wasauksing, Shawanaga, Henvey Inlet, Moose Deer Point, and Magnetawan communities, the Metis of Moon River and the Haudenosaunee (Mohawk) people of Wahta in regional lands of the Williams and Robinson Huron treaties, as well as all Indigenous peoples who are living here throughout these lands and in contact with us from outside this territory as well.**

We acknowledge the impact colonization has, in oppression and violence of all forms culminating in genocide aimed particularly at Indigenous peoples. As an agency we are committed to practices of anti-violence, anti-oppression, decolonization, truth, reconciliation and justice for murdered and missing Indigenous 2S, women and girls.

These communities were not created by choice, but rather through colonial policy and the Indian Act of 1876, still enforced. Indigenous peoples, living in community or in urban or rural settings, still are impacted by the regressive inequalities created by this legislation and the biased attitudes which created genocide which continues today. We call on all levels of government to engage fully in prioritizing policies for truth and reconciliation regarding the harms caused by colonization, following the recommendations of the TRC Report and the 231 calls of the MMIWG2S Inquiry Report.

We also want to recognize the terrible impacts of colonization on Indigenous African peoples, many of whom were brought by colonizers to this territory, and while also settlers, often came against their will as enslaved people. The historic legacy of racist white supremacy continues today and must inform our commitment to end oppression of all kinds and challenge the colonial power systems that create and maintain it.

As newcomers, this recognition of the contributions and historic importance of Indigenous people must also be clearly and overtly connected to our collective commitment to make the promise and challenge of truth and (re)conciliation real in our communities, including our commitment to the land, clean water and care for Mother Earth. We must do this with our actions, not simply with words.

Our Mission

We are an intersectional feminist organization dedicated to providing leadership, education, advocacy and trauma-informed support to end sexual violence and harassment.

Gender-based violence, including sexual violence, is a global issue. We develop strong collaborative responses to shift longstanding societal beliefs and systems to create social change.

We honour all people who have experienced sexual violence and harassment. Their diverse voices are heard and reflected in the design and delivery of our programs to facilitate empowerment and healing.



This is our agency logo, reflecting our changes to work with people of all genders. We have kept the sweetgrass braid which reflects our 30 years + commitment to providing culturally safe services to Indigenous survivors of sexual violence, and anti-racist/anti-oppression community development as a mainstream provider. Thanks to Fir Moon Steer for her thoughtful design.

Sweetgrass is the sacred hair of Mother Earth and braided represents body, mind, and spirit.

Burning it is to purify thoughts and the environment around.

The braid is made up of 21 strands for community survival –

1st strand: 7 for previous 7 generations

2nd strand: 7 for grandfather gifts

(Respect, love, truth, bravery, wisdom, generosity, humility)

3rd strand: 7 for 7 generations to come.

We've kept a tree image, a symbol of the strength, endurance, and healing powers of the earth. Rooted in the ground, our tree is growing, strong and able to withstand the storms it can face. A reflection of our trauma work and the healing growth that humans who work with us have faced and are undertaking. This change in service direction reflects our deeper understanding that gender-based

violence and specifically sexual violence impacts all genders, and for trans, gender diverse, non-binary and intersex people, at higher incidence than ciswomen.

Our colour, purple, represents the violence against women movement, where our organization began. We have also begun working with cis men as well, realizing that given the frequency of sexual assault of men and boys, services which can address their experiences with a sensitive, feminist and trauma informed lens are important. We invite you to contemplate our logo with deeper understandings of our support for people who have experienced sexual violence and our commitment to ending gender-based violence, and its origin, colonial violence.

Please join us in our mission to end gender-based sexual violence.

2023-2024 marks our gearing up of the vision to decolonize our agency while opening our services to sexual assault survivors of all genders. It has been a busy year of growth and lots of learning.



This event in May 2024 is a collaboration with a local store Little Black Bow with our board member Sara Ross and with MPSSAS Cosmos program coordinator fir moon steer

Basis of Unity (2022)

WE BELIEVE:

Sexual assault is an act of power and control and part of the spectrum of gender-based violence. Sexual assault is a crime and a violation of human rights.

All people who have been sexually assaulted have the right to receive anti-racist, anti-oppressive and feminist-based trauma, and violence informed supports which are relevant to their culture, to make informed choices and address impacts of their experiences.

Sexual and gender-based violence is connected to multiple systemic forms of oppression which affect individuals in intersecting ways. We recognize that gender-based and sexual violence including all forms of exploitation of bodies is tied to colonial, racist, ableist, sexist, genderist, patriarchal and heterosexist beliefs, behaviours, institutions, and systems.

We recognize that capitalist economic systems without universal systems of equity also perpetuate exploitation of bodies and lands including sexual and gender-based violence.

We believe that sustainable and considerable investment in profound systemic change is needed to address the intersecting causes of sexual and gender-based violence.

All persons have the right to make their own choices with respect to their identities, bodies, minds, and life directions.

Ensuring our staff, volunteers and board reflect our community's diversity and working together as allies to recognize the values and strengths of all communities and personal identities is necessary for the planning and implementation of our services.

The participation of sexual assault survivors is essential in the development and implementation of agency services.

It is important to provide enhanced support to agency staff and volunteers, and to recognize the serious impact of vicarious trauma often experienced as a result of working with trauma and violence survivors.

By working from feminist principles of decision making - including working cooperatively and in non-violent ways – the agency can demonstrate an alternative organizational structure which could be modelled elsewhere in society.

People and institutions who perpetrate sexual and gender-based violence and harassment must be held accountable by society and the legal system.

**Muskoka/Parry Sound Coordinated Sexual Assault Services
Annual General Meeting
June 12, 2024**

AGENDA

1. **Call to Order and Welcome, acknowledgement of lands and peoples**
Presented by Kara Wanoth
2. **Approval of Minutes from June 14, 2023**
Presented by Karlee Woodrich
3. **Message from the Chair**
Presented by Karlee Woodrich
4. **Financial Report**
 - 4.1 **Audited Financial Statements 2023-2024**
Presented by MaryAnne Poland of Pahapill and Associates
 - 4.2 **Motion to Accept 2023-2024 Financial Statements**
Presented by Jo-Anne Boulding, Treasurer
 - 4.3 **Appointment of Auditor 2023-2024**
Presented by Jo-Anne Boulding, Treasurer
 - 4.4 **Approve Actions of Board 2022-2023**
Presented by Jo-Anne Boulding, Treasurer
5. **Nomination and Election of 2024/2025 Board of Directors**
Presented by Karlee Woodrich
6. **Marjorie Cook Volunteer Award – presented by Martina Cole**
7. **5 Year/10 Year Volunteer Awards – Presented by Martina Cole**
8. **Staff Awards – Eva Watson and Laurie Lamont**
Presented by Lauren Power
9. **Adjournment**
Presented by – Kellie King

