

# The *HERIZON HUGGERS*

## Newsletter

HELPING WOMEN & CHILDREN TRANSITION TO SAFETY

### THIS ISSUE:

- PAGE 1 - INTRODUCTION
- PAGE 2 - GET TO KNOW US
- PAGE 3 - WISH LIST UPDATES
- PAGE 4 - EVENTS INFO
- PAGE 5 - VAW SECTOR NEWS



## Welcome!

We're so happy to launch our Herizon Huggers Newsletter! In case you're wondering what a **Herizon Hugger** is, it's the new name for our amazing supporters just like you! We're now launching this quarterly newsletter as a way of keeping you informed and up to date about our event planning, shelter information, and the latest goings on in the Violence Against Women sector!

It takes a community to end violence against women and the more we stay connected, the bigger impact we'll have!

## Help Her Find Us

In this day and age technology can be more effective than word or mouth. For this reason we are tireless in our efforts to create a strong online presence & enhance awareness in the community of our services. Many women are making the brave decision to walk away from abusive relationships with each passing day, and with your help we can make sure she finds us as soon as she needs us!

### How You Can Help:

1. Add us on social media
2. Like, Comment & **SHARE** our posts so more women can see us!
3. Tell your friends & repeat!

FOLLOW US!!!



@herizonhouse



@herizon\_house



@herizonhouse



# GET TO KNOW



US - who we are & what we do

**Our Mission Statement:** We provide a safe supportive & empowering environment for abused women and their children. We are committed to promoting equality for all persons and through education, working towards a safer community.

## DID YOU KNOW?

Every night in Canada 6,000 women & children flee to shelters for safety.

### We Provide:

- Counselling
- Housing & Legal Support
- Safe Living Spaces
- Meals & Accommodations
- Therapeutic Children's Programming
- Community Referrals

**All Services Are Free & Confidential**



## Shelter Statistics

In our last fiscal year Herizon House has supported:

- 240 Women & Children in Shelter
- 250 Women in Community Outreach Services
- 209 Women in Transitional Housing Support

## Meet Our Staff Members!

Behind every non-profit organization is a group of dedicated individuals working together to make each day a success. Here at Herizon House we are so fortunate to have the best. With a variety of skills & walks of life in one place, we unite to offer our clients the utmost respect, support & services when they need it most.

Check out this section every issue to find out about a new Staff member as they answer fun, interesting & sometimes quirky questions!

**NAME:** Natasha Mungal

**POSITION:** Shelter Manager

**Favorite Thing About Working Here:** My favorite thing about working at Herizon House is being given the privilege to support, encourage and empower other women. Investing in other women and watching them grow whether that be staff or clients is my absolute favorite thing about this job.

**What's Your Favorite Self-Care Activity?** Working out. Working out my body and working out my mind. I work out everyday in some form. I include a variety of different work out forms and enjoy them all.

**If you could have one super power what would it be?** If I could have 1 super power it would be the ability to saturate people with positivity.



# Donations Updates

## Seeds of Hope

Plant a flower in our Community Love Garden!

Our donation program has now changed! Over the years we've been so connected to our community through our work and the outpour of donations given in support of our families. With the challenges caused by the pandemic, health & safety guidelines have ended our ability to accept 'pre-loved' clothing and household items. As a result, we've decided to create a more robust donation program which resonates a sense of fellowship and togetherness with our community.

Now businesses, individuals, and all Herizon Huggers alike can make a lasting difference in our shelter one donation at a time!

**Here's How:** When you donate an item from our Wish List we represent you as a flower in our Community Love Garden in shelter. Each Wish List item is a different flower on our display and at the end of each season we hope to have a bountiful garden showing our families the support from our community. In addition, you can send positive vibes & brighten our house by making a monetary donation to have a kind message, quote, or lyric posted on our garden display board.



With the ebb and flow of women accessing our shelter, our donations needs are always changing. Similarly as the seasons change, we regularly organize our storage spaces to accommodate weather-appropriate items. For this reason we ask that **Herizon Huggers** please contact us prior to book a drop-off appointment before sending any items.

For donation inquiries please contact:  
[administration@herizonhouse.com](mailto:administration@herizonhouse.com)

## Fall Donations Wish List

- Queen & Twin Bedding Sets
- **New Beginning Baskets:** laundry baskets filled with household items- dish sets, cutlery, cups , mugs, glasses, towels etc.
- Pot & pan sets
- Kitchen Appliances: toasters, kettles, crockpots
- Women's shirts, sweaters, leggings, jogging pants, winter coats
- Pillows

\*Please note we can only accept **brand new** items at this time.





# Events Information

## Steps 4 Her 5K Walkathon

This year we proudly launched our first ever Steps 4 Her 5K Virtual Walkathon. After the COVID-19 pandemic cancelled our annual gala plans, we decided to opt for a more inclusive, social distancing-friendly event that the whole family could enjoy. The theme of Steps 4 Her was to walk 5 kilometres, each step representing a woman who walked through our shelter doors. Participants raised awareness of our shelter while fundraising to keep our life-saving services available to the community. We thank you all!

Our Walkathon slideshow can be viewed on our Herizon House Facebook page. We send a huge thank you to everyone who participated, donated and those who sent their positive energy our way. We plan to make this an annual tradition for our shelter so if you didn't have the opportunity to participate this time, never fear! We'll be announcing all upcoming events in our newsletters, stay tuned for future updates.



Over \$11,000 raised for women & children seeking safety!

For more information about events and sponsorships please contact Hilda :

[community@herizonhouse.com](mailto:community@herizonhouse.com)

## UPCOMING EVENTS

### December 6th Vigil

Every year on December 6th our shelter as well as various women's groups all over Canada hold a vigil to remember all women lost to gender-based violence. It began after the 1989 attack at Montreal's Ecole Polytechnique where 14 women were killed simply for being women. It is a very touching experience and we invite everyone to attend.

This year's vigil will be virtual, the details will be released on our social media platforms.

### 12 Days of Christmas Raffle!

We're so excited to launch our first Christmas raffle in support of our families!

We will be selling raffle tickets throughout the month of November for beautiful gift baskets, dinner vouchers and something for everyone!

The Prize Draw will take place during the 12 days from December 9th-20th and 3 lucky winners will be announced each day! Ticket sales information will be released -you guessed it- on our social media platforms, stay tuned!



# Violence Against Women Sector Updates



Have You Heard About the National Action Plan on Violence Against Women?



One important matter that shelters as well as women's advocacy groups have demanded is the development of a unified National Action Plan on the issue of gender-based violence. This past June, Women's Shelters Canada launched the roadmap to achieving this plan.



The statistics speak for themselves. More resources are needed in order to have a lasting impact for women affected by gender-based violence. With this information we can request real long term solutions from local leaders. The more information we share, the more impact we can make. For more information visit [NationalActionPlan.ca](http://NationalActionPlan.ca)



Contact your local government representatives and ask what they plan to do to help combat this nationwide issue.

If you or a woman you know could benefit from connecting with a counsellor after experiencing harm or any form of abuse, we invite you to contact us any time for direct assistance.

Phone: 1-866-437-4066  
Email: [program@herizonhouse.com](mailto:program@herizonhouse.com)