

New Moon Drop In

Somatic Workshop with
Cindy Doire and Martina Cole

This embodied movement workshop provides a nurturing space for participants to reconnect with their sense of self and inner awareness. Through gentle movement, mindful breathwork, and self-reflection, the workshop invites participants to explore their connection to their bodies and cultivate a sense of grounding and empowerment. Designed to honour individual experiences, this offering encourages participants to move at their own pace and discover tools for self-awareness and resilience.

Wednesday January 29th 11am-1pm
29 Manitoba St. Bracebridge

RELISH
STITCHED IN WASH

www.mpssas.org
1-800-461-2929



MUSKOKA PARRY SOUND SEXUAL ASSAULT SERVICES ANNUAL REPORT 2024-2025





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

**ANNUAL GENERAL MEETING
September 10, 2025**

Held online at

<https://zoom.us/j/92754069753>

Meeting ID: 927 5406 9753

Check out our website at www.mpssas.org

***Cover image is the poster for our first New Moon Drop In program, January 2025**

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 harvest beginning.

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 and healing for male survivors as well.

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 urge repeal of current legislation which limits their consent for use by the colonial governments of their own lands.*

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 work with people of all genders.

The sweetgrass braid reflects our commitment to providing culturally safe services to Indigenous survivors of sexual violence, and anti-racist/anti-oppression community development as a mainstream provider.

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.

The tree image is 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. Gender-based violence and specifically sexual violence impacts all genders, and for BIPOC folks/trans, gender diverse, non-binary and intersex people, at higher incidence.

Our colour, purple, represents the violence against women movement, where our organization began. 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.

2024-2025 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.



Our 2024 holiday party was held in January after monster snowstorms in December. In honour of the Kokum Scarf Campaign, everyone was gifted a kokum scarf!!

From left:

Suzanne Smoke, Lauren Power, Laurie Lamont, Linda Clarke, Rick Van Der Ley, Kimberly Brown, Kara Wanoth, Mitzi Beth Webb, Martina Cole and Marie-Josée Agostini.

Missing: Cindy Doire and 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 - September 10, 2025
Online -zoom link available**

AGENDA

1. Call to Order and Welcome, acknowledgement of lands and peoples
Presented by Kara Wanoth
2. Approval of Minutes from June 12, 2024
Presented by Karlee Woodrich
3. Message from the Chair
Presented by Karlee Woodrich
4. Financial Report
 - 4.1 Audited Financial Statements 2024-2025
Presented by MaryAnne Poland of Pahapill and Associates
 - 4.2 Motion to Accept 2024-2025 Financial Statements
Presented by Jo-Anne Boulding, Treasurer
 - 4.3 Appointment of Auditor 2025-2026
Presented by Jo-Anne Boulding, Treasurer
 - 4.4 Approve Actions of Board 2024-2025
Presented by Jo-Anne Boulding, Treasurer
5. Nomination and Election of 2025/2026 Board of Directors
Presented by Karlee Woodrich
6. Marjorie Cook Volunteer Award –Kellie King, presented by Martina Cole
7. 5 Year Volunteer – Jo Boulding – Presented by Martina Cole
8. Adjournment and closing
Presented by – Kellie King and Kara Wanoth

**Please join us in person at our office to celebrate our work, acknowledge our Trillium grant for Akinoo'amaadiwaad ji nookidiziyang and march to TAKE BACK THE NIGHT, on Friday September 19 at 6 pm. Spoken word poetry by Robin Rice, refreshments will be served and we will get first glimpse at the White Buffalo Calf Woman and Deer Woman award winning ribbon skirts from the 2025 Kokum Scarf Campaign.*

Muskoka/Parry Sound Coordinated Sexual Assault Services
Annual General Meeting Minutes, June 12, 2024
Meeting held at MPSSAS office, 29 Manitoba St., Bracebridge

1. Call to Order and Welcome, Land Acknowledgement,
Presented by Kara Wanoth
2. Approval of June 14, 2023 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. 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 Jennifer Tournour, Treasurer, seconded by Jo-Anne Boulding, consensus
 - 4.3 Appointment of Auditor 2024-2025
Presented by Jo-Anne Boulding, seconded by Nicole Moore, consensus
 - 4.4 Approve Actions of the Board of Directors 2023-2024
Presented by Jo-Anne Boulding, seconded by Kellie King, consensus
5. Nomination and Election of 2024/2025 Board of Directors
Presented by Karlee Woodrich, Seconded by Jo-Anne Boulding, Consensus by membership.
6. Marjorie Cook Volunteer Award – Jo-Anne Boulding
Presented by Martina Cole
7. 5 and 10-year Volunteer Awards – Karlee Woodrich and Nicole Moore
Presented by Martina Cole
8. 5+1 year staff award – Eva Watson and Lifer (30 year) award – Laurie Lamont
Presented by Lauren Power
9. Adjournment Moved by Kellie King

2024-2025

Message from the Chair – Karlee Woodrich

Good evening and welcome to Muskoka Parry Sound Sexual Assault Services' 2025 Annual General Meeting. Thank you for being here to celebrate the agency's deepening relationships with communities and survivors over the past year. MPSSAS' values and commitment to intersectional feminism, decolonialism, anti-racist/anti-oppressive and two-eyed seeing approaches continued to guide the agency's work at all levels. This, paired with the agency's "fearless stance" on supporting survivors, as described by Dr. Nancy Stevens and Dr. Rosemary Nagy in a recent study of MPSSAS, resulted in another year of robust healing work.

In terms of board complement, we are fortunate to be retaining all board members from last year. The agency's staffing complement has also remained quite consistent. Dr. Stevens and Dr. Nagy (2025) spoke

to this stability in their report, attributing it to the environment and culture within the agency, which reflects the deep care, respect and safety shared amongst team members and the greater agency. Excitingly, the agency welcomed Mikhaela Antoine to the team. Mikhaela's presence and energy has been a very valued addition.

This past year offers no shortage of programming and events to reflect on. Firstly, the Survivor-to-Survivor Peer Mentorship program, which began in 2016, was set to end in June of last year due to its funding running out. Fortunately, Tina Turley and the HOOT made a meaningful donation which enabled the program to run into the Fall, allowing the relational work between mentors and mentees to continue. We'd like to express immense gratitude to Tina and all of the musicians who donated their time and artistry to HOOT to make this possible. Your support is greatly appreciated, especially given the lack of consistent and stable funding. Despite the program's demonstrated efficacy on all fronts, we have been unable to secure reliable funding for it. It has been funded only on a project level which has been problematic. In a recent evaluation of this program, Dr. Anna Przednowek and Dr. Anne Wagner (2024) speak to this, noting that "several of the survivor mentees discussed that the timing of the program ending had an impact on them. The lack of funding to support the program creates conditions where the supports end because of the funding timelines" (p.22). Importantly, the support is not ending because "the mentee no longer needs support...and as much as the mentors prepare the mentee survivors for this transition, this can still have an adverse effect on the mentee survivor" (Przednowek & Wagner, 2024, p. 22). While the future of this program is unknown, let it be clear that there is no uncertainty surrounding the value of the Peer Mentorship program or the healing it has made space for. One Survivor highlights this, stating: "It's been vastly empowering. It's changed my whole view on being a survivor, what it means to be a survivor. Because a survivor with tools is a powerful entity. You know, and a survivor with tools and a support team...there's no stopping us. (Przednowek & Wagner, 2024, 36)". All mentors and mentees agreed that "that having peers provide support fostered a unique bond, which was invaluable in engaging women at the outset of their healing." (Wagner & Przednowek, 2024, p. 37). We desperately hope this won't be the end and that this program will remain a "light at the end of the tunnel", as it's been described by one survivor, for generations to come (Przednowek & Wagner, 2024, p. 41).

