



# CORNERSTONE

Family Violence Prevention Centre

**2019-2020 IMPACT REPORT**





*Cornerstone saved my life; counselling has enabled me to have hope and know that I have the ability and confidence to make a better life. Yesterday has passed, and tomorrow I have a future that includes happiness and self-worth."*

*- Cornerstone Client*



## 2019/2020 BOARD OF DIRECTORS

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**TREASURER** Jennifer Moore

**BOARD MEMBERS** Allison Doyle  
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## MESSAGE FROM THE CHAIR AND EXECUTIVE DIRECTOR

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." – Desmond Tutu

**Thanks to the generous support of our donors and partners, 2019-20 was another successful year for Cornerstone Family Violence Prevention Centre.**

As we completed the second year of our three year strategic plan, we continue to make significant strides in our work, pursuing our goals of advancing gender equality and ensuring women and families have access to the supports they need to thrive.

Throughout the year Cornerstone continued to build on the progress of our current work and maintain the overarching themes that guide our organization every day: safety and wellness; opportunities for families; and hope for the future.

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

We know that making progress in our mission means taking bold, decisive action. Cornerstone's strong voice and trusted leadership in the community energizes us to connect with stakeholders, engage in advocacy, and work to advance gender equality in order to achieve systemic change.

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. Early in 2020, the world was suddenly and deeply

altered by a global pandemic. COVID-19 changed Cornerstone's operations and service delivery almost overnight and impacted our fundraising plans that normally provide stable, reliable income to support our programs and services. Staff throughout the organization showed incredible adaptability and flexibility, and our prudent financial management, along with your commitment to support ending violence against women, ensures that we will continue our work.

What the pandemic has shown us is that the issues for which we advocate have never been more important and the need for our programs and services never greater. Cornerstone will move forward with our mission and values firmly in place; we will adapt as we need, while continuing to support women and children as we have always done.

With your 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,



*Sally Wade*  
**Sally Wade**  
Board Chair



*Nancy Johnston*  
**Nancy Johnston**  
Executive Director



# 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.







Thrive Coalition Members

## CONNECTING

- We are dedicated to connecting with other local service agencies to collaborate and ensure those we serve are well represented. Cornerstone sits on **17 community committees and tables**, and is home to Thrive Northumberland, a county-wide coalition dedicated to ending violence against women in our communities. Thrive operates a walk-in service for women that is free and confidential service that offers immediate care and access under one roof
- We also connected with **all three levels of government** (MP Philip Lawrence, MPP David Piccini, and Local Municipal Councilors) touring them through our facilities, sharing our challenges and successes, as well as inviting them to participate in our work to end violence against women



## ADVOCACY

- We launched an advocacy campaign, *My Voice Matters*, **amplifying stories** of 3 **gender-based violence survivors** that **reached 78,581** people through radio, print and online
- We **advocated for gender equality** and the importance of applying a gendered and intersectional lens **to government policy** as part of Ontario Association of Interval and Transition Houses
- We were **profiled** in the media **126 times**, including **5 major media stories** with features on CBC Radio and Global TV



## ADVANCING

- We worked diligently to develop and **formalize practice frameworks** to ground our programming and effectively provide the resources and tools women need to take the **brave steps** towards accomplishing the **next chapter** in their lives
- We **engaged in rigorous training** including **Motivational Interviewing, Non-Violent Crisis Intervention, First Stage Trauma Treatment**, as well as **Trauma Informed Policing: Understanding the Neurobiology of Trauma**
- We **worked collaboratively** with Cobourg Police to establish a **soft interview space** at the local police station to ensure the community can receive the **appropriate support in an adequate space** during their vulnerable times
- We **underwent renovations** to expand Cornerstone's footprint and **develop a more trauma informed space** of our own as a part of an **Ontario Trillium Foundation Grant**







# 2019-20 YEAR IN REVIEW

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In 2019-20 supporters like **you** helped change the lives of **2189** clients and program participants. With your support we provided **12 programs** and services across **5 locations** throughout the County.




# YOUR IMPACT BY THE NUMBERS




**408**

Women Received Individualized Support in Community Counselling




**300**

Children Received Individualized Support in Community Counselling



**114**

79 Women and 35 Children Received Support in the Residential Shelter Program



**108%**

Occupancy Rate the Shelter Operated With in the 2019-2020 Fiscal Year




**1689**

Support Calls Received and Responded to on the 24-Hour Support Line



**2958**

Kilometres Driven to Reach Women in Rural Communities at 4 Satellite Locations



**61**

Individuals Who Received Support in the Family Court Support Program





# PROGRAM DEVELOPMENT

## Best Practice Frameworks

Cornerstone is committed to delivering high quality services grounded in research and best practices. When interacting with clients we have always embraced 5 key guiding principles and systems of thought. To enhance this commitment Cornerstone formalized these 5 frameworks and integrated them across the organization.