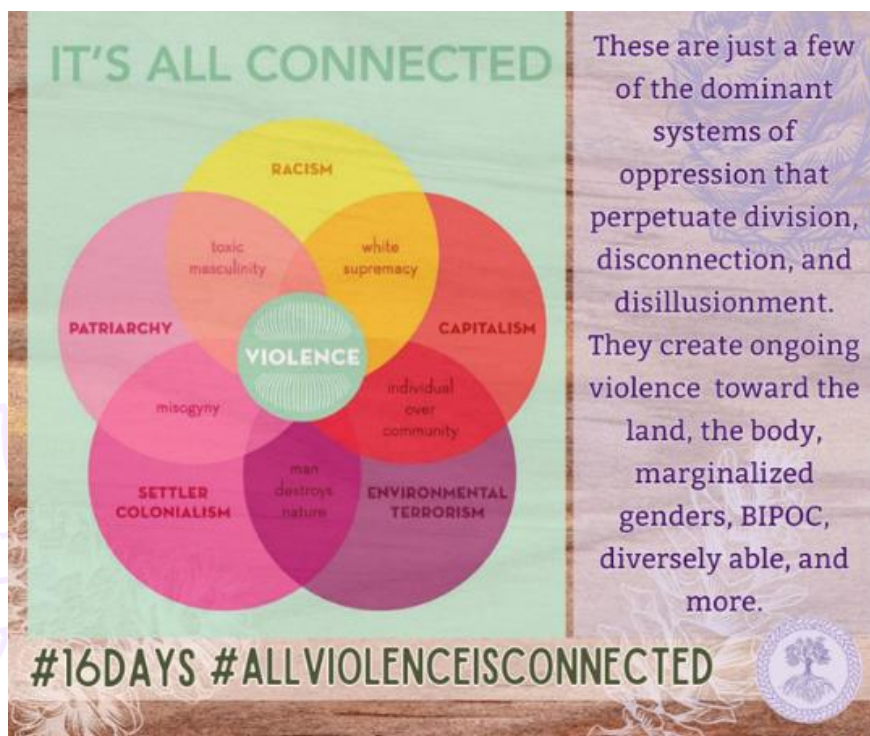
**Chorus of Courage presentation by Cindy Doire with storytellers
Please join us for refreshments.**

Muskoka/Parry Sound Coordinated Sexual Assault Services
Annual General Meeting Minutes, June 14, 2023
Meeting held at MPSSAS office, 29 Manitoba St., Bracebridge

1. Call to Order and Welcome, Land Acknowledgement,
Presented by Martina Cole
2. Approval of June 9, 2022 Minutes
Presented by Karlee Woodrich, Seconded by Nicole Moore, consensus.
3. Message from the Chair
Presented by Karlee Woodrich – Karlee read her message to the group.
4. By-law Changes
Presented by Lauren Power
5. Financial Report
 - 5.1 Audited Financial Statements 2022-2023
Presented by MaryAnne Poland of Pahapill and Associates
 - 5.2 Motion to Accept 2022-2023 Financial Statements
Presented by Jennifer Tournour, Treasurer, seconded by Jo-Anne Boulding, consensus
 - 5.3 Appointment of Auditor 2023-2024
Presented by Jennifer Tournour, seconded by Jo-Anne Boulding, consensus
 - 5.4 Approve Actions of the Board of Directors 2022-2023
Presented by Jennifer Tournour, seconded by Kellie King, consensus
6. Nomination and Election of 2023/2024 Board of Directors
Presented by Karlee Woodrich, Seconded by Jo-Anne Boulding, Consensus by membership.
7. Marjorie Cook Volunteer Award - Jess LaRose
Presented by Martina Cole
8. 5 and 10-year Volunteer Awards – Kelly Creasor and Marilyn Totten
Presented by Martina Cole
9. 5 and 10 year staff awards
Presented by Lauren Power to Suzanne Smoke and Kimberly Brown
10. Adjournment Moved by Kellie King



Mentors/Storytellers Heather Panton
and Denyse Kelly at the Chorus of
Courage Retreat, June 19-23, 2023



This social media post was part of our #16 Days of Action campaign when we targeted public education for deeper analysis of gender based/colonial violence.

2023-2024

Message from the Chair – Karlee Woodrich

Good evening and welcome to Muskoka Parry Sound Sexual Assault Services' 2024 Annual General Meeting. I'd like to begin by thanking each of you for prioritizing being here this evening and for your continued support of the agency and the work that it does. We've had another fulsome year guided by our commitment to offering survivor led trauma support through an intersectional feminist, anti-racism/anti-oppression, anti-colonial and two eyed lens. MPSSAS has experienced significant growth in the areas of board, staff and programming over the past year and we are excited to celebrate this growth as a community this evening.

In terms of board complement, we are fortunate to be retaining all board members from last year. We are thrilled to be welcoming several new members: Lacey Decaire McCabe, Nancy Stevens and Aquila Owens. We look forward to the experience, perspective and strength each new member will add to the board.

We're energized by the work and many accomplishments of the agency over the past year. Several new projects have commenced and progressed. Firstly, the Ganawendan (niin) Dibinawe (Protecting Myself) project is up and running. This is an Indigenous youth-based program designed to support and facilitate the development of a meaningful model of healing whereby mainstream and Indigenous agencies work

together to create accessible and culturally informed trauma and mental health services that support healing from colonial violence and trauma. An advisory council of ten youth has been established and circle discussions are starting with a focus on what is missing and what is needed in this area. Land-based visioning retreats are ongoing, with the next retreat being held at Bass Lake Provincial Park this August. The youth will also attend the Rama Pow Wow together. We have been blown away by the level of engagement from youth thus far and are honoured to be able to learn from them. We are committed to uplifting their voices, perspectives and wisdom as this program evolves.

Moreover, the Aanji Bimaadiziwin (A Changed Life) project is underway. With strong Indigenous leadership, this project builds upon the agency's existing peer mentorship project and is designed to connect Indigenous Elders and Knowledge Keepers, women and 2S people as mentors and mentees with a purpose of recognizing the colonial impacts of gender-based violence and providing strategies for culturally relevant and trauma informed healing. Retreats and land-based work are the laying the foundation for this program, as well as for the Ganawendan (niin) Dibinawe program, and we are grateful to the Elders, Knowledge Keepers, helpers, and survivors who make this possible. We are grateful to be able to continue to expand community partnerships and land-based healing initiatives through these programs and look forward to seeing their organic development over the coming years.

Chorus of Courage is another exciting and unique project that MPSSAS was fortunate to be part of. Five survivors were paired with allies and songwriters in an effort to honour and uplift the voices and stories of survivors while instilling hope and promoting healing through connection, land and song. The album "Always by Your Side" is available to listen to on most streaming platforms and is truly worth a listen. While the initial funding has concluded, we are now seeking funding for the project's next chapter.

Finally, the Cosmos program is a very exciting and important new initiative that offers safe and informed survivor led virtual counselling to 2SLGBTQ+ survivors. This program is rooted in the understanding that gender-based violence uniquely and complexly impacts 2SLGBTQ+ survivors and therefore, specialized, and specific supports are essential. MPSSAS is committed to both providing a safe space for 2SLGBTQ+ folks to explore and pursue healing and to growing in this area over the coming year and beyond.

While the above updates speak to some of the newer projects and programs, it is also crucial to recognize and acknowledge the wide range of vital ongoing services offered by the agency. SAIL, Ojibikaawan (We Have Roots) programming for veterans, male identified survivors and all gender programming, counselling, drop ins, legal support and advocacy work, crisis services, and peer programming continue to support survivors at many different stages throughout their healing journeys. The need and demand for these services cannot be overstated and the work being done by the agency's growing team in these programs is invaluable.

I'd like to wrap things up by offering immense gratitude to all who give MPSSAS life. As I was writing this, I struggled to find the right words to capture this gratitude in a way that even comes close to doing it justice. I reflected back on the words that came to me last year and I will lean on some of them again, now, as they remain truer than ever and as sincere today as when I first wrote them.

To MPSSAS staff, volunteers, and students: thank you for the heart and compassion you bring to the helping work that you do. You continually go above and beyond to show up in meaningful ways for the ones you sit and walk with, and it doesn't go unnoticed. Your dedicated hearts nurture and guide

MPSSAS forward in a good way and create a ripple of healing and hope throughout the communities you love and support. Thank you, thank you, thank you.

Lauren: thank you for showing up in the way that you do. You remain fierce and tireless in your leadership. Your continued pursuit of the end of gender-based violence, your dedication to anticolonial work and inclusivity, your drive to establish meaningful and innovative services, your regard for the wellness of MPSSAS staff, your advocacy, your humility, your courage, and your compassion are only a few of the many qualities that make you truly exceptional. Your impact, here and beyond, is nothing short of profound. Thank you for all that you do.

