

A LIFELINE FOR WOMEN IN THE FRASER VALLEY

INTRODUCING OUR CURRENT PROGRAMS
AND SERVICES



SARA
FOR WOMEN

Who is SARA?

SARA FOR WOMEN: SUPPORT, ACCEPTANCE, RESOURCES, ACTION

We are a feminist non-profit society providing safe refuge and community-based resources for women in the Fraser Valley. We promote and support women's efforts to achieve domestic, political, and social equality.

OUR MISSION

SARA supports and empowers women to realize their unlimited potential and to live free from violence.



OUR VISION

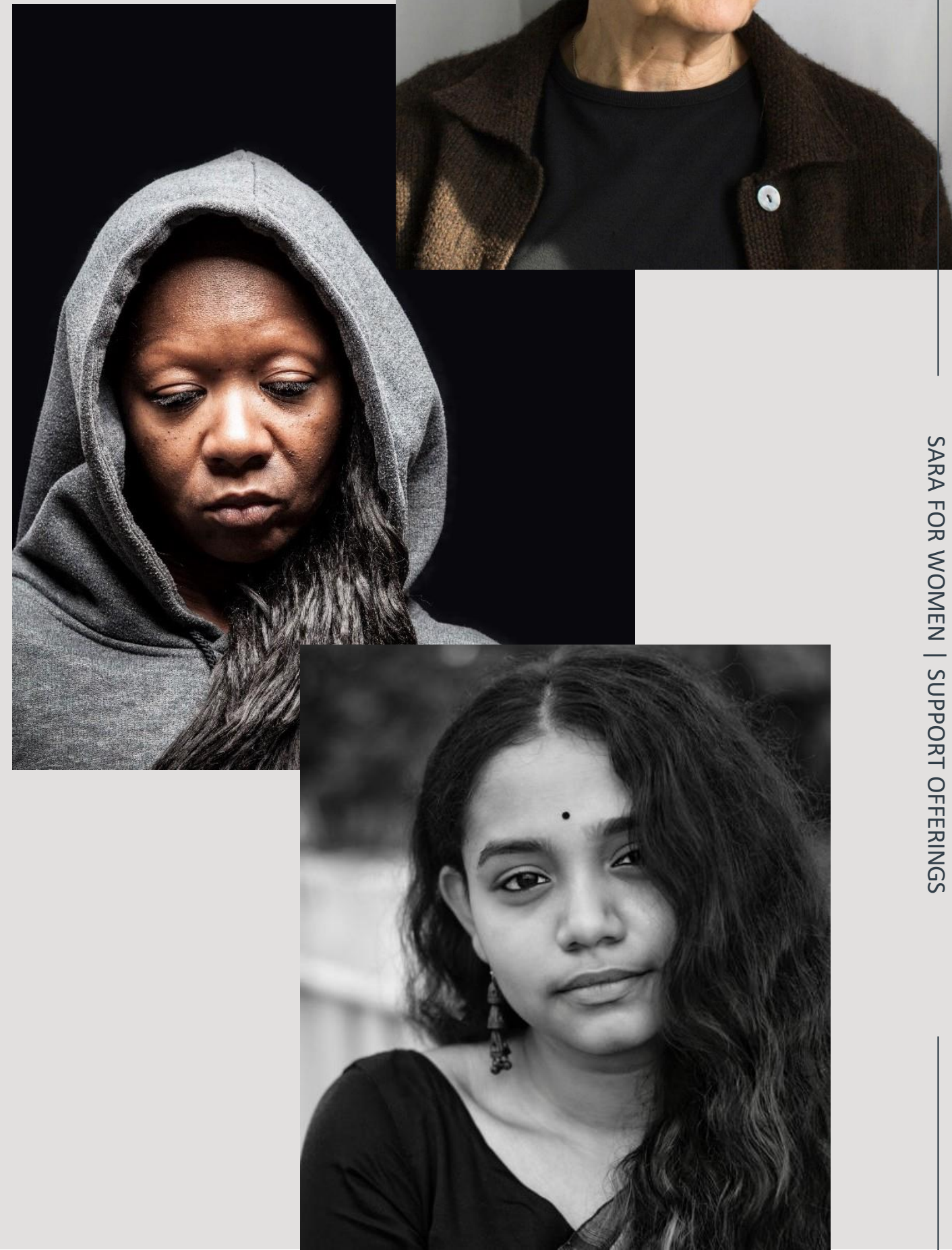
To be feminist leaders in a world where all women are respected, valued, and empowered.



