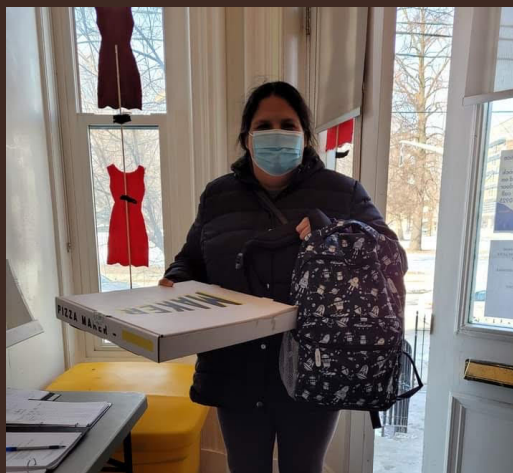


EMPOWERING CARE PROGRAM

Quarterly Updates - Winter 2024

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About

As we endure the chilly weather conditions, many people persist in experiencing current day-to-day challenges to meet their basic needs like clothing, decent food, shelter and medical care. The prolonged inflation, infrastructure obstacles, economic barriers, and the cost of living impact communities struggling to survive and, therefore, thrive.

Social and economic factors impact the choices that are available in a community. These choices include our ability to afford health care, housing, and everyday resources. Communities that have been cut off from investments or experienced discrimination have fewer social and economic opportunities to address their basic needs. These gaps disproportionately affect people of colour, women with dependents, immigrants and refugees, people living in remote or rural areas, and a wide range of identities and factors such as income conditions and current experience of mental health challenges and trauma.

GOOD TO BE GOOD commits to serving and prioritising women, girls and gender-diverse folks, particularly from marginalized and underserved communities, and achieving an equitable world. We put them in the centre because we cannot overcome injustices until no one is left behind, and everyone deserves fundamental rights and opportunities.

With our capabilities, we aim to ensure their specific basic needs are met on a short-term basis to help alleviate physical and mental pressures and focus on their recovery and healing process, which is crucial to help restore their safety and agency and invest in their well-being on their terms. When evaluating applications and intake forms, we are conscious of the fact that our endeavours to respond to inequities should be informed by local circumstances. As a team, we discuss the ways essential to our current methods that are customized according to members of the community's specific histories, cultures, existing infrastructure, and resources. We strive to do this to the best of our ability, within the limits of our capacities and resources. This entails our commitment to developing strategies where those most affected play a key role in participating, pinpointing solutions, establishing priorities, formulating program policies and practices, and transforming the narrative.

Empowering Care program (ECP) focuses on addressing gender inequities and providing vital support and services to women, girls and gender-diverse individuals. This humanitarian-centric and mutual support-based program prioritises immediate relief while centring the realities of the impact on long-term development. The assistance and supports from this program reflect conditions on the ground and is tailored to our community members' cultural, social, or economic basic needs. Social and economic needs include factors such as income, education, transportation and mobility, employment, housing, community safety and social support.

When women and gender-diverse people have the social and economic opportunities, it not only addresses inequities by meeting needs prior to crises taking place, it helps communities live longer and healthier lives. For example, a living wage shapes development for housing, education, child care, food and medical care.

The goal of our program is to empower women and individuals who identify as gender-diverse and belong to marginalized groups or have been pushed to the margins. We aim to help them build healthy and thriving livelihoods by responding with emergency relief care and supports, while amplifying their voices and experiences within communities.

ECP FEATURES EMPHASISE THE FOLLOWING PRINCIPLES AND APPROACHES:

- Community-oriented and values-led (compassion, solidarity over charity, responsibility)
- Confidential, personalised, and non-judgemental service delivery
- Rooted in mutual aid and trauma-informed practice
- Gender-responsive and affirming of lived experiences
- Cultivating relationships where folks can communicate openly about concerns, feelings and thoughts without fear of retaliation
- Commitment to reducing barriers, inclusive, and accessible access
- Intersectional, conflict-sensitive, trauma-informed, and anti-oppressive

This quarterly report highlights the needs, experiences, and tangible impact of community members who accessed this program in 2023. We recognize and honour the courage of community members who seek the help they need and deserve.

Meeting needs as a course to realising equity

ECP offers the community members access to fundamental necessities and essentials that address emergency and basic needs, safety issues, and immediate insecurities/vulnerabilities. So far, this program has distributed the following supports and methods of care:

30% Financial assistance for rent or housing shortfalls, phone or internet expenses, and gender-affirming counselling, therapy, or medical expenses

18% Personal and dependent necessities	11% Transportation and travel expenses
32% information and referrals to other agencies and programs in the community	11% Food and groceries

Numerous recipients actively pursue additional assistance and move towards our Peer Support Services, which provide peer-based services such as one-on-one counselling and monthly group support. The shift towards participating in related programs highlights the ongoing needs of individuals over time.

Our end of the year highlights: September to December 2023

From intake to intervention to check-in activities, we assisted 14 community members through ECP.

Approximately 150+ hours was provided in peer support, counselling, and personalised appropriate referrals.

We supported a diverse group of community members, such as women who were ineligible for government-subsidised services, unemployed, formerly incarcerated, low-income, low-income with dependents, living with disabilities, living with mental health conditions, without status, experiencing isolation, and survivors of gender-based violence and sexual exploitation.

We worked with 6 community partners and 2 family member/friend referrals to lead response and enhance support to protect community members' dignity, build resilience, and social cohesion before, during, and after an emergency or difficult situation.

100% of surveyed recipients reported satisfaction with the supports they received.

We served 23 women and gender-diverse individuals meaningfully this year.

Centring voices from the field

“It helped me with groceries and hygienic supplies. Also helped me with connections to other programs”

“Thank you so much for your generosity and care. It truly means a lot.”

“The empowering care program has provided me with support in transport and groceries. I am very grateful, because the support eased the strain on my budget, which in turn allowed me to enjoy Christmas.”

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Global Giving Campaign Link:

<https://www.globalgiving.org/projects/empoweringcareforwomenandgirls/>