Moreover, both the Aanji Bimaadiziwin (A Changed Life) project and the Akinoo'amaadiwaad ji Nookaadiziyang (The ones who teach one another with/on the land to live a tender life) youth-based project continue to evolve. Each of these projects continues to progress intentionally, and organically, and has been engaged in several planning meetings (retreats) over the past year. The youth engaged in a planning meeting at Limberlost Forest and Wildlife Reserve and Aanji Bimaadiziwin participants gathered in Six Nations, visiting the Woodlands Cultural Centre. Another exciting initiative was the Braiding Knowledge workshop, which supported learning about the neurobiology of trauma from a two-eyed seeing lens. We are incredibly grateful to the elders, knowledge keepers, helpers, participants, survivors and land that made each of these opportunities possible.

Importantly, the SAIL, counselling, advocacy, legal support, crisis, male-identified and all-gendered, and 2SLGBTQ+ programs continue to run and support survivors during many different points of their healing journeys. These programs continue to evolve and adapt, prioritizing the needs of survivors every step of the way. Not only do they run on overdrive to support survivors, they do so while navigating the increasing demand for service paired with the longstanding inadequacy of funding. They remain essential components of the agency.

Furthermore, MPSSAS was happy to host a Take Back The Night awareness event in October, whereby Bracebridge Mayor Rick Maloney's attendance was appreciated. The agency also hosted 16 Days of Action in December and ran a campaign emphasizing self-care as being an important action against Capitalism and the exploitation (through work) that Capitalism creates, as learned from the BIPOC community and their valuable advocacy work. MPSSAS was also invited to attend and present at a Symposium at Nipissing University, organized by Dr. Stevens and Dr. Nagy. A presentation on sexual violence in Indigenous communities was shared and resulted in valuable learning and connection.

Another exciting development was the New Moon Drop In, organized and facilitated by Martina on the New Moon of each month. This drop in has included a range of healing modalities, such as yoga and sound baths. Beyond this, the agency offered two Survivor Conferences and hosted the annual DART Conference, which remains an educational cornerstone for the community.

Thank you to the funders who made the above programming possible. We're grateful for the financial means you provide and hope that you will continue to see value in the work being done. As noted above, the inadequate and project-based nature of funding remains a significant challenge for us and we will continue to advocate for improved funding structures moving forward.

Thank you, Lauren, for continuing to guide and support with your steady heart, compassion, humility, courage and wisdom. You're actively carrying on and growing the legacy of kindness, forward thinking and fierce advocacy that make MPSSAS so unique and so special. Your presence and leadership are vital and the mark you're leaving will inspire generations to come.

Thank you to every staff member, volunteer and student. You are each exceptional. You show up in every way: tirelessly, with an abundance of empathy, with perseverance, with fierce passion and with strong voices. You show up for all the right reasons and with more heart than can be captured in words. You help restore hope and make widespread healing possible. There is no thanks big enough for the work that you do and the manner in which you do it.

Finally, to every survivor who has gifted MPSSAS with the honour of doing this work: thank you for your courage, bravery, truth-telling, and strength. Thank you for the grace you've extended the agency as we continue to learn and evolve and for the reciprocal healing you gift to others as you pursue your own healing journeys. You are invaluable.

References

Nagy, R. & Stevens, S. (2025). Indigenous survivors, sexual assault services and bridging cultures: A case study. Nipissing University.
Przednowek, A. & Wagner, A. (2024). Program Evaluation Report of the Survivor-to-Survivor Program.

Karlee

Muskoka/Parry Sound Coordinated Sexual Assault Services

We present the following slate for our next year:

Board of Directors 2025-2026

Karlee Woodrich (Chair)

Nicole Moore

Jo Boulding

Kellie King

Desarae Doolittle

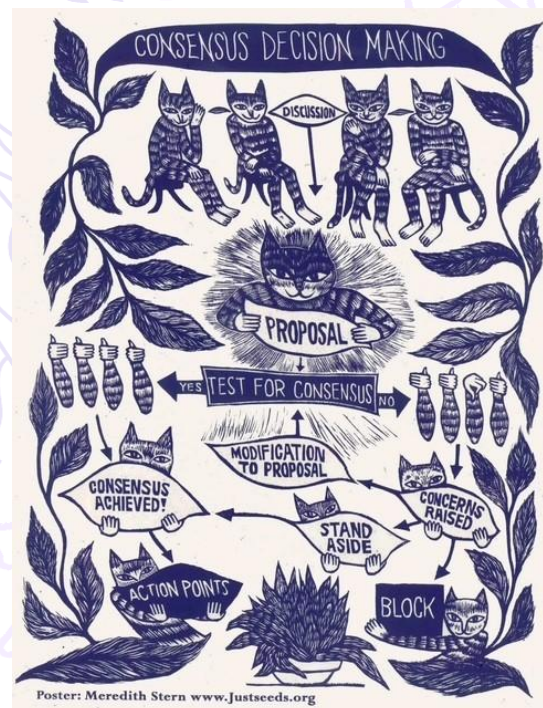
James Bowler

Sara Ross

Nancy Stevens

Lacey Decaire McCabe

While our governance has provision for voting it is rare for our agency to do this. We typically will work for a consensus decision, both on the board and in our staff visions. Transparency in our finances is another one of our values. It helps us to operate as a team, knowing our resources and with a shared view of our directions.

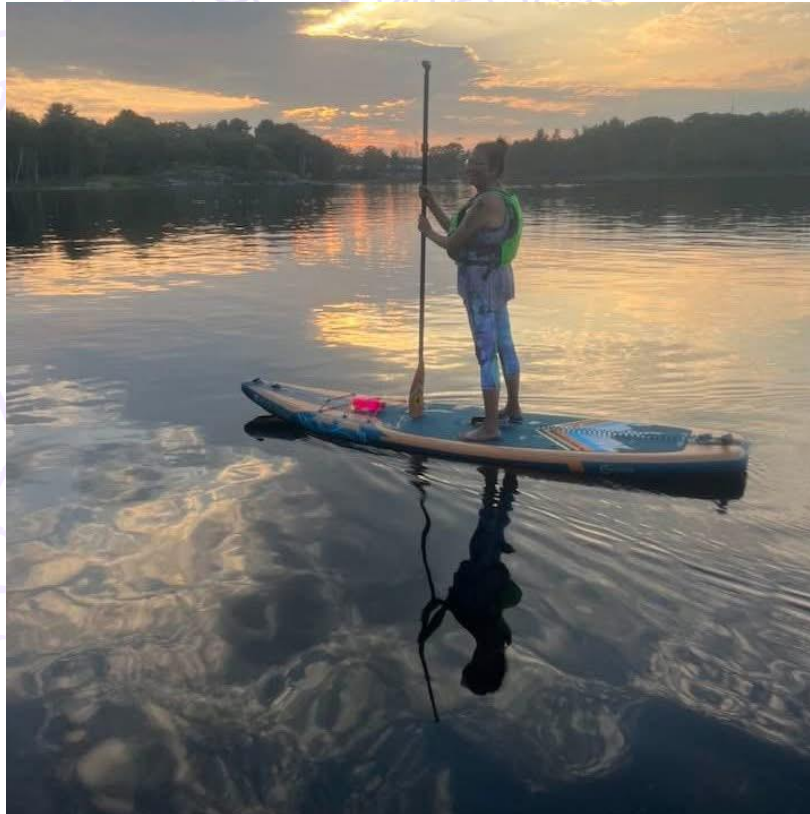


PROUD MEMBER
CENTRE OF THE
OCRCC
ONTARIO COALITION
OF RAPE CRISIS CENTRES

We continue to
participate in our
provincial coalition's work.

"MARJORIE COOK and AUDREY GOLDING"
VOLUNTEER AWARD
for 2024-2025

Kellie King – board member and long term advocate



Presented by Martina Cole

Aanii Kinaweya!

Kellie King Ndizahnkahns, Migizi Dodem, Wasauksing ndoo-bi-njibaa

My name is Kellie King. I am a citizen of Wasauksing First Nation (formerly Parry Island) and live on the Island as well. We located on beautiful Georgian Bay, Mnidoo Gami

I have been sitting with MPSSAS board since 2020. I was motioned in during COVID. I enjoy taking part in how services are implemented and how we support staff and changemakers in this sector. We all have an important role to play. It is helpful that I am able to view this service with an Anishnabe Kwe lens and from lived experience.

