



CORNERSTONE

Family Violence Prevention Centre

A PLACE WHERE HOPE GROWS

2018-19 IMPACT REPORT

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**“Alone we can do so little,
together we can do so much.”**

– Helen Keller

We know that giving makes us feel good. But more than feeling good, we want to know that our giving has a lasting impact on people’s lives. We want to know we are creating change.

Rest assured, as a supporter of Cornerstone Family Violence Prevention Centre (Cornerstone), YOU are making ALL the difference. You change the lives of women and children across Northumberland County, like Deb (P. 6), and Marilou (P. 14), and you take action to prevent violence (P. 12) which will benefit the entire community, and for that, we give you our heartfelt thanks.

With a shared vision of becoming a community committed to healthy, respectful relationships free from family violence, Cornerstone, and the community that supports us, made significant achievements towards this goal. Cornerstone continues to grow as we work to accomplish our mission in Northumberland County and beyond.

Your support remains vital to our mission and vision, and we are very grateful to you, our supporters and funders, who enabled us to take the necessary steps to deepen our services for greater impact over the last year and to advance our voice and presence on the issue of family violence. We also have a committed team of staff and directors who continue to go above and beyond to support the work that we do.

With this support we’re actively working toward a future free from violence. Together, we are indeed creating a place where hope can take root and grow!

With much gratitude,

Executive Director, Nancy Johnston
Chair of the Board, Sally Wade

WHO WE ARE

Cornerstone Family Violence Prevention Centre (Cornerstone) was founded by a dedicated group of volunteers to act as a resource for women and children impacted by violence. Incorporated in 1983 as a not-for-profit, Cornerstone has grown into a respected collaborator, knowledge broker, partner, and leader in the violence against women sector in Northumberland County.

WHAT WE DO

OUR VISION:

Together we are a community committed to healthy, respectful relationships free from family violence.

OUR MISSION:

To break the cycle of family violence by providing immediate shelter, counselling and prevention services throughout Northumberland County.

OUR VALUES:

- ACCESSIBILITY** - We are a welcoming and accessible environment where clients, staff, funders and the community are valued and respected.
- ACCOUNTABILITY** - We believe in clear, honest and respectful partnerships with our clients, staff, funders and community partners.
- COMMUNITY** - We understand and believe that building and maintaining strategic partnerships with our local and wider communities is essential to meeting the needs of our clients.
- INNOVATION** - We are committed to initiative, growth and excellence in our work in the field of family violence.
- LEADERSHIP** - We believe that we have a responsibility to be leaders in our community in the field of family violence.



HOW WE DO IT

Cornerstone Family Violence Prevention Centre achieves its mission and vision by **connecting** with a broad array of stakeholders through various programs to **advocate** for systemic change that supports the **advancement** of women and children impacted by violence, for a safer, healthier future.

Connecting

A white icon on a dark red square background. The icon depicts a central circle with five lines extending from it to five smaller circles, representing a network or connection.

Advocating

A white icon on a dark red square background. The icon is a megaphone, symbolizing communication, advocacy, or making a voice heard.

Advancing

A white icon on a light red square background. The icon shows three stylized human figures of varying heights, representing a group of people or community advancement.

You Support Community Needs

Investing in Cornerstone provides vital supports to local women, children and youth



2619

INDIVIDUAL LIVES
IMPACTED THROUGH
SHELTER, COUNSELLING
AND PREVENTION SERVICES



116

69 WOMEN AND 47 CHILDREN RESIDED
IN SHELTER FOR A TOTAL OF 6013 DAYS
OF RESIDENTIAL SERVICE REACHING
AN OCCUPANCY RATE OF 117%



1024

DIRECT SERVICE HOURS
PROVIDED TO 242 WOMEN
THROUGH COMMUNITY
COUNSELLING



72

INDIVIDUALS SUPPORTED IN THE
FAMILY COURT SUPPORT PROGRAM
WITH 83.5 HOURS IN ACCOMPANIMENT
TO COURT OR LAWYERS MEETINGS



1321

CALLS ANSWERED ON THE
24-HOUR SUPPORT LINE; AN
INCREASE OF 25% OVER THE
PREVIOUS FISCAL YEAR



13

PROGRAMS FUNDED THAT SERVE
WOMEN, CHILDREN, AND YOUTH
IMPACTED BY VIOLENCE ACROSS
NORTHUMBERLAND COUNTY



7142

KILOMETRES DRIVEN TO 4
SATELLITE LOCATIONS IN
RURAL COMMUNITIES TO
PROVIDE SERVICE



You Provide Safety

Nights spent in safety generate opportunities for hope to grow

Like you, we want ALL women, children and youth in Northumberland County to live free from violence. Yet, many barriers put them at risk of living in fear and without hope.

