

NEWSLETTER

Spring 2015

From The Desk of Linda Janzen, ED

Welcome to the spring edition of our newsletter. So much is happening around Cornerstone these days: wrapping up the 2014/2015 year end and starting up the new fiscal year. With a flood of clients in the shelter, 12 of whom are children age 12 and under, we are happy to see the warmer weather slowly arriving. Spring is a time of hope for the future, of seeing new life peeking out and growing.

Too often when we talk about our work, we focus on the before picture: before women come to us and what they are fleeing; what their lives were like before they came to us; what they are suffering from and with; what their needs are. With spring we are moving ahead to talking about the after: what women seek for after they come to us, what hope we can offer, and how we work towards helping that hope to take root and grow.

So what do we do and what do we hope to provide? First we put the basics in place and provide immediate help. This help looks different for each person who comes to us, but some of the similarities include developing a good understanding of their needs and putting in place safety and risk management strategies that will work for them and their children if relevant. Even these strategies are geared to the needs, wishes and abilities of each person we help.

Next we work with them to consider their options and choices. This is a critical piece of our work. We have expertise in ways to help, but ultimately it is the woman's life and the choice of direction must be hers. We have to be very careful not to replace her partner's control with institutional control or the authority that knowledge can bring. As most people know for themselves, help is only useful if it is helpful to the individual, and what is helpful for one person is not necessarily for another. This level of respect and caring is evident throughout our organization and all of our services.

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4th Annual Northumberland Charity Golf Tournament
In support of Rebound Child & Youth Services, Cornerstone Family Violence Prevention Centre and Knights of Columbus Charities

Ash Brook golf club
June 20, 2015
1:00 pm Shotgun Start at Ash Brook Golf Club

LAUREA PHYNUNG
Get a hole in one and Win a 2013 Hyundai Elantra!

Four Man Scramble
Best Ball
Prizes
Steak Dinner

Tickets: \$100 per player

For Tickets:
905-376-9451
905-885-6913

Finally, we offer services that help people build on the positive changes they've started with us, so that hope can take root and grow, making a difference in their lives. Cornerstone is here to build safe families and strong communities. We create the conditions for hope to grow.

Our commitment to our county is the provision of excellent services that make a difference, but of course we cannot do this alone. Family violence is a social, political and structural issue within our society and it requires community support for solutions. We need everyone to work on this together.

COMMUNITY CONNECTIONS



Two recent recruits, Constable Vanessa Gerasinow and Constable Jason Salisburgh of Cobourg Police Services spent the morning at Cornerstone as part of their training. This was a beneficial opportunity for Cornerstone staff and Cobourg Police Services to build on the positive community collaboration we have established.

Cornerstone is also fortunate to be collaborating with both Cobourg and Ottawa police in offering our "Safety for Women" workshop on May 30. For more information on the workshop please visit our website at:

www.cornerstonenorthumberland.ca



Residential Service Stats

Number of Crisis/Support Calls:
Apr 2014 – March 2015 817

Number of Women Served in the Shelter:
Apr – Mar 79

Number of Children Served in the Shelter:
Apr – Mar 49

Number of Women Served in the Community Counselling:
Apr – Mar 200

Number of Women Served in the Transitional Housing and Support:
Apr – Mar 80

If you know someone living with abuse, please contact us:

905-372-0746 24 Hour Crisis Line

MEET OUR NEW BOARD CHAIR!



Elaine Cortesis-Yates became Cornerstone's new Chair of the Board of Directors in October of 2014. Here we have asked her a few questions on Cornerstone, her connection to the community and her life as a busy mother of two!

Elaine, how long have you lived in Northumberland County?

I have lived in Northumberland County all my life. I am 5th Generation of Cortesis' living in Cobourg. My great grandparents settled here after leaving Greece and my family has been here ever since.

Tell us a bit about yourself.....

I have two children, Jordan who is 2.5 years old and Elora is 1 year old. My kids keep me very busy, but when I have a moment to breath I work for Genedco Services Limited as their Commercial Leasing Specialist, and I work as an administrative assistant for my dad Michael Cortesis. My husband Matt and I started dating in grade 11 and have been together ever since. We were married at the St. Peters Anglican Church here in Cobourg in 2010. He's the love of my life. We are very lucky to have so much family in town, it is the reason we decided to settle in Cobourg and start our family. I have many interests all that stem around the arts. I love photography and painting...both in which I just do for fun and relaxation. Spending time with my husband and children is what I look forward to most every morning when I wake up.