I have worked in my community for almost 30 years in various capacities and during the most recent 15 years as the Community Wellness Worker and now the Social Wellbeing Manager.

My background is working with all ages in our community, creating & supervising programs, organizing community events and keeping apprised of IPV, LGBTQ2S, Healthy Relationships, Culture and Wellness supports. My education has been rooted in our Anishinabe ways: body, mind and spirit.

A little about me personally, not my job. I am a Nokomis (Grandmother). I have a son and a granddaughter. We all live together in our multi generational home. I have the pleasure of helping to raise a Kweyuk (women). Sophia is 12 and the same height as me. She even steals my shoes now. I love to nest at home, garden, walk on our territory or swim in the surrounding waters. SUP has been fun the past few years! But I also love to travel, near and far, rural, urban or other countries, if I get the chance. If I was ever given the opportunity to live or work in a different country, I would but make no mistake I would always come home to Wasauksing. It is where I am from and where my people are from. We are tied to this land and it will always be home for generations to come.

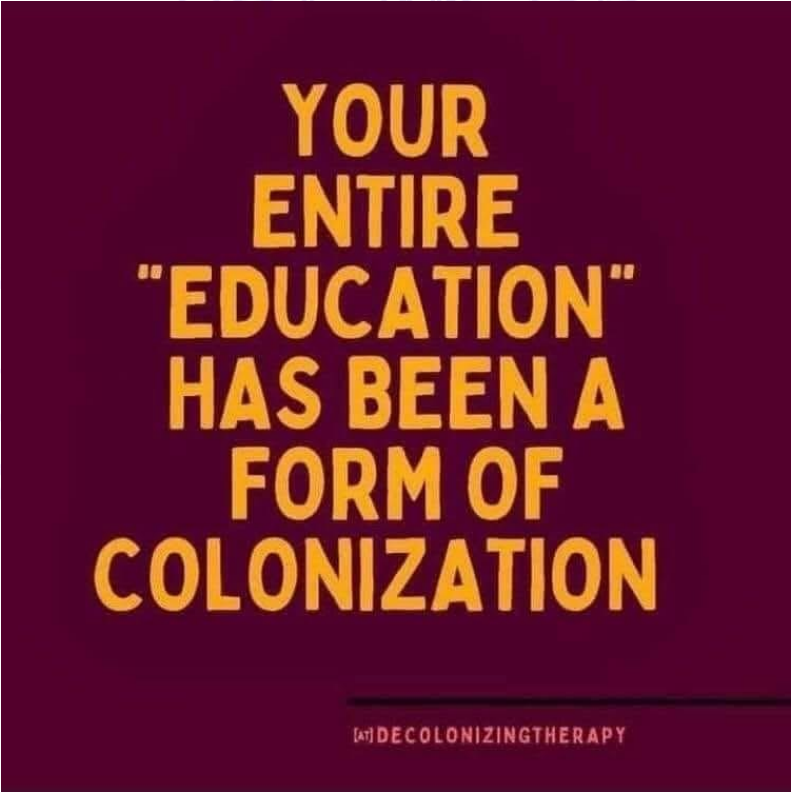
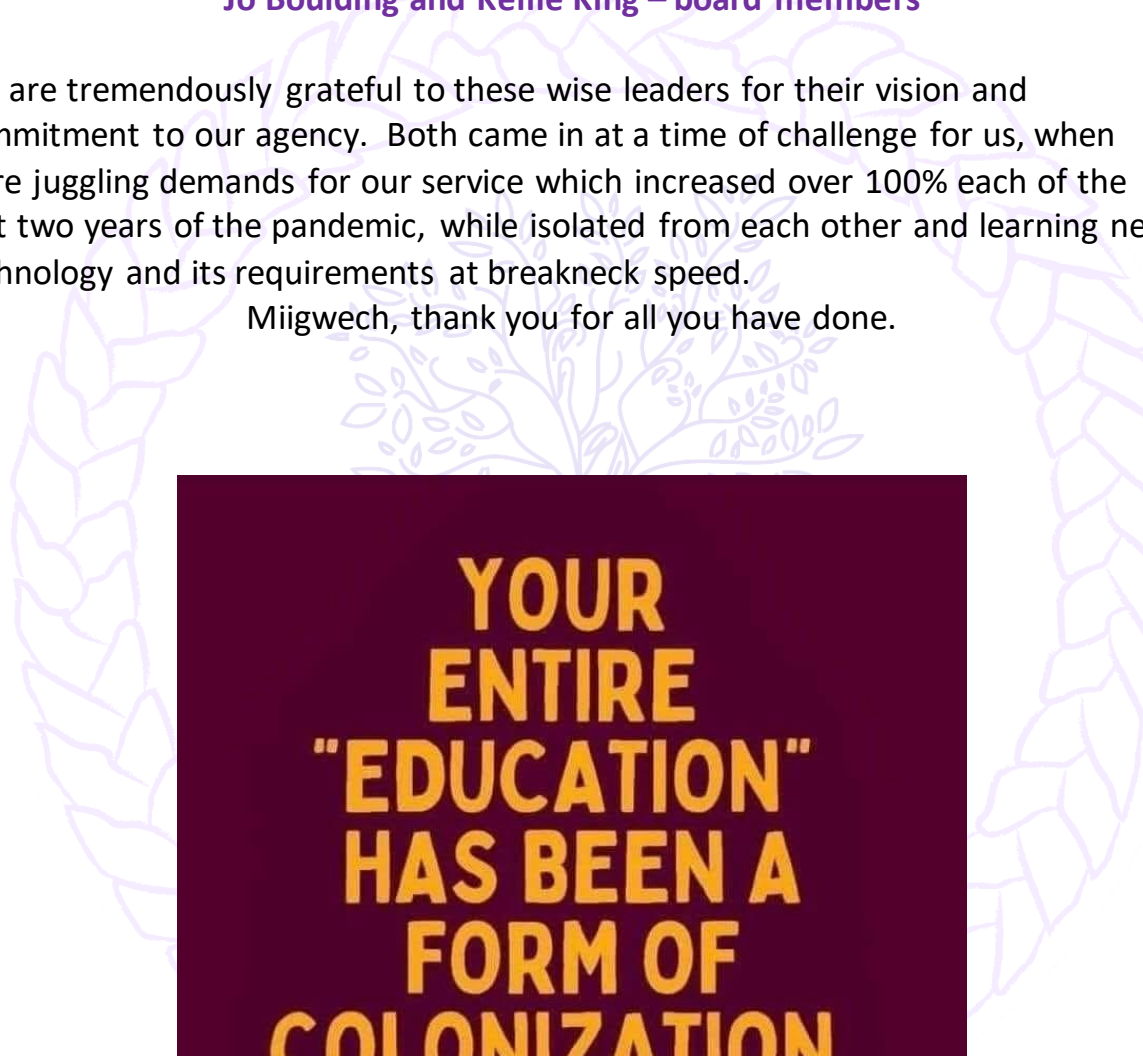
Miigwech for listening and taking the time to understand a little bit about me and how I can contribute to MPSSAS and effect change in a decolonizing manner.

Kellie

**5-Year Volunteer Awards presented by Martina Cole
Jo Boulding and Kellie King – board members**

We are tremendously grateful to these wise leaders for their vision and commitment to our agency. Both came in at a time of challenge for us, when were juggling demands for our service which increased over 100% each of the first two years of the pandemic, while isolated from each other and learning new technology and its requirements at breakneck speed.

Miigwech, thank you for all you have done.



**YOUR
ENTIRE
"EDUCATION"
HAS BEEN A
FORM OF
COLONIZATION**

[a7] DECOLONIZINGTHERAPY

Our board is helping us vision a decolonized agency able to create culturally safe services and remove barriers embedded in all our thinking and planning.

ALL MEMBERS OF OUR VOLUNTEER TEAM ARE VITAL TO OUR SERVICES, THANK YOU!

Our Team in 2025

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.