SARA SUPPORTS

WHAT WE OFFER TO WOMEN

- Emotional and practical support
- Walk in Crisis Support
- Aboriginal Women's Support
- Referral Support to other agencies
- Individual or group support in both English and Punjabi language
- Punjabi Speaking staff-bridging language barriers
- Pregnancy Outreach
- Parenting Support/Information
- Support in securing safe housing (Transition and BC Housing)
- Legal Advocacy and Accompaniment (support with family law issues/ applying for Legal Aid, and support in accessing victim services)
- Support with applying for Financial Assistance (Income Assistance, Rental Assistance and Child Care Subsidy)
- Support with case conferences with Ministry of Children and Families Development
- Public education and presentations
- Job Skill & Re-entering the work field (access support)



SARA'S PROGRAMS AND SERVICES

HOUSING + SHELTER



SECOND STAGE HOUSING

SARA currently has two short-term second stage housing programs to serve women in need of an affordable place to call home. These stays are generally for 18 months, but can be up to 3 years. There are a number of projects in the pipeline to increase the offerings of this type of housing as we have seen the need increase. In addition, we hope to have a Supportive Housing (long-term).

55

women housed at Christine
Lamb Residence

65

children housed at Christine
Lamb Residence

72

women housed at Santa Rosa
Place (2022)

68

children housed at Santa Rosa
Place (2022)

SHELTER

SARA operates an emergency shelter, which opened in response to COVID where we can provide immediate, short-term, food and shelter needs for up to 9 women.

TRANSITION HOUSES

SARA’s transition houses are safe, confidential and supportive temporary housing for women — alone or with children. Women and their children can stay for up to 30 days with food and basic necessities provided. SARA’s transition houses are staffed by professional social services workers who can provide emotional support, advocacy, and referrals to local resources.

Abbotsford Transition House

940
calls/referrals

30
intakes (women)

27
intakes (children)

910
refusals

25
move outs

Mission Transition House

734
calls/referrals

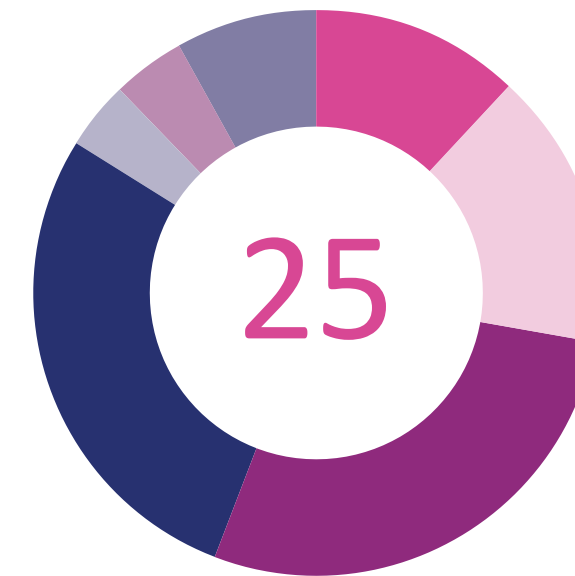
39
intakes (women)

39
intakes (children)