What interested you in volunteering for the Board of Directors?

I was looking for somewhere I could lend my time to and women's rights have always been a passion of mine. Cornerstone and the work they do there is in line with everything I believe in. I wanted an organization that helped women in their time of need. It truly was a perfect fit.

What have you learned about Cornerstone since beginning with us?

It's is more than just a shelter for women. It is a new beginning. Cornerstone offers an array of different services to help their clients from counselling, medical assistance and most importantly support. I must say one of the biggest eye openers is how much this organization is needed in our community. I am constantly shocked when I hear our turn away count because we are operating at full capacity.

I am thrilled to be serving as the Board of Directors Chair for Cornerstone. It's funny; I never knew that one of my Aunts was one of the four founding women of this organization. It wasn't until a few years into my board term did I find this out. I couldn't be more proud to a part of this organization.

Meet Our Board of Directors

Elaine Cortesis-Yates
Chair

Samantha Liscio
Vice Chair

Gerard Bondy
Secretary/ Treasurer

Peter Csefko

Peter Donoukous

Nicole Gibson

Linda Goldie

Ember-Leigh Hamilton

Chief Kai Liu

Lynn Patry

Susan Rowland

Michelle Tabor

Makayla Nowee
Youth Representative

National Garage Sale for Shelter
Saturday May 9, 2015
Cobourg Lions Community Centre

Garage Sale opens at 8AM
Shopping works up an appetite!
Join us for a delicious pancake breakfast
\$5/Person \$10/Family

Proceeds from this event will support **CORNERSTONE**
Family Violence Prevention Centre
SAFE FAMILIES • STRONG COMMUNITIES

De-Clutter for a Great Cause!
Donations can be made at the Cobourg Lions Community Centre, 157 Egin St E.
*Please do not bring any dangerous materials, hazardous, non-working auto or large appliances, cribs, or child car seats.

Saturday, May 2nd 2:00 PM - 4:00 PM
Wednesday, May 6th 5:30 PM - 7:00 PM
Thursday, May 7th 5:30 PM - 7:00 PM
Friday, May 8th anytime after 12:00 PM

Canada Trust, ROYAL LEPAGE, United Way



CORNERSTONE
Family Violence Prevention Centre
INVITES YOU TO OUR:

Mother's Day BRUNCH

Sunday May 10, 2015
Victoria Hall
55 King St West
Cobourg, ON
11:30 am
Buffet Brunch Provided By:
Black Dress Catering
\$25 /adult
\$10 /child under 12

Features:
Silent Auction, Door Prizes, 50/50

Special Feature:
For a \$15 donation a family portrait will be taken by a professional photographer

For tickets and reservations:
jeisler@cornerstonenorthumberland.ca
Or call 905-372-1545 ext. 236
Or Visit
Spark Toys @ 4 King St. W Cobourg
Thank you to all of our Sponsors :



SAVE THE DATES FOR 2015!

Royal LePage Garage Sale for Shelter
Saturday May 9, 2015
Cobourg Lions Centre

1st Annual Mother's Day Brunch!
Sunday May 10, 2015
Victoria Hall, Cobourg
Tickets on sale TODAY!

8th Annual Walk A Mile In Her Shoes
Saturday June 13, 2015
Downtown Cobourg

Northumberland Charity Golf Tournament
Saturday June 20, 2015
Register TODAY!

For More Information or to register to participate in any of our events contact:

Janelle Eisler
Resource Development Coordinator
905-372-1545 ext. 236

jeisler@cornerstonenorthumberland.ca

Every Child Deserves the Chance to Have A Little Fun This Summer!



Find out how you can give a child some fun in the sun this year. Watch for our letter in the mail.

Coming June 2015



CORNERSTONE
Family Violence Prevention Centre
SAFE FAMILIES • STRONG COMMUNITIES

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FOCUS
accreditation
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2014 - 2018



United Way
Northumberland