

Our Volunteers



Volunteers are central to programs at Sistering and we appreciate the wide range of skills shared by a caring and diverse group of women.

- Providing self-care and social recreation services such as massage, yoga, beading crafts, manicures, reflexology, quilting, exercise classes, and haircuts.
- Serving on our Board of Directors and Board Committees

Sistering currently has 105 regular and event volunteers. Our volunteers are community members, corporate volunteers, student groups from local schools and universities, as well as faith based organizations. This past year volunteers donated 4,576 to various activities at Sistering.

Our volunteer activities include:

- Prepping and serving both breakfast and lunch to more than 180 women daily, in our Food Access program.
- Assisting programs with administrative tasks, sorting housing and clothing donations
- Teaching ESL and Yoga classes
- Assisting with Funny Girls and Dynamic Divas, our signature event, as well as assisting with special participant events including, Sistabana, our BBQ in the Park and the Holiday, Thanksgiving and New Year's parties.

Special thanks to our long-standing and committed regular program volunteers Vivienne Jones, Shihoko Nakagawa, Pat Craig, Joey Noble, Janice Cermak, Abby Pope, Dorothy Rusoff, Chris Malec, Darcie Clark, Ernestine Man, Ingrid Wirsig, Lorna Sayed and Kirsten Bedard who have provided on-going educational, recreational and extended health programs for numerous years.

We also would like to honour Marg Norman, who passed away this year. For five years, she was the dedicated coordinator of the quilting group at our Outreach location. She will be missed by us all.

Sistering - A Woman's Place Statement of Operations - Year Ended March 31, 2015

REVENUE	2015	2014
Ontario Ministry of Health Integration Network		
– Mental Health Programs and Services	1,387,367	1,367,367
– Long Term Care	-	61,638
– LHIN One Time	-	52,837
United Way of Greater Toronto	424,689	431,589
City of Toronto	347,350	346,714
Donations	294,632	371,472
West Neighbourhood House (LHIN Peer)	126,200	132,632
Foundations	94,077	124,769
Youth Challenge Fund	92,354	251,903
Ontario Women's Directorate	90,000	90,000
Fundraising	63,709	53,559
Ontario Seniors Secretariat	61,569	-
Miscellaneous	21,230	34,770
Trillium Foundation	8,333	42,970
Regen Park – HIPS	3,825	3,045
Interest	2,048	3,564
Bequests	2,000	23,047
Amortization on deferred capital contributions	101,841	89,231
	3,121,224	3,481,007
EXPENSES		
Wages and Benefits	1,926,407	2,070,223
Building Occupancy	246,907	239,601
Programs	237,081	305,184
Purchased Services	236,586	230,009
Fundraising	114,491	109,537
Youth Challenge Project	92,354	251,903
Repairs and maintenance	61,997	77,170
Office and general	36,253	58,023
Insurance	17,147	14,235
Professional fees	13,155	8,516
Promotion and publicity	3,308	6,484
Volunteer	242	958
Amortization	108,114	108,813
	3,094,042	3,480,656
	27,182	351
Net Assets, beginning of year	432,481	432,130
Net Assets, end of year	459,663	432,481



“We're connected, as women. It's like a spider web. If one part of that web vibrates, if there's trouble, we all know it, but most of the time we're just too scared, or selfish, or insecure to help. But if we don't help each other, who will?” Sarah Addison Allen, The Peach Keeper

If there is one thing we know to be true, it is this: when women hold hands, everything is possible. Together, we can cross rivers, climb mountains and create a world where each one of us is honoured, respected and loved.

Quite simply, Sistering is the sisterhood in action.

Women come here expecting and receiving help when they need it. A woman leaving an abusive relationship arrives after sleeping too many nights in McDonald's. She's greeted with a warm smile and then a hot shower, clean clothes and the support she needs to move forward in her new life.

Another comes looking for a loan to pay her tuition. She receives it, finishes her term and gets accepted into grad school.

This is the everyday power of Sistering.

Sistering women advocate for all of us: for the 24-hour drop in, for lower transit fares, for better access to health care for those outside the mainstream.

Sistering women help other women... all the time. The staff is a remarkable group of dedicated, talented women who devote their energy, commitment and passion to the women of Sistering.

A woman named Jessica who is now a peer at Sistering told us, “I came to Sistering messed up on crack cocaine and heroin, under housed, unemployed and hungry. I was extremely scared and did not know where to turn. I am now working as a peer, and much healthier and feel positive about my future. If it weren't for Sistering, I would not be alive today.”

We're honoured to be Sistering's new Executive Director and

Co-Chair of the Board of Directors. And we're excited to share a few of the highlights of the past year - kudos to our compassionate, empathic executive director Sheryl Lindsay, who has moved to West Neighbourhood House, and our heartfelt thanks for her years of leadership and her commitment to bettering the lives of the women of Sistering.

- Our new commercial-grade kitchen has been operating for a year, preparing hundreds of nutritious and tasty meals we serve 365 days of the year.

