

# **“Be the Peace...Make A Change” Project**

*From violence and fear to peace and safety for women and girls in Lunenburg County.*

## **Report of the Public Forum**

**July 5-7, 2012**  
**Lunenburg Community Centre**



*“When we seek for connection, we restore the world to wholeness. Our seemingly separate lives become meaningful as we discover how truly necessary we are to each other.”*

*~Margaret Wheatley*

Facilitated by:  
 Donna Clark, Courage Group International  
 Joan McArthur-Blair  
 Janet Rhymes, See Meaning

## Letter from the Sponsors

Dear Peacemakers of Lunenburg County,

It is heartwarming to have so many of you join us in this community effort to craft a coordinated response to violence against women and girls that moves us all from violence and fear to peace and safety in Lunenburg County.

This is not an easy topic. We so appreciate the courage it took for you to step up into this conversation and to act. There is so much secrecy, shame and stigma related to relationship violence, that the majority of it is hidden from view. And yet, almost everyone knows someone affected by relationship or domestic violence, and that creates a range of feelings within us- helplessness, anger, judgment, fear, blame, sadness. There are so many factors related to violence- isolation, substance abuse, poverty, control, power, and gender inequity. And yet, in the midst of the turmoil and pain, there are also stories of great courage, triumph, survival, healing and freedom.

One person asked, “How can we ever begin to address this ‘bottomless pit’ of issues that is violence?” Maybe it’s with the ‘bottomless well’ of wisdom, ingenuity and commitment that resides in our community- with the skills and talents and caring that brought an overwhelming number of you out to this forum. What does it take to keep our daughters, sisters, friends, neighbours and children safe? It takes a whole community.

This project is an opportunity to think together, to act as one, to collaborate, to join forces and efforts, to connect hearts and minds to respond in some new way that brings the issue out into the open, out of the darkness, and raises the discourse, the awareness, and grows our capacity for peace, safety, equity, love, compassion and possibility at all levels- personal, organizational, and systemic.

Much good work has and is being done by incredibly devoted and skilled people to serve those affected by violence. They work tirelessly to help, support, educate, and care. And yet, the ‘system’ fails so many.

Within these pages are the seeds of change. And we have all of you to thank for that. Together maybe we can do something that’s never been done before, that none of us could accomplish alone. Thank you all for being part of this journey. Together we can “be the peace” we all yearn for, and “make a change” for the good.

### With deep thanks:

... to our partners and donors of food, computers, printing, supplies and equipment

... to all our many committed volunteers whose effort and skill made this event a success, with particular appreciation to Helen and Keith Lanthier, Paul Shields, videographers Stephanie Moynan and Julie MacAlpine.

... to our immensely skilled facilitators- Donna Clark, Joan McArthur-Blair, Janet Rhymes, whose generosity, compassion and commitment is unsurpassed.

... and to the staff at Second Story Women’s Centre who rise to every occasion and need with a ready hand and a smile. You all are our community.

In Peace,

Sue Bookchin [sueboo@ns.sympatico.ca](mailto:sueboo@ns.sympatico.ca) and Nancy Ross [nross@ssdha.nshealth.ca](mailto:nross@ssdha.nshealth.ca)  
Co-coordinators, *Be the Peace...Make A Change*

## **Table Of Contents**

Executive Summary .....	4
Introduction.....	5
The Process.....	6
Approach .....	7
July 5 <sup>th</sup> , Storytelling Evening.....	7
July 6 <sup>th</sup> , Visioning .....	7
Exploring Opportunities for Bringing the Vision to Life .....	8
The Givens .....	9
The Path Forward .....	9
Topics for the Opportunities Agenda and Reporting .....	10
July 7 <sup>th</sup> , Prioritizing and Identifying Actions .....	11
Closing Circle .....	18
Appendix 1 - Invitation .....	21
Appendix 2 – The Story So Far.....	22
Appendix 3 - A Statistical Profile of Intimate Partner Violence.....	25
Appendix 4 - Understanding Intimate Partner Violence in Lunenburg County .....	27
Appendix 5 - Facilitators.....	29
Appendix 6 - Current Reality: Stories and Experiences of Violence Against Women and Girls and Some of the Community Responses.....	30
Appendix 7 - Vision Summary from July 6, 2012.....	43
Appendix 8 – Open Space Technology Reports – July 6, 2012 .....	45
Appendix 9 – Peace Plans – July 7, 2012 .....	84
Appendix 10- Partners, Donors, Volunteers.....	105

## **Executive Summary**

Over the course of 3 days, Thursday evening, July 5th to Saturday, July 7th, 2012, a community gathered to listen to one another, to share ideas, to ignite passions, and to take concerted action to prevent, reduce or respond as a community to violence against women and girls in Lunenburg County. It was an inclusive event- anyone with a perspective to share, an idea to offer, an interest or a stake in the issues was invited and welcomed to participate. In total, over 150 Lunenburg County community members, service providers, and provincial government or elected representatives, including young people, elders and men attended.

Enclosed you will find information about relationship violence, the project that is being designed to address it in Lunenburg County, a description of the experience of these 3 days, (to the degree that can be captured on the written page), the format and guiding principles for the event, highlights of the 26 topics discussed in small groups on Friday, and the 11 “peace plans” developed on Saturday.

The coordinators of the project, (on behalf of Second Story Women’s Centre), Nancy Ross and Sue Bookchin, will use all of this information, plus other consultations with partners and stakeholders, to craft a detailed 3 year plan that will meet the requirements of the funding body, Status of Women Canada, by the end of July. But action is already being taken- conversations erupting, partnerships forming, ideas germinating, dreams reigniting, citizens mobilizing, information being shared and possibilities being actively explored.

Themes emerging:

- Inclusion and widespread involvement- reaching even the ‘hard to reach’ populations
- Working ‘upstream’ in preventing violence- engaging youth at all ages, educating and exploring the roots of cultural and social conditioning and media, and building self-esteem and capacity for healthy and peaceful relationships
- Supporting/educating/engaging parents and families
- Partnerships among citizens, communities, organizations and government institutions at all levels and in many sectors, including, health, justice, protection, community services, women’s services, etc.
- Creativity, spirituality and arts in the service of healing, wholeness, raising awareness
- Creating ‘safe’ spaces, giving voice to women’s stories, and empowering women and girls who have experienced relationship violence. Likewise, spaces for men and boys to share their stories.
- Inclusion of men and boys, both in sharing their own stories, and in influencing and promoting messages of peace and non-violent relationships among peers.
- Enhancing, innovating or creating services for women/girls affected by violence, and men who experience or use violence in relationships, (eg, sexual assault response, men’s intervention, victim services, restorative justice, housing assistance, etc.)
- Overcoming the silence, shame and stigma by raising the discourse privately and publicly.
- Addressing the multi-faceted influence of related factors-- addiction, poverty, housing, employment, mental health, etc.

We invite you to join us to Be the Peace...Make A Change. Please contact us at any time.

## Introduction

In November 2011, Second Story Women's Centre applied to Status of Women Canada for funding to "engage community partners in developing a coordinated community response to violence against women and girls over 3 years." The funding was awarded in April 2012. While the project must identify and respond to the specific needs of women and girls in Lunenburg County and area, men and boys are also affected by violence, and the project is grounded in the belief that they are equal partners in ending it. This is not a "women's issue" - it is a public health issue, an economic issue, a community issue.

The project coordinators, Sue Bookchin and Nancy Ross, invited the community to a 'Be the Peace...Make A Change' public forum on July 5-7, 2012 to source the wisdom in the community to guide and design the 3 years of the project. This document provides a summary of the forum discussions including ideas for the project vision, and actions and leadership for actions to address violence against women and girls in Lunenburg County.

Approximately 150 people responded to the invitation and participated in some aspect of this 3-day exploration of possibilities that could be pursued over the three year life of the project. The invitation to the meeting is included in Appendix 1. During the meeting participants received several background documents:

- The Story So Far – a brief description of the background of the project (Appendix 2)
- Statistical Profile of Intimate Partner Violence (Appendix 3) and
- Understandings of Intimate Partner Violence in Lunenburg County (Appendix 4)

The public forum was facilitated by Donna Clark, Courage Group International, Joan McArthur-Blair, and Janet Rhymes, See Meaning. Their bios are in Appendix 5. The forum included many offerings of music and poetry throughout the gathering, making a wonderful contribution to the process. The artists who so generously contributed included: Ronnie MacEachern, Alex Hickey, The Raging Grannies, Joann Wells, Laura Smith, Pat Watson, Joanne Jefferson and Peggie Wentzell.





## **The Process**

The public forum process was framed around the following topic:

**Be the Peace....Make A Change: from violence and fear, to peace and safety for women and girls in Lunenburg County.**

*“We gather together as one community of women, men, girls and boys to rise out of the silence, shame and stigma caused by violence to women and girls. Together we create peace in Lunenburg County through changes big and small, personal and systemic; each change positively uplifting the experience of women and girls, men and boys in our community; fostering hope, equity and creating peace.”*



### Approach

The process for this event was grounded in a Whole Person Process Facilitation approach to working, inviting the body, mind, emotions and spirit of individuals and the community into the conversational space. Within this holistic approach, facilitators worked with both Critical Appreciative Inquiry and Open Space Technology to bring out the collective wisdom of the community to address this complex issue.

The Four Fold Way by Angeles Arrien was introduced to the forum as a way to manage the conversations. These simple principles were offered as ground rules for working with the complex and sensitive territory of violence in the community.

### July 5<sup>th</sup>, Storytelling Evening

On Thursday evening, 110 participants gathered to share the story of violence against women and girls in Lunenburg County. As they entered, they were invited to share their hopes and fears for the public forum. Participants connected first to their own stories and memories and then in small groups and the whole circle of participants as the evening unfolded. There was an honouring of the voices of women, the perspectives of people working to make a difference and the voices of the community including youth and men. The evening began with a sharing of the timeline of this journey in the community, including both historical elements and the human dimension of the challenges and triumphs. Then, four key informants brought their perspectives based on their current work in the community. The key informants included the following:

- Deborah May, Alternatives Institute
- Braden Newell, youth, Anti-Bullying Club, Bluenose Academy
- John Collyer, Chief, Bridgewater Police
- Joanne Jefferson, poet and SSWC staff

Participants shared their feelings about this issue in a process to identify what makes them 'glad, sad, mad or afraid'. The evening ended with reframing the issues from violence and fear to peace and safety for women and girls, a foundational aspect of working with Critical Appreciative Inquiry. Participants shared experiences and stories of where peace is already happening and where change is being made. The foundation was laid for the next day's dreaming about the future and exploration of possibilities for action. The visual recording of the speakers and summaries of the community input from Thursday evening are included in Appendix 6.

### July 6<sup>th</sup>, Visioning

Peggie Wentzell, Bringer of Songs opened Friday morning with Strong Woman song; traditional Mi'kmaw Woman's Song; the Anishinaabe Woman's Song and Anna Gaya, an Honouring Song for Women and the prayer: "See them dance in Grace and Beauty. Mothers, grandmothers sisters aunties daughters, All Woman of Nations, Women of all Nations you are the force, you are the strength, you are the healing of the Nations.....that is the prayer."

The second part of the process began on July 6, 2012 with further input from key informants about the current situation and then a creative activity to build toward a preferred future. The following key informants brought their perspectives to the circle:



- Kristen O’Keefe, Department of Justice
- Bonnie Cookson, High Risk Coordinator, RCMP and Police
- Linda Jensen, Supervisor, Child Protection, Department of Community Services
- Nancy Ross, Women’s Services Coordinator, Addictions Services, South Shore Health

The evening before, participants had identified a number of themes from the stories that they had shared together. They were invited to use these themes to begin a conversation about the future they wanted for peace and safety for women and girls in Lunenburg County. From this conversation they then created visual images and headlines - capturing the aspirations and dreams for this project ‘Be the Peace....Make A Change’. Some of the images that were created and a brief summary of the headlines are included in Appendix 7 of this report.



#### Exploring Opportunities for Bringing the Vision to Life

Participants were then invited into an Open Space Technology (OST) process as a way to explore opportunities to bring this vision to life. With participants seated in a circle, the facilitator opened the session and explained to the group that they would be creating the agenda by writing down any topics that they had passion for and for which they were willing to take responsibility to lead discussion. The facilitator outlined the principles and laws that guide an Open Space Technology meeting. The four principles are:

1. Whoever comes are the right people.
2. Whatever happens is the only thing that could happen.
3. Whenever it starts is the right time.
4. When it is over, it is over (and when it is not over, it is not over).



“The Law of Mobility” is the last guiding principle. This means that if participants found themselves in discussions for which they did not feel passionate or were not able to contribute or learn, they were encouraged to exercise the law of two feet which means move to where they need to be at that time. The action was not to be viewed as a negative reflection on the group leader.

### The Givens

The discussions were bounded by the following givens and expected path forward:

- The report of this meeting will be shared by e-mail with all participants and be available on the Second Story Women’s Centre website until a project web site is developed.
- Using the results of this meeting and other community consultations, the Project Coordinators, (Sue Bookchin and Nancy Ross), are responsible for developing the detailed project plan and budget, evaluation framework and risk management plan for submission to the funder, Status of Women Canada, by July 30, 2012.
- The Coordinators, in conjunction with Second Story Women’s Centre, hold ultimate accountability to the funder (Status of Women Canada) for decision making about the project, implementation of the plan, evaluation of outcomes and learning, and the disbursement of funds in accordance with the proposal parameters.

### The Path Forward

- The coordinators would like to assemble a Project Team consisting of the Coordinators and 2-5 others as soon as possible to guide the path of the project.
- The Project Team will think and plan together to:
  - Develop a communications plan and dissemination of the plan and other information throughout the community
  - Host periodic public (at least annually) and targeted gatherings to initiate new projects, report on progress, form new collaborative partnerships, support ongoing initiatives
  - Recruit other individuals/partner organizations to champion, lead or participate in initiatives
  - Support or provide leadership for action on identified areas
  - Seek private sector matching funds for specific initiatives or to extend the project timelines
  - Maintain and foster connection with and among all related initiatives in the County, encouraging collaboration and shared, rather than duplicated, effort
- The Project Team will engage as many people in the communities of Lunenburg County as possible to build a vision for the future we wish to enact together, building peace and safety for women and girls, and compassion and equity for all.

### Topics for the Opportunities Agenda and Reporting

Participants were invited to create the agenda that would explore opportunities to bring the vision to life. They came to the centre of the circle and wrote down their topics in a few words. Each topic was announced and posted on the wall. This wall became the “Marketplace”. Times for discussion and room numbers were assigned for each topic.

The agenda creation process continued until all topics were exhausted. Participants were reminded that if any topic that was important to them did not get discussed, the responsibility would rest with the person who had the idea and did not post it on the agenda. A total of 29 topics were generated in approximately fifteen minutes.

Once the agenda was complete, the marketplace was opened. Participants selected the sessions that they wished to attend and proceeded to the locations where the discussions were taking place. They self-managed the rest of their day.



Discussion leaders were responsible to ensure that the key points were recorded on a summary sheet provided and data was entered into a bank of laptop computers. The reports were posted as completed so that participants in others sessions could review the contents. A total of 26 reports were generated. The complete list of reports and report contents are found in Appendix 8. They have been edited for format only, and are presented as entered by the participants.



### July 7<sup>th</sup>, Prioritizing and Identifying Actions

On Saturday morning participants received copies of all the reports produced on Friday. The reports provided a wide variety of options for action and also contained many common themes. But a community cannot do everything at once. There is a need to collectively decide where, as a community, there is energy for action and where, individually, there is both passion and responsibility to commit to action beyond this public forum.

Participants were invited to read the reports in this document and discern what they had personal energy to move forward from this day. Each person was given four coloured sticky dots and could use them to vote in any way they wished – spread them around or put them all on one or two topics. All the ideas were good. This was a process of discerning the collective energy in the room at that point.

The topics below are listed by the number of votes (dots) that they received.

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Technology Report List – July 6, 2012 – in order of votes**

<b>Report #</b>	<b>Topic</b>	<b>Votes</b>
5	Proactively Educate our Youth about Being the Peace	25
11	Sexual Assault Centre	17
14	How to Help Parents be Better Parents	14
9	Empowering Women and Girls to Have a Voice	13
16	A Conversation on Spirituality and Violence	12
24	Building Self-esteem in Youth	12
25	Using Creativity in Healing	10
23	How Alcohol Contributes to Violence	10
15	Mental Health	10
17	Safe, Sustainable, Affordable Housing for Women, Children and Pets	9
12	How do we create space for women/ourselves and giving/nurturing women to claim their voices?	9
6	How to Involve Boys and Young Men Through Compassion and Acceptance that Celebrates a Healthy Form of Masculinity	9
1	Reaching the “Hard to Reach”	8
3	How to Create a Safe Circle for Men to Come Forward and Talk about Using Violence	8
18	The Need for Community/Government/Law Enforcement to Network and Talk about Issues Related to Domestic Violence	8
2	How To Create a Project Team To Go Forward	4
22	How would restorative justice/practices/approaches work in intimate partner violence situations?	3
13	Restorative Justice Circles	3



Report #	Topic	Votes
7	Overcoming Silence and Shame: Creating Safe Spaces in Day to Day Life	3
26	Body Wise: Antidotes to Violence	2
10	Bullying	2
21	Being an Advocate for Children, Being a Voice for Children	2
19	Prejudice: Examining Our Own and Implementing Change	1
8	How do we impact the people who are affected by women against violence?	1
4	End Pornography Now	1
20	PTSD, Dissociation and Multiple Personalities	0

After the voting process, the group members had a look at the results and did some clustering of related reports. In the end, the list of priority cluster areas were selected with related reports as indicated below. Participants were invited to continue in the open space format to choose the action planning conversations to which they wanted to contribute and to bring back an action plan, called a 'Peace Plan' to the collective group. The report did not have to be a high vote getter to move to action. The votes served to provide participants with a collective look at the energy in the room, but if there was passion and someone willing to move it forward, a Peace Plan was welcome from any of these reports.