From our new facilitator, Mikhaela Antoine:

Since I started with MPSSAS in February, I have been co-facilitating Akinoo'amaadiwaad ji nookadiziyang Youth Project and Aanji Bimaadiziwin Women's Circle. It's honestly been such a gift to be part of these spaces. Whether its helping hold space for the youth to share ideas and step into leadership or showing up every week for the women's group where we talk, laugh, cry, and uplift each other - it all means a lot to me. Through these roles, I helped create safe, welcoming spaces where participants could connect, express themselves and engage in meaningful dialogue and cultural practices.

I also help create content for our social media pages. These roles have pushed me to grow both professionally and personally. I've deepened my understanding of Indigenous community work, trauma-informed care, and collaborative leadership. I also take care of some computer work, like creating registration forms, evaluation forms, doodle polls, and helping organize things to keep things flowing smoothly.

MPSSAS Public Education/Community Development Events 2024-2025

March 2024

We have had 2024 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-Ourselfes-Our-Communities-compressed-1.pdf>

In 2024-25, 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, multiple awareness events
- Ontario Coalition of Rape Crisis Centres (OCRCC) – Lauren Power and Marie-Josée Agostini
- OCRCC Draw the Line Day – Mikhaela Antoine, Laurie Lamont
- OCRCC Public Educators meeting (when available) – Laurie Lamont, Mikhaela Antoine and Suzanne Smoke
- Weekly talking and healing circle hosted by Suzanne Smoke and Mikhaela Antoine
- Regional Anti-HT Community Collaborations – Suzanne Smoke and Kara Wanoth
- Consultations for Indigenous Friendship Centre and municipal powwow planning – Kara Wanoth
- 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, Kara Wanoth, Suzanne Smoke, Marie-Josée Agostini
- Ongoing public education through social media by fir moon steer to December 2024 and now by Paige Weir and Mikhaela Antoine in 2025
- Our NEW DROP IN PROGRAM -began in January 2025, New Moon Drop In ***

April – June 2024

- Moving Forward from Survivor to Thrive Conference, held at the Summit Centre in Huntsville
- AGM held in person at MPSSAS office
- Updating our Ignite Project Monument – each year we spruce it up – many perennials there now



Our annual awareness banner on the iconic Silver Bridge in Bracebridge in May 2024, the bridge was closed in 2025 for repairs.

June-September 2024

- 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 is offered through the summer months by Eva Watson, Cindy Doire and Mitzi Beth Webb.
- Youth Akinoo'amaadiwaad ji nookidiziyang event at Rama Powwow, on the land meetings and camping at Bass Lake Provincial Park.
- Global community development for Indigenous Nations seeking ban of micro plastics by Suzanne Smoke for the UN delegation in Kenya

September-December 2024

- Take Back the Night– October 9, 2024.... 50+ people took part marching through downtown Bracebridge – with a healing with sound event and refreshments at the office afterwards
- Training on Changing Rape Culture Part 2 for MPSSAS volunteers – Lauren Power and Martina Cole

- Final meeting of Survivor to Survivor Peer Mentorship program (pending new grant) in September 2024. We wrapped up the project with inviting mentees to come to the SAIL 1 program, together with their mentors. Mentors are still volunteering with us, through our helpline and chat programs.
- September 13 – Artist Susan Ware kindly hosted and feasted our team at her beautiful home for a discussion regarding further decolonization practices for our programs, and what that might mean. We are grateful to Susan for her ongoing generosity with her time and space for us. Thanks also to practitioners who gave us support, Jen Elinsky <3
- December 6 – was held in Bracebridge hosted by MWAG
- 16 Days of Action Social Media campaign on understanding GBV and colonial violence, this year centering on personal self-care as an act of resistance in our capitalist framework of ‘work harder’.
- Canadore College – Workplace Harassment Workshop for Indigenous Women Carpentry Students by Laurie Lamont
- BMLSS Staff Training by Laurie Lamont
- Aanji Bimaadiziwin visit to Six Nations in November, land based ceremony
- Akinoo’amaadiwaad November planning sessions at Limberlost Forest Reserve, with partners





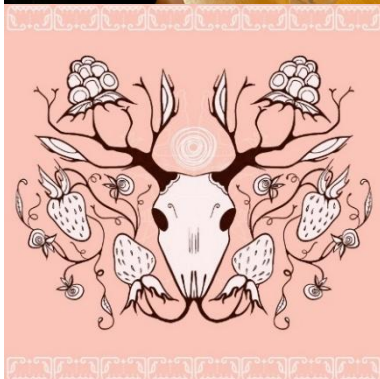
Take Back the Night march and healing event held from our offices on Oct. 9, 2024



Retreat held in Gravenhurst with thanks to artist Susan Ware

January-March 2025

- Akinoo'amaadiwaad ji nookidiziyang youth board and partners; Aanji Bimaadiziwin women and 2S program meetings together at Limberlost Forest Reserve; Braiding Knowledge: An Overview of the Neurobiology of Trauma – 2 sessions held Feb 21-23 and Feb. 23-25.
- Aanji Bimaadisiwin Symposium at Nipissing University Feb. 27, 2025, with women from our projects, Kara Wanoth, Mikhaela Antoine, youth board members, Lauren Power and Marie-Josée Agostini together with Nipissing professor Nancy Stevens and Rosemary Nagy
- Ojibiikaawan (We Have Roots) project media outreach campaign – NE Ontario Kimberly Brown
- Muskoka DART conference at Sherwood Inn - co chaired and event planned by Laurie Lamont
- Evergreen Public School – Workshop on Consent by Martina Cole and Laurie Lamont
- ***New Moon Drop In program – in order to support past and present survivors and members of the public with wellness, we began a new drop in program, held on the new moon each month.



Participants at Braiding Knowledge event, and sweetgrass fans created with Albert Doxtator, Knowledge Keeper, as medicine for calming through this difficult topic – an overview of the neurobiology of trauma and western/Indigenous healing methodologies.

Artwork by youth board member Clarity Smoke

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-day conference for more than 100 people from 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. Many of the serving staff were also moved by the content and speeches they heard.

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. We are grateful to the federal Justice department for multiple years of funding for Victims Week.

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.



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.

May , 2024.....In person – 59 registered

Active Living Centre Huntsville

Adrienne Moerschfelder-Gellman - Key Note Speaker

Suzanne Smoke - Knowledge Keeper

James Bowler – Land Acknowledgement

Hosts – Jordan O'Connor, Cindy Doire

Presenters- Strength of Two Buffalo Dale, Joni NeRita, Jordan O'Connor, Cindy Doire

- “The staff is amazing – everyone enjoys this event.”
- “I was nervous but it was amazing!”
- “I wouldn’t miss this event!”

We’d like to express our sadness at the passing this year of Strength Dale.



November 29, 2024.....54 registered + staff

Kara Wanoth – Knowledge Keeper

Emcee – Aquila Owens

Cory Oliver, Aime Beaudry - Key Note Speakers

Presenters – Catherine Cole (The Great Vine), Kara Wanoth, Cindy Doire

- “I loved the inclusion of men into the virtual space and to hear their stories”.
- “This is such a great day – I always learn so much!”
- “I consider the day a big part of my healing”



Presenter Carmen Theobald talking about equine therapy.
Suzanne Smoke making a sign in our advocacy workshop – May 2025

Our online chat service continues through www.mpssas.org

Our Social Media – FOLLOW US!

Facebook (agency name)	X	Instagram	Website
@mpssas1	Mpssas1	www.mpssas.org	
1190 Followers	385 Followers	372 Followers	chat service is on our website

fir moon steer, Mikhaela Antoine, 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 1947 people.

MPSSAS Counselling Programs – Crisis and SAIL/Ojibiikaawan/Cosmos

Intake

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.

From Linda: Intakes: I managed and provided oversight to the client list, in efforts to prevent any clients falling through the cracks. I used our OCEAN computer program to record intakes and then populated our EMHware computer program. From April 1, 2024, to March 31, 2025, I worked with 242 client files.

The Fireweed Network is a regional group working with male survivors of sexual assault: I attended these monthly meetings ten months of the year regarding therapy resources for male-identified clients. I often chaired meetings and acted as minute-taker. I acted as a liaison between this group and our agency.