To each and every survivor who has courageously pursued healing in any form and through any avenue: no amount of thanks or gratitude will ever be enough. Thank you for allowing MPSSAS to be a small part of your journey. Thank you for the grace you've extended to the agency as we continue to learn and grow our approaches and programs. Thank you for the reciprocal healing you gift to others as you pursue your own healing journeys. Your brave and strong voices inspire, fuel and lead — today and for generations to come. You are warriors.

Thank you to our funders for the financial support you extend to MPSSAS. While the lack of adequate increase in base funding and the problematic nature of project-based funding must be acknowledged, we are tremendously grateful for the financial support that is provided and for the work it enables MPSSAS to do. We will continue to work to address the barriers embedded in the current funding model.

Lastly, thank you to each board member for your unwavering commitment and all of your contributions. Your time, efforts, and willingness to volunteer your time and to share your experiences, perspectives, and wisdom in support of the agency is valued and appreciated.

Sincerely,
Karlee Woodrich

Muskoka/Parry Sound Coordinated Sexual Assault Services

We present the following slate for our next year:

Board of Directors 2024-2025

Karlee Woodrich (Chair)

Nicole Moore

Jo Boulding

Kellie King

Desarae Doolittle

James Bowler

Sara Merkley

Nancy Stevens
Lacey Decaire McCabe
Aquila Owens

PROUD MEMBER
CENTRE OF THE



Our OCRCC annual general meeting held in Hamilton for 2023. Many long-time advocates and new members...

"MARJORIE COOK and AUDREY GOLDING"
VOLUNTEER AWARD
for 2023-2024

Jo-Anne Boulding, our Board treasurer

A little about me. I practiced law in Parry Sound Muskoka for over 30 years. I am a single mother with one daughter, Kimber-lee. I graduated from Trent University with HonsBA in Independent Studies/Women Studies. I graduated from Osgoode Hall Law School. I love to kayak and have started tapestry weaving. I love to cook and entertain friends.

A large part of my legal practice was Criminal Injuries Compensation cases. I was privileged to work with staff and clients of MPSSAS trying to obtain compensation. I was also asked to speak at a number of conferences organized by the agency.

I also tagged for MPSSAS since it began up until we stopped as the money raised dropped as many people stopped carrying cash. I usually took the early shift at McNaughton's Hardware on Manitoba Street. It was often sunny and a busy spot. As times changed, I also tagged at the Dollar Store, Metro and the Liquor Store. I wonder what happened to all those white boxes!! I guess Bonny knows.

During this time I was on the Board of MWAG where the SAIL program started before it moved to MPSSAS and so worked with Enid Powell for many years.

While I was at the clinic, my colleague Susan Campbell, was one of the founding mothers of MPSSAS. She also incorporated and obtained charitable status for the agency. I had regular updates from the organizing committee of the "alphabet group" as it was affectionately known. Including the snow storm every time it met in Parry Sound.

For the past 4 years I have been on the Board and am the Treasurer. It has been an exciting time, we got through COVID and have grown with new expanded programming. I have enjoyed all my time with the agency and thank you for this honour.



5-Year Volunteer Award

Karlee Woodrich, our Board Chair

Nicole Moore, our Board Secretary

5+1 Year Staff Award

Eva Watson

I have been a part time staff member with MPSSAS for just over 5 years as a group leader for the SAIL program as well as offering individual therapy for clients. Over the past few years, it has been wonderful to watch this agency grow both in terms of staff, but also in terms of scope and direction. Together, we weathered the storm that COVID created by expanding our geographic boundaries and inviting inclusion by offering virtual sessions for our clients to maintain continuity of service. The SAIL program that I co-lead is virtual which is so convenient for our clients who otherwise may be unable to participate for a variety of reasons. Personal and professional growth is something that I value and with Lauren as our Executive Director, she ensures that this is a priority for staff by offering retreats that include land based teaching as well as encouraging self-care. We also have various learning opportunities throughout the year, specifically for staff as well as the conferences that we participate in for professionals and for our clients. As staff we have been learning so much about traditional culture and Indigenous teachings and how they can be used as part of the healing process with our clients. This is something that has profoundly affected me on a personal level as well.

As noted throughout the AGM report, there have been many changes in our agency over the years with the introduction of a male survivor group, a program for the military community, talking and sharing circle, anti-human trafficking and the chat line to name a few. It is both exciting and rewarding to be part of a team that welcomes and supports change while also honoring our commitment to providing respectful and safe services to survivors of all genders, and doing all we can to end racism, oppression and gender-based violence within our community and beyond.

I am continuously amazed and humbled by the strength, resilience and wisdom that our clients show us. It is always an honor and privilege to be trusted enough to walk alongside their path to emotional wellness.

When not participating in my role at MPSSAS, as a therapist for over 40 years, I have a private practice as well. My other interests include escaping winter, reading, gardening, hiking, road trips, spending time with my adult children, husband and dog, cooking (it's a love language), caring for ageing parents, spending time in, near or watching water, practicing yoga, Reiki or meditating.



30 Year Lifer Award

Laurie Lamont

How exactly does one sum up, in just a few words, working more than half a lifetime for one agency? I have so many, wonderfully amazing memories of my time with MPSSAS! Just a few include The Women in Art Galas with Maria Duncalfe in Port Carling, The KAWABUNGA Art Shows, Take Back the Night walks and December 6 Vigils. Marching on Queens Park in Toronto, The Good Body, Vagina Monologues, Hex in the City - the many hours of phone calls with Helen who meant the world to me – a beautiful mentor! The collective sigh of relief when Lauren made the decision to become the ED. Just snippets of many experiences over the years. I've met so many wonderfully skilled compassionate people along the way who have given their time and energy to our agency in support of our work. But nothing compares to the inspiring work that those who utilize our services have shown me over the years. I've learned so much from these courageous folks, more than I could've ever imagined. And for me, in my own healing, those shared lived experiences and teachings have been invaluable. I knew, many years ago, that I was where I was meant to be – that this was what I knew – what I could relate to – these were my people. That I could take my power back over my own past abusive traumas and heal further and share what those experiences have led me to know. This is where I was meant to be. And on top of that, this feminist agency, which I had never experienced in my young working life, was so very supportive TO ME! Not once was there any kind of guilt for staying home with sick children, needing to attend a school play or needing a "mental health day" as I navigated through my own messy life – I was cared about as well. We walk our talk. Which is one of the reasons that I believe that our agency is so healthy – and why there is longevity amongst the team. I often get asked how I work in this field or have stayed so long. It's just never ever been a question in my mind. Because of my own lived experiences, this is where I needed to be. I feel like it's helped to shape the kind, compassionate fierce advocate that I am today. I have learned so much from every person who has walked through these doors – whether it be clients, our team, speakers or other agency colleagues. I am filled with gratitude to have experienced every one of them. They all have had such an influence in my life and the strong person I am today. And I want to take the time to thank each person that has crossed my path in the last 30 years for a gift that I could not have possibly received working any other place. I am also beyond grateful for the opportunity to expand my knowledge and learn more each day. I often tell people that there's not a day that I wake up, that I don't want to come to work - that every day I have looked forward to the tasks at hand. When I walk in the walls of our building, it feels like home. The people here are like family. I would be remiss to mention the opportunity to work on the Survivor To Thriver Conferences that started in 2009 and the vicarious resiliency that they bring to my work - balance. That balance is one of the reasons that I'm still here. And plan to be for just a little bit longer!