<b>Report Clusters</b>	<b>Votes for Total Cluster</b>
Report # 24 – Building Self-Esteem in Youth Report # 9 – Empowering Women and Girls to Have a Voice Report # 5 – Proactively Educate Youth about Being the Peace Report # 4 – End Pornography Now	<b>51</b>
Report # 16 – A Conversation on Spirituality and Violence Report # 26 – Body Wise: Antidotes to Violence Report # 25 – Using Creativity in Healing	<b>24</b>
Report # 3 – How to Create a Safe Circle for Men to Come Forward and Talk about Using Violence Report # 6 – How to Involve Boys and Young Men Through Compassion and Acceptance that Celebrates a Healthy Form of Masculinity Report # 22 – How would restorative justice/practices/approaches work in intimate partner violence situations? Report # 13 - Restorative Justice Circles (based on Aboriginal Model)	<b>23</b>
Report # 11 – Sexual Assault Centre	<b>17</b>
Report # 17 – Safe, Sustainable, Affordable Housing for Women, Children and Pets Report # 18 – The Need for Community/Government/Law Enforcement to Network and Talk about Issues Related to Domestic Violence	<b>17</b>
Report # 21 – Being an Advocate for Children, Being a Voice for Children Report # 14 – How to Help Parents be Better Parents	<b>16</b>
Report # 19 – Prejudice: Examining Our Own and Implementing Change Report # 23 – How Alcohol Contributes to Violence Report # 10 – Bullying	<b>13</b>
Report # 12 – How do we create space for women/ourselves and giving/nurturing women to claim their voices? Report # 7 – Overcoming Silence and Shame: Creating Safe Spaces in Day to Day Life	<b>12</b>
Report # 20 – PTSD, Dissociation and Multiple Personalities Report # 15 – Mental Health	<b>10</b>
Report # 1 – Reaching the “Hard to Reach” Report # 8 – How do we impact the people who are affected by women against violence?	<b>9</b>

Participants decided to prepare action plans for all 10 clusters. These plans were called 'Peace Plans'. Conversations to develop the Peace Plans were organized for an hour and reports were brought back to the closing circle. To ensure that there were people prepared to invest their energy into these plans, people were asked to offer their names as volunteers or champions. For each of the priority areas, participants self-identified their interest in continuing to work on the plans and a champion was identified to be the initial point person for contact and coordination with the project coordinators, Sue Bookchin and Nancy Ross. Nine (9) Peace Plans were created with champions and two (2) additional plans were developed with no one present on Saturday morning identified as a champion.

The coordinators will work with volunteers from this session and others from the community to create more detailed plans to bring the vision to life.

The final list of Peace Plans and bold action reports that emerged, including the champions and team members who were present on Saturday, are provided below. The complete reports for all the Peace Plans are included in Appendix 9.



***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in Lunenburg County***

***Peace Plans – July 7, 2012***

<b>Bold Action</b>	<b>Willing to share ideas and offer support</b>	<b>Team Members</b>	<b>Champion(s)</b>
Youth Initiatives: Youth and Children	Margie King	Jan McKenzie Marnie Troyer Kirsten Ernst Kristine Videto	Alexandria Acton-Bond Liz McCurdy Scott Patterson
Services for Body, Mind, Spirit	Chris Heide Reid Campbell		Grace McKnight Jo-Anne Sally Hutchinson Ruth Brown
Create Sexual Assault Services	John Collyer Liz McCurdy Patricia Vanaman Jeanne Fay Scott Feener Suki Starnes Kristen O'Keefe Helen Lanthier Anna MacLennan Lisa Nicholson Members of Sexual Assault Response Committee	Joanne Jefferson Anne-Marie Sheppard Katie Boudreau Errol Pereira Kate Dwyer Linda Zinowki	Kate Dwyer
Safe, Sustainable, Affordable Housing for Women, Children and Pets	Helen Lanthier		Rachael Robitaille
Parenting helpline/mentorship/information sessions that are inclusive of children's voices			Sandra Murray Kristen O'Keefe Steve Young
Overcoming bullying, prejudice, and substance abuse that leads to violence		Erica Brooks	Scotty Vaughan

<b>Bold Action</b>	<b>Willing to share ideas and offer support</b>	<b>Team Members</b>	<b>Champion(s)</b>
Creating Safe Spaces: Overcoming Silence and Shame		Many existing organizations to be connected	Lisa Nicholson Peggie Graham Steph Beaton
Funding for Education for Mental Illness			Yolanda Hogg Peg Widdes
Effectively reach hard to reach populations. Courage to walk into any establishment and talk about our project. Reaching someone in the community who comes forward.		Laura Smith Linda Zinowki Susan Foote	Marita Tanner
<b>Peace Plans Needing Champions</b>			
Engage all men in talking about what is important to them, what their hopes and dreams are, about healthy relationships with partners, children, family, other men			
Everyone in this room write a letter to the editor in the next few days/weeks to talk about this forum and the issues that were addressed			

## Closing Circle

We ended the 'Be the Peace...Make A Change' public forum with a closing circle and a commitment by Sue Bookchin and Nancy Ross to have the report circulated to participants very shortly via e-mail and with additional information available on the website of the Second Story Women's Centre until a project website is ready.



Participants shared their experiences and reflected on the question *“What is the gift you received from your time at this community gathering?”*

Here are some of the responses participants offered:

- My gift is the hope I've received.
- I'm very awed by the sense of community that gathered here in Lunenburg County.
- There was such a sense that the walls were coming down.
- I am so thankful to see the changes being made. I come from way back when, when there were no programs like this.
- It was such a gift to be here and see that I'm not alone.
- I asked for the gift of openness and I'm flabbergasted at how I've crawled out of a hole.
- It's great to see so many people committed to a project like this.
- The gift of Joanne's poem will stay with me forever.
- Thank you for letting me know that I'm not alone.
- Three years from now, I want to be able to remember this moment and say, "It started here."
- It's been really inspirational.
- Your group put on an amazing event. Thank you!



- For me, this gathering is a miracle.
- Just the passion and awe.
- If you dream, you can make it happen!
- It's really been a privilege to be here.
- With this group, we're going to prevent violence.
- I'm grateful for the gift of having spent this time with such wonderful warriors.
- I found the last three days endlessly inspiring.
- It's so wonderful to connect with a group of people that values the act of ritual. I've been reminded that listening is an action.
- I believe a collective passion will make a change.
- The gift for me is the shared principles and values.
- It took a lot of courage and everyone is to be highly commended.
- I'm grateful for the opportunity to be here and be part of making a change.
- I'm grateful for the gifts we each bring to this together. I've lost track of the number of people who have come up to me and said, "It's great to have men here." I felt welcomed.
- It's like walking into a hug!
- Wow. Look at what you've started!
- The feeling I have is that there is a movement afoot that can break the cycle.
- I'm hopeful for the change that will come out of this. We will make a change!

And a 'found poem', co-created by Joan McArthur-Blair and Margo Wheaton out of the experience of this process was offered. It was a poem presented in two voices. Here it is:

**It started. A few hands transforming space. It felt like an opening to be filled up.**

*Soon, people will arrive. Soon, people will come. Called. Bringing their voices, bringing their stories. Bringing tears, bringing courage.*

**Headline: Woman Dead. My knees buckle. I cannot withstand my sister's dying.**

*We cannot bear how long this takes. To change the pattern, change the violence. Find a peace. The headlines: will they ever change?*

**Woman dead.**

*Woman dead.*

**Women dead.**

*Women dead.*

**Women battered.**

*Women battered.*

**Women bruised.**

*Women bruised.*

**Women broken.**

*Women broken.*

**Women used.**

*Women used.*

**I came for me, a single voice. Then, my heartbeat dropped into rhythm**

*(together) yours with mine.*

*And I will not stop, not this day or the next*

**Til our headline is the one we all hear:**

*Women, men, boys and girls*

**A dance of the whole, my heartbeat against yours lifting you from your knees.**

*Headline: Woman safe, all safe in Lunenburg County.*

**Just three years. We are the peace.**

*(together) We are the change.*

## **Appendix 1 - Invitation**

### **Be the Peace... Make A Change**

*“Do you wish all students felt safe and accepted at school?”*

*“...or that all families were a safe and nurturing place for all their members?”*

*“Are you concerned about the impact of social media and technology on your kids?”*

#### **RELATIONSHIP VIOLENCE TAKES MANY FORMS—IT AFFECTS US ALL**

*“What if all women and girls AND men and boys throughout Lunenburg County could have satisfying relationships without resorting to violence, control or disrespect for one another?”*

Funding has been awarded to Second Story Women’s Centre to build community partnerships in creating a 3-year action plan-- a coordinated community response to violence against women and girls in Lunenburg County and surrounding communities.

But this will involve more than women and girls. Men and boys are also affected by violence, and are equal partners in the solution. It takes an entire community to keep those we love safe.

**WE CANNOT DO IT WITHOUT YOU.**

#### **YOU ARE INVITED...**

... to a gathering of the communities of Lunenburg County to “Be the Peace... Make a Change,” by helping us create a 3-year action plan that we will enact together between now and 2015.

- When:** Thursday... July 5<sup>th</sup>, 6:30pm – 9pm  
Friday..... July 6<sup>th</sup>, 9am – 5pm  
Saturday... July 7<sup>th</sup>, 9am – 12:30pm
- Where:** Lunenburg Community Centre
- How:** **Register by June 27<sup>th</sup>** by calling Second Story Women’s Centre at 640-3044 or 543-1315
- Cost:** FREE  
If you need transportation, let us know!

We will be using creative and highly participative processes to engage as many people as possible. The event will welcome everyone: men, women, youth, seniors; educators, parents, service providers, peace officers, guidance counsellors, health care practitioners, elected representatives, church groups, service clubs, government agencies, businesses, and people affected by violence in relationships-- literally anyone with a stake in creating safety and peace in our communities.

Note: If you have been affected by violence and are unsure about whether you can or should participate, please do call Second Story and have a confidential conversation with one of our trained staff.

Visit the web site at: [www.secstory.com](http://www.secstory.com) for details about the event as they unfold.

**Please join us! Take a stand. Be a ‘piece’ of the solution. “Be the Peace” we all yearn for.**

## **Appendix 2 – The Story So Far**

### **“Be the Peace.... Make A Change”**

A Coordinated Community Response to Violence Against Women and Girls in Lunenburg County

#### **THE STORY SO FAR - July 2012**

**Background:** Over the years, efforts have been made by many people in many Lunenburg County organizations to help women, men and children affected by violence. While Harbour House (women’s shelter), Alternatives Institute (intervention programs for men and families), the Department of Community Services, South Shore Health addictions and mental health services, and Victim Services have been most directly providing services for people affected by violence, many other organizations and agencies also play pivotal roles in the picture-- family support centres, schools, women’s centres, police, the justice system, etc. In spite of the best efforts, the rates of relationship violence, family violence and sexual assault remain high in Nova Scotia and in Lunenburg County. And social attitudes remain steeped in assumptions, stigma, shame and secrecy. Consider the fact that most incidents of relationship violence and sexual assault are hidden from family members and friends, and are never reported to police.

Particularly alarming is the influence on youth, even at very young and impressionable ages, of social media and technology, including music videos, media messaging, cyberbullying and easy availability of on-line pornography. Violence and disrespect toward women is rampant in song lyrics, video images and mass media putting immense pressure on girls and boys to think, dress and act in accordance with those models. Popular culture has a relationship to sexism, eating disorders, and gender violence. Young women are especially vulnerable to the impact of the media.

Every year, on December 6<sup>th</sup> in Lunenburg County there is a vigil to mark an event that has become a symbol of violence against women- 14 young women shot dead by a man at Ecole Polytechnique in Quebec almost 25 years ago. And on December 7<sup>th</sup>, every year, we go back to our lives as usual.

In 2010, the Making Change initiative was launched as a partnership between Second Story Women's Centre's Social Action Committee, Harbour House and the RCMP. This raised community awareness, offered opportunities for women to tell their stories, and opened public conversations in schools, church groups, and service clubs. What we heard from community members was: the issue of violence against women and girls is ongoing, (perhaps growing in scope and consequences); people often feel helpless when confronted with it in their own circles; people are willing to speak about it under certain circumstances; and they want the opportunity to ‘make change.’

**The Project:** In November 2011, Second Story Women’s Centre applied to Status of Women Canada for funding to “engage community partners in developing a coordinated community response to violence against women and girls over 3 years.” The funding was awarded in April 2012.

While the project must identify and respond to the specific needs of women and girls in Lunenburg County and area, men and boys are also affected by violence, and we believe they are equal partners in ending it. This is not a “women’s issue”-- it is a public health issue, an economic issue, a community issue.

Therefore we are inviting the community to ‘Be the Peace’ we all yearn for, to ‘make a change’ in whatever way each person can. This public forum, (July 5-7), has been called to source the wisdom in our community to guide and design the 3 years of the project. It may be the first of many times we gather to explore the possibilities we might pursue and to build our commitment to act together to promote safety and peace.

**The Challenge:** The topic of violence against women is complex, emotionally charged, buried in secrecy and privacy, and holds considerable danger for those involved, making it extremely challenging to deal with openly. It’s an issue most people would prefer to avoid altogether. But the consequence of that is huge, for individuals and families, for our service systems, and for the social, cultural and economic vibrancy of our rural communities. It will require great sensitivity and creative thinking to bring the issue out into the open, without compromising the safety of those at risk, and upholding the responsibility for individual choices.

It may also require a belief that change is possible and that our efforts together can bring about the conditions that allow for boys and girls and men and women to be all they can be without having to stifle or control or hurt the other.

There is much judgment as we peer into situations of domestic or relationship violence. From the outside looking in, we make many assumptions about what is going on, why it’s going on, and what we think other people should be doing. That is neither helpful nor inviting if we wish to fully understand the root causes of violence and how we can respond effectively both as individuals and as a community. Often, it is not clearly either/or, black or white, he or she, victim or perpetrator-- but many shades of gray.

**The Path:** Through the months of April- June we have met with potential local and provincial partner organizations, government departments and passionate individuals, (see below for a list). On May 15<sup>th</sup> we gathered with 25 initial representatives for a ½ day to define the issues, unearth assumptions about gender based violence, and begin to develop principles for collaborating together. That report, (soon available at [secstory.com](http://secstory.com)), contains themes, assumptions and beginning principles. Some initial core values that are emerging from that gathering are:

- Unearth and question all assumptions
- Invite every voice as a valuable perspective in understanding the complexity of the issues
- Transform judgment into curiosity
- Replace ‘either/or’ dichotomies with compassion for all

We move forward in developing the detailed plan with a public forum on July 5-7<sup>th</sup> to engage the ideas and commitment of our communities. We aim to include all perspectives, explore all ideas, and listen to all the voices as we navigate both the turmoil and the triumphs that situations of violence confront us with all over Lunenburg County. If we can transform blame, shame and division into compassion, respect and understanding, we may be on the right track. If we can bring the conversations out of secrecy and darkness and shed some light, then maybe, together we can discover the strengths that change everything. And if we can see the good that



has already come, and grow what is decent and true and peaceful that already exists in our communities, then we just may be able to see things shift in the direction we seek-- peace in relationships, peace in families, peace in schools and workplaces, peace in our entire community.

**Potential partner organizations so far:**

South Shore Regional School Board  
South Shore Health  
NS Community College  
South Shore Family Support Centre  
NS Advisory Council on Status of Women  
Harbour House  
LeaveOutViolence  
Municipality, District of Lunenburg  
Dept of Community Services  
NS Health Research Foundation  
Lutheran Church community, United Church

Local MLA's  
Lighthouse Media Group  
RCMP and Bridgewater Police  
Aspotogan Heritage Trust  
Schools Plus  
Dept of Justice  
Alternatives Institute  
L'burg County Community Health Board  
Safe Communities Initiative  
Sexual Health Centre  
SS Community Justice Society  
BMO Nesbitt Burns

## **Appendix 3 - A Statistical Profile of Intimate Partner Violence**

**Intimate partner violence or domestic violence** is harmful behaviour that happens in our homes, in our families, and in our intimate relationships.

“Domestic violence is deliberate and purposeful violence, abuse, and intimidation perpetrated by one person against another in an intimate relationship. It occurs between two persons where one exercises power over the other, causing fear, physical, and/or psychological harm. It may be a single act or a series of acts forming a pattern of abuse. Domestic violence can occur in any relationship; however, women are primarily the victims and men are primarily the perpetrators. Children and young people may experience harm by being exposed to violence in adult relationships, being the direct victims of violence, or a combination of the two.” Domestic violence is also commonly called relationship/dating violence, intimate partner violence, and gender-based violence. It happens in both heterosexual and same-sex relationships. It can affect transgender and intersex populations as well.