636
refusals

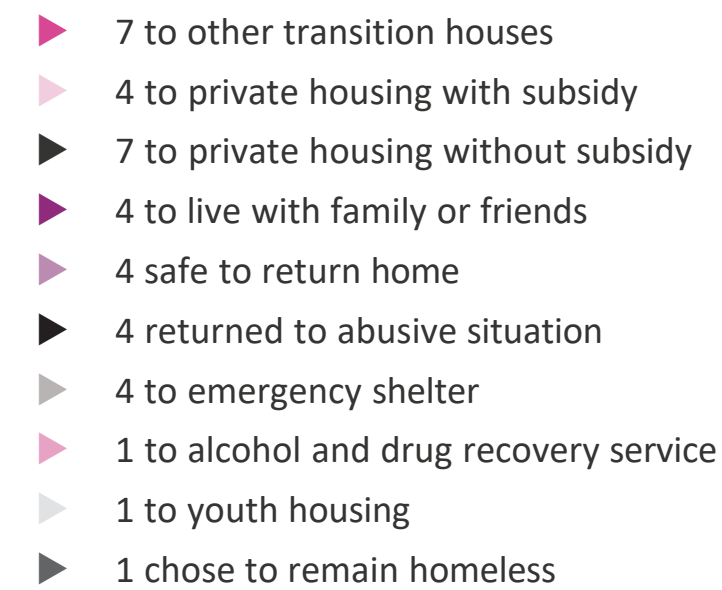
37
move outs

Abbotsford Moveout Breakdown



- ▶ 3 to other transition houses
- ▶ 4 to private housing with subsidy
- ▶ 7 to live with family or friends
- ▶ 7 to second stage housing
- ▶ 1 to an affordable housing unit
- ▶ 1 safe to return home
- ▶ 2 unknown

Mission Moveout Breakdown



SARA'S PROGRAMS AND SERVICES

STOPPING THE VIOLENCE (STV) COUNSELLING

**STOPPING THE VIOLENCE COUNSELLING IS FOR ANY
WOMAN WHO HAS EXPERIENCED:**

- violence, abuse, and/or trauma in her life;
- a single recent incident of physical or sexual violence;
- prolonged physical, psychological, emotional, sexual, verbal or financial abuse;
- long-term effects of childhood abuse.

651

women received individual or
group services

SARA'S PROGRAMS AND SERVICES

WOMEN'S SUPPORT GROUPS



GROUPS PROVIDE PSYCHO-EDUCATION AND SUPPORT FOR WOMEN WHO HAVE EXPERIENCED VARIOUS FORMS OF TRAUMA AND/OR ABUSE IN RELATIONSHIPS. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:

- network and connect with other women;
- have a greater understanding of the complexities of their experiences;
- shift responsibility for the abuse to the abuser;
- understand the societal context for violence against women;
- discover personal strengths;
- experience empowerment.

Individual counselling and group counselling are provided at **no cost** for women

SARA'S PROGRAMS AND SERVICES

OUTREACH

SARA's Outreach program in the Fraser Valley provides free and confidential support to women (and their dependent children) who have experienced, or are at risk of, abuse, threats or violence. It is available to women of all ethnic backgrounds who need information, advocacy, support, or accompaniment to access community and/or government agencies.

2,445

women accessed services through SARA's Outreach Programs

730

women accessed housing services

575

Women received legal support

SARA'S PROGRAMS AND SERVICES

LEGAL BOOTH

55

women received free legal advice in person or over the phone through the Legal Booth program

Clients of SARA have free access to legal information booth in which they can receive up to 30 minutes of summary advice in Family Law. The Legal Booth offers free legal advice, information to relevant agencies and may be able to provide one – on-one assistance with completing legal documents.

The inter-agency service provided by a lawyer is reserved for women participating in SARA programs. Referrals are done through SARA program staff only. The lawyer will provide you with support and information you need to help make informed decisions regarding your legal issues.

SARA'S PROGRAMS AND SERVICES

PEACE PROGRAM

THE PEACE PROGRAM PROVIDES A SAFE AND SUPPORTIVE ENVIRONMENT FOR CHILDREN AND YOUTH AGES 4-18, WHO HAVE HAD EXPOSURE TO VIOLENCE, ABUSE AND OR TRAUMA. CHILDREN MUST BE LIVING AWAY FROM THE ABUSIVE PERSON. THEY ARE PROVIDED WITH EDUCATION AND INFORMATION REGARDING:

- abuse, personal rights, responsibilities, and safety;
- appropriate management of feelings;
- how they are not alone;
- breaking the intergenerational cycle of abuse;
- building self-esteem;
- teaching non-violent ways of resolving conflict;
- and that abuse is never their fault.

448

clients received...