### Trauma Informed

As an organization that serves a population where trauma is extremely prevalent Cornerstone is committed to trauma informed service delivery. Our trauma-informed framework is designed to ensure all areas of the organization, from programming to governance, incorporate our core trauma informed principles.

### Harm Reduction

Cornerstone is committed to providing evidence based, supportive, non-judgmental services to all women impacted by domestic and/or gender violence. A harm reduction approach provides an evidence based framework to guide staff interaction with clients who engage, or have engaged, in substance use.

## Motivational Interviewing

Motivational Interviewing (MI) is an empirically supported client centered, strengths based approach that allows staff to engage in meaningful, intentional helping relationships that create the best likelihood for positive change.

### Client Centered

Cornerstone is committed to facilitating the development of strong, positive relationships between colleagues, clients, and community partners, that display mutual respect and understanding. Fostering a client centered approach will ensure any individual interacting with the agency will be welcomed into a safe, comforting environment where they are treated fairly and empowered to make decisions about themselves and their experience.

### The Comprehensive Continuous System of Care

The Comprehensive Continuous System of Care (CCISC) provides a framework that helps to guide staff interaction with clients and community partners based around creating a welcoming and helpful environment and ensuring consistency in service delivery.





# SHELTER

As a supporter of Cornerstone **you enable new beginnings** as nights spent in safety create opportunities for hope to grow.

Like you, we want ALL women, children and youth in Northumberland County to live free from violence. Our job at Cornerstone is to make sure the most vulnerable people in our community don't go unnoticed. Even more so, it's to make sure they have access to the best possible services to meet their specific needs, and access to the most valuable thing in their lives —a safe place to live.

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



5578

Days of Residential Care Provided to Women and Children Through the Residential Shelter Program

*“I’m extremely grateful for the kind hearted and supportive guidance in helping me and my family feel safe. I was at a complete loss with no hope to carry on until I connected with Cornerstone’s support line. The exceptional support continued as me and my family arrived at the shelter where we were welcomed with kind loving arms. Although our stay in shelter was not long, I could never repay, nor thank, Cornerstone enough for their support to me and my children.”*

- Cornerstone Client and Mother of 3





# COMMUNITY SERVICES

## WOMEN

At Cornerstone **your support goes beyond shelter.** You empower women to thrive through community programming.

**Your support enables** women and their children the opportunity to participate in transformative programs. These programs teach women necessary skills such as coping strategies, safety planning, or even parenting techniques and they are delivered through:

- individual counselling,
- group counselling, and
- workshops

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



## CHILDREN

As an ally of Cornerstone **you protect children** by making engaging programs available to youth, services needed so kids can focus on being kids.

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** kids 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 the cycle of abuse in a supportive environment.



# PREVENTION

As an advocate for ending gender-based violence, **you help prevent abuse** by educating youth and the community ensuring there are resources and strategies in place to address gender-based violence and abuse in a proactive and collaborative way.

We want all community members 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 creates opportunities** for the residents of Northumberland County to learn the skills they need to understand gender stereotypes, build healthy relationships, and recognize signs of abuse.

Cornerstone runs **two different prevention programs**

**Stand-Up, Stay-Strong** is a self-defense program for high school students which is administered by Cornerstone and Cobourg Police Service. This program includes discussion and information about healthy relationships, and domestic, sexual, and dating violence, safety planning, and how to minimize or mitigate risk. Female-identifying students are also taught basic self-defense strategies with the opportunity to practice these skills with trained police professionals.

**Healthy Relationships** is a classroom presentation series that aims to provide information, teach good communication, and increase student knowledge about healthy and unhealthy relationships. This program is offered to grades 7 and above, but can be adapted for younger audiences.







# OUR SUPPORTERS

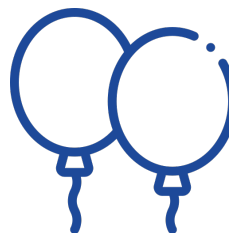
As a contributor to Cornerstone **you impact and improve lives**. You are a part of a community of individuals, businesses and organizations across Northumberland that are driving the issue of family violence forward and creating positive change for local women and children.