*(Domestic Violence Prevention Committee Report, 2009)*

**Statistics:** According to Statistics Canada (2006) just over one third (36%) of spousal assaults and only 8% of sexual assaults are reported to the police. Therefore, the number of police reported incidents does not reflect the level of violence against women in a community.

**Lunenburg County:** Spousal abuse experienced by women in Lunenburg County (conservatively estimated) during the 2009/2010 fiscal year was 1300 or 6% of the total population of women over the age of 15 (Atkinson, 2010).

In Lunenburg County, informal statistics gathered by the RCMP and Bridgewater Police Services regarding violence against women and girls, report a total of 181 assaults, 97 sexual assaults and 2 homicides between January 2007 and June 2009. Note that these numbers are considered to be low estimates. (Second Story Women’s Centre, 2009)

**Nova Scotia: has the highest rates of sexual assault in the country**, at a rate of 40 per 1,000 in the population aged 15 and over (compared to an average of 21 per 1000 for all of Canada) with females comprising approximately 85% of all sexual assault victims (Sexual Assault in Nova Scotia: A Statistical Survey, 2009).

60% of sexual abuse/assault victims are under the age of 17 and alcohol is often a factor (SexualAssault.ca) and in all cases involving girls between the ages of 12-15 years in Nova Scotia (Avalon Sexual Assault Center).

According to the 2004 General Social Survey, 11% of Canadian women reported being a victim of criminal harassment (stalking) in the five year period from 1999-2004. This represents more than 1.4 million females 15 years of age and older.

**Women in Nova Scotia have the 2<sup>nd</sup> highest rate (of stalking) in Canada at 12%.**

In 2009, a one-day snap shot of 402 adult male offenders of Nova Scotia correctional facilities revealed just under one third were in custody for domestic violence including 100 offenders who were considered to be at high risk of lethality (Nova Scotia Status of Women).

**In Canada** a woman or child is sexually assaulted once every minute (Canadian Research Institute for the Advancement of Women, 1998).

Violence against women is the most frequent cause of injury in Canada (Greaves, et al, 2006).

Almost 50% of Canadian women experience at least one episode of domestic violence in their lifetime. (Johnson 2005).

From 2000-2006 the death toll of Canadian soldiers and police officers totalled 101, while more than 500 women- nearly five times as many-were shot, stabbed, strangled, or beaten to death by the intimate males in their lives (Vallee 2007, 29).

Alcohol dependency has been found to be up to 15 times higher for women impacted by violence than in the general public.

As many as 40% of female injuries are treated in emergency rooms as a result of partner abuse, but only 5% of these women are properly identified as being abused.

80% of children living in violent homes witness that violence.

62% of all women murdered in Canada are killed by their partners.

Only 6% of battered women stay in a shelter. Yet shelters are regularly full beyond capacity.

Dating violence is more prevalent than spousal violence (Family Violence in Canada, A Statistical Profile, 2010).

Spousal victims of violence were more likely than other victims to be first victimized as a child (Family Violence in Canada, A Statistical Profile, 2010).

**Globally:** Violence against women and girls is a global pandemic (Amnesty International).

The United Nations Population Fund (2005) describes gender-based violence as perhaps the most widespread and socially tolerated of human rights violations that both reflects and reinforces inequities between men and women and compromises the health, dignity, security and autonomy of its victims.

## **Appendix 4 - Understanding Intimate Partner Violence in Lunenburg County**

### **Violence affects all of us.....**

*"In a real sense all life is inter-related. All persons are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality."*  
(Martin Luther King, Jr.)

### **Violence hurts. It has a cost:**

**Among women**, the links between stress, sexual violence and other trauma and subsequent mental health and addiction problems are staggering, pronounced and profound.

Women who experience violence at the hands of their partners are six times more likely to be depressed and four times more likely to use psychoactive drugs than women who do not have this experience.

Alcohol dependency has been found to be up to 15 times higher for women impacted by violence than in the general public.

The stress and fear stemming from violent experiences can lead to chronic health problems and affect levels of mental wellness and escalation in substance use.

### **Some of the biggest victims of domestic violence are the smallest:**

Children who grow up in a violent home are more likely to be victims of child abuse. Those who are not direct victims have some of the same behavioural and psychological problems as children who are themselves physically abused. Children who are exposed to violence in the home may have difficulty learning social skills, exhibit violent, risky or delinquent behavior or suffer from depression or severe anxiety. Children in the earliest years of life are particularly vulnerable: studies show that domestic violence is more prevalent in homes with younger children than those with older children. Several studies also reveal that children who witness domestic violence are more likely to be affected by violence as adults – either as victims or perpetrators.

**Alcohol is often a factor:** The 2005 Nova Scotia Alcohol Indicators Report noted that an estimated 237,270 Nova Scotians 18 years and older have been harmed by another person's use of alcohol. This number represents about one in three of the adult population if those younger than 18 are subtracted from the total. The harms that were most reported include: being insulted or humiliated, being verbally abused, and being involved in a serious argument with a drinker.

Alcohol is involved in the majority of sexual assaults by victim and/or perpetrator and in all cases involving girls between the ages of 12-15 years in Nova Scotia (Avalon Sexual Assault Center). Substance use is often a part of the picture both when a violent act occurs and is again present for many women (and men) following experiences of violence.

The **origins** of violence are complex and inter-related to other forms of structural and cultural violence.

**Structural violence** is a term that describes inequity in our systems. What structures and systems in our society are unequal? Is power shared equally between men and women? The discrepancy in rates (poverty) of pay for men and women in Lunenburg County, Nova Scotia is a form of structural violence that intersects in many ways with their experience of direct violence. For example, women living in violent contexts often feel trapped if they have limited access to finances. When comparing the median income of men and women in some rural regions of Nova Scotia, women earn 55 to 60 percent of what men earn.

**Cultural violence** relates to those aspects of our culture-exemplified by language, art, social media, etc. that can be used to justify or legitimize direct or structural violence. Gilligan (2009) a Harvard professor describes the perpetuation of limiting gender roles for both sexes in patriarchal societies as a form of cultural violence. Youth experience the highest rates of relationship violence and are more susceptible to the many ways in which the mainstream media relentlessly objectifies and silences women in advertising. Popular culture has a relationship to sexism and gender violence. "We are so steeped in the pornographic mindset that it is difficult to imagine a world without porn....it is affecting our girls and boys, as both are growing up with porn encoded into their gender and sexual identities. What is the impact? What we do know is that we are surrounded by images that degrade and debase women and that for this the entire culture pays a price" (Dines, 2010).

**Men are boys** are also affected by relationship violence to a surprisingly large degree.

- Men who use violence have often been victims themselves
- Boys need mentors to guide them to develop healthy identities and manage the social pressures to live up to gender stereotypes

The issue of violence in relationships is complex and often hidden. The only possibility that we have to make a difference is to come together as a community to raise the discourse, have the conversations and bring it to light.

It will take a community working together to make a change.

## **Appendix 5 - Facilitators**

**Donna Clark**, Leadership Partner, consultant, facilitator and coach with Courage Group International, is committed to developing the capacity of individuals to lead with courage and compassion and collectively create life nurturing communities and high performing organizations. Donna journeys with people in becoming authentic, courageous and powerful leaders and has created accepting environments for organizational development and innovation, strategic planning, staff and community engagement and conflict resolution in government, non-profit and private sector organizations across Canada. She has extensive experience with initiatives to promote the full participation of women in leadership and in non-traditional occupations in science, engineering, trades and technology.

Courage Group International is a pioneer in holistic organizational and individual transformation. Our vision is a world where inspired individuals, caring organizations and engaged community coexist. We work with individuals and organizations to give life to their projects, passions and purpose.

[donna@couragegroup.ca](mailto:donna@couragegroup.ca)

[www.couragegroup.ca](http://www.couragegroup.ca)

**Joan McArthur-Blair** is a writer, speaker and facilitator who undertakes projects that create positive generative change. She is retired from the Canadian college system and believes education is a powerful force for social and economic good. She has led in higher education – most recently as president; in faculty development, international projects, as faculty; and in the mentorship of others. She is authoring *The Quivering Heart*; and co-authored *Appreciative Inquiry in Higher Education: A Transformative Force*. (Available for pre-ordering at Amazon.com)

[jmcarthur-blair@ns.sympatico.ca](mailto:jmcarthur-blair@ns.sympatico.ca)

**Janet Rhymes** is an outcomes-oriented consultant with extensive training and more than 20 years experience in individual and organizational learning and change. A committed community development practitioner, Janet starts from a place of value and respect for those with whom she works. She is a skilled strategist, delivering a range of services including facilitation, training, research, writing and materials development, public engagement, policy analysis, program development and evaluation. Janet has undergraduate degrees in Science and Education, a Master's in Economics and certificates in Adult Education, Appreciative Inquiry and Graphic Facilitation and Recording.

Janet is innovative in the use of creative and visual tools to build participant engagement and to boost out-of-the box thinking for meetings, workshops, conferences, planning processes and public consultations. She has worked locally and nationally graphically recording what people say, dream and plan together through her company See Meaning.

[janet.rhymes@ns.sympatico.ca](mailto:janet.rhymes@ns.sympatico.ca)

[www.seemeaning.ca](http://www.seemeaning.ca)

**Appendix 6 - Current Reality: Stories and Experiences of Violence Against Women and Girls and Some of the Community Responses**

Thursday Evening Session Notes, July 5, 2012

***Hopes and Fears***



<b>Hopes</b>	<b>Fears</b>
That this program might reach younger men (Particularly those influenced by the gaming culture, etc.)	That only those we expected to see here will be here
That we can broaden our understanding	My fear is that it will be a lot of talk that won't further help anyone
That something comes from this	Fear that a worsening economy will increase gender violence
That peaceful actions are identified and able to be fulfilled	I fear action will not move far
That we can educate all our young girls so that they don't grow up stupid, because stupid mothers bring up stupid boys and men	Nervous
This is the start of a positive change toward a more peaceful area	That people will keep their eyes and ears closed
Increased awareness	Fear of nothing happening as a result
To find out how I can get involved beyond the weekend	Fear saying more than I want to about my history and the unbalanced emotions with that
More people become aware of the violence that is still out there	My fear is to leave without a solution to violence against women and men or



Hopes	Fears
	children
Hope to get this very important topic out in the open and address it head on	Fears that apathy reigns
Understanding, harmony, acceptance, awareness, change	Meeting new people
Peace and awareness	That those who are vulnerable cannot stand up themselves
New partnerships	Our concerns and solutions will fall on deaf ears
To raise my awareness of violence and help find ways to make our community a better place	Stay the same
Hope that this event will give some people the courage to talk about the violence towards them	That we continue to define men and women with totalizing stories
That we have a successful launch to a terrific project	Fear that we will not be successful in our goals
Dialogue among men and women and different generations in the community	Fear that violence will persist and persist
Open my heart to change	Anonymity and personal safety
To learn there is a plan to address violence	That there will be a victim of violence here every day we meet
To get this very important topic out in the open and address it head on	That I will be uncertain as to where I fit in
Many more women will feel protected	I fear declining women's rights in North America
No blaming	My fear would be that interest in this important topic fizzles after the weekend
That the session will lead to real change and initiatives that will be enduring	Blaming men or women
That abusers will get longer sentences	Fear of not meeting new friends
My hope is for awareness of this important issue to be increased even just a little bit	That we may not move ahead as quickly as I would hope
Hope for progress in balancing this issue and living fear free	Not feeling safe, being raw and emotional and crying, feeling not in control
Hope for the start of a strong and united group to work for peace	Talking
Hoping no one gets fear like I have with abuse	Too many trampers in our gardens
Solution focused	Current governments turning back the clock, Nellie McClung's spirit has risen again. Look out King Stephen
My hope is to come together as a community, as a world, to make a difference	That I will be uncertain as to where I fit in
At this point I don't have a fear/too happy to be at this place right now	

Hopes	Fears
Hope the courage, wisdom, strength of these women, men, daughters and sons gathered	
Solution focused conversation, positivity	
Hope to meet new friends	
That the more subtle aspects of violence will be addressed	
Hope that we start something big and lasting	
To be part of the solution	
Resourcing the community	
Open, honest communication	
I hope to learn other people's stories	
That all people can feel safe in their homes, places of work, schools and communities	
People can learn to be more understanding of each other	
Self love and personal power	
More women will know a feeling of safety always	
Violent-free environments for children	

**Timeline**



Here are the notes that were added to the Timeline by participants.

### **1950s**

- In my day, women who could not look after their children when they became pregnant were put in the poor farm. 1950s - the place closed.

### **1960s**

- I was in junior high. A man murdered his wife and children near my school.
- Dayspring: Boy murders both parents and burns house down.
- Girl Guides: long term community involvement
- Lunenburg County has strong independent women. 1966 - Rose Conrad the fishing granny of Cherry Hill fished lobster by herself.

### **1970s**

- Michelin-Economic boom. Influx of C.F.A.
- 1972, Christmas - My aunt spent the holiday in hospital. My three cousins stayed with us-my uncle stayed home alone - he had beat her.
- In 1970, I was beaten by a man who became a prominent politician.
- 1975 - Family doctor beat my mom. Drugs, alcohol. Life continued—no help. He still continued to practice as a doctor.

### **1980s**

- Issues to South Shore regarding violence, same issues that are found worldwide. Growing movement to address these issues welcomed.
- When Second Story was in Bridgewater.
- Creation of Second Story Women's Centre.
- Father shoots his two young sons and then himself on Tancook Island. Jealous rage, to punish his wife.
- Life with Billy.
- Dec. 6, Heard about Montreal Massacre.
- 1987- Learned about an ordeal my friend had when she was raped by her stepfather.
- Dec. 6 service at Second Story, 1989. The year after it happened, S. Story was in Bridgewater. It was such a horrible day but so empowering to be together.

### **1994**

- (Shelburne, Yarmouth and Digby) - Tri-County Women's Centre and Second Story both part of the women's centres connect group (8 in total) who deal with issues of women and violence.
- Bully Busters started out of Second Story.

- 1994 - Moved to area and read regularly about men assaulting their partners and nothing appears changed.
- 1995 - Started working with youth and Heartwood in Lunenburg County.
- A time at Addiction Services when a female client began to recognize the signs of impending violence from her husband, set boundaries and he agreed to go to the Anger Management group.
- 1998 - Lack of severe punishment for sexual offences by the courts in this county.
- On a positive note-community suppers help us to connect and support each other.
- Swiss Air - The seaside communities pulled together. Post traumatic stress for fishers and rescue personnel.
- Thursday Morning Women's Issues Group.

## **2000**

- Heartwood's Call to Adventure Hiking Trip for Young Men.
- Discovery of feminism in university—suddenly able to label the feelings I was having.
- 2001 - Program by Bridgewater Family Support Centre "an outreach Centre for women trying to get off Social Assistance and prepare for work." Many women were victims of violence and raising children as single moms. Several women have since found work and self-respect again.
- 80-year-old lures girls to his home with candy to abuse them.
- Pumpkin Patrol.
- The creation of the self-focus group through Addiction Services (and the existence of Addiction Services in general.)
- 2002 - Incorporation of Planned Parenthood Lunenburg County (Sexual Health Centre).
- Empire House created 2002 (shelter for youth).
- Second Story starts Pre-Employment Programs for women.
- New Germany woman loses her life.

## **2004**

- A good-natured buddy I knew from a hunting camp goes to prison for assaulting his wife. How was it possible?
- Murder-suicide in Lunenburg.
- The murder of the woman at the food market in New Germany by her husband.
- Murder-suicide in Lunenburg 4 or 5 years ago.
- Women's Centre moves to Lunenburg.
- The murder of Judy Zwicker, a friend.
- 2005 - found Harbour House.
- Women Unlimited program to support women entering trades and technology.
- Zion Quilters meet every Thursday to hand-quilt each other's quilts continuing the traditional art in this Lunenburg community, sharing conversation and creating a network of support.

- My daughter telling me with great distress how some of her high school friends felt pressured into oral sex at a party and how ashamed they felt.
- The murder of Karissa Boudreau approximately three years ago.
- Taking part in a women's group of survivors and understanding how pervasive violence in our communities is!
- The tragedy of Karissa Boudreau's death, 2006, Christmas.
- Murder of 12 year-old girl by her mother. Karissa Boudreau. Strong reaction of community after supporting her mother for weeks.
- Karissa Boudreau's murder by her mother.
- 2006 - Began working with men around domestic violence—just how open men were and the need to share their experience.
- 2007 - Judith's murder.
- 2007 - When I first heard Art Fisher speak about engaging men in respectful ways that help lead to men's and women's safety.
- 2008 - Pam Birdsall elected to NS Legislature, past-Chair of Second Story.
- Development of Heartwood Youth Resource Guide.
- Man shoots wife and then himself, 2008. (Judith Bourgeois)
- Increased conversations on violence against women.
- Kids 'n Cops program starts in 2008.
- Murder-suicide Lunenburg, 2008.
- Judith Bourgeois, 2008.
- Rape, Bridgewater, highway taxicab driver, attack on client/Halifax cab. Robbery, rape, mugged, 2009.
- Met new partner who was abused in previous relationship.
- Increased conversations on violence against women.
- Arriving in Lunenburg in 2009—being welcomed to SS with opened arms where I went to be safe. Work on the quilt and unconditionally loved and supported.

