




EMPOWERING CARE PROGRAM WINTER 2022 REPORT

ABOUT

The Empowering Care Program provides essential and restorative supports for women, girls, and gender-diverse folks who have experienced or are experiencing the multiplying effects of gender-based violence and abuse, economic instability, under-investment, discrimination, social isolation, and other structural and interpersonal barriers hindering equity and justice.

Our humanitarian-based relief service ensures ongoing community-centric advocacy, prevention strategies, and low-barrier access to basic supports tailored to women and gender-diverse people while supporting conditions for meaningful pathways to restore healing, security, well-being, and agency.

Empowering Care supports can include transportation, supplemental nutritious food boxes, gift cards, menstrual products, home care, clothing, family products, transportation necessities, wellness supplies, a note of positive affirmation, and additional resource referrals depending on the individual's circumstance. The program also distributes emergency financial assistance on a case-by-case basis for rent, utilities, phone bills, connectivity, and education and employment training opportunities.



IMPACT

The Empowering Care Program is our flagship service that continues to directly impact the lives of the women and gender-diverse people we aim to reach and serve.

By providing immediate relief and delivering personalized care in a low-barrier and person-focused supportive approach, recipients could best care for themselves, ensure steps towards recovery and safety, and improve their circumstances and opportunities by reducing their worry about meeting basic needs.



8

community partnerships and referrals



22

community members directly supported in 2022



200+

hours in case management, peer and resource support, and community outreach



90%

(approximate) percentage of recipients who reported identifying as BIPOC

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**THANK YOU FOR THE HELP AND
SUPPORT THAT WAS GIVEN TO ME.
THE PRESTO CARD WAS VERY
REALLY HELPFUL TO ME.**

**IT WAS PERFECT TIMING TO
CELEBRATE MY DAUGHTER'S
BIRTHDAY AND THE NEW YEAR. I
WAS ABLE TO BUY ALL THE THINGS
THE KIDS NEEDED AT THE TIME
AND FOR ME TO PREPARE FOR THE
OCCASION.**

**I BOUGHT TWO BEAUTIFUL
DRESSES FOR MY CHILDREN.**

ECP Recipient Testimonial

Consent to share provided to GOOD TO BE GOOD

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**WHEN YOU LEAVE AN ABUSIVE
RELATIONSHIP, IT IS HARD FOR
THE KIDS.**

**YOU START FROM ZERO, TAKING
ON SO MANY RESPONSIBILITIES.**

**WHETHER IT IS A SMALL OR BIG
HELP, IT IS THE REAL HELP AND
PROVIDES A POSITIVE EFFECT.**

**FINANCIALLY AND MENTALLY,
I FEEL OK AND IT GIVES ME A
PEACE OF MIND.**

ECP Recipient Testimonial

Consent to share provided to GOOD TO BE GOOD

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THANK YOU

GOOD TO BE GOOD wishes to thank our community members and those within their support circles for trusting us with their stories and permitting us to be part of their journeys by being a bridge of support.

Every community member who accesses the **Empowering Care Program** is at a different place in their personal healing journey, and seeking support to maintain their dignity and rights is not easy.

With the strength of our communities, partners, and supporters, we are honoured to provide this service for women and gender-diverse people and support them in moving forward and safely with their lives.

To learn more, please visit:
goodtobegood.ca/programsandresources



Community, Outreach, and Peer Support Team