At Cornerstone, **your support provides** women and their families a home away from home with access to the safety and services they need to heal and rebuild their lives, including:

- Housing Support
- 24-hour Residential Counselling
- Transitional Counselling
- Family Court Support
- Family, Child & Youth Support, and
- Access to Primary Health Care

Your support makes a difference to Deb:

"When I first arrived I was very scared and didn't know what to expect, but I eventually warmed up to the staff and began to meet other women and children who also faced abuse. Rebuilding trust was difficult given my circumstances, but I finally had the security and space I needed to think, and to heal. Through my time with Cornerstone I didn't just find safety, I found myself. With their support I was able to move on and become the person I want to be. Now I have a place of my own, and for the first time in my life I have found who I am. I can finally have the happiness and life I deserve. I am so grateful to Cornerstone. They saved my life."

- Deb, Survivor and Former Cornerstone Client

You Empower Women

Access to counselling allows women to flourish

Like you, we want EVERY woman to have the chance to move herself and her children out of danger, but it’s a tough journey that is often one step forward, two steps back.

At Cornerstone, **your support empowers** women to take their first steps toward a brighter future. We offer women the opportunity to participate in transformative programs. Whether in individual counselling, group counselling, or workshops, these programs teach women necessary skills such as coping strategies, safety planning, or even parenting techniques.

At Cornerstone, **your support reaches** women in rural communities. Cornerstone recognizes the unique challenges and barriers women residing in rural areas face when seeking support for an abusive relationship, thus we travel to 4 satellite locations to maximize a woman’s chances of success moving out of danger and into a violence free future.

At Cornerstone, **your support enables** us to bring together organizations that serve women and children, so we can offer women multiple supports under one roof creating opportunities to collaborate while removing barriers to access services.

A perfect example of this would be the Thrive Northumberland Community Hub which operates out of Cornerstone. The Thrive Hub is a free and confidential walk-in service for women 16+ who have been impacted by violence or abuse. Operating Monday’s between 9 am and 12 pm, the Thrive Hub provides women access to multiple services at one location.





You Inspire Children

Supportive professionals help children and youth reach their full potential

Like you, we want EACH child in the County to believe in themselves, dream big, and pursue their goals. Yet children continue to grow up in a world of limitations, witnessing or experiencing violence and unhealthy relationships.

Studies show that it is just as harmful to children and youth to witness violence as it is to experience it firsthand. At Cornerstone, **your support gives** children and youth the opportunity to build confidence and resilience through programs like individual counselling, group counselling, workshops and play groups. These programs explore emotional regulation, safety planning, positive communication, healthy relationships and helps children and youth understand the cycle of abuse in a supportive environment.

Your support makes a difference to Tanya:

"Cornerstone has been an incredible resource to my daughter. Staff were understanding of her individual needs and have helped her through so much. I can see more confidence and strength in her now. She has experienced things she never should have, and knowing that Cornerstone was there for her and has helped bring a smile back to her face means the world to me as a mother. Thanks to Cornerstone I know we will be okay."

- Tanya*, Survivor and Mother of a Cornerstone Client

* name changed for confidentiality

You Prevent Violence

Educating youth today to build better tomorrows

Like you, we want ALL children, youth and teens to engage in and lead healthy relationships, whether it's in their personal lives, classrooms, communities, or careers.

At Cornerstone, we are dedicated to preventing future family violence. **Your support means** that children and youth learn the skills they need to understand gender stereotypes, build healthy relationships, and recognize signs of abuse.

Our commitment to prevention ensures there are resources and strategies in place to address gender based violence and abuse in a proactive and collaborative way.

Your support moves us forward:

One critical way to prevent abusive and violent relationships is to teach the next generation how to recognize them. To that end, Cornerstone runs healthy relationship programs for children and youth throughout the County. This year, Cornerstone launched a deep dive into our school based prevention programs to better align our materials with research based, best practice models. The project brought together sector experts and researchers to strengthen programming for children and youth that prevents violence. We will be evaluating the findings and re-establishing a program that reflects these research based, best practice approaches. Cornerstone looks forward to developing the implementation plan for the program and launching our final report and recommendations in the coming year.