## **2010**

- Death of Tina Eisnor.
- Canadian Federation for Sexual Health defunded by Federal Government 2009-2011.
- Making Change launch, Spring 2010.
- The murder of the Boudreau girl at 13 years in Bridgewater, by her mother.
- Making Change launched, Sept. 2010.
- 25 years—Second Story Women's Centre a crucial resource for women. Dec. 6 2010. Making Change.
- Presence of Nancy Ross from Women's Services for Addictions at Second Story in Lunenburg to see clients on Thursday. Also, became member of the Board. Launching of the film Women of Substance.
- I remember the day Second Story launched the Making Change event in Sept. 2010. Several women, including MLA Vicki Conrad, stood up and told their stories of experiencing violence. So courageous. Telling.
- Town of Bridgewater participates in Municipal Alcohol Project highlighting alcohol related harms in our community including violence (2011).
- Have lived here since Aug. 2011 - Haven't known of any violent issues.

- VAWAC formed Spring, 2011.
- Two murder-suicides (husbands/wives) in one year.
- Wayne Eisnor shot his wife in New Germany.
- Recently in news: Man who killed his wife for biting him during intercourse.
- June 2010 - FreshMart shooting, New Germany. (First day at new RCMP posting in Bridgewater.)
- Yoga - a credit course at Parkview.
- July 3, 2010 - 1 year "freedom anniversary?"
- 2011 - Stats at Alternatives reached 372 new referrals. 50% were voluntary.
- Woman murdered by son in Chester Basin, April 2012.
- 2012 - CICP-Criminal Injuries Counselling Program well publicized/used in Lunenburg County.
- Creation of Anti-Bullying Committee at new Bluenose Academy.
- When SSWC held the Making Change event last year, 2011, it opened my eyes and changed my awareness.
- Moved to the South Shore, July 2011.
- Murder of women from Liverpool. Man with 3 assaults given only 7 months. Crazy.
- 2012 - Learned the stats of domestic violence in child welfare cases is 46-48%.
- June 2012 - Active voice to start helping with the education of our communities.
- This event feels revolutionary in terms of violence in communities and families across Canada.
- 2012 - The expansion of Schools Plus to Bridgewater, New Germany, Queens.
- April, 2012. Second Story gets funding for this project.
- Second Story Women's Centre Domestic Violence project!!!
- Today, intimidation of a worker-not trained.
- This event!

### **July 5**

- Met a woman on a holiday. Successful and beautiful. She's an author with 2 published books. One is autobiographical and depicts her early life of sexual and physical abuse by male friends of her mother, then her first husband. She "survived" and her book is "Survivor." She's now happily married to a wonderful, successful professional man—for fifteen years. Hurray!



## Key Informants



## When Women are Warriors

When women are warriors  
they still make dinner  
and try to explain the world to their mothers  
and their daughters.

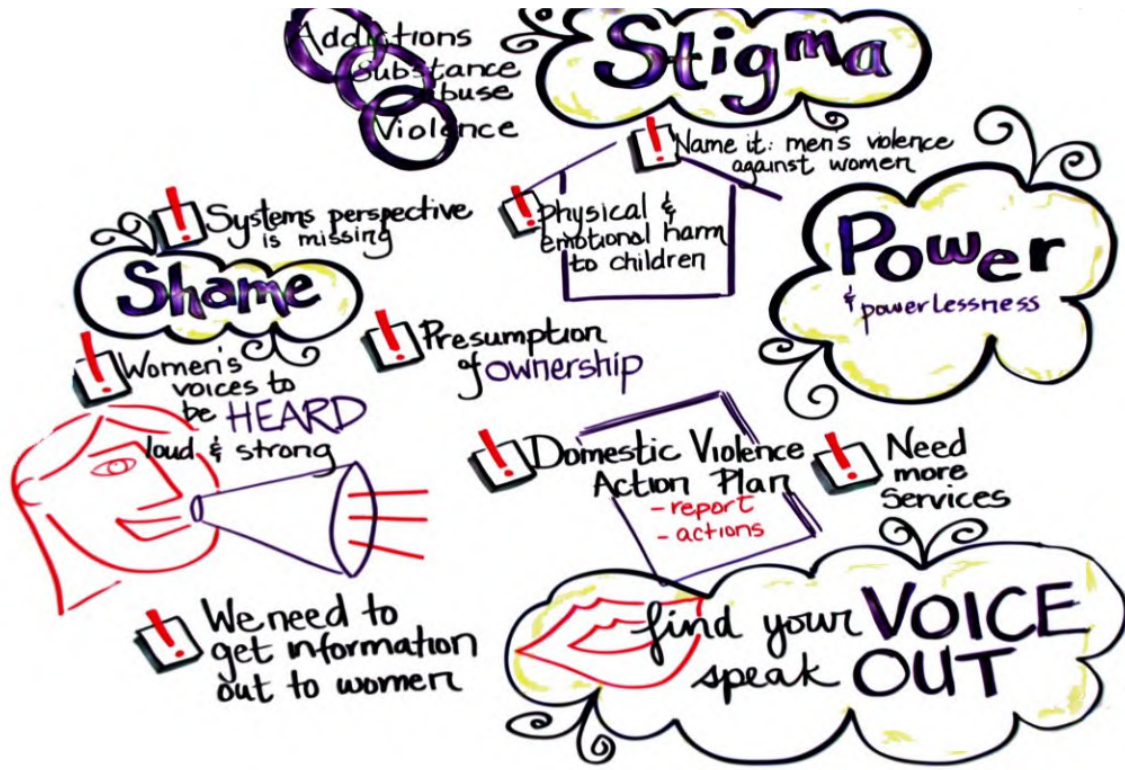
When women are warriors  
they go on being grandmothers  
whispering warrior words and singing  
ancient songs about love  
and justice.

When women are warriors  
they plant gardens and walk  
the stone beaches, gathering driftwood  
and watching sails on the horizon.  
They brew tea for friends  
and gather in small groups for silence.

When women are warriors  
they still think of themselves

as girls, before they knew  
they needed to be warriors.

--Joanne Jefferson, June 2011



# Mads, Glads, Sads and Afraids



Sad	Mad	Glad	Afraid
<ul style="list-style-type: none"> <li>• Feeling helpless</li> <li>• Frequency of incidents/examples</li> <li>• Mother abuse by violent children</li> <li>• For people who are afraid to speak out</li> <li>• Not enough resources for boys and men</li> <li>• The cycles of violence continue</li> </ul>	<ul style="list-style-type: none"> <li>• That even though we understand the issues people still go back to people who hurt them</li> <li>• That consequences do not fit the injustices</li> <li>• Murdered – why prominence excuses – minimize violence not OK. Ever justified,</li> </ul>	<ul style="list-style-type: none"> <li>• Hearing that children and youth are involved with the solutions to bullying</li> <li>• Men are becoming involved in the solution</li> <li>• To have everyone here to come up with ideas to help this issue. The focus on the issues and the</li> </ul>	<ul style="list-style-type: none"> <li>• Internet and technology (cell phones) for youth leads to cyberbullying</li> <li>• Video games, points for hurting people</li> <li>• Distancing personal relationships</li> <li>• Stand up – subject to ridicule</li> <li>• Not enough resources available</li> <li>• Afraid to speak</li> </ul>

<b>Sad</b>	<b>Mad</b>	<b>Glad</b>	<b>Afraid</b>
<ul style="list-style-type: none"> <li>• Level of violence increasing</li> <li>• Deaths: some of these women no longer have a voice</li> <li>• About the voices that aren't going to be heard</li> <li>• Loss of enjoyment of life after suffering abuse and violence</li> <li>• That it is a cycle that keeps going</li> <li>• Lack of resources to help</li> <li>• Penalties are not harsh &amp; that is tolerated</li> <li>• Nothing in curriculum on topic of healthy relationships</li> <li>• Media images going backwards</li> <li>• Violence breeds violence</li> <li>• The normalcy of date rape – made light.</li> <li>• Media promotes</li> </ul>	<p>not acceptable</p> <ul style="list-style-type: none"> <li>• Children that tell 7 adults before 1 does anything about it</li> <li>• Women who leave violent situations run higher risk of death – so they stay</li> <li>• How women are portrayed in the media</li> <li>• Women being silenced can't speak truth</li> <li>• Women/men allowing children to be abused</li> <li>• Men are abused and abuse others</li> <li>• Terrible financial pressures to maintain status – this falls on men</li> <li>• Get a worse punishment harming a moose than sexually abusing a child – disconnect between crime and punishment</li> <li>• What some men do, colours all men</li> <li>• Don't react until someone dies</li> </ul>	<p>openness of the discussion. A chance to tell the stories</p> <ul style="list-style-type: none"> <li>• Services for men and women are available</li> <li>• That awareness is growing and some progress is being made</li> <li>• The changing things that are happening now</li> <li>• Help out there</li> <li>• Yoga being taught at Parkview</li> <li>• This conversation is happening</li> <li>• So many men are here</li> <li>• Thinking is changing</li> <li>• Amazing that this is happening</li> <li>• Work with men</li> <li>• Open men are willing to engage</li> <li>• About men being here</li> <li>• Second Story exists</li> <li>• That the human rights commission in NS is engaging in reconciliation circles to build</li> </ul>	<p>up</p> <ul style="list-style-type: none"> <li>• Violence won't end</li> <li>• Availability of pornography – this is how youth are learning about sex</li> <li>• The bullying that leads to suicide</li> <li>• Being a target for retaliation for speaking out</li> <li>• Attraction to violence desensitizes. Media games, sports, war</li> <li>• Cultural violence</li> <li>• Overwhelming task</li> <li>• Things won't change, fear police response</li> <li>• Propensity for violence in everyone</li> <li>• That it won't change fast enough. Lives being lost</li> <li>• Sexual jokes by bullies at school, don't know how hurtful it is.</li> </ul>

<b>Sad</b>	<b>Mad</b>	<b>Glad</b>	<b>Afraid</b>
<ul style="list-style-type: none"> <li>• violence</li> <li>• Not being believed</li> <li>• Men don't get it</li> <li>• Lack of team work from professionals down</li> <li>• Parents who don't care about their kids</li> <li>• Poor parenting</li> <li>• That no matter what is positive, violence still exists and will likely always exist</li> <li>• Lack of enjoyment</li> <li>• Women and girls not rising to their full potential</li> <li>• Mental illness</li> <li>• That violence exists</li> <li>• Men still need to be dominant</li> <li>• We still have to be together</li> <li>• Not being believed</li> <li>• Suffering</li> </ul>	<ul style="list-style-type: none"> <li>• About power people think they have</li> <li>• Denial – stories pushed under rug. Sentencing – minimized. Priority of crimes' seriousness</li> <li>• Justice system and light sentencing. What about the victims</li> <li>• Feeling helpless</li> <li>• School bully – boys hurting girls, creeping sexualization of younger children</li> <li>• Presumption by men that they own women (wives or girlfriends) and can beat, rape, assault "their women" as their right</li> <li>• Shame prevents people from coming forward</li> <li>• That money is made from violence, i.e. sports, videos</li> <li>• Where is the answer? Rising rate of violence in Nova Scotia</li> <li>• Parents who don't care about</li> </ul>	<ul style="list-style-type: none"> <li>• peace and understanding rather than leaving it to the courts</li> <li>• For the champions who make change</li> <li>• Women can go to get help at shelters and centres</li> <li>• We're all here together</li> <li>• Peacemaker, community get together to reflect values and views</li> <li>• Young voices taking a stand</li> <li>• Awareness and initiatives taking place</li> <li>• That people are getting heard, that there is a meeting of 150 people and people want to do something about it</li> <li>• Community building efforts</li> <li>• Creative responses to youth violence drawing on the power of artistic expression</li> <li>• Some women open themselves up</li> </ul>	



Sad	Mad	Glad	Afraid
	<p>their kids, poor parenting</p> <ul style="list-style-type: none"> <li>• Controlling other people</li> <li>• 2012 and we still haven't resolved this issue and all attempts in the past have failed. We are not alone in this.</li> <li>• Violent video games</li> <li>• Conservative government for sexual health defunded – 2009-2011</li> <li>• Punishment too lenient</li> <li>• When men's experience of violence is ignored</li> <li>• Men still need to be dominant</li> <li>• Violence on TV</li> <li>• Bullying exists</li> <li>• Gaming culture, porn video culture effect on the young</li> <li>• That most of us take abuse and do not stand up to the abuser in most instances and that abusers often don't care that they are abusing or deny they are.</li> </ul>	<p>to support and encouragement to leave</p> <ul style="list-style-type: none"> <li>• People are finding arenas to talk about violence against women</li> <li>• We're together</li> <li>• Forum taking place, number of males present</li> <li>• Youth are bringing change</li> <li>• Women and men, especially youth, are struggling for change</li> <li>• We are talking about it.</li> <li>• Positive outlets – drama, arts</li> <li>• Braden creating anti-bullying group</li> <li>• That awareness is growing and some progress is being made</li> </ul>	



## Appendix 7 - Vision Summary from July 6, 2012



### Headlines

- Our Circle is Safe!
- Community Agrees Violence is Very Complicated
- All Voices Heard
- Cycle of Violence Broken! Community Celebrates!
- Lunenburg County Women Find Their Voice in speaking up about violence
- South Shore marches hand in hand for change
- Lunenburg County Achieves compassion for each other
- Compassion for self and others reigns in Lunenburg County!
- Change is Made, Peace for all!
- Together we shine!

- Women's Shelters a thing of the past...Free at Last!
- Peace Blooms in Lunenburg County 2012!
- Haven House arrives to Lunenburg County: Dignified, Safe, Affordable housing for women and children
- Diverse Community Voices with open hearts and open minds come together to make peace and reconciliation



## **Appendix 8 – Open Space Technology Reports – July 6, 2012**

***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Technology Report List – July 6, 2012**

<b>Report #</b>	<b>Topic</b>
1.	Reaching the “Hard to Reach”
2.	How To Create a Project Team To Go Forward
3.	How to Create a Safe Circle for Men to Come Forward and Talk about Using Violence
4.	End Pornography Now
5.	Proactively Educate our Youth about Being the Peace
6.	How to Involve Boys and Young Men Through Compassion and Acceptance that Celebrates a Healthy Form of Masculinity
7.	Overcoming Silence and Shame: Creating Safe Spaces in Day to Day Life
8.	How do we impact the people who are affected by women against violence?
9.	Empowering Women and Girls to Have a Voice
10.	Bullying
11.	Sexual Health Centre
12.	How do we create space for women/ourselves and giving/nurturing women to claim their voices?
13.	Restorative Justice Circles
14.	How to Help Parents be Better Parents
15.	Mental Health
16.	A Conversation on Spirituality and Violence
17.	Safe, Sustainable, Affordable Housing for Women, Children and Pets
18.	The Need for Community/Government/Law Enforcement to Network and Talk about Issues Related to Domestic Violence
19.	Prejudice: Examining Our Own and Implementing Change

Report #	Topic
20.	PTSD, Dissociation and Multiple Personalities
21.	Being an Advocate for Children, Being a Voice for Children
22.	How would restorative justice/practices/approaches work in intimate partner violence situations?
23.	How Alcohol Contributes to Violence
24.	Building Self-esteem in Youth
25.	Using Creativity in Healing
26.	Body Wise: Antidotes to Violence

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 1**

**Name of Topic:** Reaching the “hard to reach”

**Name of Conversation Host:** Suzanne Brown

**Names of Participants: (Please detach and circulate the attached page)**

Ina Nelson, Pam Birdsall, Helen Lanthier, Susan Foote, Linda, Angie Abou-Hamad, Bonnie Cookson

**Highlights of Discussion:**

- Billboards
  - Transportation
  - Community Programs i.e. seniors police academy and living alone
  - Childcare
  - Workplace education campaigns
  - Increase knowledge of service providers ie. Doctors, hairdressers, massage therapists, pharmacists etc
  - Resources available in key locations
  - Material at a grade 4 reading level
  - Partnerships
  - Contest poster, awareness, prizes etc
  - Increase the health knowledge of teachers and school staff (information as part of degree training)
  - Community centers
  - Links to resources in each area (smaller communities)
  - Recreation and social groups
  - Senior safety
  - Churches
  - Community newsletters (reading and visual aspects)
  - School programs (ie. Name the shame)
  - Public Health, healthy parenting
  - How to market effectively
  - Corporate sponsorship to deliver information (those that reach target population)
- Examples:
- NSLC
  - Gas stations
  - Grocery stores
  - Building and hardware stores

**Future Action/Next Steps/Recommendations:**

**Resources Required:**

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 2**

**Name of Topic:** How To Create a Project Team To Go Forward

**Name of Conversation Host:** Nancy Ross

**Names of Participants: (Please detach and circulate the attached page)**

Nancy Ross and Sue Bookchin

**Highlights of Discussion:**

Maybe it's just the coordinators and Second Story Staff. But then it may not be perceived as a community project.