487

hours of individual or group services



SARA'S PROGRAMS AND SERVICES

PREGNANCY OUTREACH

“BABY’S BEST CHANCE” PREGNANCY OUTREACH PROGRAM IS DEDICATED TO PROVIDING WOMEN WHO ARE EXPERIENCING HIGH-RISK PREGNANCIES, TEENS, WOMEN WITH DRUG OR ALCOHOL CONCERNS, AND WOMEN WITH LOW INCOME WITH THE FOLLOWING SERVICES:

- pre-natal classes
- bi-weekly lunches
- pre-natal vitamins
- group and one-on-one support
- outreach services
- referrals to other community resources
- dietary and health information



24

prenatal referrals

27

mothers and babies added to the program



OVERDOSE PREVENTION + HARM REDUCTION

1,659

times our overdose prevention site was accessed

18

overdoses reversed

10,442

supplies distributed in the community

2,462

Needles safely disposed of

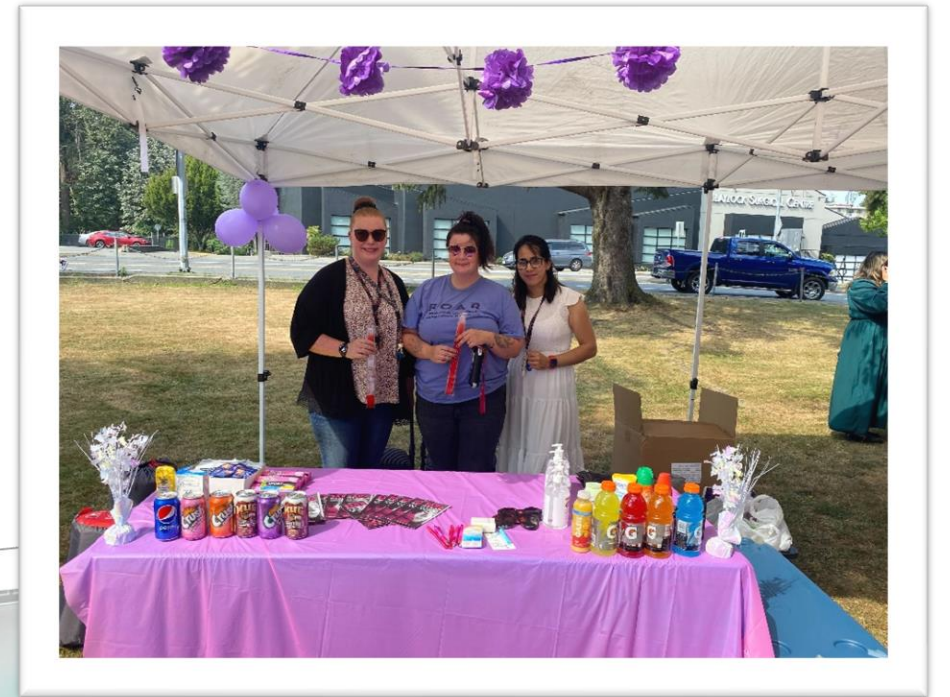
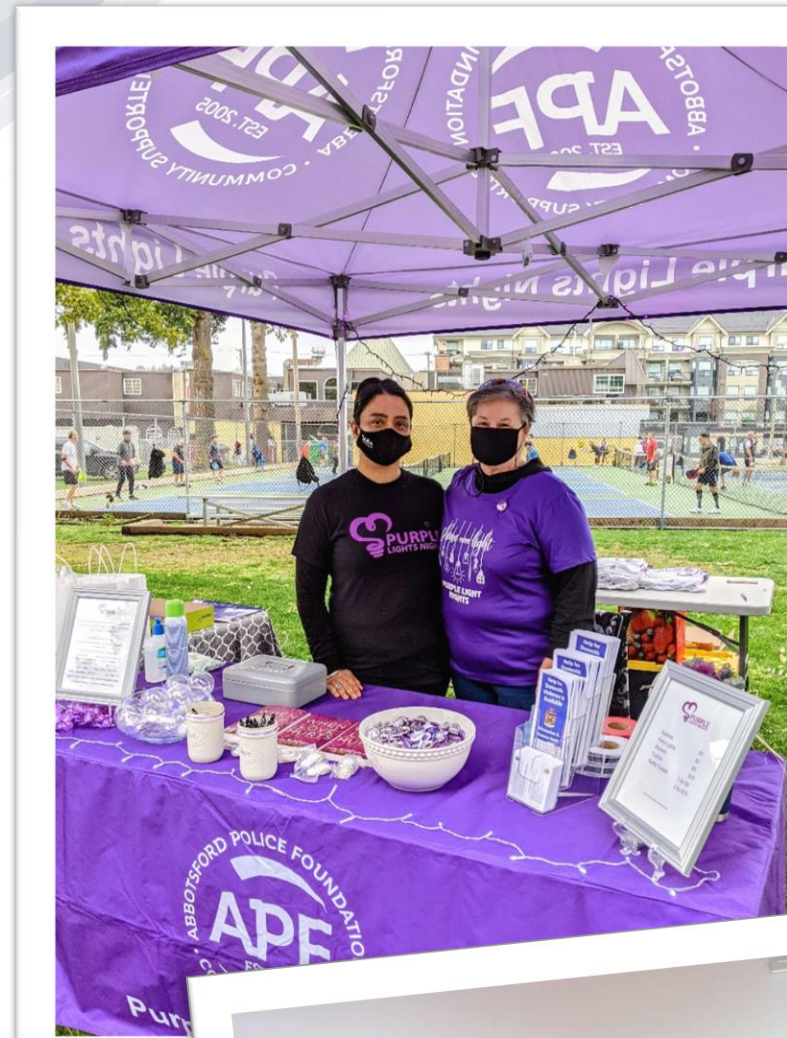
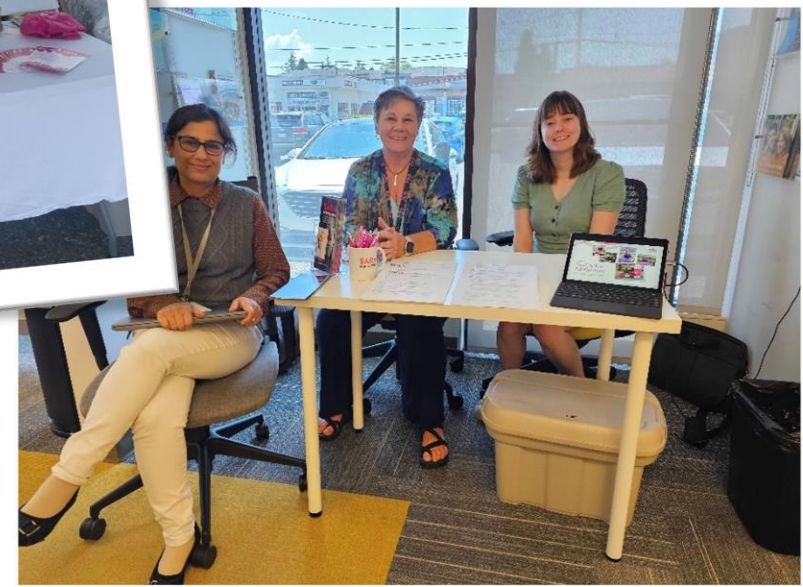
1,259