It is the generous and dedicated community, and the passionate and devoted volunteers that are fueling vital programs and services to meet the immediate, specific and emerging needs of the women who come to Cornerstone every day.

This is what makes Cornerstone; it is what brings women and children out of danger and into a violence-free future, provides a safe and secure shelter, delivers supportive and transformative counselling, and paves the way for the future through prevention education.



**920**  
Generous Groups, Organizations, Businesses, and Individuals Made Donations



**34**  
Events and Campaigns Hosted and Executed to Raise Funds for Cornerstone



**15**  
Grants Awarded/Received to Help Fund Projects, Trainings, and Programs



**39**  
Dedicated Volunteers Who Gave 2529 Hours of Service to Events, Programs and Services





# 2019-20 Financial Summary

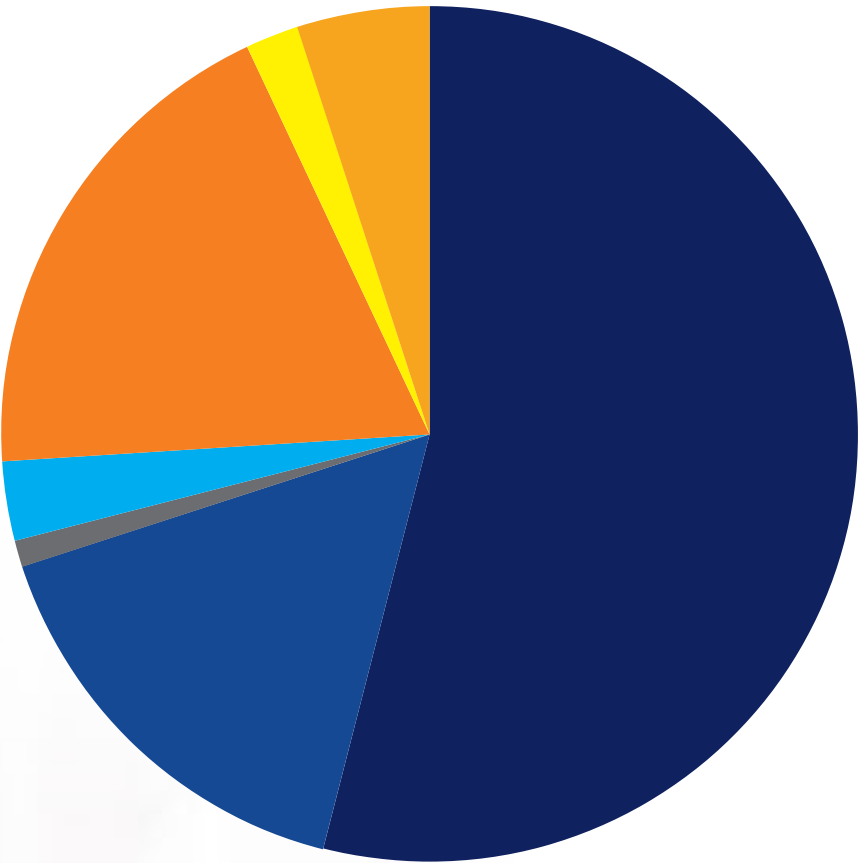
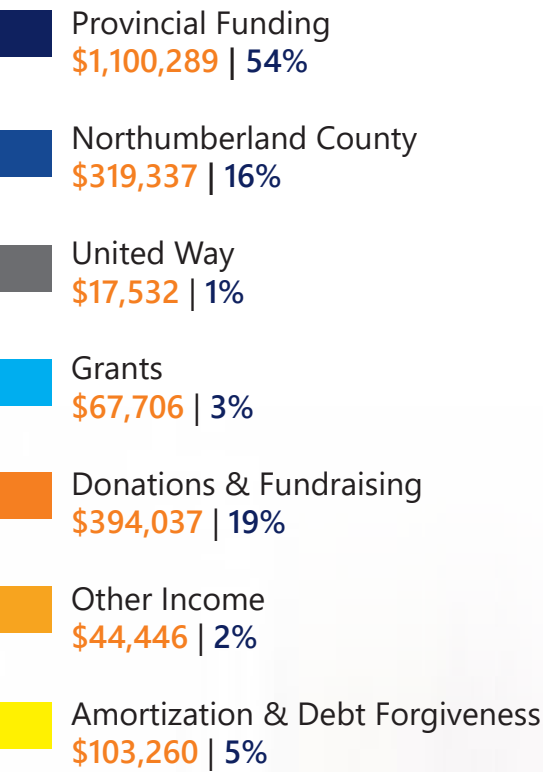
At Cornerstone **your gifts are managed wisely**. As a FOCUS Accredited organization we meet all 13 standards for financial accountability, and we use your gifts responsibly ensuring accountable stewardship of donor funds.

