



## ANNUAL REPORT

2022 - 2023



## **our vision**

All individuals have the ability to make choices to live a safe and healthy life.

## **our mission**

Supporting individuals in their recovery from the impact of violence and abuse while working to prevent violence and abuse in our communities.



# Leadership Message

It is with immense gratitude that we share SOWINS' 2022 Annual Report. This report shares the brave story of a SOWINS program participant and highlights the impact that SOWINS has in our community. Our programs are made possible through the generous commitment and support from our donors, funders, community partners, volunteers, and staff.

Safety, shelter, and support are the foundation guiding SOWINS' work. Our residential programs provide safety and shelter, while our community-based programs support those healing from the trauma caused by domestic violence and abuse. Together and with your support, SOWINS provides hope and strength to women as they carve new paths toward a life free from violence.

This past year, SOWINS saw an increase in the number of women and children living in both our Transition House and Second Stage Housing Programs, as well as in the length of stays. A disturbing increase was also in the number of women between 65-85 years of age seeking safety and shelter. More and more, senior women are living in their vehicles, couch surfing, or on the streets as they cannot afford the rising cost of living. While some may qualify for seniors subsidized housing there are significant wait-lists. For others, they find themselves having to return to an unsafe living situation.

The struggle to secure housing is the reason many women lived in our Transition House and Second Stage programs for longer than expected. These longer stays, unfortunately, mean new intakes may be unable to access emergency shelters, requiring them to leave their community, and/or stay in an unsafe home until there is space.

We know everyone has been impacted by inflation and the housing crisis, but survivors of domestic violence are disproportionately affected, with domestic violence commonly cited as the leading cause of homelessness for women. There is a critical need for additional shelters, second stage housing, and long-term, subsidized housing for women and children.

Thank you for being a part of our history and future. SOWINS helps individuals to find hope, strength, and build a brighter future. As "Janet," who stayed in our Transition House this past year shared, *"my stay transformed my life from hopeless to hopeful. It gave me a new beginning and I was able to return to work and provide for myself and my children. Best of all, we are free from violence and abuse."*

**Liz Gomes - Acting Executive Director**

**Liz Wilson - Board Chair**







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# Who we are

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The South Okanagan Women in Need Society (SOWINS) has been serving women, youth, and children for more than 40 years. Our programs and services provide shelter, safety, and support by helping individuals recognize, understand, and overcome the impacts of abuse. Our services are provided to individuals who have experienced, or who are at risk of experiencing violence or abuse in the South Okanagan (from Summerland to Osoyoos and from Naramata to Keremeos and Princeton).

Our specialized programs include:

- Emergency Housing & 2nd-stage Housing
- Long-term Housing & Rental Supplements
- Youth Emergency Housing
- 24-hour Crisis Line
- Free Counselling Services
- Intake, Outreach, and Advocacy Program
- Outreach and Housing Outreach Program
- Life skills and Pre-employments Explore Program
- Community Based Victim Services Program
- Sexual Assault Response Program
- Mobile Outreach Program

## Board of Directors

Liz Wilson - Board Chair  
Katie O'Kell - Treasurer  
Brenda Baptiste - Director  
Kerri Beattie - Director

## Leadership Team

Liz Gomes- Acting Executive Director  
Erica Markus-Pawliuk - Director of Community Programs & Services  
Sharon Morrow- Director of Strategy & Operations  
Korina Hoogenraad - Director of Human Resources  
Rick Kreklewetz - Director of Finance  
Marni Adams - Fund Development Advisor



# Why we exist



1 in 3 women will experience domestic abuse in their lifetime.



In Canada a woman is killed approximately every week by an intimate partner.



Approx. 70% of domestic abuse incidents are not reported to the police.



Over 6,000 women & children sleep in shelters any given night in Canada because it is not safe at home.



Approx. 300 women & children are turned away from shelters on any given night in Canada because they are full.



90% of children & youth are in the same or next room during an attack on their mothers.



Approx. 32,000 children are exposed to domestic abuse & violence every year.



# Our impact

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*We are here for clients 24 hours a day!*

*We have a 24-Hour Crisis & Emergency Shelter and a 24-Hour Sexual Assault Support Crisis line to ensure our clients receive the support they need, when they need it.*



2000

Answered more than 2000 crisis calls in 2022

1341

Counselling sessions for Women & Children in 2022

2100

Provided more than 2100 overnight stays for children in 2022

14,000 +

Handed out over 14,000 life saving supplies throughout the South Okanagan in 2022

*“My kids and I  
wouldn’t be  
where we are  
today without  
SOWINS”*



# Peace & freedom from violence

For more than 40 years, SOWINS has provided safety, shelter, and support to individuals in the South Okanagan who have experienced domestic violence and abuse. As the world changes, so do the needs of survivors, who are often left with long-term and complex struggles resulting from trauma. In the coming 40 years, SOWINS will continue to grow, shift, and adapt its programs in our commitment to supporting our community. With your help, we can give hope to these survivors as they carve new paths toward living a life free from violence and abuse.