People are very busy

Maybe it's a team for each specific projects or initiatives

**Future Action/Next Steps/Recommendations:**

Personal ask's to people for specific initiatives

**Resources Required:**

Just personal energy

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 3**

**Name of Topic:** How to create a safe circle for men to come forward and talk about using violence.

**Name of Conversation Host:** Deborah May

**Names of Participants: (Please detach and circulate the attached page)**

Ryanne Rhodenizer, Keith Lanthier, Lila O'Connor

**Highlights of Discussion:**

Needs to be a non-judgmental and respectful space with no agenda—men have to be given the space to own the work/issues.

Have to open the discussion to the broader context of men's lives which may include hopes and dreams.

Remembering that men are also impacted by patriarchy for example: expectations of being the provider and problem solver—strong and not vulnerable.

Realizing men already often carry shame around their use of violence.

**Future Action/Next Steps/Recommendations:**

Address intervention strategies and failure of prosecution and jail time.

Need for diversion programs and family intervention.

Linking together of services that care and support men after intervention.

Letting go of assumptions that because violence is present there is no love or caring.

**Resources Required:**

Money for more services and workers.



***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Report # 4**

**Name of Topic**    **End Pornography Now**

**Name of Conversation Host:** T. Child and Patricia Vanaman

**Names of Participants: (Please detach and circulate the attached page)**

T. Child; Patricia Vanaman; Dawn Huskins-Townsend; Steph B.; Erica Brooks

**Highlights of Discussion:**

- Ritual abuse; The sexual abuse of children (live re-enactment)
- Similar imagery involved in porn abuse tactics
- Effective techniques of mind control, domination
- Understand the disconnect between viewing porn (non consensual) and layers of domination that keep these cycles in motion
- How do you get people to think outside the victim or abuser box
- Porn is a documentation of abuse
- Recognize real women and girls are being raped and tortured and sometimes murdered to create pornography
- Porn is a continuum that has at one end over sexualized advertisements and all is readily available to young people
- Blurred line between normalized behaviors
- Males learn pornography and have expectations and actions that promote violence and or abuse rather than intimacy
- Backslide/backlash: we need to recognize that the Women's Movement made such a powerful impact that it now has a counter to keep it moving forward
- Clothing options for little girls is sexual
- Intergenerational abuse where girls are raised abused and exposed to pornography; victimization

**Future Action/Next Steps/Recommendations:**

- Community forum blog
- Anonymous storytelling
- Film screenings for public (ie Killing Me Softly 4)
- Creative expression utilized through song, stories, poems
- By-stander training (example Avalon Ctr)
- Conversations with school board in enforcing a dress code
- Block all porn sites for a day
- Leverage conversations around the country: Porn Free Nation
- The internet filtered; "reverse hackers"
- Freedom of speech: How did women's bodies become "freedom of speech"?

**Resources Required:**

- Community space
- Projection screens; speakers
- Creative gathering
- Media education foundation
- Films, etc

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 5**

**Name of Topic:** Proactively Educate our Youth about Being the Peace

**Name of Conversation Host:** Scott Patterson

**Names of Participants: (Please detach and circulate the attached page)**

Lisa Nicholson	Danica White	Kirsten Ernst	Suzanne Lohnes-Croft
Liz Powers	Erin Green	Alexandra Acton-Bond	Tara Knox
John Collyer	Braden Newell	Isabelle LeVert-Chiasson	Suki Starnes
Sue Bookchin	Kate Dwyer	Alex Hickey	

**Highlights of Discussion**

Definition for youth – infant through to adulthood

**YOUTH MUST HAVE A VOICE**

Curriculum Issues TWO APPROACHES:

1. Get it in the curriculum and change the system
2. Work around system and communicate programming to all and get it in all schools

Obstacles:

- Denial of the problem of bullying and domestic violence
- Older kids don't like to mentor/model younger kids to help them become activists
- How to keep them interested as they older
- You don't need a license to be a parent
- No early childhood program in many communities in Lunenburg County
- Socioeconomic realities (funding for programming)
- **APATHY IS A MAJOR OBSTACLE**
- Many unsocialized preschoolers – we need to teach them social and relationship skills
- Improper media portrayal of violence and relationships – the powerful few often represented by white males dominating and oppressing and annihilating all subordinates without consequence
- Parenting discussions not occurring to counterbalance the violence our children are exposed to in multimedia. Can't stop it from coming in.

**Future Action/Next Steps/Recommendations:**

**YOUTH MUST HAVE A VOICE**

**ALL SOLUTIONS NEED TO BE AVAILABLE TO EVERY CHILD**

- Have programming in all grades groups that is developmentally appropriate and the best of what is available
- More training for first contact people (health, education, justice, youth workers)

- Create a network of communication by website and promote it to all youth-related entities
- If we cannot get this into curriculum at all developmental levels, we need to develop and promote awareness of the availability of all programming to all schools (multi-media approach)
- Asset mapping (developing list of resources and support available) of prevention of violence resources for youth (Lunenburg County Community Health Board as a resources)
- Develop a program promoting social skill and relationship skill developmental activities and make it available to early caregivers, parents and preschools
- We need to use a multimedia approach (social media, website, posters on community bulletin boards, newspapers, school newsletters starting at elementary)
- Make every school in Lunenburg County a peaceful school (resource: Peaceful Schools International).
  - We need to make this part of the core values of our schools
- Break down silos (community, education, justice and health at the same table and working together)
- Making the case for saving money by putting it into proactive/preventative spending – spend \$1 now and save \$7 later.
- Establish effective outreach programs
- Create safe spaces and keep them open (sustainability is key)
- Get young people involved in the solutions
- Reaching out to youth through social media, e.g. Facebook
- Red Cross RespectEd program to be brought into the schools ([www.redcross.ca/respected](http://www.redcross.ca/respected) )
- SSRSB
  - Peer mediation
  - Social justice programs
  - RCH Coordinators (Race Culture and Heritage)
  - Schools Plus
  - PSTs (Program Support Teachers)
  - Recruit key teachers to help us reach the kids
- Second Story Women’s Centre (Girl Talk summer self-esteem camps (ages 9-12), Striking Balance for girls ages 13-16)
- Beat on every door – communicating the issue and making it happen
- Find a way to keep our youth sensitized to the consequences of their actions and to the realities that are not portrayed in the media. HOW DO WE KEEP IT REAL?

**Resources Required:**

**YOUTH MUST HAVE A VOICE**

**THE RESOURCES REQUIRED FOR ALL FOUR PILLARS – Community, Education, Health and Justice**

- South Shore Regional School Board
- NSCC Lunenburg Campus
- Lunenburg County Family Support Centres
- Home and School Associations
- All levels of government
- Schools Plus
- Community Services
- Second Story
- Harbour House
- School Safety Officers (SSO) of schools

- Community Support Officers (CSO) of police
- Addictions and Mental Health professionals
- Social justice/restorative justice
- Lunenburg County – Child and Youth Network
- Sexual Health Centre
- Verge House
- YMCA (Youth Night, summer camps)
- Heartwood
- Big Brothers Big Sisters
  - In-School Mentoring Program
- Junior Achievement
- Lunenburg County United Way – Michael Graves
- Parks and Recreation

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 6**

**Name of Topic: How to involve boys and young men through compassion and acceptance, that celebrates a healthy form of masculinity**

**Name of Conversation Host:** Brian Braganza

**Names of Participants: (Please detach and circulate the attached page)**

Julia Rustad, Sally Hutchinson, Linda Wilson, JoAnn, Steven Selig, Will Creamer, Isabelle Levert-Chiasson, Linda Jensen (DCS), Marita Tanner

**Highlights of Discussion:**

Started with a go around—name and interest in the topic:

- A few parents with teen or older boys—what them to understand healthy relationships with women
- Know that there is a lot of pressure and expectations on boys/young men to be a certain way
- Want for boys to know/learn how to be vulnerable
- Media influence can be difficult for boys
- Know that boys feel powerless and the way they deal with this is to act out violently

An understanding of the difficulties boys face:

- Boys often have feelings underneath the anger that are about hopelessness, worthlessness, and that they are expected to be bad
- Easier to live in anger than in hopelessness
- There are few boys only spaces where boys can connect on personal topics
- Usually if boys are seen in a 'gang' they are suspected of being/getting into trouble
- There are a lot of expectations on boys, yet sometimes is biologically and our systems (schools etc) do not have understanding of how to support boys differently.

The Question was asked: What exists currently for boys (only) in Lunenburg county

- Sports
- Sk8 park in Lunenburg/Chester (not for boys only, but mostly boys who attend)
- Maybe in the Health Centres? New Germany/Forest Heights...but not likely
- Not much that is boys only focused on the topics for relationships, healthy development etc

**Future Action/Next Steps/Recommendations:**

1. Create boys only spaces/programs that are action focused and explore topics of: healthy relationships, social expectations on males, health development, respect for self, other boys, women, develop self-esteem.
  - Include opportunities for action, service, meaningful engagement
  - Keep the space non-judgmental, safe, non-shame or blame based
  - Engage boys in planning/promotion/creating the 'program'

Sometimes boys won't show up to these kinds of programs so:

- Go where they are (sports teams, schools, natural boy gathering spaces)

- Think not only about sport, but also arts, music, dance, GSA, gaming etc
  - Think about transportation and accessibility
  - Work with coaches/parents
2. Look into programs in Alberta started by former hockey player (ask Julia Rustao for details)
  3. Will and Brian (and others interested) to think about /talk about hosting/doing more work with boys in Bridgewater—maybe include YMCA or Big Brothers

**Resources Required:**

Possible source for resources (\$ and expertise):

- Schools Plus Program
- DCS
- Raising and Mentoring Boys and Young Men Tatamagouche Program October 21-23(ish) 2012
- HeartWood Centre for Community Youth Development (Training for adults and/or youth engagement)
- YMCA
- Big Brothers
- Bridgewater Police department

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 7**

**Name of Topic:** Overcoming silence and shame. Creating safe spaces in day-to-day life.

**Name of Conversation Host:** Miranda Cobb

**Names of Participants:**

Donna Fancey, Anne-Marie Sheppard, Sue Bookchin, Joan McArthur-Blair, Miranda Cobb

**Highlights of Discussion:**

- Storytelling – the importance of telling stories and the ripple effects that this has across the community
- YEARNING – there is a NEED for people to tell their stories; stories spill out of people given the right
- Speaking publically people come up to you and share and thank you; you become a warrior and a lightning rod for the issue
- Talking about it openly in different spaces in society. People sharing their stories voluntarily
- Ripple effect – the story sharing leads to recognition and prevention and education and domino effect of further conversations
- Safe Space to share – safe spaces are necessary as a key place to start sharing stories; women who have been silenced need safe spaces to share stories for the first time; what feels safe is different for everyone and changes; non-judgemental;
- Silence and shame and not sharing – feels like always holding breath, on guard, not able to openly engage and share creatively with community; loss of potential; the hurt and pain limits us in our day-to-day
- Public spaces to share – at some point the stories need to go beyond safe spaces into PUBLIC SPACE
- Positive Slant – celebrate and honour who you are because of those experiences (survivors of violence)
- Focus on the positive – the skills and capacities and strength and courage we develop through surviving violence, the hardest of time
- The first step is talking about, then we can work on honouring ourselves; where you have come from, where you are now
- Need to feel the CONNECTION
- Warriors – there are silent warriors and public warriors
- getting women to recognize that they are WARRIORS
- The act of telling your story is profoundly courageous
- The Making Change event was a very freeing experience and the first time for sharing stories that some women have held onto for decades; freeing experience after years of living in a 'closet';
- THIS IS PART OF WHO I AM – it is not all of me; I am not my wound; by lifting the silence the trauma can become a part of your experience in the world, not the ONLY experience; we are many things, not just survivors
- Protection vs. Continuing the cycle of violence – in domestic violence, family violence and incest there is tricky territory of telling our stories. On one hand we may want to protect our family members and allow for healing in the community; on the other hand, by not telling the whole truth maybe you are allowing that person to perpetrate others. Is it a question of needing more services for perpetrators and more openness about the need for that?



## **Future Action/Next Steps/Recommendations:**

- 1) Safe spaces for storytelling**
  - a. that might be directly for story sharing, or safe spaces and circles of sharing where stories may naturally come forward
  - b. All kinds of stories – triumph, courage, pain, violence, peace, etc
  - c. Multi-generational storysharing: circle for teenagers, youth, adults, children, grandparents, etc.
- 2) Public forums and spaces for storytelling**
  - a. need to go beyond closed door, safe spaces into public spaces;
  - b. this creates significant ripple effects of people coming up to speakers afterwards and sharing;
  - c. of people recognizing relationships or individuals as at risk of abusing or being abused;
  - d. prevention; and
  - e. education
- 3) Story Catching**
  - a. active listeners and witnesses of the stories;
  - b. listen without judgment, actively, generously, empathically;
  - c. so that the story tellers are heard and their stories are caught, they are not lost;
  - d. key part of creating sacred space for storied
- 4) Symbols/stickers/pins**
  - a. to show support and safe spaces in everyday institutions, workplaces,
  - b. (e.g., rainbow stickers in office windows and homes and pins to show safe spaces for gay/lesbian/transgender etc.).
  - c. Need for silent places, where things don't need to be articulated and talked about, but spaces shown as safe
- 5) Programs for perpetrators**
  - a. When it comes to family violence there is a need for help for the perpetrators, otherwise there is silence because there is seemingly no way to change the situation, no resources.
  - b. Break the cycle of pain and perpetration by addressing it

## **Resources Required:**

- facilitators
- training on story catching and active listening and witnessing
- support workers and counselors before, during and after the event
- rooms, facilities for story sharing
- food to bring people together
- symbol/logo and stickers/pins to show safe people, places
- programs and support for perpetrators and bringing men and boys into the conversation

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 8**

**Name of Topic:** How do we impact the people who are affected by women against violence  
(Women, children, men, community, schools, etc)

**Name of Conversation Host:** Pat Watson

**Names of Participants: (Please detach and circulate the attached page)**  
Pat Watson

**Highlights of Discussion:**

Ideas to address this issues...

- Develop a website for the project
  - Include in the website vision/mission/values statements
  - Purpose of this initiative
  - Women's stories
  - Contact information – hotline, agencies, counseling
- Offer Open space workshop in smaller communities (New Germany, Chester, etc.)
- Identify ways to reach out and connect with women, men, children, etc.
- Once the promotional information (brochures/posters) is developed, use the media to get the message across (CKBW, newspapers, other radio stations.)
- Contact government officials, recreational facilities, schools, churches, etc and inform them of this initiative and see how they can be of assistance)
- Have discussion groups and workshops for men and women (through Second Story, Bridgewater Family Centre, Big Brothers/Big Sisters, etc)
- Design posters, press releases to be distributed throughout Lunenburg County.
- Approach different agencies to inform them of the project and find ways to engage them (e.g. spreading the word, be part of the ongoing committee, offer counseling
- Develop a program to be offered to the school systems throughout Lunenburg County

**Future Action/Next Steps/Recommendations: Same as above**

**Resources Required:**

- Different agencies
- Volunteers
- Development of materials for promotion (people who have the skills to do this)
- Website designer (Jodie Turner in Kingsburg is reasonable. She's listed in Rose Bay under Lucky Duck web design)

Call me if you need any additional information.....Pat Watson

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 9**

**Name of Topic:** Empowering young Women and Girls to Have a Voice

**Name of Conversation Host:** Liz McCurdy

**Names of Participants:**

- Sandy Bergeron
- Nicole Landry
- Anna MacLennan
- Marilyn Zinowki
- Catherine Hellewell
- Suki Starnes

**Highlights of Discussion:**

- We need to have a year round focus and programming on empowering young women to have a voice.
- Creativity is very important: Use creative and artistic activities to help youth feel comfortable to express what they truly want to say and feel vs. 'what they should say'. Incorporate Creative activity including painting, doll making, abstracts with feelings and emotions label emotions and show on paper with colour and different mediums. \* Use creative based activities\*
- Activities and programming need to be community and school based.
- Go to schools to talk about resources in the community
- Be creative on how to implement these initiatives using little money
- \* Programs for mothers and daughters\*, better understanding of mothers and also of daughters. Break cycle of mother not feeling empowered and passing on to daughters.
- 'Safe space' image to have in the community. Like breastfeeding safe space, and GLBTQ signs.
- Mentoring: mentoring program -12yr old mentor 6yr olds, 16yr old mentor 12yr old, adults mentor young women and girls, One-on-one mentoring. Be ok that mentors aren't perfect, they are real. Leadership/Mentoring training program.
- One-on-one activities that can be taken to families home.
- Initiatives need to be youth driven. More activities vs. handouts and lecture style
- Break down 'Female Role' Barriers
- Physical activity helps you feel strong internally and mentally, alternatives to organized sports that cost limited money.
- Need to make it "cool" For young women to be powerful and to be different.
- Girls feel isolated and perception there is limited amount of power
- Girls compete against each other and isolate each other
- Help girls know how to be powerful, handle power, etc. Help girls to be ok that they won't be liked by everyone.
- Women take too much responsibility for negative aspects of relationship.
- Understand and acknowledge difference between men and women and it is ok.
- Help girls question trends and fashion
- Media – talk about it, collaging
- Help girls figure out what they want to say with their voice.