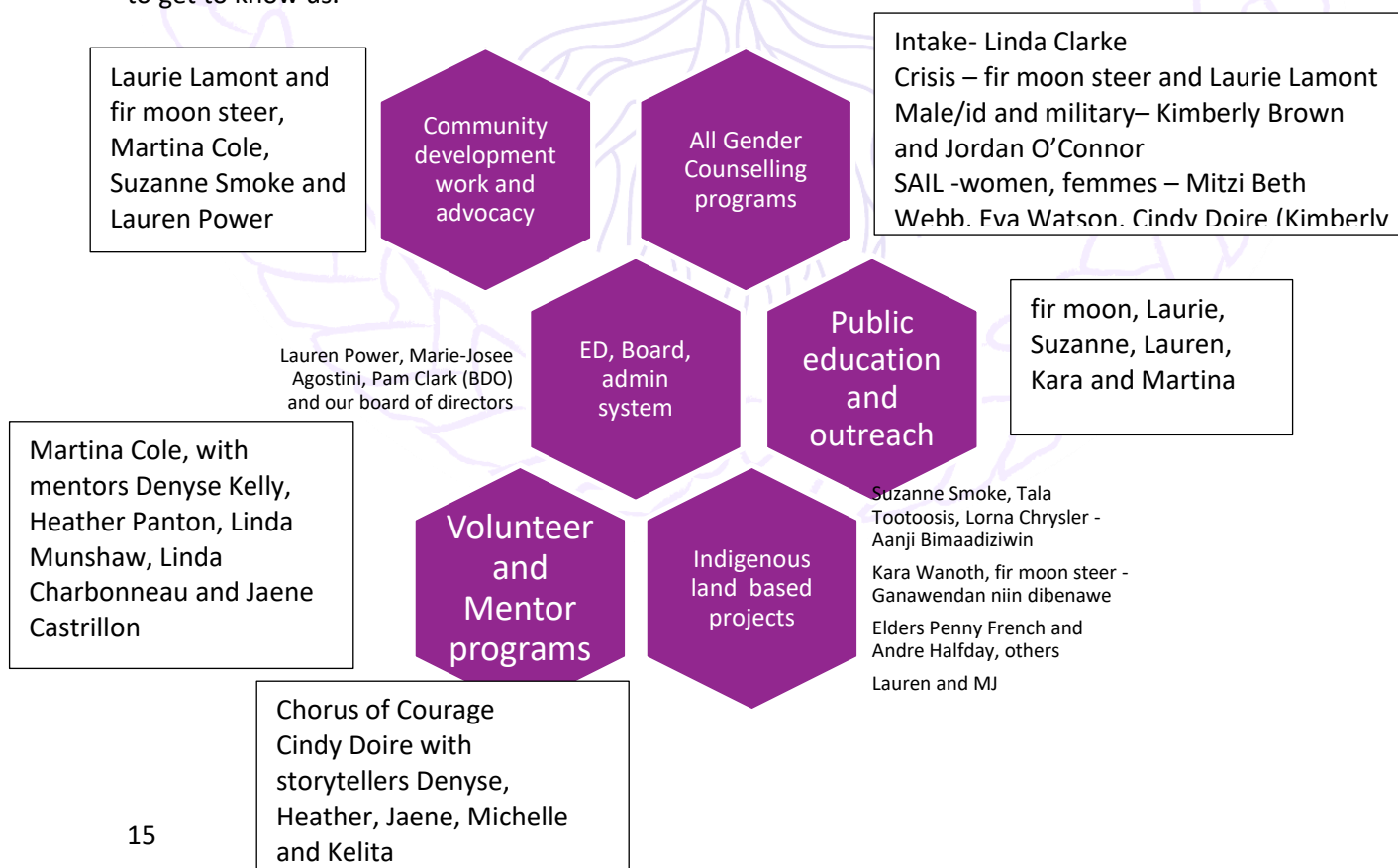




Our team at the Moving Forward from Survivor to Thrive Conference 2024

Our team in 2024

Our agency has experienced a lot of growth this year, and we have multiple new staff members. In our spirit of decolonization, we don't want to use a traditional hierarchical org chart, so offer the following to get to know us.



MPSSAS Public Education/Community Development Events 2023-2024

March 2024

We have had 2023 IDEA grant from the District of Muskoka and a 2023 anti-human trafficking grant from MCCSS to develop a 3-module training workshop **Restoring Balance, Repairing Harm and Being in Good Relationship**, through the Decolonizing Toolkit written for the Ontario Coalition of Rape Crisis Centres, by Natali Euale Montilla, who has been designing the workshop. Module 1 was delivered by Natali at the annual DART Conference held in Port Carling.



The link to the toolkit was shared as part of May 2024 Sexual Violence Prevention Month.
<https://sexualassaultsupport.ca/wp-content/uploads/2023/01/Toolkit-Healing-Our-Ancestors-Ourselfs-Our-Communities-compressed-1.pdf>

In 2023-24, we worked virtually as well as in person and our community development and public education continued. These ongoing activities have included:

- DART Education Committee and DART Committee Chair – Monthly – Laurie Lamont
- Parry Sound VAWCC Coordinator – Laurie Lamont
- Ontario Coalition of Rape Crisis Centres (OCRCC) – Acting Chair – Lauren Power
- OCRCC Draw the Line day – fir moon steer
- OCRCC BIPOC Counsellors consultant – fir moon steer
- OCRCC Public Educators meeting (when available) – Laurie Lamont, fir moon steer and Suzanne Smoke
- Weekly talking and healing circle hosted by Suzanne Smoke
- Regional Anti-HT Community Collaborations – Suzanne Smoke and Kara Wanoth
- Consultations for Indigenous Friendship Centre and municipal powwow planning – Kara Wanoth
- OPP outreach and advocacy – Laurie Lamont and Lauren Power
- RCRC Review OPP Committee – virtual – Laurie Lamont and Lauren Power - we have discontinued involvement this year after 5+ years of reviews were held

- Building A Bigger Wave – Provincial body of VAWCC-DART Committees – Laurie Lamont
- Deplume Media Campaign through VAWCC and DART on area e boards – Laurie Lamont
- Liaison with local providers – Laurie Lamont
- Ongoing public education in social media by fir moon steer
- Consultation for the District of Muskoka newcomers committee by fir moon steer



Laurie Lamont at the Parliament buildings on March 8, 2024 Search the Landfill, MMIWG2S recognition and advocacy event with Lauren Power and advocate Bridget Tolley, and other protestors.

June-September 2023

- Training on Changing Rape Culture Part 1 for MPSSAS volunteers – Lauren Power and Martina Cole
- Muskoka Area OHT Mental Health and Addictions task force – Lauren Power
- SAIL 2 offered through the summer months by Eva Watson, Cindy Doire, Andrea Laidlaw and Kim Doughty



- Our first in person AGM since 2019 was held at the Bracebridge office on June 14
- Reclamation of Women's Bundles –4 online circles addressing healing from GBV hosted by Suzanne Smoke and facilitated by Sara Brooks Cadeau



We held another awareness event this year for Take Back the Trail, recognizing the Day of Truth and Reconciliation Sept. 30th and the feminist walk "Take Back the Night".

September-December 2023

- Adoption of our MPSSAS Strategic Plan by board and staff (copy available)
- Funding received for two new projects Aanji Bimaadiziwin (A Changed Life) and Ganaweden niin dibenawe (Protecting Myself)
- Take Back the Trail – 50+ people took part and sent in pictures for our social media awareness – whole team
- 16 Days of Action Social Media campaign on understanding GBV and colonial violence
- September 19th, 2023, Volunteer recruitment, sexual assault awareness and education 75+ students. Martina Cole
- September 20th, 2023, TBTN with Georgian College, spoke about agency and education, awareness. 100+ people. Martina Cole
- November 15th, 2023, Speaker panel at Georgian College, education/awareness 40 students. Martina Cole
- December 6 – was held in Bracebridge hosted by MWAG

January-March 2024

- Partnership with Thunderbird Sundance gathering for winter solstice
- Jan. 26 Trans health presentation with Couchiching FHT, Jaime Campbell and Sarah Crawford
- January 31st 2024 Speaker panel at GC, education/awareness 75+ students, 2 classes. Martina Cole
- January 31st 2024 Volunteer recruitment at GC, spoke to 75+ students. Martina Cole