- We continue to develop and support the many community partnerships that enhance the programming at Sistering.

- Last May, we hosted our 12th fabulous fundraiser Funny Girls and Dynamic Divas, our biggest event of the year - and another astounding celebration of women.

- We continue to support our Social Enterprises which teach women skills in pottery, sewing, knitting and weaving, allowing them to learn, grow and earn an income. And we're receiving buzz: Spun Studio did work with a number of celebrity designers this year including Shannon Fitzpatrick and Robin Grant from Hoopla Event Design & Styling, Jennifer Flores of Rambling Renovators, Brittany Stager of My Daily Randomness, Renee Elliot of Re: Creative, Amy Del Rosario from Love On Sunday. We recently applied for funding from the City of Toronto to develop and operate a 24-hour, Trans Inclusive Drop-In for women in the west end of the city. It looks very positive that we receive the funding for this programme that is so critical to the lives of women. ...cont'd

Funny Girls & Dynamic Divas 2015



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We couldn't close this letter without thanking our remarkable staff for making the seemingly impossible, possible.

Thank you to our Board of Directors for the guidance, support, wisdom and knowledge that informs the work we do. As Board Chair, Anne knows that Sistering has something very special and unique to offer and she is deeply committed to serving on the Board of Directors. Anne feels strongly about the many issues facing women in our community. She is passionate about Sistering and knows that Sistering provides women with the vital support they need.

Thank you to the many, many volunteers who enable us to hold out a hand to the women who need us most.

Thank you to the donors and funders - without you, the work we do at Sistering would not be possible - and too many women would be left behind.

We are privileged to hold hands with you all.

Patricia O'Connell
Executive Director

Amme Chappelle
Co-Chair

Harm Reduction Program



Since 2011, Sistering's Harm Reduction program has been improving the lives of vulnerable women in Toronto.

The program seeks to reduce the health, social and economic harms associated with chronic drug use; providing individuals with pragmatic choices, which include limiting drug use, reducing the incidence of overdose, and improving overall health. A community engagement focus encourages women to make important connections with health care providers, housing workers, case management and social recreational activities, in an effort to enhance and rebuild their lives.

Program activities are designed to bring out the best in participants. Art therapy, Aboriginal healing circles, kit making, evening and breakfast drop ins all positively impact the women, increasing feelings of self-worth. Members also participate in social justice and community capacity building activities. Last year many clients advocated for a 24 hour drop in space. In March 2015, their hard work paid off and the Sistering 24 hour space will be operational in September 2015.

The Harm Reduction program began nearly six years ago with only 20 members. To date we have helped over 300 women! Reducing isolation, stigma and oppression are the foundation principles upon which our work is based. The program employs one Coordinator and 5 peer workers who are committed to education and solidifying relationships with community partners and individuals who are most at risk and alone.

One of the goals of the program is to decrease the spread of HIV and Hepatitis through workshops and street outreach. This past year we have distributed more than 20,000 condoms and 25,000 safer smoking and injection kits! Peers and program members have also been trained to administer Naloxone, which prevents overdoses and save the lives. According to a client named Sue - "My girlfriend was overdosing and almost died; I used the kit and saved her life".

Some of the most significant success this year includes:

- "Take Back the Night" - 20 of our participants made anti-violence T-shirts and marched to Allan Gardens with hundreds of other women
- We honoured murdered indigenous women in a rally in February, where we handed out water and strawberries to the large crowd
- Reclaim then Streets™ was our largest protest that took place in October. We served more than 250 meals at the Downtown East rally against gender based violence
- Our peers delivered over 48 workshops in the community and made over 1,750 street contacts providing important life-saving kits, information and referrals.
- More than 200 women were tested for HIV and we continued our valuable work with the Sherburne Health bus to provide important night outreach in the downtown core.

Sistering's harm reduction program continues to grow, thrive and improve the lives of women in our community.

Drop-In Report



Sistering remains a haven for many women who need our supports and services.

During 2014, we had a daily average of 180 women visiting both Drop In centres on a daily basis. This translated into a total of 65,393 visits during the fiscal year!

Our Food security programmes remain the most important and the main reason that most women come to Sistering. We served close to 90,000 meals! Women tell us that their incomes do not meet their very basic needs, which includes purchasing healthy food and tokens for transit. Keeping healthy in body and mind is a challenge for them.

Social and recreational programmes were very popular and this past year, we offered two Yoga classes each week at Union Studio, next to door to Sistering. Women indicated that it is calming, given their crisis laden lives.

In collaboration with Barbara Schlifer Commemorative Clinic and Jean Tweed Centre, we were able to offer another session of our Trauma 101 groups. The group was eight weeks (8) long and

we had an average of twenty-five (25) women attend. Women reported that this was the first time they felt safe enough to speak of their past trauma, and the group encouraged them to seek further supports after the end of the programme. Secrets From Your Sister, our neighbourhood lingerie store hosted three Bra Fitting Clinics for participants in their location at Bathurst and Bloor. In all, 70 women were treated to "tea" and all were measured, fitted and given brassieres to take home.

