



EMPOWERING CARE PROGRAM

UPDATES - SPRING/SUMMER 2023

ABOUT



Many people privately struggle with basic needs issues like adequate food, clothing, healthcare, and shelter this year. Inflation, high institutional barriers, infrastructure obstacles, and the cost of living are significant concerns, as communities struggle to cope with the effects of the COVID-19 pandemic. At the minimum, women and gender-diverse people should have access to basic needs in adequate quantity and quality in a way that ensures the sustainment of their survival and upholds their dignity.

GOOD TO BE GOOD works to prioritise women and girls, particularly from marginalized and underserved communities, and achieve gender equality. We put them in the centre because we cannot overcome injustices until all people have equal rights and opportunities. To the best of our ability, we start by ensuring their specific basic needs are met on a short-term basis to help them participate in other aspects of their recovery and healing process, which is crucial to their safety, well-being, and necessary to maximise autonomy and self-sufficiency.

With the support from our community, the **Empowering Care program (ECP)** provides momentum to address gender inequities and vital support and services to women, girls and gender-diverse individuals. This program prioritises immediate relief but does not neglect the impact on long-term development. The assistance we deliver reflects conditions on the ground and is tailored to our community members' cultural, social, economic, and survival needs. We aim to provide quality support through equitable access, coordinating holistic assistance across the municipality of providers and support systems, involving a required sensitivity for service delivery and recognizing that inappropriate service delivery may do more harm than good.

OUR ECP PROGRAMMING IS:

**Gender-
responsive and
intersectional**

Low-barrier

**Rooted in mutual
support and
trauma-informed
practice**

**Conflict-
sensitive and
safe**

Community-led

This quarterly report highlights our community members' needs, experiences, and tangible impact when receiving care from our program.

We recognize and honour the courage of community members who seek the help they need and deserve.

CRITICAL NEEDS

ECP provides community members with access to basic needs and essentials. So far, we've supported:

33% Financial assistance for rent or housing expenses and phone or internet expenses

17%
Personal necessities

17%
Food

17% information and referrals to other agencies and programs in the community

17% Baby products and transportation and travel expenses

PROGRESS

- From intake to intervention, we assisted five community members from January - June 2023 through ECP.
- Approximately 30+ hours was provided in peer support, counselling, and personalised appropriate referrals from January - June 2023.
- We increased the timeliness of response by 96%, resulting in a more gender-focused response.
- 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 or sexual exploitation.
- We worked with 6 community partners 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.
- Our goal is to reach at least 22-24 women and gender-diverse recipients by December 31, 2023.



CENTRING VOICES

“You can’t imagine how it feels to be able to just put money on a presto card...”

“I was finding the transition hard and felt like returning back to that way of life. But with the help, it enabled me to feed my child while I awaited my first pay cheque.”

“Thanks so much for all your support for my family. It helped me and I am very happy to have you and your group.”

MEET OUR NEW TEAM MEMBER

Our Peer Support & Community Workers are made up of three amazing women who support community members across Canada through our Empowering Care Program and Peer Support Services. Humanitarian and support needs are unprecedented, and crises stretch capacity. But our Workers are highly skilled, have lived experience, and are active members of their communities. They have expertise in responding to different areas, such as gender-based violence prevention, shelter support, mental health systems, and gender equality crises.

Having our team ready to go means that GTBG can ensure we meet folks where they're at and have a more gendered-focused response.

Meet one of our Peer Support & Community Workers, Natalia! Natalia is undertaking the work of our community-based programs and services and works closely with community members and tailors support based on individual needs. We are thrilled to be serving the community alongside our awesome new colleague and friend!

Want to say a friendly hello?
Email Natalia at
outreach@goodtobegood.ca.



FROM IMMEDIATE RELIEF TO LIVELIHOOD SUPPORT

Your support and acts of solidarity enable us to be nimble in times of high need. We can respond quickly to emergencies to help create safe spaces for women and girls who are among the most vulnerable when injustice strikes and help meet women's unique needs and goals.

We appreciate your support for our campaign on *GlobalGiving* this year, which continues to fund our Empowering Care Program.



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Global Giving Campaign Link:

<https://www.globalgiving.org/projects/empowering-care-for-women-and-girls/>