“When I was 17, my boyfriend raped me. I feared being blamed or accused of ruining his life, so I suffered alone in silence. When we found out I was pregnant, he left. I began blaming myself and rejecting anyone who seemed good to me.

At 22, I met someone who said and did all the right things. I had spent five years working on myself to believe I deserved good in my life. He was kind to me, thoughtful, and great with my son. We were quickly engaged and then married. I was about six months pregnant when he strangled me for the first time. He had a hard day at work, and I guess I was just in his way. I got away and locked myself in our room. The next morning, he apologized. He was remorseful and promised that it would never happen again. I wanted to leave, and I tried to leave, but my son cried missing his “dad” so much that I went back to him within a week. This was just the first incident in a 10-year marriage filled with abuse.

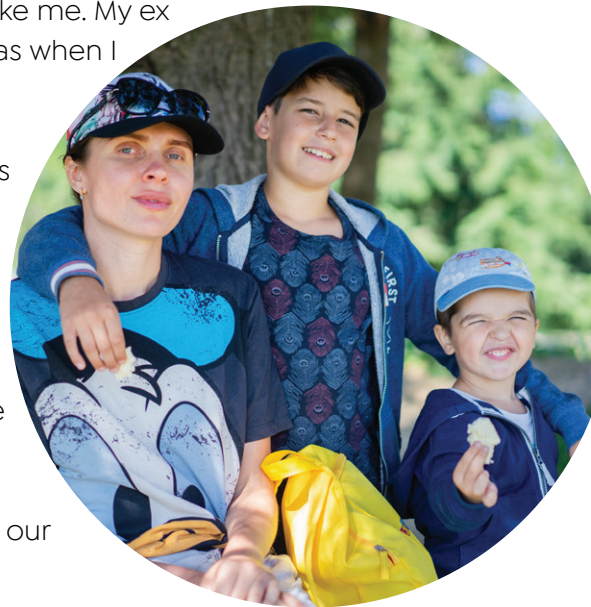
Over time, he isolated me from my friends and family. He controlled my entire life, what I spent, where I went, and who I talked to. Eventually, everyone became so frustrated that I wouldn’t leave that they stopped taking my calls. If I told him I had enough, he would threaten to leave with the kids or have me killed. I thought if I could behave or just tough it out until my boys were older and moved out, then I would be safe to leave.

***One day, he wrapped his hands around my neck so tightly that I passed out.***

I woke up to my youngest standing over me, crying and trying to wake me. My ex yelled that I was scaring the kids and to stop being dramatic. That was when I knew that I had to get out. **We left that night.**

Staying at the SOWINS Transition House saved my life. With the staff’s support, I reconnected with my family. SOWINS was there for me through a long legal battle until we were allowed to move closer to my family.

The next few years were difficult, and my boys were very angry with me for not leaving sooner. We struggled to cope with the trauma we endured, but we never gave up. There’s still a long road of healing ahead, but for the most part, we are healthy and happy. And most importantly, we have peace, freedom, and no longer any violence in our lives.”





# Your impact!

SOWINS continues to receive an incredible amount of support from the community through annual campaigns and fundraisers along with general donations and Foundation gifts. These funds go directly into the programs and services that support women, children, and youth in our community.

A few highlights included:

## Annual Walk to End Abuse 2022

SOWINS Annual Walk to End Abuse - presented by the Penticton Foundry was hosted in person at Rotary Park last year and had a great turn out. With the help of the community, SOWINS was able to reach it's fundraising goal of \$60,000. Thank you to all our sponsors, vendors, generous supporters, and community members for their contributions and donations. It was because of you that this event was such a success!



## Share the Spirit of Giving 2022

SOWINS largest giving campaign runs from October to December each year. Giving comes in many forms including donations, sponsoring a family, or sponsoring a backpack. Our 2022 campaign saw more than \$247,000 in donations, 105 families received sponsorship and 31 backpacks were provided for an in-kind value of more than \$39,000. We also received media sponsorship with a value of \$30,575.80.

## Have a Heart Radiothon 2023

On March 30th, 2023, Together with Penticton's Bounce Radio, SOWINS raised more than \$36,000 for local women, youth, and children that are experiencing or at risk of experiencing violence and abuse in our community. These funds will go towards expanding SOWINS Second Stage Housing Program which provides safe and affordable housing for women and their families to focus on healing and their futures after experiencing gender-based violence.





# SOWINS Spotlight

We would like to highlight and thank some of our generous supporters in the community! These passionate supporters are individuals, companies and family foundations that have made significant contributions to SOWINS towards our mission and program work!