As a donor **you invest in strength** by making contributions that fund programs and services that help women secure safe housing, access legal assistance, navigate their trauma, and begin to heal. Ultimately, **your support funds programs** that create a future free from violence.

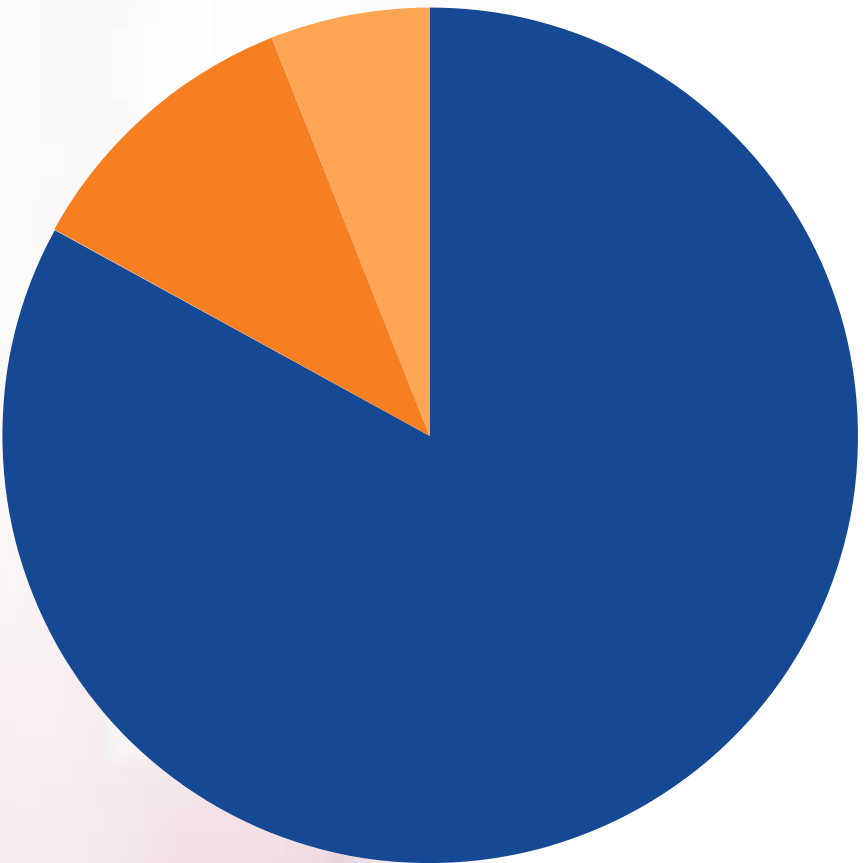
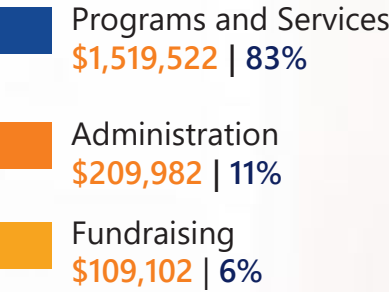
We can't do this alone; Cornerstone wishes to thank our funders, donors, and supporters for helping to ensure the financial viability that is necessary to have an ongoing impact in the community.

- 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

## Revenue



## Expenses





# CHANGE LIVES BY SUPPORTING CORNERSTONE FAMILY VIOLENCE PREVENTION CENTRE

## DONATE

Financial, bequest, or in-kind gifts ensure that we can continue to help women and children impacted by family violence

[cornerstonenorthumberland.ca/donate](https://cornerstonenorthumberland.ca/donate)

## VOLUNTEER

Give back by lending a hand, your skills, and more. We have opportunities for individuals or groups. Your helping hands can make a difference.

[cornerstonenorthumberland.ca/get-involved](https://cornerstonenorthumberland.ca/get-involved)

## SHARE

Get informed on advocacy issues and stay up to date on events by joining our mailing list, following us on social media, and sharing our work with your network.

[cornerstonenorthumberland.ca](https://cornerstonenorthumberland.ca)



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