You Impact Lives

Contributing to Cornerstone changes lives

Like you, there is a COMMUNITY of individuals, businesses and organizations across Northumberland that are driving the issue of family violence forward and creating positive change for local women and children.

At Cornerstone, **your support fuels** programs. Through your generosity and dedication, and the passion and devotion of our volunteers, we can offer programs that bring women and children out of danger and into a violence free future. These programs provide a safe and secure shelter; support women, children and youth's needs through counselling, and; pave the way for the future through prevention education.

As a Cornerstone community member you have the power to change lives of those in need. In return, you'll find your own life changed by the extraordinary spirit of the courageous women and children that access our services.

Your support motivates Marilou:

"I am a Cornerstone Donor and Board Member. I give back because I am a survivor. I support Cornerstone to change the lives of other women and children impacted by violence; the way mine was forever changed many years ago. I know the true value of having access to professional support. Knowing you are not alone, that you don't have to feel guilty or stupid for what has happened, and that you can move on with your life is imperative. Speaking to a professional and participating in individual and group counselling changed my life, and I know it can help others."

- to learn more about Marilou and her story please visit cornerstonenorthumberland.ca/shareyourstory
- to volunteer with, or donate to Cornerstone please call 905-372-1545 or visit cornerstonenorthumberland.ca

You Invest in Strength

Supporting Cornerstone funds
a future free from violence

Like you, we want dollars donated to be maximized for impact on our local community.

At Cornerstone, **your support is managed wisely** ensuring responsible stewardship of donor funds. As a FOCUS Accredited organization we meet all 13 standards for financial accountability. In the last fiscal year 84% of donations and resources were expended on helping local women and children move out of danger and into a violence free future.

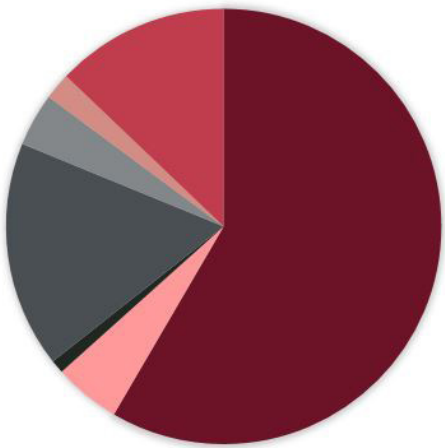
We can't do this alone; we thank our funders, donors and supporters for helping to ensure the ongoing financial viability that is necessary to deliver the critical services across the County, including:

- Ministry of Children, Community and Social Services
- Ministry of the Attorney General
- The County of Northumberland
- Northumberland United Way
- The many individuals, families, organizations, service clubs and businesses who have so generously invested in creating a violence free future

- Financial statements audited by Lynch Rutherford Tozer Chartered Accountants
- Full audited financial statements available online at cornerstonenorthumberland.ca/annualreports

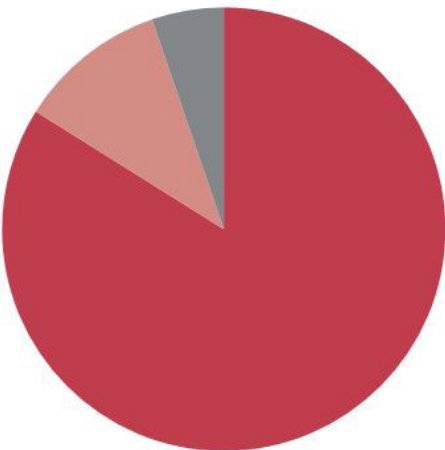
2018-19 FINANCIAL SUMMARY

REVENUE



Provincial Funding	\$1,109,554	59%
Northumberland County	\$233,748	13%
United Way	\$39,866	2%
Grants	\$69,311	4%
Donations & Fundraising	\$322,912	17%
Other Income	\$19,350	1%
Amortization & Debt Forgiveness	\$93,324	5%

EXPENSES



Programs & Services	\$1,493,364	84%
Administration	\$193,188	11%
Fundraising	\$93,422	5%



LET'S STAY CONNECTED!

Here's how:

There are many ways you can stay connected to learn more about the issue of family violence in Northumberland County.

Learn more about the ways you can support and get involved with Cornerstone:
cornerstonenorthumberland.ca/get-involved

We invite you to join the conversation on our social media channels and spread the word about family and gender based violence across Northumberland so that all women, children and youth can move out of danger and into a violence free future.

Thank you!



CALL US

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cornerstonenorthumberland.ca