Christopher Grauer  
Irene Gateson  
Diane Northcote  
The Pettigrew/Brouwer Foundation  
Mr. and Mrs. Kenneth De Beudrap Foundation  
Highstreet Skaha Shores  
Orofino Winery  
The Penticton Foundry  
Cendek Railings Ltd.  
Poplar Grove Winery  
Rotary Club of Penticton  
RPR Plumbing and Air Conditioning  
Cantex Okanagan Construction

*There are many more to add to this list that wish to remain anonymous, we thank you for your generous support.*

# Funder Spotlight



Public Safety  
Canada

Sécurité publique  
Canada



Ministry of  
Public Safety and  
Solicitor General



Ministry of  
Children and Family  
Development





# Community Champion Spotlight

## CANADIAN HOME BUILDERS

*"The pancake breakfast is growing every year and it could not happen without the amazing volunteers and sponsors – especially the Penticton Home Hardware Building Centre who truly show up and work hard to raise money for SOWINS. It's turning into a great community partnership for a very good cause!"*

*– Sarah Taylor, Executive Officer for CHBA SO*



## PURE GYM



*"March 8th we celebrated International Women's Day which coincided with our Karma class of the month at PURE Gym. In this Karma class we offered b.class as a donations based class with all proceeds going directly towards SOWINS. The class was led by Tara Newbigging founder and creator of The b.class®."*

*The b. class® encompasses everything you ever wanted in a 1-hour fitness class. The exercise that works the body, the energy clearing and mindfulness from a yoga class, the music and spiritual connection, all packaged in one. The b. class® creates a space for women to self-heal, transform, and connect."*

*We are proud to say the class was a huge success. The studio was full, donations exceeded our expectations, and all who joined left with full hearts and sweaty hair"*

*– Ali Rebagliati | PURE Community Partnerships*



# Financial Overview

## SOUTH OKANAGAN WOMEN IN NEED SOCIETY

Statement of Financial Position

March 31, 2023

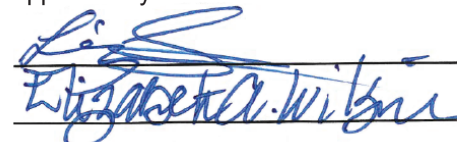

	2023	2022
<b>Assets</b>		
Current		
Cash (Note 3)	\$ 355,388	\$ 1,253,911
Term deposits (Note 4)	300,851	-
Marketable securities, at market value (Cost \$422,105)	420,548	-
Accounts receivable (Note 5)	13,083	110,493
Prepaid expenses	39,356	40,922
	1,129,226	1,405,326
Tangible capital assets (Note 6)	3,187,947	3,284,793
	\$ 4,317,173	\$ 4,690,119

## Liabilities and Net assets

Current		
Accounts payable and accrued liabilities (Note 7)	\$ 336,413	\$ 289,074
Deposits received	27,554	21,668
Current portion of callable debt	-	97,473
Current portion of long term debt (Note 8)	8,686	8,339
Deferred contributions (Note 9)	169,664	258,245
	542,317	674,799
Long term debt (Note 8)	5,999	14,677
Deferred capital contributions (Note 10)	2,407,864	2,490,153
	2,413,863	2,504,830
	2,956,180	3,179,629
Net assets		
Unrestricted (Note 11)	427,989	711,913
Internally restricted (Note 11)	43,723	32,184
Externally restricted (Note 11)	123,882	92,242
Invested in tangible capital assets (Note 12)	765,399	674,151
	1,360,993	1,510,490
	\$ 4,317,173	\$ 4,690,119

Commitments (Note 13)

Approved by the Directors

 Director  
 Director

See notes to financial statements



# Financial Overview

## SOUTH OKANAGAN WOMEN IN NEED SOCIETY

### Statement of Operations

Year Ended March 31, 2023

	2023	2022
<b>Revenues</b>		
Contract revenues	\$ 2,232,336	\$ 2,523,197
Grants	488,644	341,521
Donations (Note 14)	461,168	589,935
Rental revenues	109,452	103,494
Investment income	15,956	-
Miscellaneous	6,275	6,856
Reimbursements	1,226	16,812
	<b>3,315,057</b>	<b>3,581,815</b>
<b>Expenses</b>		
Advertising and promotion	5,000	3,651
Amortization	127,389	131,047
Automotive	18,599	23,629
Bad debts	646	-
Board expenses	88	2,254
Client supplies and food	203,161	227,961
Client travel	4,210	2,536
Donated goods and services	21,444	191,034
Equipment rentals	52,962	49,735
Fundraising expenses	12,510	9,439
Information technology	30,095	24,033
Insurance	25,580	25,502
Interest and bank charges	5,159	3,540
Interest on long term debt	189	4,589
Meals and entertainment	496	-
Memberships and dues	4,651	4,404
Office	24,655	16,468
Printing, photocopying and postage	13,503	12,735
Professional fees	65,049	87,606
Property taxes	305	282
Rental	34,003	50,114
Repairs and maintenance	101,214	83,924
Salaries and related benefits	2,517,237	2,202,698
Sub-contracts	60,354	34,786
Supplies	3,266	3,460
Telephone	20,832	19,376
Training	49,045	21,699
Travel	14,975	17,481
Utilities	39,464	38,679
Volunteer program expenses	692	294
	<b>3,456,773</b>	<b>3,292,956</b>
Excess (deficiency) of revenues over expenses from operations	(141,716)	288,859
<b>Other expenses</b>		
Loss on disposal of tangible capital assets	6,225	1,640
Unrealized loss on marketable securities	1,556	-
	<b>7,781</b>	<b>1,640</b>
Excess (deficiency) of revenues over expenses	\$ (149,497)	\$ 287,219