- Advocacy Bracebridge deputy mayor Brenda Rhodes and S/Sgt Wade Beebe regarding OPP recommendations – Lauren Power and Laurie Lamont
- Ganawenden niin-dibenawe youth program retreat at Limberlost Forest and Wildlife Reserve with Kara Wanoth, Lorna Chrysler, Penny French and Andre Halfday , fir moon steer, Suzanne and Cedar Smoke, MJ Agostini and Lauren Power; circles begin
- Four Directions of Healing male survivor program retreat at Limberlost with Kimberly Brown, Kim Doughty, Lauren Power, Knowledge Keepers Suzanne Smoke, Kara Wanoth, Jacob Charles, Matt ., and Elders Pat and Linda Green
- Aanji Bimaadiziwin women and 2S program retreat at Limberlost; with circles begin
- Chorus of Courage performance at the National Arts Centre, Ottawa, multiple staff attended
- Search the Landfill protest – Laurie Lamont and Lauren Power
- Ojibiikaawan (We Have Roots) project media outreach campaign – NE Ontario Kimberly Brown
- Presentation by Julie Lalonde on bystander intervention/consent for 2000 high school students in 4 regional high schools – DART/VAWCC, with Laurie Lamont, Heather Panton and Denyse Kelly
- Muskoka DART conference at Sherwood Inn - co chaired and event planned by Laurie Lamont



- 1- Sweat Lodge winter solstice, children's giveaway, gifting incarcerated women Buffalo Skull and Sundance bundle from Suzanne Smoke for MPSSAS
- 2- Part of our team at the DART conference in March 2024, with Natali Euale Montilla (OCRCC), Joni Nehrita (Chorus of Courage, presenting a sound workshop), and musicians Gina Horswood and Tamica Herod

MOVING FORWARD FROM SURVIVOR TO THRIVER CONFERENCES

Our conference tradition began in 2009 when we were funded by the Trillium Foundation to offer a 2-

**May 30, 2023.....In person – 42 registered
Active Living Centre Huntsville**

Beth Gixti Keynote Speaker
Suzanne Smoke - Emcee and Knowledge Keeper
Somatic Movement – Cindy Doire
ART Workshop – all staff
Angee Pell– Therapy Goats visit

- “This event is so healing for me.”
- “To be in a room with people who get it is invaluable.”
- “Love to feel so accepted and safe.”

day conference for more than 100 of our client base. It was held at the Hidden Valley hotel and on both days, we found inspiration in healing together, and hearing from others about their healing experiences.

In 2011, buoyed by the experience, we began offering 2 one day conferences annually, sometimes with grant funding and other times from our base budgets.

It is a time for survivors to celebrate the healing of one who will give a keynote speech, and take part in wellness, advocacy or art expression activities in the day away.

Over the years, we have had many conferences now, and this year, are beginning to transition to an all-gender conference, incorporating genderqueer and cis men into the midst of this healing community. We welcome Jordan O'Connor and Strength of Two Buffalo Dale to the spring 2024 conference, and next fall, the male/identified survivors will also be invited to join us.



The online conferences provide a welcome environment for new survivors to come into the conference space from the safety of their homes

Dec. 1, 2023.....62 registered + staff

Kara Wanoth – Knowledge Keeper
Keynote Speakers
Chorus of Courage – Cindy Doire, Heather Panton, Denyse Kelly – our storytellers and songwriter describe our musical project and its impact for them
Laurie Lamont - Emcee
Asha Frost – You are the Medicine – cultural healing
Kelli Ebbs – Good Food Co-Op – cooking with a budget
Joni NehRita -Body Percussion

- “A virtual option is great for me!”
- “one of the best virtual conferences yet!”
- “I enjoyed everyone’s presentations – so

All our staff members participate and work on the conferences, with leadership event coordination by Laurie Lamont and assistance by Board members at our events.

Our **online chat service** continues through www.mpssas.org

Thanks to Kim Allen and her team from Primal Glow Communication and Martina Cole, who is our chat coordinator.

This year, we are excited to take part in the development of a HUB portal connecting us with our OCRCC coalition member agencies which Martina will coordinate for the OCRCC.

fir moon steer continues her contract to maintain the website she built for us this year, and thanks to new funding from a local foundation, can provide us with social media as well.

Our Social Media – FOLLOW US!

Facebook (agency name)	X @mpssas1	Instagram Mpssas1	Website www.mpssas.org
1066 Followers	385 Followers	307 Followers	chat service is on our website

fir moon steer, Martina Cole, Suzanne Smoke, Laurie Lamont & Lauren Power all posted. We recruit volunteers on Linked In. We are seeing steady growth in all our platforms and now reach 1758 people.

Intake to the Agency Programs

Text to intake has been a successful outreach initiative. Linda Clarke is our intake worker and provides a kind and gentle introduction to new clients and support seekers. Linda has worked on streamlining our intake questions this year to enable a standard set of questions asked of our all genders of clients – with support from her to ‘not answer’ if there is discomfort. As part of Linda’s initial contact, she determines whether crisis appointments are needed, and discusses other agency programs for supports as well, including the mentor program, Cosmos, We Have Roots military program, chat service, helpline and SAIL 1 groups. Linda also provides referrals to other services if needed.

MPSSAS Crisis Intervention

CRISIS INTERVENTION

Response for crisis continues to be 2-3 business days. Clients are offered 6-10 individual crisis sessions, court can take a bit longer. Clients present with a variety of different issues around their historical and recent abuses/assaults such as trouble sleeping, nightmares, flashbacks, addiction issues, relational difficulties, life crisis, difficulty focusing and working. Many have seen doctors and are medicated but

not all have seen psychiatrists for help with the medications. Court support has risen dramatically this year. 2023/24 include.....

- Crown Meeting accompaniment and advocacy
- VWAP liaison with clients
- Accompany clients to court when time allows and required
- Exploring options regarding reports of recent sexual assaults
- Police Report Accompaniment when required
- Letters of support to ODSP & OW & Family Court for transportation, attendance confirmation
- Psych Consultation referrals
- Consultations with colleagues
- Case collaboration with other service providers
- Assistance with food insecurities, technology
- Court Support – this has increased during this time with the backlog of pandemic cases.

Laurie Lamont is the court support worker for all genders who have a court involvement with their perpetrator.

**Our core programming for survivors is our group programming.
All genders are welcome – we do have a separate group program for male identified survivors which is supported by CMHA of Muskoka Parry Sound and MCCSS through Peel Family Service Association.**

SAIL 1 (psychoeducational workshops/introduction to the agency's programs)

SAIL 1 is our psycho-educational workshop series offered as a starting point to long term therapy with our agency. Some folks attend the 3 sessions and exit services, some go on to work with us in SAIL 2, 3 and 4. The three 2.5-hour workshops are titled, “You Are Not Alone”, “Understanding Trauma, Emotions and Memory” and “Increasing Your Resiliency”. This program is offered virtually three times per year. Clients are met virtually for a short check-in regarding any concerns or issues with technology before and after SAIL 1 workshops. Dates in Muskoka in 2023-24 were June 6/13/20, Sept 18/25/Oct 2, Jan 22/29/Feb 25

Some feedback.....“I thought I was crazy but now I don’t feel so alone”, “It’s so healing to feel validated”, “I’m in a place with people who get it”.

**Laurie Lamont, Cindy Doire, Debbie Busher, and Tara Jury all facilitated SAIL 1 this year.
Jordan O’Connor piloted new content for the male identified group in fall 2023.**

SAIL 2 (psychoeducational group) Workshop series – now offered weekly online

We cover topics that included building coping strategies that last, such as, Boundaries, Mindfulness and Self-care. Topics included.....

“The Ebb and Flow of Motivation”, Effects of Sexual Violence, Working with Affirmations and positive thoughts, Setting Boundaries to name a few. We also covered topics that help build greater resilience including Indigenous healing, systemic oppression, Gender Based Violence in Media and Healthy Relationships.