- Art of conversation – have girls practice different things to talk about that they may not be comfortable or used to, can do this by having them all write a question they want to ask on a piece of paper and put it in a box, then read each question and discuss; add listening practices/activity.
- Evening Gatherings ie. afternoon tea, workshop
- Mobile bus! Like mobile library
- Effective advocacy and advertisement
- Need to shift stereotypes
- Get people there first then with experience they will be more comfortable to come again.

**Future Action/Next Steps/Recommendations:**

- Decide what action will be taken.
- Get youth involved
- Programs for mothers and daughters
- School and community programming for young women and girls
- Transportation and Isolation – Reduce these barriers (Carpooling, host in different locations, taxi/pick up drop off service,

**Resources Required:**

- We didn't get to talk about this ☹

***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Report # 10**

**Name of Topic:** Bullying

**Name of Conversation Host:** Braden Newell

**Names of Participants: (Please detach and circulate the attached page)**

John Collyer, Kate Dwyer, Erica Brooks, Steph B., Lila O'Connor, Dawn Huskins-Townsend,  
Knsten O'Keefe, Nicole Landry

**Highlights of Discussion:**

Adults need to get involved.

Bullying starts in primary.

Teachers need to get involved with bullying.

Bullying off school grounds is harder to deal with.

School Board needs to support projects like the ABC club.

***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Report # 11**

**Name of Topic: Sexual Assault Centre**

**Name of Conversation Host:** Helen Lanthier and Suki Starnes

**Names of Participants: (Please detach and circulate the attached page)**

Linda Zinowki  
Scott Feener  
Katie Boudreau

Patricia Vanaman  
John Collyer  
Kristen O'Keefe

Anne-Marie Sheppard  
Anna MacLennan

Lisa Nicholson  
Liz McCurdy

**Highlights of Discussion:**

- Background – group of community members submitted a past proposal which was based on the S.A.N.E. (Sexual Assault Nurse Examiner) MODEL - an alternative to the Avalon Centre model. However, group acknowledges that the government is currently recommending in the Domestic Violence Action Plan the Avalon Centre Model which perhaps explains why this model was stalled
- A sexual assault centre is not only for emergency response but also ongoing advocacy and support
- Need for local service – HUGE GAP IN SERVICES to sexual assault victims in Lunenburg County
  - victims don't have to wait in the ER and doctors office for long periods of time and be put low on the priority list – re-victimizing people by delays
  - Lack of counseling and follow up
  - Currently many victims referred to Avalon Sexual Assault Centre in Halifax – too far away
  - No local services for victims under 16. They are referred to IWK – too far away for a traumatized child or youth
  - Get rid of waiting lists for counseling
- In the absence of a formalized Sexual Assault Response Team or Sexual Assault Centre there is an informal arrangement between two doctors at South Shore Regional Hospital and Bridgewater Police to conduct sexual assault examinations
- Current model is not cost effective. Officers have to sit in emergency room for up to 10 hours or accompany children to IWK on salaried time.
- A Tri-County Women's Centre person Patricia Vanaman stated that it would cost \$220,000 for two .S.A.N.E. nurses to get up and running

**Future Action/Next Steps/Recommendations:**

- Investigate Avalon Sexual Assault Centre Model
- Research and investigate provincial government's Domestic Violence Action Plan
- Look at best practices e.g. Tri-County Women's Centre strategy or S.A.N.E. nurses (they are currently 18 months into their process of community volunteers supporting and informing the victim of their rights. (Funds also came from a Status of Women Canada grant).

- Consider non-institutional option for a physical space for a sexual assault examinations whether it be at a community health centre, a travelling response team
- Sexual assault response is not only the emergency response after a sexual assault. There is also the Advocacy piece – for support and ongoing counseling and navigation to services
  - Advocating for a sexual assault centre on the South Shore
  - Messages to Justice Department via Kristen O’Keefe (currently coordinating the team responsible for implementing the Domestic Violence Action Plan)
    - Enhance Victim Services which has had funding drastically cut in recent years – no services on South Shore, staff must come from Valley
    - Need timely response for victims to be willing to report

**Resources Required:**

- Sexual assault examination space - not large, comfortable, well stocked, easily accessible for people with disabilities, inviting but private, ability to appropriately store specimens, kits, blood, etc.
- S.A.N.E. training – need evidentiary training ability to ensure chain of evidence is not compromised
- Bridgewater Police can purchase and supply rape kits
- Need a trained examiner and an untrained witness for a rape kit – neither can be related to the victim
- Non-institutionalized environment so that women and children are given the ability to choose whether or not they will speak to police. Perhaps speak to police when ready.



***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 12**

**Name of Topic:** How do we create space for women/ourselves and giving/nurturing women to claim their voices

**Name of Conversation Hosts:** Katie Boudreau and Peggy Graham

**Names of Participants:**

Jean Ross, Beth Guptil, Pat Watson, Eliza Schurman, Jean Ross, Foster Ross, Rev. Ruth Brown, Charlene Flint

**Highlights of Discussion:**

- **We discussed personal and public intermediate steps – Many of these points are both personal and public**
  - Programs on claiming your voice, doing more, getting the word out
  - Find someone to talk to/evolutionary partner/provide an ear
  - Speaking up
  - Modeling behavior
  - Calling for respect
  - Understanding context
  - Validate/listen, practice listening
  - Naming abuse
  - Intervene, get support
  - Local men for change group
  - Stating your needs
  - Challenge what it means to be polite
  - More personal development in educational system
  - Education on what is abuse
  - Phone/internet support
  - Visibility in public life (political, etc.)

**Future Action/Next Steps/Recommendations:**

- **Public**
  - Training within organizations
    - Counseling/listening
    - Caring
    - Workshops in workplace
    - School programs – naming (should address violence more directly – example Girl Talk program and Lunch and Learn
    - Churches
    - Recreation department (make more links, sports for girls)
    - NSCC and YMCA

- Peer Support/education
  - community based
  - Distribution of information regarding what are abuse and violence – distribute everywhere – posters, brochures
- Hotline for Lunenburg/Queens
  - to lower barriers
  - phone tree-volunteers (training at SSWC or Harbour House?)
  - pass around cell phone
- Contact MLA's
- Media
  - South Shore Now
  - Paul Kellogg with Bluenose Opera House radio show
  - CKBW, local radio
  - Propose weekly radio show like Dear Abby style
  - Ads – like the mental health Clara Hughes ads – spokesperson/speaking out
- Celebrity campaign/allies
  - Local celebrities
- Page on project website for sharing stories
  - Anonymous if desired

- **Personal**

- at home, host evening discussion groups
  - creating space and well being
  - community connections
  - generate connections/disseminate information
- one-to-one connections
  - sharing stories to combat shame and silence
  - understand emotional abuse, shame and fear
  - listening to quieter voices
    - respectfully – non-judgmental and private
    - without prescribing, enabling choices
    - be a generator of connections
- online support groups or counselors
  - to find link (URL) as example
  - issues regarding tracking

**Resources Required:**

- website (technical support)
- training
- volunteers
- cooperation with other organizations/agencies
- cell phone
- legal advice
- research existing workshops
- funding (for food and transportation)
- paper/printing

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 13**

**Name of Topic: Restorative Justice Circles (Based On the Aboriginal Model)**

**Name of Conversation Host:** Beth Munroe

**Names of Participants: (Please detach and circulate the attached page)**

- Isabel LeVert Chaisson
- Linda Wilson
- Erin Green
- Charlene Flint
- Nancy Ross
- Susan Foote

**Highlights of Discussion:**

-Who can be in a circle?

- Person harmed
- Person who did the harm
- Impartial Mediator
- Community agencies already involved with the first two
- Schools (for youth)
- School Safety Officers (for youth)
- Community officers who have something to offer this particular situation

-What are the elements of a circle?

- The person who caused harm must admit to wrong-doing
- The person who caused harm and the victim must both consent to being in this circle
- impartial mediator
- respect for all
- accountability
- members decide together on action needed to repair the harm done using a model of consensus. Decision must be achievable, do-able
- No interrupting or questioning one who is speaking
- no re-victimization
- no power imbalance
- process itself is a consequence to the person who harmed someone
- contract/agreement signed to repair the harm done (consequences for the person who caused harm)
- work toward the abuser's re-integration into the community if he is not a risk to do this again.
- intentional process
- the co-ordination of this process is very challenging—hard to get schedules together

When can this model/process be used?

- Only in situations where the violence is in early stages and used to prevent these situations from escalating.
- In family meetings where parents and children can learn to have a circle at home after working with it at SSWC.

When can this model/process NOT be used?

- In situations where the police have been notified. Then the process moves through the steps of the legal system
- in high risk situations where the person harmed may be harmed even more

**Future Action/Next Steps/Recommendations:**

- Use the resource people below to find out more about this model
- Have a First Nations person on the SSWC Board
- If SSWC wishes to use this model, the Department of Justice offers training.
- offer to be a resource to First Nations people—perhaps for follow-up for those who have experienced violence (especially off-Reserve women.)
- Supply child care and transportation for those involved
- model could be taught to families—parents and children and relatives

**Resources Required:**

- Someone to familiarize SSWC about this model—Ellen Hunt, Mi'kmaq Elder
- Walter Denny—Domestic Violence Officer for First Nations Communities in NS
- School Safety resource Officers (SSROs)
- Mi'kmaq Legal Support Network
- Acadia First Nation 627-1245

NB—There is a moratorium on using the Restorative Justice Model for domestic violence in Nova Scotia. Zero Tolerance of domestic violence in NS and legal model must be used.

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 14**

**Name of Topic:** How to help parents be better parents

**Name of Conversation Host:** Sue Bookchin

**Names of Participants: (Please detach and circulate the attached page)**

Beth Guptil  
Tara Knox  
Alexandria Acton-Bond  
Inge Hatton  
Derek Wentzell  
Steph Beaton  
Keith Lanthier  
Charlene Flint  
Scott Patterson

**Highlights of Discussion:**

- When women give birth in hospitals of come for pre-natal care opportunity to provide information. Lots of young women are pregnant with no idea how to take care of themselves never mind a baby. Doctors know this but what can you do?
- Parenting classes/self-development classes in schools. Interventions can occur at any time
- No one argues that it's absolutely vital, but how would you create the time?
- Experiential learning and support in small groups
- Kids and parents can learn together
- We're at a loss to know whether people in isolated rural areas would have the wakefulness, the ability to even be aware of or speak about their experiences. How could we engage them? How to entice people to come and explore themselves?
- Parents feel so judged and especially mothers
- How to get parents to want to do it; so many parents don't want to get involved. How to entice them, who has the skill to entice them. Need to identify the WIFM – what's in it for me.
- People feel victimized by the systems, even the school system if they didn't have good experiences as children, then as parents they are reluctant to go into the school.
- In so many systems, people feel victimized as soon as they walk in the door as if they have to prove their worth or their good intentions or their intelligence before they can be seen as valuable people

**Future Action/Next Steps/Recommendations:**

- In pre-natal care develop support groups (like lactation support) that continue to support them as new parents together
- Enroll experienced mothers in the community to help support new mothers and rally around especially young women with support

- Parenting cafes that use a world café format where parents can learn from one another and maybe teen and parent cafes where they are separate for the first part and then we bring them together to learn from each other
- Use other vehicles like collective kitchens bringing people together for some other reason and then talk about parenting
- Think about individual sessions for people who can't access group sessions.
- PRIDE training (for foster parents) is fabulous. 10 modules encouraging healthy relationships identifying the needs behind behaviours. A Provincial program. How to get this to every family? Offer it through family support centres? Integrate it with pre-natal classes? Is this similar to the parent effectiveness training there used to be? Pre-natal education is offered though Public Health could it dovetail with that? Get the OB docs , midwives, nurses to strongly suggest to all new parents that they take the program. Deal with challenges of transportation, violence, literacy, get it through the foodbanks, social services, put posters in doctor's offices with this information. Use video option in doctor's offices, because people are always waiting in the waiting room. Get it to guidance counselors in schools. This is do-able!
- Need sensible first steps and build on that.
- Where do parents already gather – e.g. parent-teacher evenings, or schools have family barbecues
- Find some champions who are parents because when someone has something that works, word of mouth works in Lunenburg county
- We need to be aware of what else is going on in the community and that requires the whole community to keep us in touch with what's going on
- We need to have lots of supports available for when parents get into vulnerable conversations
- We are evolving culture
- We need to have the four pillars involved – Justice, Health and Wellness, Education and Community
- Promote having a web based community bulletin board. Have a campaign to have everyone's home page be the community bulletin board. Maybe the library could maintain it. And there's also the provincial 211 line.
- Peer counseling for kids who then go home and educate their parents
- With Schools Plus, when there is a youth at risk, they deal with the whole family and then you can use "reformed" families for peer counseling.
- Use social media, facebook, twitter, posters, Eastlink Community TV PSAs, radio, newspapers, people who have the capacity to speak to do so on local radio

#### **Resources Required:**

- Train people to deliver the PRIDE program. Figure out how to get it. (proprietary?)
- Advertising budget
- Promotional material
- Travel to Illinois to see these models at work
- Need the decision-makers in the four pillar departments at the table together and the community access point

***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Report # 15**

**Name of Topic:** Mental Health

**Name of Conversation Host:** Brent A. Hiscock

**Names of Participants:**

Kristen O'Keefe, Jan McKenzie, Bonnie, Dawn Townsend, Peg Wilson, Brent A. Hiscock, Liz, John Collyer

**Highlights of Discussion:**

- Stigma around mental health issues
- Correlation between addiction and mental health & violence against women
- Importance of body, mind, spirit connection
- Importance of self knowledge
- Importance of honesty – denial is prevalent
- Importance of proper nutrition
- Criminalization of those experiencing mental health issues
- Support for people not in 'the system'
- Community members supporting each other, having the skills without always needing to see 'professionals'.
- Early education / intervention
- Creation of an easily accessible database of community resources – online, to meet people where they are

**Future Action/Next Steps/Recommendations:**

- Recognize that we all deal with mental health issues
- Focus on early start programs in schools and with new parents
- Focus on body / mind / spirit (breathing, yoga, nutrition) skills
- Understand that it is not a quick fix, give people the time they need
- Changes in health care system, need proper resources
- Encourage contemplative practices in schools, work. Not as 'religious' or spiritual practice, but just as a good means of working together. I.e. 'sitting' vs. 'meditation' (meditation can be a loaded term)
- Maintain a current guide of resources in the community, keep it updated, accessible (such as -----Lunenburg County Youth Guide) stop silo-ing!
- Develop better relationships between service organizations (police, health care, etc) to encourage better communication. Minimize barriers that are counterproductive (excessive confidentiality, etc.)
- Promote Balanced lifestyles in schools and openly in community
- Embrace / incorporate restorative justice practices. Teach them to children, teach them to be problem solvers and peace makers in the community.

**Resources Required:**

Web Space, Database of current / new resources available. This is a job for someone! It's super important!

Restorative Justice Training for schools / workplaces

Advertising / Campaign budgets for school programs highlighting nutrition, exercise, etc. showing how these impact mental health issues and help people make better decisions.

***Be the Peace...Make A Change:  
from violence and fear to peace and safety for women and girls in  
Lunenburg County***

**Open Space Report # 16**

**Name of Topic:** A conversation on spirituality and violence

**Name of Conversation Hosts:** Grace McKnight & Joanne

**Names of Participants:** (Please detach and circulate the attached page)

**Highlights of Discussion:**

seeing god in everyone  
Spiritual communities helpful or harmful?  
Possibility of healing in a spiritual community  
Spirituality is very different for each person  
Spirituality can build bridges; we prefer it not create islands  
Creating sacred spaces – antithesis of violence- violent people are removed from their spirituality  
Connection and love – violence – disconnecting in anger & hate  
Spiritual/healing practices  
Spirituality has to be part of the solution to violence; with love there is no separation  
Spirituality is often neglected in public conversations about violence  
Organized religion is often seen as taboo whereas spirituality can be seen as therapeutic  
Can break the cycle of abuse  
Contemplative practice can help both victim and perpetrator  
Dominance of Christian tradition in our society – healing & reconciliation  
Dogma can be repressive  
Dichotomy within Christianity with respect to violence  
Compassion for self and others  
Change starts within – importance of personal healing – inner voice  
Jesus – first feminist = equality for all  
Listening to all faith communities  
Spirituality learned early on will help creative non-violent individuals  
Common ground – compassion, courage, openness  
Spiritual traditions are systems of socialization teaching values of how to be in the world  
Spirituality is a muscle you can tone  
Meditation affects the brain in a good way  
Spirituality allows us to be present; practical

**Future Action/Next Steps/Recommendations:**

**How we apply spirituality in our present lives**

Development of healing circles to promote spirituality  
Create spaces and guidance will arise  
Need to understand the relationship between religion and spirituality – deconstruct harmful traditional religious practice/beliefs.  
Be present in mind and body - seek help from a higher source – forgive and love  
Try to see that of god in other people  
Nurturing the self – belief in one's self – ability to heal  
Respect for self and others – nature – essential  
Giving and receiving love – freedom to choose  
Universal energy – channel of love and healing to and from self, others & nature



Trees, nature, listening to god  
Meditation, yoga, spiritual mentor, prayer, integral part of self, practice  
Connected to self/choice – no separation between self and spirituality  
Presence and compassion  
Trying not to judge

Summary statement: everyone in every moment is doing their best in every way and this can help with forgiveness.