Naloxone kits provided to clients

The Overdoses Prevention Site (OPS) program provides support to individuals accessing Outdoor Inhalation Overdose Prevention Site including the administration of Naloxone to individuals using illicit substances.

The HIV program is part of the HIV clinical case management team for the client and performs supportive tasks to assist in the prevention of the progression of HIV and promotes optimal health for the client base.

The Harm Reduction program includes oversight of harm reduction supplies to other programs in the Society, orienting and supporting a Peer to Peer team to carry out their duties within the harm reduction framework. The program facilitates and works with the public in Community Harm Reduction training and needle recovery in the community.



SARA PARTICIPATES

SARA IN THE COMMUNITY

You'll find SARA's staff out and about in the community at events, donation drives, and information sessions.



THANK YOU



SARA FOR WOMEN

CONTACT SARA TODAY AT

Mission

102 – 33070 – 5th Avenue,
Mission, BC

Tel: 604.820.8455

missionadmin@
saraforwomen.ca

Abbotsford

203 – 2825 Clearbrook
Road, Abbotsford, BC

Tel: 604.855.3363

abbotsfordadmin@
saraforwomen.ca



We acknowledge that we gather and work on the traditional, ancestral, unceded and shared territories of the STÓ:LŌ people, particularly the Semà:th, Kwantlen, Sq'ewlets, Màthxwi and Xwchíyò:m first nations.

We acknowledge our traditional hosts and thank them for their graciousness in allowing us to carry out this work on their lands.