Breanne Howlett, Tara Jury, Cindy Doire, Eva Watson,
Kim Doughty and Mitzi Beth Webb all participated in facilitation this year.

SAIL 3 Sexual Assault Therapy Groups

The SAIL 3 therapy group is comprised of 2 – 16 week segments, 3 hours in duration, over the duration of 32 weeks. Group sessions are 3 hours in length. We explore a range of topics and incorporate expressive arts and group process time. Over the duration of our group sessions, group members begin to explore self-growth as they take charge of their life and healing in the aftermath of sexual assault abuse. Below are a few examples of what we have explored in our group sessions:

- Self Esteem and Positive Affirmations
- Setting Intentions – Intention Sticks
- Overturning the Lies and Myths of Abuse Teachings
- Grief and Loss - Letting the past and hurt of abusive experiences go
- Reclaiming the Child Within
- Understanding the Stages of Grieving
- Sharing and Validation of Trauma Narratives
- Celebrating Creativity and Intelligence
- Relationship Triangle – getting off the triangle
- Neurobiological Effects of Trauma and The Window of Tolerance
- Shame & Guilt – Guilt Eraser Activities
- Survivor Anger – expressing anger safely



Co-facilitated with Kimberly Brown-Metcalf, Laurie Lamont, Eva Watson, Mitzi Beth Webb, and Cindy Doire this year in combinations for 2 SAIL 3 groups in winter to spring 2022, 2 in fall-winter 2022-2023 and 1 in spring 2023. The second SAIL 3 group moved on to SAIL 4 contents!

We receive additional funding from the **Community Counselling Centre of Nipissing** to supplement our SAIL program and Eva Watson continues to assist through this funding.

SAIL Stage 4 – 2023-2024

Complex Trauma Skills Group (agency wide)

SAIL 4 incorporates further sexual assault therapy with the four learning modules of Dialectical Behaviour Therapy (DBT) for folks with complex trauma impacts, including Emotion Regulation, Distress Tolerance, Mindfulness, and Interpersonal Relationship skill building. This is tailored for impacts of sexual abuse.

SAIL 4 co-facilitated with Kimberly Brown-Metcalf, Laurie Lamont, Cindy Doire, Mitzi Beth Webb and Eva Watson

Male/Male Identified Survivor Program

Crisis and individual work with men/male identified folks through ongoing funding through Peel Family Services from MCCSS. This program enables up to 16 face to face/phone individual sessions and 8 group sessions with Kim Doughty and Jordan O'Connor as therapists.



Here's Kim Doughty at the Four Directions of Healing Retreat held in March 2024.

Kim has moved on from our team to assist in caring for her two grandchildren. Kim joined our team as a SAIL therapist during the Covid-19 pandemic then moved into the male survivor program role.

Kim was a board member for 8 years and board chair for 5 years. She will be greatly missed by our team.

SAIL 2 MALE 2S+ SURVIVOR GROUPS 2023-2024

Moving into all gender work the SAIL 2-3 Male Survivor Group has enabled us to lead all gender work in our agency for male (identified) survivors of sexual abuse to seek therapeutic services. Using both the Fireweed Model which incorporates First Nations teaching and the core curriculum developed by MPSSAS, Jordan O'Connor and Kimberly Brown Metcalfe co-facilitated a 13-week group in fall 2023. In winter spring of 2024, a further 16-week program was again co-facilitated by Jordan O'Connor and Kimberly Brown-Metcalfe.

Four Directions of Healing Retreat

Through funding from the Department of National Defense/Canadian Armed Forces we were able to offer a men/2S healing gathering with 9 survivors and some of our therapy team, together with Elders Pat and Linda Green and Knowledge Keepers Jake Charles and Matt Stevens, Chippewas of Georgina Island, Mide Lodge



Men in front of the tipi they built with Knowledge Keepers Jacob Charles and Matt Stevens.

Knowledge Keeper Suzanne Smoke prepares for a healing circle in the tipi.

Participants did an exercise to let go of what they no longer wanted to carry.

The next day they did a sweat ceremony with Elder Pat Green after building the sweat.

Survivors also made a drum during the retreat and later birthed their drums in an online circle as part of their group experience.

Survivor to Survivor Peer Mentorship Program

We were thrilled to receive a year's project funding from the **United Way of Simcoe Muskoka** for our **Survivor-to-Survivor program**. This program has run in previous years and has a stellar program evaluation, which was continued through this project by Nipissing University professors Anne Wagner and Anna Przednowek. An update to the evaluation will be completed soon. The program this year was coordinated by **Martina Cole** and assisted by SSW student **Debbie Buser**. We are grateful for the significant contributions by involved mentors **Denyse Kelly, Linda Munshaw, Linda Charbonneau, Heather Panton, Adrienne Moerschfelder-Gellman, and Jaene Castrillon**. Together they worked with 12 mentees. This program's funding ends on June 30, 2024, but thanks to musician Tina Turley, our mentor-mentee pairs will be able to continue through the summer, through generous donations of proceeds from Tina's annual music festival – The Hoot!

Please join us at this event on Saturday June 15, 2024.

We hope to find ongoing funding for this project with its wonderful outcomes.



*Shattering the silence and developing courage:
Exploring impacts of a survivor-to-survivor peer mentorship program in rural Canada.*

Anna Przednowek (Nipissing University)
Anne Wagner (Nipissing University)
Lauren Power (MSW, RSW)

**Being presented by Anna at Canadian Assoc. of Social Workers Conference
(CASW) in June 2024**

As part of the previous Trillium Grants, a longitudinal program evaluation was conducted by Dr. Anne Wagner of Nipissing University. The program evaluation details a program found to enable trust in a peer based relationship, instill hope, teach healing tools, and develop healing goals. Here are some of the results of her investigation:

“In many cases, being able to connect with a peer provided the mentees with added courage to speak about their experiences, often for the first time.

[The abuse was] something that I thought I’d never, ever, talk about. And it wasn’t until I heard it coming out of their [women at the agency] mouth that it gave me the strength.

It just felt safe. Non-judgmental, understanding, from a completely different place than anybody else in your circle because they had at some level... experienced something on a very similar level that you have ...without having to really explain it. You’re already exhausted and drained from the experience and this person is already there, ready to greet you, having done their healing, ready to just hold your hand and take you through the process.

Hearing somebody else speak of stuff that you can identify with and just like them baring their soul, that ... hearing that coming out of somebody’s mouth just gave me the strength to realize that I can talk about it too, but not knowing how and not knowing who to trust out there or anywhere. It wasn’t until I came here that I knew that I could trust. So the mentorship I think, the trust is already established.”

My confidence and my sense of self-worth have both skyrocketed. This mentor program is beyond my capabilities to explain how much of a difference it’s made in my life. They’ve helped me in every area.... They help you through any problem, even if it’s not to do with the sexual assault that you encountered.”

(Final Program Evaluation Report of the ‘Survivor to Survivor’ Peer Mentorship Program Prepared for:
Muskoka Parry Sound Sexual Assault Services Submitted by: Anne Wagner, MSW, PhD July 2021

Our New Programs



new program!

COSMOS: 2SLGBTQ+ Survivors
Focused Counselling

We see and honour the diverse needs of 2SLGBTQ+ survivors of gender-based and sexual violence and are creating a healing space by and for the community.

learn more:
www.mpssas.org/cosmos-2slgbtq-survivors-counselling

Muskoka Parry Sound
Sexual Assault Services

Cosmos is a new program initiated by staff member fir moon steer, who recognized the needs of the 2SLGBTQ+ survivor community for individual counselling which encompasses the range of oppression experienced by the community.

This year our team continued all gender training through a session on supporting trans folks with Couchiching Family Health Team. We hope to partner further with this team for workshops in the future.