**Resources Required:**

Resource people (spiritual advisors, chaplains etc.)  
Volunteers

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 17**

**Name of Topic:** Safe, Sustainable, Affordable Housing for Women, Children and Pets

**Name of Conversation Host:** Rachael Robitaille

**Names of Participants: (Please detach and circulate the attached page)**

Sally Hutchinson

Alex Hickey

T. Child

**Highlights of Discussion:**

- The difficulty of finding appropriate housing is a major barrier to women leaving abuse.
- For women on income assistance, appropriate housing is often too expensive
- There is often inequity in the division of assets, women and children leaving a family home often lose their access to housing
- Lack of housing can force a decision to return to abuser, or rush into a new relationship – availability of appropriate housing will enable women to make real (unforced) choices about how they want to live.
- Safe housing is a foundation requirement for healing and rebuilding lives. Sustainable, safe, affordable housing gives people the ability to play, have fun, have pets, engage in life
- Green space is important, gardens, room to play
- Shared amenities, a longhouse type room, communal kitchen and/or shared garden/yard seem like good ideas.
- Housing insecurity puts entire families at risk; it is a major stressor for families at risk of breaking down due to substance abuse, violence
- There is a big inequity occurring where some people have more than one home while other people have no homes at all
- Some homes in this area stand empty for part or all of the year
- There are issues with behavior that can turn landlords and other tenants away from wanting to help people who are struggling with substance abuse and violence issues while needing affordable housing
- There are some housing resources available and/or under discussion: subsidized and low-income housing, Habitat for Humanity, Housing co-ops, Co-housing project. Wait list for subsidized housing is long.
- There is an invisible homelessness problem on the south shore with people being under-housed, couch-surfing, etc.
- There is a need for second-stage and third-stage transition housing for women leaving violent situations – where they can stay longer than at the first-stage transition housing available
- There is a housing committee on the south shore with participants from Public Health, Second Story, Bridgewater planner, etc. working to find solutions to the problem
- Multi-age housing would help to reconnect the sort of community that used to exist in extended family connections, but which has been breaking down with people moving farther from where they grew up and/or disconnecting from their family of origin because

- of dysfunctions in the family. People in different generations would have a lot to offer one another – community, support
- DIY approach faces barriers with regulation/zoning/liability issues

**Future Action/Next Steps/Recommendations:**

- Create more safe, affordable housing
- Proposed collaboration with the community college trades program to build a house-a-year that then was available for lease or ownership at an interest-free mortgage. Proceeds from rent or mortgage could be used to fund the next house.
- Re-purposing existing buildings – empty schools, houses left by people who die without a will, or which are seized for non-payment of taxes, instead of being auctioned off could be re-conditioned as second-stage housing or independent housing
- Safety created, boundaries and rules, support workers to enable peaceful co-existence of residents
- Start a campaign to invite people to bequest their homes (second homes) for low income housing
- Advocate for funding to be resumed for Co-operative housing projects
- Just do it – model of the community garden – no funding but plant the seeds and watch it grow – we have the opportunities of relatively inexpensive land and the ability to acquire skills to “do-it-ourselves” (Women Unlimited program at NSCC brings women to non-traditional trades)
- Interface with [honourtheearth@gmail.com](mailto:honourtheearth@gmail.com) in Walden, women-centered land for environmentally sensitive women and ecologically responsible allies, fragrance-free all natural, drug/alcohol/cig-free land for women and girls  
<http://honourtheearth.wordpress.com>  
Survivor safe space

**Resources Required:**

- Money
- Building materials (could be donated) or Buildings (again, could be donated)
- Skills to build homes and skills to maintain them – residents could help build their own homes and/or be trained to maintain them so that remain an asset for a long time
- Creative thinking
- Emotional healing, healing from substance abuse behaviours, etc. to enable people to live with others and in their communities respectfully and with dignity
- Energy, work
- Hope

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 18**

**Name of Topic: The need for community/government/law enforcement to network and talk about issues related to domestic violence (how do we move beyond our silos)**

**Name of Conversation Host:** Kristen O'Keefe

**Names of Participants: (Please detach and circulate the attached page)**

Bonnie Cookson, Julia Rustad, Pam Birdsall, Sue Bookchin, \_\_\_\_\_

**Highlights of Discussion:**

- Avoid duplication/waste
- Need to know each other's limitations
- Identify gaps
- What are all the resources available in various regions?
- Staffing changes affect relationships. Staff turn-over without a plan in place for community to know who to contact when one person leaves a position.
- Privacy considerations sometimes hinder collaboration.
- There is sometimes an "us and them" mentality
- Relationships are key
- Discussion on inter-agencies on domestic violence. Why do some fail and others succeed?
- Inter-agencies provide opportunities to share information and network.
- The cost of dysfunctional families needs to be examined. Do a cost analysis to support more preventative work.
- Networking needs to lead to action.

**Future Action/Next Steps/Recommendations:**

- Create an inter-agency on the south shore
- Create a networking mapping guide that lists current organizations and their functions.

**Resources Required:**

Financial support

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 19**

**Name of Topic:** Prejudice, examining our own and implementing change

**Name of Conversation Host:** Jo-Anne Hill

**Names of Participants: (Please detach and circulate the attached page)**

Bonnie Adams  
Eliza Schurman  
Lila O'Connor  
Ina Nelson

**Highlights of Discussion:**

Discussions opened up relating the differences between prejudice and assumptions. How do these attitudes feed and breed violence against women.

- Until we have walked in someone else's shoes, we cannot possibly understand, therefore prejudices may and do occur.
- Prejudice has been around forever. We need to love the differences we define between ourselves and others.
- Identifying our "holding assumptions".....listing them, being personally accountable.
- Where we were brought up, who parented us, what we were taught.....contribute to our prejudices.
- What defines our "normal"
- Violence and anger is a direct reaction to something we do not accept or understand.
- Common beliefs based on our culture.
- How we "categorize" others and one another.
- Women prejudice against one another.

**Future Action/Next Steps/Recommendations:**

- Education against prejudice
- Examination of our own prejudices
- Government involvement and implementation, parenting resources
- We are now aware that it is not innate to protect, love and support our children
- Media expansion and growth via film/radio/press....etc.
- Create a group of individuals willing to perform drama and role play for educational needs

**Resources Required:**

New text materials for educational institutions from the ground up  
Parenting groups created  
Photo exhibits and contests throughout schools, posters and incentives prizes  
Radio slogans and campaigns with positive change messages

Quotes: Open our minds, stop the judgments

But by the grace of God, "there go I"

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 20**

**Name of Topic:** Post Traumatic Stress Disorder, Dissociation and Multiple Personalities

**Name of Conversation Host:** Tree Child

**Names of Participants:**

Angela Wareham, Brandan Gaudy, Rachel Robataille, Tree child

**Highlights of Discussion:**

- Creating safe places for inner child
- Taking time to process feelings
- Recognition of dissociative states and accept who is speaking with respect
- Acceptance of our personal feelings and experience
- De-Stigmatizing “ mental health” deference
- “Remember it is not your fault”
- Recognition we should not feel guilty for what others have done to us
- Safe homes, sacred place and nature
- Listening and being heard
- Circles/crisis lines
- Defusing memories seeing reality and feeling them/ being able to see it without being re-traumatized
- Letting go of SHAME
- Working through to the root of the issue
- Getting to the gratitude to be ALIVE

**Future Action/Next Steps/Recommendations:**

- Facilitated groups
- un-crazying the stigmatism
- help people deal with everyday life
- Outreach .... Break isolation
- Teaching healthy coping
- Support each other
- Tea and biscuit social
- Focus groups on single issues
- Fun stuff for child victims
- Forums to learn boundaries and healthy shame

**Resources Required:**

Trained personnel in the various aspects of personality disorders as well as ways to deal with them.

A space to hold meetings or gatherings

A group of persons to call during personal crisis times.

Tea and biscuits.

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 21**

**Name of Topic:** Being An Advocate for Children, Being A Voice for Children

**Name of Conversation Host:** Donna Fancey

**Names of Participants: (Please detach and circulate the attached page)**

Ina Nelson, Kirsten Ernst, Marita Tanner, Erica Brooks

**Highlights of Discussion:**

- The system does not support the individuals who are advocating for the children
- Takes a great deal of effort and time on their part to get positive changes
- System is overloaded with not enough workers to process
- Increasing issues facing our youth today that they are not aware of
- Changes in the ways our youth communicate today
- Need for more life skills to be taught in school and essential training
- Lack of respect for self and others
- Identify who could be advocates for our children
- Build on the capacity of teachers to talk to students
- Power is in the school system for educating and helping children
- Where are the resources
- Get behind the politicians
- Large schools aid in the desensitization towards bullying, tension, brawls, sexual issues
- Over crowding of the school system breeds trouble and the desensitization

**Future Action/Next Steps/Recommendations:**

- Public Sessions to Educate for those wanting to do more
- Assisting with helping to find the resources
- Educate doctors, public health officials
- Schools need resources
- Teachers need more education
- Follow-up on plans being implement
- Provide free access for young people to counselors and trained professionals
- Free education
- Educate girls
- Teach essential skills in schools
- Look at what is working in other parts of the country and the world
- Sharing of childrens stories
- Get into the schools
- Training for Peer Counsellors
- Know where all the resources are
- Training for new parents
- Include Doctors offices for providing resources
- There is power in the schools,
- Prevention levels needed
- Identify the advocates for children
- Build capacity of the teachers to talk to the students

**Resources Required:**

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 22**

**Name of Topic: How would restorative justice/practices/approaches work in intimate partner violence situations**

**Name of Conversation Host:** Charlene Flint

**Names of Participants: (Please detach and circulate the attached page)**

Katie Boudreau  
Anne-Marie Sheppard  
Keith Lanthier  
Patricia Vanaman

**Highlights of Discussion:**

Moratorium on Rj—some possible concerns—safety of participants in session. Re victimization. Cost. Lack of training/professionals. Extreme complicated dynamics. Not long term. Could be more cost effective than court. Empowering to all. Effective in helping families stay together. People wanting to change and wanting help need a system outside of court to work towards change. The legal system punishes but doesn't promote change or give real help. Very powerful process that affects all involved

-daughter had been through-- chance for learning

**Future Action/Next Steps/Recommendations:**

Lobby gov't to revisit moratorium. Create a pilot site –Lunenburg County –use existing agency but apply for more funding to train. Paid positions, not volunteer to ensure quality—more funding needed but cheaper than court system and long term cost on family/health etc.

**Resources Required:**

Create a gatekeeper system—counsel to review case for suitability/risk assessment on offender - like domestic violence risk ass.  
Create safety plan.  
Training and funding.



***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 23**

**Name of Topic:** How alcohol contributes to violence in our community.

**Name of Conversation Host:** Erica Brooks

**Names of Participants: (Please detach and circulate the attached page)**

Dawn Huskins-Townsend

Brent A. Hiscock

Steph B.

Donna Fancey

Anna MacLennan

**Highlights of Discussion:**

- Erica discussed the Municipal Alcohol Project that happened in the Town of Bridgewater that highlighted alcohol related harms in the community.
- Lots of discussion around alcohol abuse and violence within families
- Questions as to why being drunk is used as an excuse for violence, especially in the justice system where someone is labeled as not criminally responsible or they were under the influence—not acceptable
- Discussion about agency NSLC stores located in small towns that allow individuals and youth to have more access to alcohol therefore more harms--- Can we take out agency stores in these communities like we did with VLTs? Community needs to make it an issue for government to respond--- need for more advocacy around alcohol availability
- Lots of pressure for our youth to perform in certain ways (sexually, socially, etc.) and many likely turn to alcohol to cope with stress and anxiety.
- We discussed media and how it influences our youth.
- The need for more education around the harms of alcohol was discussed but recognition that we need our social and physical environment to change in order to make a real change in our harmful alcohol use in our communities

**Future Action/Next Steps/Recommendations:**

- Early recognition and intervention for youth at risk or who come from violence in the home and maybe exposed to substance use.
- Need to lobby for policy changes in our community to decrease alcohol availability and to not support sponsorship or advertising from the alcohol industry--- highly affects our youth and influences their behavior
- Need for public transit to help curb drinking and driving and allow more access to health activities for youth to engage in rather than alcohol

**Resources Required:**

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 24**

**Name of Topic:** Building self esteem in youth.

**Name of Conversation Host:** Jan McKenzie

**Names of Participants: (Please detach and circulate the attached page)**

Natasha Smith	Kristen	Pat
Alexandria Acton-Bond	Beth	Braden Newell
Wane Mulock	Suzanne	Liz

**Highlights of Discussion:**

- The group felt that self-esteem in youth was important to preventing violence.
- Parental training is important
  - Becoming advocates for children
  - Listening to children
  - PRIDE (Parent Resource for Information Development and Education)
  - Celebrating small victories
- Teacher training (having teachers encourage students and strengthen self-esteem)
  - Learning how to teach children self-esteem.
  - Celebrating success (big or small)
- Schools
  - Teacher evaluation by students (to be able to give feedback on what is working for them)
  - Celebrating small victories
  - Peer mentor program
  - Service learning (teaching youth the value of community service)
  - Mandatory community service
- Community
  - Youth awards (nominations through schools and community)
  - Partner with local media to celebrate victories
  - Courses on positive image
  - Transportation for participants in community activities
  - Helping kids find their passion (not just sports, thinking outside the box)
  - Develop a program to enhance self-esteem.
    - Examples: Go Girls with Big Brothers and sisters, girl talk, boy talk)

**Future Action/Next Steps/Recommendations:**

- Gather together and publish a list of existing programs
- Identify gaps in programs
- Advocate for transportation
- Development of youth award program

**Resources Required:**

- Transportation
- Community partners
- Mentors

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 25**

**Name of Topic:** Using Creativity in Healing

**Name of Conversation Host:** Sally Hutchinson

**Names of Participants:**

Elizabeth (Liz) Powers, Nicole Landry, Miranda Cobb, Liz McCurdy, Peggie Graham, Sandy Bergeron, Danica White, Margo Wheaton, Kate Dwyer

**Highlights of Discussion:**

- Liberating
- Safe way to let go
- Colours – dark/light
- Outside the lines
- Helps lift limits
- Shines light on what we're not doing in our lives
- Self-expression through writing without rules
- "stream of consciousness"
- Work though issues
- Deeper healing
- Ways of dealing with trauma without using words
- Ways of engaging in conversations that are difficult
- Safer than words
- Taps into human need to be creative
- Organic/non-structured
- Non-linear/abstract
- way of accessing the sub-conscious

**Future Action/Next Steps/Recommendations:**

- 1) Public Art around the theme of violence (i.e., graffiti wall where the community is allowed to paint on the wall and clear it and do it again and again – youth). Public art that moves around to different places (suitcases)
- 2) A storytelling event with many ways of telling stories (speak it, sing it, paint it, draw it, write it, dance it, sculpt it, video, photography, drama/theatre, spoken word). Have different stations for telling stories in different creative ways that creates safe spaces for each person. Also have private space for deeper and more secure. (safe space is different for everyone, comfort levels)

**Resources Required:**

- Artist mentors for the storytelling mediums (poets, writers, musicians, painters etc.)
- Space to gather people in
- Donations from businesses and volunteers
- Food
- Art materials

***Be the Peace...Make A Change:***  
***from violence and fear to peace and safety for women and girls in***  
***Lunenburg County***

**Open Space Report # 26**

**Name of Topic:** Body Wise, antidotes to Violence

**Name of Conversation Host:** Barbara Shaw

**Names of Participants: (Please detach and circulate the attached page)**

T Child, Donna... Dawn Huskins-Townsend (NSCC), Jan, Alex.

**Highlights of Discussion:**

Scope of body wise practice might include: diet, recreation/good activity levels, connection with nature, hands on body work, meditation, aware movement eg, yoga, nia, dance, martial art, somatic emotional processing.

These practices were recognized as allowing for better function in self-esteem, preventative coping abilities, as well as restorative of healthy boundaries, healthy nervous system, healthy beings.

The active, physically fit oriented person is not necessarily a healthy being, note to be cautious of food addictions, body image distortions, and separation from mindful presence in our being.

The importance of these skills being shared in schools was identified. Yoga in the schools for instance, as a means of placing value on being peace, to counter the dominant culture that places so much value on action.

Why do we not give more space to minding, tending the body?  
How do we bridge the body mind therapies?  
The importance of bringing the body into the discussion!!!

The need for rites of passage for our youth, particularly for young men was brought forward. A solo out in nature was an example.

**Future Action/Next Steps/Recommendations:**

- Idea... Create spaces in schools, work places, court houses, community for silence, stillness and reflection.
- We have empty churches in our community that used to serve the community with open doors for quiet space. Could these doors be more open again?
- These spaces may be gardens, inside or outside.
- Could the busses be owned by the communities instead of the school board? So that extra-curricular activities could be accessible to all kids.
- Funding opportunity! Include body wise skills/services in the Be the Peace Project.
- This may require a mapping of what these are and where they are. Bring bodywork into rural locations to reach folks where they live.

