

Support Group Meetings & Workshops



Support Group Meeting - Unlocking our Potential

Our support group meetings and workshops are designed so that our moms can help each other while benefitting from the expertise and experience of outside facilitators, including life coaches, self-defense instructors, psychologists, human resources experts, nurses, and more.

While our moms are participating in the workshops, their children are enjoying many play and learning activities under the loving guidance of our team of volunteers and volunteers-in-training.

And of course, everyone gets together for the scrumptious brunch!

In September 2013, we kicked off the year with African Dance with Sanaaj (Sebrina Jackson) of AFIWI International.

We followed this in October 2013 with Life Coach T'ameaux Brown. After this meeting, one mom wrote to say

Today I felt that the collective healing was presented!! Thank you so much for arranging to have T'ameaux such a great healer. Can not wait for the upcoming meetings. Please let me know if there is any thing that you like me to assist with!

Then, in November 2013, psychologist Dr. Colin Wilson brought us many helpful insights (so helpful, we asked him to come back in February!)

In December 2013, we had our Christmas Party so there was no workshop.

We ushered in 2014 with career advice from HR Specialist Catherine Goodall in January, followed in February by the encore visit from psychologist Dr. Colin Wilson.

March 2014 found us exploring The Healing Process with Michell Edwards of Find Your Beautiful, while in April we practiced self-defense with Amanda Chance of One Step Method.

In May, our resident Life Coach Ingrid Hart of Ingrid Hart Coaching came to help us unlock our potential. And our 2013-2014 workshop series concluded with Health Talks with our resident Registered Nurse Melissa Patterson.

To our workshop facilitators, thank you. You made it possible for us to have a variety of interesting and educational workshops for our moms. After each workshop, the moms repeatedly say how much they have learned, appreciated and enjoyed the workshops, and that they would love to have other similar sessions. So we have lots more planned for 2014-2015!

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It was a time of growth at HFG Happy Families Support Network Inc.!



2014 Volunteer Appreciation Luncheon

Growth for our moms and their families, and growth for HFG itself. As I noted at our Annual Volunteer Appreciation luncheon in June 2014, our HFG

family has grown from 9 moms and families in September 2013 to 28 moms and families today – and we're still growing! While we're thrilled to be able to provide our programs and support to more survivors of abuse, we're also saddened by this reminder of the terrible scale of abuse in our communities.

Against this sadness, we position our happiness at helping one another to survive our experience of abuse and to grow far beyond it to become the powerful authors of our own lives. We delight in our ability to bring joy to one another and to our children, our ability to live true to ourselves, our ability to realize our own ambitions and to help our children realize theirs, to grow together and celebrate together, and to help more and more women and children do the same.



Christmas party face painting

In this first edition of our newsletter, *HFG Expressions*, we revisit the times we spent together from September 2013 through June 2014 — the growth-oriented programs we shared, the events we enjoyed — and we look forward to our upcoming experiences. I hope you enjoy this newsletter. Please feel free to offer suggestions — and articles! — for future editions.

HFG Hugs!
Leonie

Children's Program Volunteers



Volunteer Christmas Dinner

Speaking of dedicated volunteers, our team of wonderful young people does an amazing job with the Children's Program. They give of their time and energy every month and the children love them and love all the wonderful activities and games they facilitate. *The moms really*

appreciate the volunteers caring for their children, so they can be free to focus on their workshops every month.

Special thanks to the volunteers that facilitate the children's program: Yashin Pozo, Patricia Romero, Victoria Zea, Vanessa Duguay, Jeremy Clinton, Jenny Maldonado, joined recently by Jacqueline Maldonado and Ivan Knezevic. We also would like to recognize Andrea Delgado and Vivianna Bricen who had to leave us earlier this year.

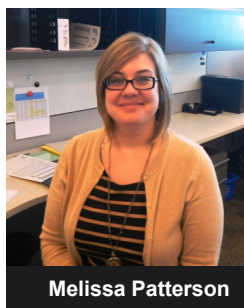
Thank you all!

Resident Specialists

Reading about our Support Group Meetings & Workshops, you will have noticed the word "resident" a few times:

- We've added tutoring for our HFG children, thanks to our resident tutor, Sara Kuz.
- We now have a resident life coach, thanks to Ingrid Hart of Ingrid Hart Coaching.
- And we have benefited from a resident Registered Nurse since the start of the program, thanks to Nurse Melissa Patterson.

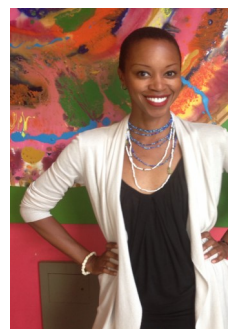
We're delighted to be able to offer our families the additional assistance provided by these dedicated volunteers! For more information, please contact Leonie at 647-494-4090 or leonie@hfgfamilies.com.



Melissa Patterson



Sara Kuz



Ingrid Hart

Events

To honor and thank our volunteers, we held a Christmas Dinner in December 2013 and a Volunteer Appreciation luncheon in June 2014.

Our first Annual Women's Walk Against Violence was on May 18, 2014. Organized by Find Your Beautiful Inc. and HFG.

Our first Annual Clothing Exchange was a great success on June 28, 2014!

Thanks to everyone who donated children's clothes and toys and women's clothes and accessories.

We were an Exhibitor at the Immigrant Women's Small Business Expo on November 2013.

Education

Right-On

We've added an education piece to HFG in the form of Right-On, which is a live post/tweet on Facebook, LinkedIn and Twitter every Wednesday starting at 10:30 am.

Right-On is a conversation about domestic abuse, before, during and after.

If you would like to read the transcripts they are on our website at

<http://hfg-happyfamilies.com/blog/>

Partners & Sponsors

HFG is very fortunate to receive support from several kind people and companies. Thank you to the following people and organizations who have been there for us during the past year:

Coffee News — For free advertising for the Women's Walk Against Violence as well as being there for the walk on walk day.

Dickinson Wright LLP — For taking care of all the legal aspects of HFG, from the incorporation process onwards, including the charitable organization application.

Cristina Alcivar and her team at H&W Marketing Group — For the wonderful new logo and new look for HFG.

Elainea Marks of Ellé Marks The Collection — For the lists of resources and ideas, and for always promoting HFG where ever you are.

John Patterson — For taking care of our tax returns.

Harbourfront Community Centre — For giving us our home base. Oriel and the staff are so amazing to deal with, always pleasant and helpful, which makes our time at the Centre always a great experience.

Sara Kuz — For Donating the proceeds from your birthday party.

And Dwainia Gray of Awesome Biz Online — For our beautiful new website!

Memories from the Children's Program



Stay Tuned for 2014-2015!

We have more wonderful programs planned to help our moms and their families in practical and uplifting ways. Our new year of Support Group Meetings & Workshops begins on Saturday September 27, 2014 at Harbourfront Community Centre, from 10:30 a.m. to 2:00 p.m. Watch our website for more details...

HFG is a free, not-for-profit organization that provides free, ongoing support to women and children who have experienced abuse, run by women who have experienced abuse.

Contact Us

If you would like more information about HFG, whether to use our services or partner with us,

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HFG Expressions — Summer 2014

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