Naloxone Statistics: I submitted MPSSAS Stats to Simcoe/Muskoka Health Unit quarterly regarding the distribution of Naloxone kits which lessen drug overdoses in our communities.

We offer Naloxone kits regularly at outreach events or from our office location.

All genders are welcome – we do have a separate SAIL group program for male identified survivors which is supported by CMHA of Muskoka Parry Sound and

MCCSS through Peel Family Service Association. We also offer programming for survivors of the military, through the Ojibiikaawan (We Have Roots) program.

We are presently seeking funding for expansion of Cosmos – counselling tailored for 2SLGBTQ+ folks and their unique needs for sexual violence supports.

MPSSAS Crisis Intervention

Response for crisis continues to be within 5 business days. Clients are offered 6-10 individual crisis sessions; court can take a bit longer. Support seekers 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.

- Short term counselling
- 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
- 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. This year, Laurie Lamont, fir moon steer, Cindy Doire and Martina Cole all have taken on crisis clients.

SAIL/Ojibiikaawan/Cosmos Programs

Sexual Assault Intervention for Living (SAIL) is our NE OHT funded long term therapy program. Ojibiikaawan is funded by the Department of National Defense, Sexual Misconduct office.

Individual sessions are offered through our therapist team and utilize trauma informed therapy including narrative, feminist, somatic, DBT and CBT approaches. Cosmos program folks are offered to access whatever groups they feel most comfortable in. We hope to offer a unique group in the future.

SAIL 1 – Women/2S+ offered in person and online

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 fiscal 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 2024-25 were June 18/25/July 2, Sept 25/Oct 2/Oct 9, Jan 23/30/Feb 13

Some feedback:

“This workshop series has opened my eyes to so much”, “being connected to people who get this is so empowering”, “I’m looking forward to being in the SAIL Program”.

Laurie Lamont and Martina Cole, staff assistance on the 3rd session to congratulate the SAIL 1 participants.

SAIL 2 Women/2S+ Workshop Series – offered online

We cover topics that include 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, and Setting Boundaries to name a few. We also covered topics that help build greater resilience including Indigenous healing (with Knowledge Keeper), systemic oppression, Gender Based Violence in Media and Healthy Relationships.

Cindy Doire, Eva Watson, Kara Wanoth, Laurie Lamont participated in facilitation this year.

SAIL 3 Women/2S+ Sexual Assault Therapy Group – offered in person or online

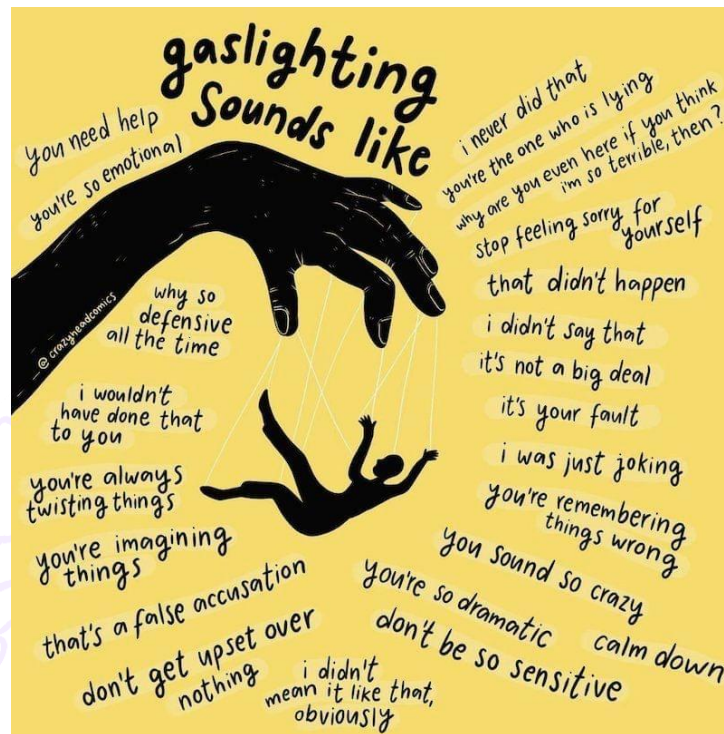
The SAIL 3 therapy group is comprised of 2 – 16-week, 3-hour segments, over the duration of 32 weeks. We explore a range of topics and incorporate expressive arts and group process time. Over the duration of our group sessions, group members begin to explore self-growth as they take charge of their life 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 Laurie Lamont, Eva Watson,
Mitzi Beth Webb, and Cindy Doire**

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 4 – Women/2S+ DBT Skills for Survivors Therapy Group – offered in person or online

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 and is offered annually in 2 16-week segments.

Co-facilitated with Kimberly Brown-Metcalfe and Eva Watson

Kimberly Brown: Facilitating both SAIL 4 skills therapy group and male-identified survivor therapy group. Within the 'We have Roots' program – Ojibikaawan – supporting ongoing awareness of MPSSAS programming with media campaign for CAF/DND sexual misconduct community.

Men/2S+ Survivor Program (includes Ojibiikaawan and Cosmos)

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.

Co-facilitated with Kimberly Brown and Martina Cole

SAIL 2/3 Men 2S+ Survivor Group 2024-2025

Moving into all gender work the SAIL 2/3 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 9-week group in fall 2024. In the winter and spring of 2025, a further 16-week program was co-facilitated by Martina Cole and Kimberly Brown-Metcalfe. In the winter of 2024, a mens' retreat was held with funding from the Canadian Armed Forces, and we hope to offer another one in 2026.



Thanks to musician Tina Turley, our mentor-mentee pairs carried on to September 2024, through generous donations of proceeds from Tina's annual music festival – The Hoot held on Saturday June 15, 2024. Now, Tina has again donated the Hoot proceeds for this project, through another event held on Saturday June 14th, 2025. We are hugely grateful for her ongoing support for MPSSAS.

NEW LOCATION

Helping Out Our Town since 2006

Family Traditions Hoot

Helping Out Our Town

Saturday, June 14, 2025

Gates open at 10:30 a.m.

918 Second Avenue, Sprucedale, ON

visit www.tinaturley.com to view map under HOOT menu

MARK IT ON YOUR CALENDAR

Come Help Out Our Town

LIVE MUSIC ALL DAY!

Including: Patty Crozier, BMT, Section 53, Bastin' Loose, Tonic Lane, Barry Markle, Tina Turley & New Boots, Wendy Whelan, The Hub Caps, The Jam Band, Nico See, ATNightMusik.

NET PROCEEDS TO:

"Survivor To Survivor Peer Mentorship Project" which runs hand-in-hand with MPSSAS (Muskoka Parry Sound Sexual Assault Services).

CRAFT VENDORS: Outlets & Glow, Dots & Good Food, Rockin' Rennie's Crafts, Big Ass Garlic, Muskoka Goat Army, Marsh's Tie Dye, KC Creations.

FOOD VENDORS: The Banger, Muskoka Roast, Sugarbush MiniDonuts, Muskoka Dippin' Dots, Muskoka Samosas.

This is a fun-filled event for the whole family

• Bring your umbrellas, lawnchairs and bug spray! • Portable washrooms on site

• There is rough camping available as well please e-mail me or DM for a spot or more details

Very Special Thanks to:

K&K Sanitation, Root Sidsom and Family, YONKI, Sunbelt Rentals - Huntsville, TFS Truck Services

DONATION: FREE WILL AT THE ENTRANCE

NO PETS PLEASE



Above are Martina Cole, Laurie Lamont and Kimberly Brown-Metcalf holding down our booth at the Hoot music festival. Our own Cindy Doire also entertained us (at left). We hope to find ongoing funding for this project with its wonderful outcomes.

Survivor to Survivor: Peer Mentorship Project

We received a year's project funding from the **United Way of Simcoe Muskoka** for our **Survivor-to-Survivor** program which ended in June 2024. 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. The project was coordinated by **Martina Cole**. We are grateful for the significant contributions by involved mentors **Denyse Kelly, Linda Munshaw, Linda Charbonneau, Heather Panton, Adrienne Moerschfelder-Gellman, and Jaene Castrillon**. Evaluation of this project was done by Professor Anna Przednowek



Mentors Heather Panton, Linda Charbonneau, and Denyse Kelly were volunteers at the Hoot festival.