While kitchen renovations were underway, we re-located to the Salvation Army building just north of Sistering. We were happy to return in June to a newly renovated, larger and more spacious kitchen with all new cooking equipment. The dining room space was also enhanced and painted. Work was also done on the washroom facilities which needed repairs and freshly painted with bright colours!

To all the frontline staff and volunteers, a big thank you! Your hard work and caring spirit made a big difference in the lives of more than 2,000 unique individuals.



Sistering gratefully acknowledged the generosity of many individuals, funders and supporters.

Government

City of Toronto
Ontario Ministry of Health and Long Term Care
Ontario Trillium Foundation
Ontario Women's Directorate
Toronto Arts Council
Toronto Central LHM
Toronto Enterprise Fund
United Way Toronto

Foundations

CP24 CHUM Charitable Foundation
Pamela & Zygmunt Kafarowski Foundation
Shoppers Drugmart Life Foundation
The Benevity Community Impact Fund
The BLG Foundation
The Cyril and Edna Bampton Family Fund
The Echo Foundation
The Hermant Family Foundation
The Rainbow Foundation
Tides Canada Foundation
Toronto Foundation
B & B Hamilton Fund
John & Marion Taylor Family Fund
Kevin Burke Foundation
Tony & Caley Taylor Flow Through Fund
The Schacter Family Foundation
The Women's Fund

Service Clubs/Unions/Schools/Organizations

Canadian Association of Women Executives and Entrepreneurs
CAW Social Justice Fund
CUPE Local 2316
CUPE Toronto District Council
Esther Myers Yoga Studio
Institute of Chartered Accounts of Ontario
Loretto College Community
Octopus Garden Holistic Yoga Centre
OECTA, Toronto Secondary Unit
Public Service Alliance of Canada
Rotary Club of Toronto
SATEC W. A. Porter Collegiate
Soulpepper Theatre
Student Association of George Brown College
The Yoga Sanctuary
Tarragon Theatre
Toronto Business & Professional Women's Club

Donor Recognition

Unifor Local 252
United Way of Peel
United Way of York Region
United Way/Centraide Ottawa
Union Yoga and Wellness
Univox Choir Toronto Inc.
West End Alternative S.S.
Windmill Line Co-operative Homes Inc.
Women Together
York Heritage Quilt Guild
Zonta Club of Toronto

Faith Groups and Religious Organizations

Church of Our Saviour A.C. W.
Church of St. Clement, Eglinton A.C.W.
Crossroads United Church
First Christian Reformed Church of Toronto
Grace Church-on-the-Hill
Humbervale United Church
Knox United Church
Loretto College Community
Loretto Infirmary
Loretto Ladies Colleges and Schools
St. Cuthbert's Anglican Church
Tarik Mosque
Temple Emanu-El
The Catholic Women's League,
St. Joan of Arc Council
The School Sisters of Notre Dame
Timothy Eaton Memorial Church
Visitation Province Inc. - Congregation of Notre Dame
Women Together

Bequests

The Estate of Marjorie Cameron Swanson

Companies

1224456 Ontario Ltd.
Addison
Alix Ceramics
Angel hair
Arbonne International
Auctionjam Inc.
Banwell Financial
Blueband Digital
BMO, Bank of Montreal
Cassels Brock LLP
Christine Bib Catering
Come as You Are
Daritek Inc.
Delaney Capital Management
Dimock Stratton LLP

Dr. Andrea Johnstone, Dentist
Estee Lauder Cosmetics Ltd.
Evolution Wines by macedo Winery
Ezra's Pound
Gee Beauty
Graydon: Clinical Luxury By Nature
Hyatt Regency Toronto
Joe's No Frills
Kula Yoga Annex
Lady Lean Lessons
Leo Burnett Company Ltd.
Lettuce Knit
Lindt & Sprungli
Loyalty One
Melmira Bra and Swimsuits
Middlefield Management Group
Moonrox Jewellery
Motion Clothing
Ontario Power Generation
Outerlayer
Parfour Salon
Penguin Canada
Peter's No Frills
R.V. Anderson & Associates Ltd.
Rock Oasis
Scotiabank
Secrets From Your Sister
Sharp Connections
Sky Blue Sandwich Company
Standard Auto Wreckers
Strategic Communications
Sugarmoon Salon
Sutherland Chan School and Teaching Clinic
Technical Adhesives Ltd.
The Barber's Daughter
The Geo Group of Companies
The Keg
The Poretta Team: Forest Hill Real Estate
The Queen Mother Café
The Revue Cinema
The Westin Harbour Castle
TraffiK Brand Communications
Vital Steps
Yahoo Matching Gift program
Zara's Gourmet Kitchen
Zuccharini Importing Co. Ltd.
Zurich Canada