**Resources Offered:**

Honour The Earth, women's space on land offered as an opportunity for women to renew and connect out in nature and with each other. [honourtheearth.wordpress.com](http://honourtheearth.wordpress.com)

Barbara Shaw RMT Input collaboration of what the body mind connection of services might look like.

## **Appendix 9 – Peace Plans – July 7, 2012**

### ***Be the Peace...Make A Change: From violence and fear to peace and safety for women and girls in Lunenburg County***

#### **The Peace Plan**

## **Bold Action: Youth Initiatives: Youth and Children**

**Other topics from the open space reports that are related to this bold action:**

Please see ideas from 4, 5, 9, and 24

#### **Desired Outcomes:**

- Changing curriculums in schools
- Groups of youth (conversations like this weekend)
- Conflict resolution training (pre-existing within community)
- Linking pre-existing groups (like: Go Girls, LOVE: Leave out Violence, Girl Talk, Youth Zone (Liverpool), Youth Centre (New Germany) etc.

#### **Name(s) of Champion(s): (Could be an existing group)**

Alexandria Acton-Bond,  
Liz McCurdy  
Scott Patterson

#### **Names of those willing to be on the team:**

Jan McKenzie  
Marnie Troyer  
Kirsten Ernst  
Kristine Videto

#### **Names of those willing to share ideas or offer support in other ways:**

Margie King

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

#### **1. What will you do in Year One?**

##### **What (Tasks)**

##### **By whom?**

Mentoring programs -Peer mentor program in the school, intergenerational, adults  
Awards night (celebrate small victories)  
Awareness video: Competition (maybe a pre-existing competition within the schools)  
Youth Forum  
Develop a safe space sign (block parent that youth can recognize)  
Explore and breakdown the barrier of Transportation and Isolation when accessing support and services.

**What are the immediate next steps to get this off the ground?**

Develop a team  
Get school board and teachers to become involved

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

Begin to implement programs

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

Maintain and reevaluate: make changes where needed

**What are the factors that will ensure success?**

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

Big Brothers and Big Sisters  
Second Story Women's Centre  
LOVE (Halifax Contact: Sarah MacLaren)  
Community Map

**How can the project coordinators assist you?**

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Services for Body, Mind, Spirit.**

**Other topics from the open space reports that are related to this bold action:**

Healing through creativity (# 25), body-wise work ( # 26), spirituality and violence (# 16)

**Desired Outcomes:**

Healing violence in our community

Restoring peace

**Name(s) of Champion(s): (Could be an existing group)**

Grace McKnight, Jo-Anne, Sally Hutchinson, Ruth Brown

**Names of those willing to be on the team:**

**Names of those willing to share ideas or offer support in other ways:**

Chris Heide

Reid Campbell

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

<b>What (Tasks)</b>	<b>By whom?</b>
1. Map existing Body, Mind, Spirit services	TBA
2. Create a community generated expression for peace Nancy Allen, Chris Heide (Theatre, music, art ) Reid Campbell	Jo-Anne and Sally,
3. Holding Witness for One in Crisis	Grace
4. Conversations to build the TMFK	Grace and Ruth

**What are the immediate next steps to get this off the ground?**

Exchanging personally contact information and setting a meeting date.

Research for the mapping

Connecting with theatre/arts team

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

Develop a Website of resources and links

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

Travelling Multi-Faith Healing Kit for healing and wholeness

Ruth and Grace

**What are the factors that will ensure success?**

Personal commitment

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

Patience, humour and funding

**How can the project coordinators assist you?**

Funding



***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Create Sexual Assault Services**

**Other topics from the open space reports that are related to this bold action:**

Report 11

**Desired Outcomes:**

Sexual Assault services for Lunenburg County

**Name(s) of Champion(s): (Could be an existing group)**

Kate Dwyer

**Names of those willing to be on the team:**

Joanne Jefferson  
Anne Marie Sheppard  
Katie Boudreau  
Errol Pereira  
Kate Dwyer  
Linda Zinowki

**Names of those willing to share ideas or offer support in other ways:**

John Collyer	Liz McCurdy
Patricia Vanaman	Jeanne Fay
Scott Feener	Suki Starnes
Kristen O'Keefe	Helen Lanthier
Anna MacLennan	members of Sexual Assault Response Committee
Lisa Nicholson	

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

- a. Research, info-gathering, people-gathering partnership-building
- b. Hold focus groups
- c. Investigate sources of funding
- d. Expand action team into steering committee

**By whom?**

action team  
action team  
action team  
action team

**What are the immediate next steps to get this off the ground?**

Check on current situation  
Learn about training opportunities  
Read existing proposal (from SARC)  
Call together action team for meeting

**2. What would you plan to do in Year Two?**

**What (Tasks)**

- a. Volunteer recruitment committee
- b. Establish committees
- c. Advocacy and lobbying (presentations, approaching funders)

**By whom?**

action team/steering

committees

**3. What would you plan to do in Year Three?**

**What (Tasks)**

Establish Sexual Assault Service

**By whom?**

steering committee  
Service providers

**What are the factors that will ensure success?**

Strong partnerships  
Strategizing/mapping  
Money  
Commitment  
Political will  
Services for everyone

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

See open space report #11

**How can the project coordinators assist you?**

Contact point for committee and steering group  
Ideas for motivating people, social innovation  
Include info about SAS in other parts of project (connecting to larger picture)  
Money

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Safe, Sustainable, Affordable Housing for  
Women, Children and Pets**

**Other topics from the open space reports that are related to this bold action:**

See Report 17

**Desired Outcomes:**

See Report 17

**Name(s) of Champion(s): (Could be an existing group)**

Rachael Robitaille

**Names of those willing to be on the team:**

To be identified

**Names of those willing to share ideas or offer support in other ways:**

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

See Report 17

**By whom?**

**What are the immediate next steps to get this off the ground?**

Meeting of interested people in the county to be organized to develop a plan for housing peace plan

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

**What are the factors that will ensure success?**

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Parenting helpline/mentorship/information  
sessions that are inclusive of children's voices**

**Other topics from the open space reports that are related to this bold action:**

Reports 21 and 14

**Desired Outcomes:**

To have parenting mentoring programs exist in community that are inclusive of children's voices and To not have the impact on a child living in violent/abusive environment be overlooked or heard.

**Name(s) of Champion(s): (Could be an existing group)**

Sandra Murray  
Kristen OKeefe  
Steve Young

**Names of those willing to be on the team:**

Sandra Murray  
Kristen Okeefe  
Steve Young

**Names of those willing to share ideas or offer support in other ways:**

Same as above

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

Identify a team  
Gathering existing resources and identifying gaps  
Look at what's working – contact other jurisdictions e.g. Lori Morgan and Jaden Winfry  
Tap in to what children are saying about how issue impacts them  
Investigate parenting mentoring program  
Look at existing mentoring programs

**Next steps to get this off the ground?**

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

How to incorporate what was discovered in year 1 for community usage  
Filter resources to see if addresses impact on children  
Explore existing agency/program/organizations that can deliver core funding and sustainable project

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

Launch all projects

**What are the factors that will ensure success?**

Energy around the issue of hearing children's voices and how we can make that happen.

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Overcoming bullying, prejudice and  
substance abuse that leads to violence**

**Other topics from the open space reports that are related to this bold action:**

Reports 19, 23 and 10

**Desired Outcomes:**

- An accessible list of available resources in schools and communities
- A social media campaign to discuss the implications of alcohol on bullying, prejudice and violence
- Early intervention of youth at risk of bullying, prejudice and substance abuse
- Community support group for adults who are the victims of bullying and prejudice

**Name(s) of Champion(s): (Could be an existing group)**

Scotty Vaughan

**Names of those willing to be on the team:**

Erica Brooks

**Names of those willing to share ideas or offer support in other ways:**

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What**

- Research programs already available re alcohol, bullying and prejudice
  - Review
    - Mental Health and Addictions Strategy (NS)
    - Programs in schools
    - Programs in communities
    - Policing programs
    - Media campaigns
    - Government initiatives
- Identify key partnerships
- Prepare list of resources for access by the public

**What are the immediate next steps to get this off the ground?**

Group meets

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

- Work to fill in the gaps of available programs
- Develop social media campaign in conjunction with community partners

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

Campaigning/ advocating for more accessible public transportation so people have access to programs and to prevent substance abuse and driving

**What are the factors that will ensure success?**

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Creating Safe Spaces: Overcoming Silence  
and Shame**

**Other topics from the open space reports that are related to this bold action:**

Reports 7 and 12

Modeling respectful behaviors; challenge what it means to be polite; Yearning for change; yearning for an end to violence; the cost of silence in healthcare, education, criminal justice system; and validating people's experiences

**Desired Outcomes:**

- Women and girls rising to their full potential
- Creating a safe community for all women and girls
- Women's voices are heard, acknowledged and validated
- People will not feel alone – unity back in community

**Name(s) of Champion(s): (Could be an existing group)**

- Second Story Women's Centre
- SSWC Social Action Committee
- Sexual Health Centre
- South Shore Health
- South Shore Regional School Board
- Harbour House
- RCMP & police in communities
- Service clubs
- Community groups
- Churches
- Larger workplaces

**Names of those willing to be on the team:**

- Lisa Nicholson
- Peggie Graham
- Steph Beaton

**Names of those willing to share ideas or offer support in other ways:**

- Soon to be identified



**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

**By whom?**

- Form a team and a plan
- Launch public forum for storytelling/catching
  - Flash mob (guerilla theatre, street theatre) woman from Halifax
  - Post on Youtube, websites, Facebook
- Identify story catchers
- Story catching training
- Identify private, safe spaces for storytelling
- Report to the community using many media
- Identify safe spaces with pins, stickers, posters, etc.
- Story catchers could have pins to identify them as story catchers
- Fundraising e.g. proceeds from Let Them Howl
- Storytelling/Storycatching

SAC, Peggie and Lisa

Chris Heide, film

**What are the immediate next steps to get this off the ground?**

- Contact potential resource people and groups
- Form a team and a plan

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

- Establish support groups/healing circles in two communities
- Training within community and support groups and workplaces
- Report to the community using many media
- Public Forum x 2
- Storytelling/Storycatching

team

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

- Public Forum x 2
- Form support groups/healing circles in more communities
- Report to the community using many media
- Storytelling/Storycatching
- Training within community and support groups and workplaces

team

**What are the factors that will ensure success?**

- Believe that it is possible
- Funding support
- Community partnerships
- Story catchers
- Public spaces for storytelling

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

Funding – for foras, training and publicity and community group training, storycatcher training

Workplace education association has materials to help us (provincial) – Steph Beaton

**How can the project coordinators assist you?**

Public for topics, identifying guest speakers/presenters, identifying story catcher trainers

Finding funding

Publicizing events, healing circles, workplace training

Connecting us with other partners

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

## **Bold Action: Funding for Education for Mental Illness**

**Other topics from the open space reports that are related to this bold action:**

Reports 20 and 15

Stigma, defining mental illness, educating from early age, treatment rather than incarceration.

**Desired Outcomes:**

Education in the schools, and community, safe place to talk

**Name(s) of Champion(s): (Could be an existing group)**

Yolanda Hogg

Peg Widdes

**Names of those willing to be on the team:**

**Names of those willing to share ideas or offer support in other ways:**

Peg Widdes

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

**By whom?**

Volunteer, provide moral support

Peg Widdes and Yolanda Hogg

**What are the immediate next steps to get this off the ground?**

To educate ourselves and find out how we can be actively involved

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

**What are the factors that will ensure success?**

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

Resources, programs, training, education

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Effectively reach hard to reach populations. Courage to walk into any establishment and talk about our project. Reaching someone in the community who comes forward.**

**Other topics from the open space reports that are related to this bold action:**

Reports 12 and 7

**Desired Outcomes:**

**Name(s) of Champion(s): (Could be an existing group)**

Marita Tanner

**Names of those willing to be on the team:**

Laura Smith, Linda Zinowki  
Susan Foote

**Names of those willing to share ideas or offer support in other ways:**

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

**By whom?**

Identify project team

Identify existing systems and hear what they have to say (eg. neighbours/friends and families, Bookmobile/library, radio, churches/Bingo, hairdressers, knitting groups, rug hooking groups, bulletin boards, newspapers, Avon, 811 resource, Canadian Tire, Walmart, hardware and grocery stores, liquor stores, pharmacy, hospitals, government agencies, buddy system, RCMP, doctors)

Design development curriculum and infrastructure

Make overtures to the people/systems, lasting partnerships/ask if they will disseminate information

Train the Trainer Project Team

**What are the immediate next steps to get this off the ground?**

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

Identify campaign to move initiative forward and identify the coordinator  
Dissemination of materials to hard to reach people and community partners  
Develop an advertisement for magazines (eg. Hairdressers, Salt Scapes)  
Have buddy system in place  
Create Violence Anonymous

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

Identify how to move forward based on what transpires from year one and two.

**What are the factors that will ensure success?**

Finding partners, attracting new group members, spreading the word, building the team, second sustainable project, becoming obsolete.

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

## Peace Plans - Part II

### Peace Plans for which a champion is needed

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

#### The Peace Plan

**Bold Action: Engage all men in talking about what is important to them, what their hopes and dreams are, about healthy relationships with partners, children, family, other men**

**Other topics from the open space reports that are related to this bold action:**

Reports 3, 6, 22, and 13

-Supporting fathers—prenatal

-Considering the possibility of using restorative justice practices to deal with some intimate partner violence situations

**Desired Outcomes:**

Engaging fathers early on around raising their children in a healthy, safe and supportive environment

- more men thinking about and talking about how they can have healthy relationships in their lives
- become more vigilant around how violence directly or indirectly gets supported (eg. Gender stereotypes, media)

**Name(s) of Champion(s): (Could be an existing group)**

Needs to be identified

**Names of those willing to be on the team:**

Needs to be identified

**Names of those willing to share ideas or offer support in other ways:**

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

**By whom?**

(Timeline to be determined) Involving fathers early in the process, talking with other men about their hopes and fears

-community discussions of forums in churches, townhall meetings, library, schools, other venues

**What are the immediate next steps to get this off the ground?**

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

**3. What would you plan to do in Year Three?**

**What (Tasks)**

**By whom?**

**What are the factors that will ensure success?**

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):**

**How can the project coordinators assist you?**

***Be the Peace...Make A Change:  
From violence and fear to peace and safety for women and girls in  
Lunenburg County***

**The Peace Plan**

**Bold Action: Everyone in this room write a letter to the editor in the next few days/weeks to talk about this forum and the issues that were addressed**

**Other topics from the open space reports that are related to this bold action:**

The importance of designing a formal communication strategy to affect public perception and eventually public policy;

**Desired Outcomes:** to know how to effectively affect public policy in a constructive manner

**Name(s) of Champion(s):** (Could be an existing group)

**Names of those willing to be on the team:**

**Names of those willing to share ideas or offer support in other ways:**

**Next Steps: We have three years to complete project. Please identify the key tasks by year and who will get these going?**

**1. What will you do in Year One?**

**What (Tasks)**

**By whom?**

Design the process  
Training on how to communicate with government  
Education on understanding how political systems work  
Research and evidence for making policy changes  
Housing

**What are the immediate next steps to get this off the ground?**

**Organize a team**

**2. What would you plan to do in Year Two?**

**What (Tasks)**

**By whom?**

Forum, speak to our MLA, advocacy for case coordination ; Town Hall meetings;  
Drama/film; continue to develop the formal strategy; identify which policy to work on



**3. What would you plan to do in Year Three?**

**What (Tasks)**

Complete the strategy; begin implementation

**By whom?**

**What are the factors that will ensure success?** the right people; resources

**Resources required (who else needs to be involved, funding needed, information that must be gathered, other):** funding to hire a professional to develop the plan

**How can the project coordinators assist you?**

## **Appendix 10- Partners, Donors, Volunteers**

**We are extremely grateful to the following individuals and organizations for the generous support they have offered on behalf of this project. They were instrumental in the success of the event.**

### **Partners and Donors**

Lighthouse Media Group	South Shore Regional School Board
Printer's Corner	Atlantic Superstore (Bridgewater)
Foodland (Lunenburg)	Atlantic Save Easy (Lunenburg)
The Laughing Whale	Tim Horton's (Lunenburg)
Lunenburg First! Chowder Luncheon	Folk Art Festival
Telephone Pioneers	Claussen Walters
Dave's Vacuum Clinic	

### **Songsters and Poets**

Laura Smith	Ronnie MacEachern
Alex Hickey	Peggy Wentzell
The Raging Grannies	Joann Wells
Pat Watson	Joanne Jefferson
Joan McArthur-Blair	Margo Wheaton

### **Volunteers**

Helen and Keith Lanthier	Paul Shields
Stephanie Moynan	Julie MacAlpine
Margo Wheaton	Cindy Hall
Sharrie Dial	Natasha Smith
Paul MacLellan	Doug Cooke
Anne-Marie Sheppard	Liz Hamilton
Chris Clark	Peg Widdes
Tina Leslie	Margie King
Melanie Cooke	Sue Kashanski
Katharina Jost	Gloria Buck
Suki and Colin Starnes	Brian Braganza
Ruth Brown	Donna Fancey
Peggie Graham	Grace McKnight
Foster and Jean Ross	Patricia Vanaman
Pat Watson	Linda Wilson
Steph Beaton	Kate Dwyer
Linda Loth and Jack Schoon	