Program Evaluation Report of the Survivor-to-Survivor Program

As part of the previous Trillium Grants, a longitudinal program evaluation was conducted by Dr. Anne Wagner of Nipissing University and this was updated this year by Dr. Anna Przednowek. 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:

One of the mentors contrasted her own experience as a survivor with the experience of current mentees.

I think that it's incredibly amazing that there's women out there who have been given the opportunity to share their story, their narrative, their struggles, with somebody who gets it, in a more intimate relationship than in a group. And group has a role too, absolutely but had this program been available when I was doing my big piece of healing, I think I would have cut years off of my time.

Consistent with the views expressed by mentees, all agreed that having peers provide support fostered a unique bond, which was invaluable in engaging women at the outset of their healing.

Evaluation Overview:

It is evident that the program has been meeting an identified need in the Muskoka and Parry Sound communities. From the outset, the program has been specially adapted for a rural area, adapting to meet the unique needs of the context in which the service has been delivered. The fact that the program has achieved the level of success that it has based primarily on word of mouth throughout the community, attest to the need for such services. The mentorship program provides support to underserved, isolated women, as well as providing a sense of community for survivors of sexual violence. This is especially significant in a rural area that lacks the opportunities and resources available in urban areas. With the onset of COVID, the program quickly adapted its mode of delivery, thus inadvertently expanding its reach. This further demonstrates the potential for further growth in meeting the needs of isolated women.

All of the women who have participated in the evaluation have been unanimously positive about the program, identifying a myriad of ways that it is addressing a gap in services in a rural area which does not have access to the same range of services available in urban regions. There are clearly multilayered benefits associated with the peer mentorship model, which have positively impacted both mentees and mentors.

(Final Program Evaluation Report of the 'Survivor to Survivor' Peer Mentorship Program Prepared for: Muskoka Parry Sound Sexual Assault Services Submitted by: Dr. Anna Przednowek, PhD, June 2024)

The project was funded June 2023-June 2024 by the United Way of Simcoe Muskoka.

Chorus of Courage

The Chorus of Courage project was initiated by musician/advocate/therapist 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 Chorus of Courage retreat was first 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 Bathhouse 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/>

In June of 2024, the music and project information was shared further with members of the **Ontario Coalition of Rape Crisis Centres, at their membership meeting in Toronto**, also attended by musician Julian Taylor, and storytellers Jaene and Kelita.

At this time, two additional recordings have been added to the repertoire – one from Lydia's Law/anti IPV advocate Cait Alexander, Two People, <https://open.spotify.com/track/13gFvmbp7ltlQD89PdMexM> and a second song from Cindy Doire, Take Care, <https://open.spotify.com/album/744y3BbmMrhbsWh3kR0xm2>



Sirius XM Radio gave us a \$10,000 musical grant this year, which enabled us to buy recording equipment for Chorus of Courage, and a powwow drum and shakers for Akinoo'amaadiwaad ji nookidiziyang. Ceremony for this drum will be held on September 19, 2025.

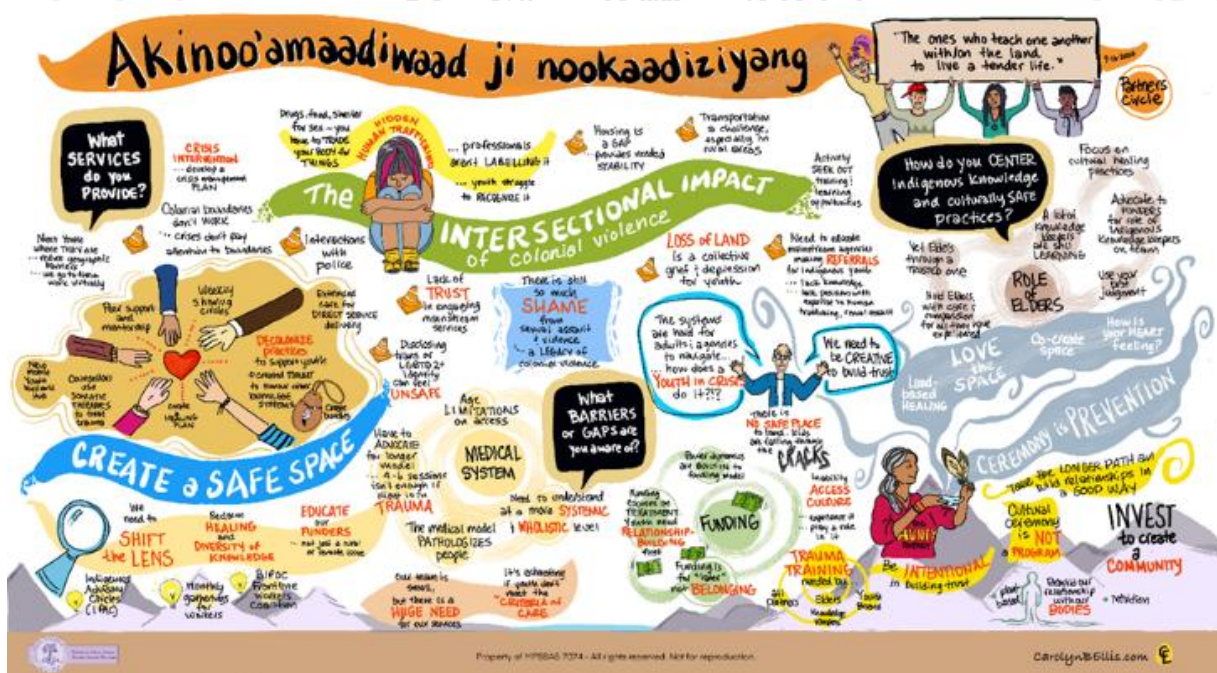
Akinoo'amaadiwaad ji nookidiziyang (the ones who teach each other with/on the land to live a tender life)

This year was a busy one with the Indigenous youth system innovation grant. The 10 youth board members met twice monthly with facilitators Kara Wanoth and fir moon steer/Mikhaela Antoine, along with project Elders Penny French and Andre Halfday and 2S person Jaene Castrillon. Youth are tasked with expressing barriers they know of for Indigenous youth to be able to access mental health and/or sexual violence trauma supports. The project is system innovation, to develop new service pathways. It is now in year two, and youth are conducting focus groups with other youth, to design a pilot project to better meet their needs, with partner agencies, in year 3.

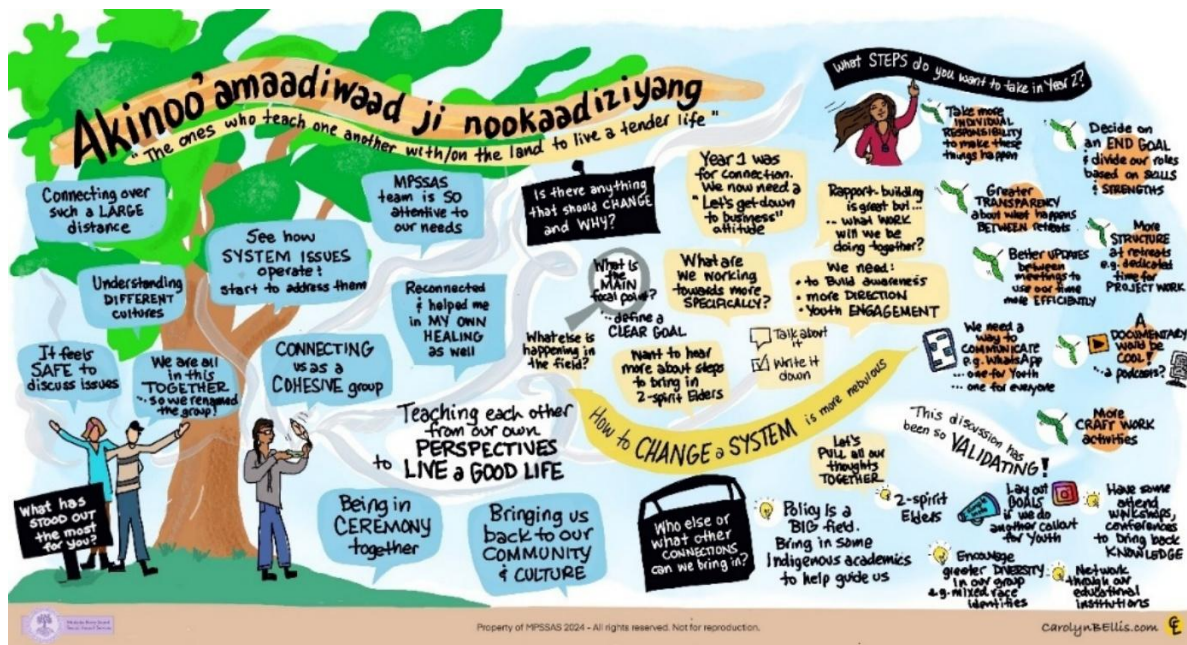
Youth in our group are expressing leadership in numerous ways. They include Jordan Clayton-Douglas, Zakkarry Joseph, Felicity Smith, Clarity Smoke, Michael Peters, Kelvin Boissoneau, Wyatt Wichert, Mitchel Burch, Jenny-Lee Roussel Quachegan and Jordy Mcdougall.