Chorus of Courage



The Chorus of Courage project was initiated by musician/advocate Cindy Doire, who conceived a project in which survivors of sexual assault/intimate partner violence could share their story with a songwriter, who could create a song for the survivor's experience. The recorded songs could then be shared with an ally songwriter, who could send a message of support and healing, a musical call and answer. Cindy was successful in obtaining a large Canada Council for the Arts grant to see her vision turn into action. Cindy began working with agency ED Lauren Power regarding the project, which led to her psychotherapy placement with the agency, and then a part time role as a agency psychotherapist upon graduation.

The picture above reflects the Chorus of Courage retreat held in June of 2023, which introduced the storytellers and songwriters together, in a beautiful and remote setting at Limberlost Forest and Wildlife Reserve outside Huntsville. Over 5 days, with support from numerous facilitators and helpers, the 5 songs took shape. They were recorded in July of 2023 at the Bathouse studio outside Kingston. In the fall of 2023, 5 allies heard the songs and spoke with the storytellers, resulting in 5 more recorded songs to the Chorus of Courage album. We mindfully created an all gender project, wanting the songs to reflect the diversity of our clients.

On March 8, 2024, all 10 songs were performed at the National Arts Centre, in Ottawa, with support from two anonymous donors for the performance.

Links to the music are available on the website: <https://www.chorusofcourage.com/>

We are now looking forward to sharing the music further with members of the Ontario Coalition of Rape Crisis Centres, and to seeking new grants to pursue this powerful project's next chapter.

At this time, recording of Lydia's Law/anti IPV advocate Cait Alexander's song is underway.

Here are some pictures from the NAC show



Above include Cindy Doire singing **'Burn It Down'**, and after the show with the song's storyteller Heather; storyteller Denyse with Cindy and Marcia-Chum Gibbons, who sang Denyse's song **'Who Am I'**, storyteller Kelita reciting her original poem **'Mirror, Mirror Fables of a Black Childhood'**, expanded and put to music by songwriter Joni Nehrita (not pictured here), ally Julian Taylor **'Sweet Little Hummingbird'** singing with songwriter Alysha Brilla **'Shine'** written for storyteller Jaene and ally Mike Celia, **'Take your Time'** for Kelita, with songwriter Lisa Iwanycki, singing **'Climb'** for storyteller Michelle. Also not pictured are Alex Millaire, who wrote **'The Ripple'** for Michelle, Brad Barr who wrote **'Shields'** for Heather, and G.R.Gritt who wrote **'Stronger than You'** for Jaene.

Are you an Indigenous youth interested in making a difference in your community?

**Ganawendan
(niin) Dibinawe
(Protecting Myself)**

We're calling out for Indigenous youth who are interested in working collaboratively to envision and create new pathways for healing from colonial violence and trauma.

We're starting the project with a visioning land-based retreat: February 26th-29th

Our project empowers Indigenous youth to create a new model of healing in which mainstream and Indigenous agencies can work together to create accessible and culturally informed trauma and mental health support services.

Get involved by contacting:
Kara Wanoth
kara@mpssas.com

Honorarium and giftcards + available for the duration of this project

Be a part of creating a new path!

Muskoka Parry Sound Sexual Assault Services

We are thrilled to have been granted this system innovation grant from the Youth Opportunities Fund of the Trillium Foundation. Over a 5 year period, with multiple partnerships including with B'saanibimaadiziwin Indigenous Mental Health, Nipissing University Indigenous Studies Program, Thunderbird Sundance, Toronto Council Fire, CAMH Shkaabe Makwa, and others, we are working with Indigenous youth to develop new programming to assist in healing from colonial violence and trauma.

Hired for this project are Kara Wanoth and fir moon steer, with numerous contracted Knowledge Keepers.

We began our journey with a retreat to vision what's ahead, working with mindmapper Carolyn Ellis, who came to the retreat with us.

Held at Limberlost Forest and Wildlife Reserve, our favorite hangout spot, we worked with

Elders Penny French and Andre Halfday together with Knowledge Keepers Suzanne Smoke, Lorna Chrysler and Kara Wanoth, with fir moon steer and created vision boards, made drums, sat in healing circles, had a sunrise ceremony and made friends.

We have since formed an advisory circle of 10 youth aged 16-30, who will commit to doing the work with us. In all, 38 youth reached out with interest for the project; and we hope to fold other youth into our gatherings when we can.

A second mind map has been created from an online circle following the retreat, and our next steps include reaching out to partners to begin the conversations and circles with them.

Below, see pictured the initial mind map, and some pictures from the February retreat.



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CarolynBellis.com

Mindmap of some of the barriers identified by youth in accessing needed supports



Elders Penny and Andre Halfday, Jenny, Michael and Mitchel with newly made drums



THIS PROJECT BRINGS TOGETHER INDIGENOUS WOMEN AND 2S FOLKS TO DO HEALING FROM GBV AND COLONIAL VIOLENCE AND WILL EQUIP THEM TO MENTOR OTHERS IN THEIR NETWORKS AND COMMUNITIES. BASED ON OUR SURVIVOR-TO-SURVIVOR MODEL, THEY WILL LEARN TO SUPPORT EACH OTHER WITH WESTERN TRAUMA METHODOLOGIES MIXED WITH LANDBASED AND INDIGENOUS MEDICINE HEALING OPPORTUNITIES.

WE WILL UPDATE THE NORAHT ANTI HT TOOLKIT AS PART OF THIS 3 YEAR PROJECT.



The first gathering took place in March 2024. With Knowledge Keepers Tala Tootoosis and Suzanne Smoke, women discussed GBV while they sewed their skirts and sweat dresses.



Our group after dinner. The retreat included also a sweatlodge led by Penny French. Firekeepers were Andre Halfday, Kevin Myran and Blackwolf Hart. Catering by Decolonization Café.

2024 Indian Month

Panel Discussion

"MMIR: Protecting Our People"

Wednesday MAY 22ND
6PM-9PM

Minneapolis American Indian Center Niibi Hall
1508 East Franklin Ave
Minneapolis MN 55404

GUEST SPEAKERS
(Left to right, top to bottom)









"How do we, as sovereign Indigenous peoples, protect our communities when colonial systems fail to do so?"

Join us for a panel discussion and open community comment with food catered by Mukwa Roberts

INDIGENOUS PROTECTOR MOVEMENT

ANA NEGRETE
Minnesota Missing Murdered Indigenous Relatives Community Planner

SHARON DAY
Indigenous Peoples Task Force Executive Director, Niibi Walker

ISAVELA LOPEZ
Zapotec spoken word artist, writer, and dancer

NAIDA MEDICINE CROW
Minnesota Indian Women's Sexual Assault Coalition Community Engagement, MMIR Advisory Council

SUZANNE SMOKE
Community Outreach and Engagement/Anti Human Trafficking for Muskoka Parry Sound Sexual Assault Services, Southern Ontario

RACHEL DIONNE-THUNDER
Panel Facilitator, Indigenous Protector Movement Vice President of Operations

Suzanne is now presenting internationally on Indigenous safety from colonial and gender-based violence given MMIR through multiple platforms and regions including for Women's Support Network of York Region, Ontario Coalition of Rape Crisis Centres, and for the United Nations in both Kenya and the US.



To building our own lodges and safe spaces and partnering with I am A Kind Man program participants to harvest on the land and sit in circles with survivors and how we need our men to be accountable to themselves and holding other men accountable and supporting women as survivors.
Suzanne Smoke



Our 2023-2024 Statistics

These statistics represent our two core funded programs. Other program statistics are provided to their funders directly and vary from one staff member's funder to another's.