Project partner agencies include: CAMH Shkaabe Mukwa, Toronto Council Fire, Mind Aid, CMHA B'saanibimaadsiwin Indigenous Mental Health, Algonquin Spirit Gallery, Four Directions of Healing, and

A partners' circle was held in September 2024 and mindmapped by project consultant Carolyn Ellis, who also mindmapped the debriefing meeting from the November in person gathering.



Youth came together again in November 2024 to meet together, and in February 2025, both at Limberlost Forest Reserve to be able to meet in person and share land based ceremony as part of their meetings. In February, youth participated in trauma based training, Braiding Knowledge: An Overview of the Neurobiology of Trauma, presented by Lauren Power and Suzanne Smoke.



Free!



Meals included!

Aanjibimaadsiwin Symposium

Thursday, February 27th, 2025
NUSU Student Centre
221 College Dr, North Bay, ON

Join us for a day of discussion on
Indigenous-specific responses to sexual violence

Program pitch for students!

Are you passionate about **addressing sexual violence** in an Indigenous-specific way? Receive peer mentorship and pitch it to a panel of community adjudicators.

APPROVED DEVELOPMENT

NIPISSING UNIVERSITY

Register here!
bit.ly/aanjibimaadsiwin



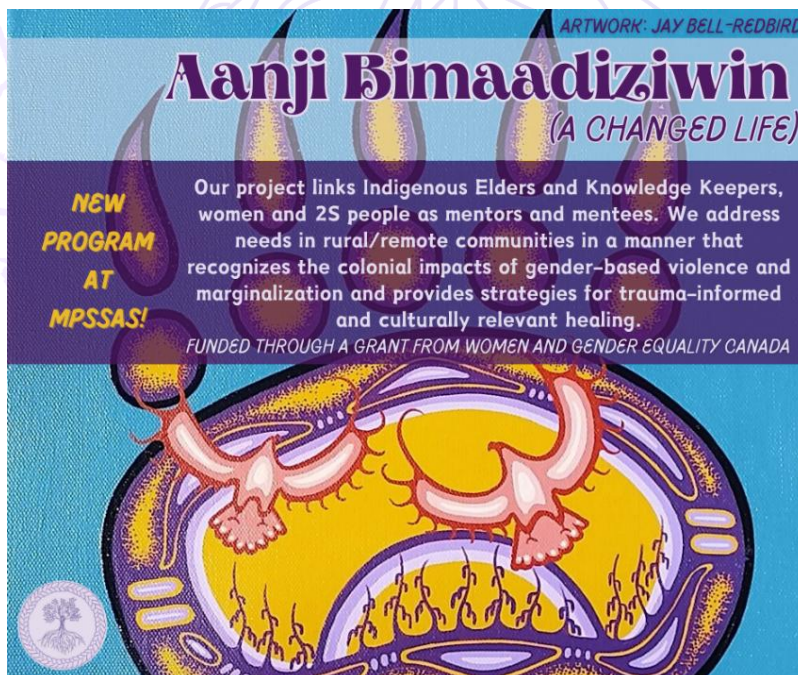
Part of the youth board, Jordan Clayton-Douglas, Felicity Smith and Jenny-Lee Roussel-Quachegan, along with Robin and Ahva Rice from Aanji Bimaadiziwin project, joined staff members Kara Wanoth, Mikhaela Antoine, Marie-Josée Agostini and Lauren Power at a symposium at Nipissing University on Feb. 27th, where we presented the work of both projects and shared more about our agency.

Organizers were Dr. Nancy Stevens and Dr. Rosemary Nagy with their students.



Revitalizing Indigenous cultures and languages as part of healing from colonial violence trauma is a part of the work of these projects. Introducing Indigenous youth and women to ceremony and medicines as healing and being in community. Reclaiming voice, power and place.... ...And seeking to further the work of the MMIWG recommendations, as a mainstream GBV provider.

Aanji Bimaadiziwin (A Changed Life)



This year, work in the project included weekly talking circles, facilitated through a weekly zoom link by Suzanne Smoke and co-facilitators Tala Tootoosis and then Mikhaela Antoine.

These circles are open to Indigenous women and 2S survivors of violence, including colonial violence, child and adult trauma and human trafficking. Women and 2S who attended regularly were invited to a land based healing experience in November 2024, held at Six Nations, where they toured the Woodlands Cultural Centre and received workshops with Knowledge Keepers. A program for their children was also offered. Another land based retreat is planned in early 2026.

Through work of the project, a number of women/2S were identified as having abilities as mentors, and these folks were interviewed together in a specific talking circle.

As well, we have begun updating the agency volunteer/mentor manual, training and the NORAHT toolkit, which is also the work of this project.

The Kokum Scarf Campaign-Aanji Bimaadiziwin Collaboration

In the fall and winter of 2025, we partnered with Tala Tootoosis to launch an awareness campaign within Indigenous social media regarding sexual violence. Posters were shared to advise of our contests, in which participants could submit a “selfie” wearing a ribbon skirt which they designed or owned, and with a fact about rape culture. See below.

We are thrilled now to be able to showcase the 11 prize winning skirts in major events in 2025-2026!

**Kokum Scarf Campaign 4
Calendar Contest**

www.mpssas.org

Submit a picture of yourself in a ribbon skirt that you borrowed, made, or bought (with credit to maker in photo), a statement shirt, Kokum Scarf, and the caption "How are you dismantling rape culture?"

THE 12 WINNERS RECEIVE:
Their photo in the Calendar and Kokum Scarf Campaign Book, a free calendar, a 'Reclaim Your Power' tshirt, Kokum Scarf and \$50.00

Submission deadline is January 30/2025 at 7:00 pm
Please send submissions to talatootoosis@gmail.com

Enabling discussion of sexual and colonial violence is vital for Indigenous people, who have experienced tremendous abuses through the residential school and sixties scoop experiences. We teach about intergenerational and historical trauma, labelling colonial violence as the root issue.

The Anishinaabeg story of Deer Woman and the Lakota story of White Buffalo Calf Woman teach that women are sacred and not to be harmed. Sexual assault was rare in communities pre-contact.

Kokum Scarf Campaign 4
Ribbon Skirt Contest
White Buffalo Calf Woman

This contest is for Ribbon skirt designers, you must design using applique technique of drawing, cutting, ironing material by hand designing a White Buffalo Calf Woman. Please submit your skirt with 2 facts about rape culture and the story of White Buffalo Calf Woman which will be submitted with their photo on the Kokum Scarf Page.

Do your research and don't forget protocol.

One entry per person per contest
Only winners will be sending in their skirts as they will be donated to survivors with Muskoka Parry Sound Sexual Assault Services.
www.mpssas.org



- No critc designs accepted
- You must have each story in the caption
- The skirt must be brand new and not worn
- Presentation of the skirt will be considered
- Make sure to trademark your work

You will receive an email that confirms your entry and submission.

FOUR WINNERS WILL BE CHOSEN
1st Place: \$325.00 and a Kokum Scarf
2nd Place: \$200.00
3rd Place: \$175.00
4th Place: \$150.00

All winners will also receive a Ribbon Skirt with Kokum Scarf Campaign design and "Reclaim Your Power" tshirt

Submission deadline is January 30/2025 at 7:00 pm
Please send submissions to talatootoosis@gmail.com

Our 2024-2025 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.

Total SAIL unregistered service recipients: 293	Total active mentors: 6
Face to face individual sessions SAIL only: 414	Total survivor to survivor mentees: 17
Total counselling clients: (SAIL + men) 277	Total crisis contacts 585
Total counselling clients MCCSS: 351 Total 591	Hours spent with clients for crisis 268
Hours spent individual counselling (MCCSS): 713	Number of clients who received advocacy or accomp: 73

Total closed group sessions MCCSS: 38 + 32 male program SAIL 99	Hours spent advocacy or accomp: 116
Total open group sessions 32	Number of broad education events: 114
Total closed group participants (MCCSS): 108 (SAIL) 95	Number of public education presentations, workshops and training events: 32
Total open group participants 104	Number of participants in pub. ed: 1898
Total phone calls (SAIL only): 1033	Hours spent on pub ed.; 170
Number of individual volunteers 76	Total volunteer hours: 13553 606 chat
Anti HT Pub ed. Workshops and events: 18	Anti HT Number of Individual sessions: 446

Muskoka Parry Sound Sexual Assault Services - Summary Statistics 2024-2025								
MPSSAS								
This reflects information shared by counseling clients with their workers over time, and reflects the multiplicity of experiences for each individual utilizing our counseling programs.								
CLIENT NUMBER	MUSKOKA		PARRY SOUND		MALE SURVIVOR		MPSSAS	
	TOTAL	%	TOTAL	%	TOTAL	%		
TOTAL CLIENTS	146	60%	63	26%	33	14%	242	100%
Age Group - < 25	28	19%	9	14%	3	9%	40	17%
Age Group - 26-35	38	26%	16	25%	9	27%	63	26%
Age Group - 36-45	19	13%	16	25%	6	18%	41	17%
Age Group - 46-55	32	22%	15	24%	8	24%	55	23%
Age Group - 56-64	19	13%	7	11%	3	9%	29	12%
Age Group - 65+	10	7%	0	0%	4	12%	14	6%
Child SIA Familial (rel)	56	38%	28	44%	14	42%	98	40%
Child SIA Non familial	59	40%	27	43%	18	55%	104	43%
Other Childhood Trauma	22	15%	8	13%	3	9%	33	14%
Adult Sexual Assault	25	17%	18	29%	4	12%	47	19%
Other Adult Trauma	7	5%	2	3%	2	6%	11	5%
Sexual Assault by intimate part	45	31%	17	27%	5	15%	67	28%
Substance involved in SIA	55	38%	26	41%	10	30%	91	38%
Acquaintance SIA	47	32%	19	30%	0	0%	66	27%
Stranger SIA	21	14%	9	14%	3	9%	33	14%
SIA of Another (e.g. child)	11	8%	5	8%	1	3%	17	7%
Woman (d.) Abuse (phys., emo)	40	27%	19	30%	0	0%	59	24%
Sexual Harassment (job, street)	4	3%	1	2%	1	3%	6	2%
Criminal Harassment (stalking)	4	3%	9	14%	2	6%	15	6%
Weapon involved	7	5%	1	2%	0	0%	8	3%
Intimidation by offender	24	16%	8	13%	2	6%	34	14%
Intimidation by others	13	9%	4	6%	1	3%	18	7%
Self identified LGBTQ2SIA	16	11%	13	21%	2	6%	31	13%
Self identified BIPOC	13	9%	18	29%	4	12%	35	14%
Elder 65+	9	6%	0	0%	4	12%	13	5%
Youth <25	27	18%	9	14%	3	9%	39	16%
HT past or present	11	8%	8	13%	0	0%	19	8%
Involvement with mentor	5	3%	3	5%	0	0%	8	3%
SAC Treatment (hospital)	0	0%	0	0%	0	0%	0	0%
Addictions - past	37	25%	16	25%	17	52%	70	29%
Addictions - present	32	22%	19	30%	10	30%	61	25%
Mental Health diagnosis	95	65%	35	56%	22	67%	152	63%
Anxiety	120	82%	48	76%	24	73%	192	79%
Suicide Ideation	31	21%	12	19%	12	36%	55	23%
Self-injury	11	8%	5	8%	3	9%	19	8%
Eating Disorders	13	9%	5	8%	0	0%	18	7%
Learning/development challenge	31	21%	13	21%	9	0%	53	22%
Psychiatric Consultation - SAIL	0	0%	0	0%	0	0%	0	0%
Psychiatric Hospitalization	2	1%	1	2%	2	6%	5	2%
Housing instability	9	6%	5	8%	2	6%	16	7%
>1 Offender	83	57%	41	65%	15	45%	139	57%
Multiple Service Providers	29	20%	19	30%	7	21%	55	23%
Couple or Family Counseling	0	0%	0	0%	0	0%	0	0%
Mandated involvement	0	0%	0	0%	0	0%	0	0%
Police report completed	41	28%	11	17%	10	30%	62	26%
Advocacy with police (agency)	0	0%	0	0%	0	0%	0	0%
Charges laid- SIA	11	8%	1	2%	1	3%	13	5%
Charges laid -SIA our client	0	0%	0	0%	1	3%	1	0%
Charges laid- IPV	0	0%	0	0%	0	0%	0	0%
Charges laid - IPV dual	1	1%	0	0%	0	0%	1	0%
Charges laid - IPV client only	0	0%	0	0%	0	0%	0	0%
Conviction - SIA (offender)	2	1%	0	0%	1	3%	3	1%
Conviction - IPV - (offender)	0	0%	0	0%	0	0%	0	0%
Conviction - dual	0	0%	0	0%	0	0%	0	0%
Conviction - IPV (client)	0	0%	0	0%	0	0%	0	0%
Conviction - SIA (client)	0	0%	0	0%	0	0%	0	0%

Volunteer and Survivor to Survivor Peer Mentorship Coordination Martina Cole

From Volunteer Coordinator Martina Cole:

This year we have created a new and improved volunteer training package using an Indigenous lens to support the decolonizing work we have been doing. This volunteer program was created on Canva using beautiful and calming imagery. The format for this program is now user friendly and easy to access. We successfully recruited and trained 7 new volunteers for our helpline and safe support chat service.

Our New Drop In Program - New Moon

New Moon drop-in program started in January 2025 with the focus on building community and connection through a variety of workshops like journal writing, art, and somatic practices. With the support of a local business (RELISH) we were able to provide lunch for all members from Jan-May. 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 Tara Jury and Nicole Connolly of Georgian College’s counselling and social service worker program. We wish you the best in your careers!

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

EFTO Trillium Lakelands

Near North District School Board

Elementary Teacher’s Federation of Ontario

Gravenhurst Women’s Centre

Bannockburn Community Church

Muskoka Victim Services

The Heersink Foundation

Anonymous donors to Canada Helps

St. James Anglican Church Hope Chest fund

Anonymous donors (2) for Chorus of Courage National Arts Centre Show

The Family Tradition Hoot – Tina Turley organizer

Elaine Hassard

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 two projects, **Aanji Bimaadiziwin (A Changed Life)** and **Akinoo'amaadiwaad ji nookidiziyang (They who come together on the land to teach each other a tender life)** are colonial Ontario wide projects.

Our male 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 offer our thanks to our partners the Nurse Practitioner Led Clinic in Huntsville and to the Parry Sound Friendship Centre who offer us use of their space for our work.

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)
 Sirius XM Radio – Music Counts Program