2022-2023 Statistics for comparison 2023-2024 Statistics

Total SAIL Unregistered service recipients 422	Total active mentors: 0 Program funding ended in 2022-2023	Total SAIL unregistered service recipients: 293	Total active mentors: 6
Face to face individual sessions (SAIL only) 555	Total survivor to survivor mentees: 0 Program funding ended in 2022-2023	Face to face individual sessions SAIL only: 414	Total survivor to survivor mentees: 17
Total counselling clients (SAIL): 148	Total crisis contacts: 251	Total counselling clients: (SAIL + men) 240	Total crisis contacts 585
Total counselling clients (MCCSS only): 490	Hours spent with clients for crisis: 738	Total counselling clients MCCSS: 351 SAIL 240	Hours spent with clients for crisis 268
Hours spent individual	Number of clients who received	Hours spent individual counselling (MCCSS): 713	Number of clients who received

counselling (MCCSS): 663	advocacy or accomp: 167			advocacy or accomp: 73
Total closed group sessions: 115 (MCCSS) 184 (SAIL)	Hours spent advocacy or accomp: 322		Total closed group sessions MCCSS: 38 + 32 male program SAIL 99	Hours spent advocacy or accomp: 116
Total open group sessions: 55	Number of broad education events: 22		Total open group sessions 32	Number of broad education events: 114
Total closed group participants (MCCSS): 348 (SAIL) 82	Number of public education presentations, workshops and training events: 53		Total closed group participants (MCCSS): 108 (SAIL) 95	Number of public education presentations, workshops and training events: 32
Total open group participants: 412	Number of participants in pub. ed: 5365		Total open group participants 104	Number of participants in pub. ed: 1898
Total phone calls (SAIL only): 1827	Hours spent on pub ed.; 388		Total phone calls (SAIL only): 1033	Hours spent on pub ed.; 170
Number of individual volunteers: 311	Total volunteer hours: 13,674 (1857 chat)		Number of individual volunteers 76	Total volunteer hours: 13553 606 chat
Anti HT Pub ed. Workshops and events:	Anti HT Number of individual sessions:		Anti HT Pub ed. Workshops and events: 18	Anti HT Number of Individual sessions: 446

Volunteer and Survivor to Survivor Peer Mentorship Coordination Martina Cole

Over the course of the year MPSSAS has recruited and trained 25 new volunteers to support individuals on our 24/7 helpline and safe support chat service.

Throughout the year we had the opportunity to provide our volunteers with additional training in complex trauma, changing rape culture and supporting male survivors. This gives our volunteers the tools they need to provide appropriate support for folks who have experienced sexual assault in addition to our online training.

MPSSAS will continue to recruit and train new volunteers, provide further educational opportunities, advocacy, and support to those who have experienced sexual assault.

Our Helpline and Safe Support Chat volunteers are instrumental supports for our agency and community. They fill shifts and respond to crisis calls at all hours of the day and night. Thank you for your dedication.

Our Student Placements

This year our students were Jordan O'Connor (psychotherapy) of Yorkville University, Breanne Howlett (social work) of Laurentian University, Debbie Busher (social service work) of Georgian College and Tara Jury (counselling) of Georgian College. Thank you and miigwech to all of you for your contributions to our programming and we wish you the best in your futures.

Ignite Monument Project Update

Each year, we refurbish the **Ignite Monument** "to honour all women who face violence, and work for change" and re-plant with annuals and perennials. It was initiated in the years before our all-gender work. We hope each year this garden grows into a space of contemplation, hope and peace. It is located on Wharf Road in Bracebridge, adjacent to the beach.

Check out the story of the monument on our website <https://www.mpssas.org/ignite-project>

Our Generous Donors

Our programs would not run without the commitment of many donors to this agency, and in the current climate, our community partners are making a significant difference. This year, besides *numerous* individual donors, we are thankful to the following groups and people for significant contributions for our work – your generosity helps so much:

PayPal Giving anonymous donors
Sumac Community
EFTO Trillium Lakelands
Hutchings Marine Products
Near North District School Board
Elementary Teacher's Federation of Ontario
Gravenhurst Women's Centre
Bannockburn Community Church
Muskoka Victim Services

JTC Heersink Foundation
Anonymous donors to Canada Helps
St. James Anglican Church Hope Chest fund
District of Muskoka
Sky River Meadows

Cash boxes located in numerous locations thanks to generous store owners
Our sincere apologies to anyone left off this list. Your contributions are much appreciated!

Where do we work?

Our virtual work has meant that we can provide services that transcend our regional geography, and our therapist team can work in Ontario. We have made a commitment to prioritize anti HT work with Indigenous crisis clients regardless of colonial boundaries.

Our male id. Program also has a wider catchment.

Through our new grants from the Canadian Armed Forces Sexual Misconduct Response Office, we will work with military survivors outside of these regional lands as well.

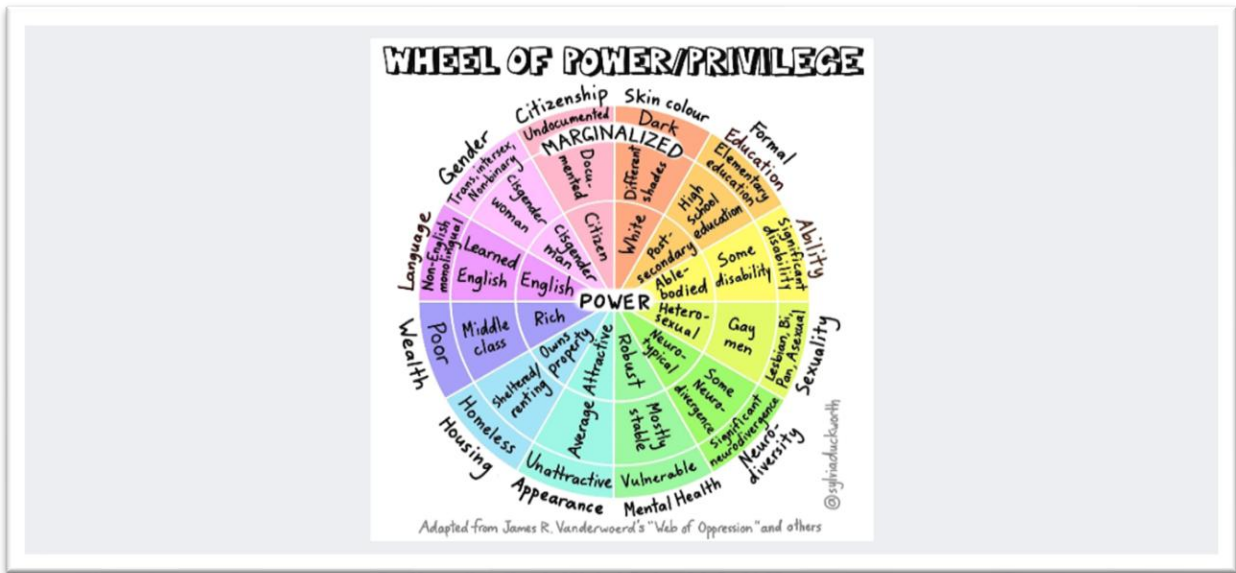
Bracebridge
29 Manitoba St. Ste. 1
705 646-2122
P1L 1S4

We are now working through a variety of in person, remote, and in hybrid fashion in all of our programs. We have begun land based retreat work through two major grants as well as a one year grant.

Thanks to everyone for your commitment to our agency and your many contributions this year.

We would like to sincerely thank our major funders for enabling these programs.

**Ontario Ministry of Children, Community and Social Services
Ontario Health Team – North East Region
Community Counselling Centre of Nipissing
Peel Family Service Association
Canada’s Department of National Defense - Sexual Misconduct Support and Resource Centre
Community Mental Health Association of Muskoka Parry Sound
The Heersink Foundation
Women and Gender Equality Canada
Ontario Trillium Foundation, Youth Opportunities Fund
The Canadian Women’s Foundation
IDEA – District of Muskoka
United Way Simcoe Muskoka for (CSRF funding)
North Bay Parry Sound District Health Unit (Indigenous decolonization trauma training funding)**



#16 Days of Action on Gender Based Violence campaign December 2023



Limberlost Forest and Wildlife Reserve- March 2024