



GOOD TO BE GOOD

Empowering Care Program

Updates – SUMMER 2024

Good To Be Good is a community-based nonprofit organization dedicated to empowering women and gender-diverse individuals in Canada who face significant challenges due to gender injustices, including violence, wage disparities, discrimination, and systemic barriers to access and inclusion. Our mission is to advance women's rights and promote gender equality by creating intersectional opportunities. Through our on-the-ground solutions-oriented programs and services, we focus on bolstering rights, inclusion, dignity, and empowerment. Empowering Care Program (ECP) is one of the main programs that helps remove or reduce these gendered barriers.

Our Empowering Care Program provides direct relief assistance to our priority communities through various practical supports, including transportation, gift cards for basic necessities, nutritious food, and menstrual and wellness products. The program also provides tangible support for expenses related to leaving violence, obtaining permanent resident status or Canadian citizenship, and accessing reproductive or gender-affirming health care services, among others, for women and gender-diverse individuals undergoing socio-economic challenges.

Throughout the process, we leverage the expertise of community members to enhance the program's effectiveness and ensure it aligns with our organisational values. If potential applicants need assistance, the team provides guidelines, support documents, one-on-one help, and drop-in sessions with partners.

We recognize that it's not just about requesting resources; communities seek new ways to access them from the start. That's why we value feedback from community members and recipients on the application and disbursement process, as it helps us make our

support more accessible and straight-forward compared to other systems they navigate. This program is unique in its commitment to mutual aid and collective care, aiming to distribute critical unconditional, strength-based support with few barriers to access and a relatively accommodating structure. It centres on the individual's actual needs, rights, and priorities, while affirming their autonomy and decision-making capabilities. Ultimately, women and gender-diverse people want the agency to shape their own futures indefinitely.

We hope that society and institutions recognize that long-term solutions, such as Universal Basic Income or Equal Pay, addressing systemic issues must also tackle the immediate and urgent needs of those marginalized and underserved so no one gets left behind. We view investing in their immediate needs as foundational to their lives and potentially transformative for their communities. In this process, it is essential that those responsible for women's displacement, impoverishment, and the barriers we encounter recognize their role in denying equal rights and opportunities to our communities. They must acknowledge their impact and make the necessary changes.

The Empowering Care Program is proud to publish our Summer (April-June) Update! Even during the summer season, members of our community remain committed to the delicate balance of obtaining stable housing, accessing daily essentials, and providing for their families in times of crisis, urgency, and hardship. Responsibilities and daily routines continue unabated. Community members facing intersecting issues actively seek opportunities to earn, learn, and improve their conditions, while balancing work and personal wellbeing in the warmth of the summer.

MEETING NEEDS NOW AS A PATHWAY TO EQUITY

As of today, ECP has provided community members with requested essentials and resources to help address their emergency needs, ensure safety, and alleviate insecurities overlooked by institutions.

For those we cannot support through this program, we either place their application requests on a waitlist or refer them to other community resources that can possibly deliver wraparound services.

From April to June, we supported a diverse range of community members, including women who were ineligible for government-subsidised services, unemployed, low-income, low-income with dependents, living with disabilities or mental health conditions, without status, experiencing isolation, and experiencing barriers to social services such as healthcare and income supports.

Accessing Gift Cards for Personal Necessities like food and everyday essentials emerged as the top concern for applicants due to the influx of inflation in Canada. Communities are also grappling with the rising cost of living, which exacerbates financial issues. Additionally, there have been numerous applications related to financial assistance to rent or housing utilities.

ECP delivered the following forms of practical support and methods of care:

- 20% Assistance for Personal Necessities which allows recipients access to food, clothing, and personal care products
- 40% Financial Assistance for essential expenses related to establishing stable conditions
- 20% Assistance for tele-connection such as cell phone bill or internet
- 20% Transportation and Travel Expenses
- 40% Resource Support and Referrals to other agencies and programs in their community

50% of recipients from ECP seek further assistance and transition to our Peer Support Services program, which offers one-on-one peer-based care counselling and monthly groups to help them sustain—and hopefully, thrive. This shift to participating in related programs underscores the ongoing and evolving needs of individuals over time.

WHAT OUR WOMEN HAD TO SAY:

“Empowering Care Program is Great! It really helps me when times gets rough for me, Especially with my Internet bill Thank you so much from the bottom of my heart ❤️ Your truly awesome God bless your team and more power! To god be the glory...”

ECP Recipient

“The Empowering Care Program has provided vital support at a time when I needed it most. The financial assistance has allowed me to take care of my family’s basic needs without added stress, making a real difference in my healing process. I am incredibly grateful for their help.”

ECP Recipient

"It gave me a chance to go look for jobs and other important appointments as I was fortunate to buy a bus pass this month with the funds and also got some school essential for my children with these funds. This help was life saving during our crisis time. This program was very much needed in our community."

To date, over 80 percent of community members reported that the supports received through ECP helped them with what they needed.

KEEPING EACH OTHER SAFE

We all have a role in supporting women from underserved communities by providing them with the resources and care they need and trusting them to manage it effectively. We aim to support them as consistently and effectively, as our liberation is bound up with theirs. We aim to create a better, more equal reality for our communities, as years of underinvestment have hindered our ability to build thriving lives.

This mutual aid-based program relies on your unwavering support and contributions on GlobalGiving, which has allowed women and gender-diverse individuals across Canada to access essential aid through ECP. Your generosity has made a profound difference in the lives of many in need. Thank you for your commitment, which helps to enable us to provide crucial support at critical times.

Currently, we can assist up to three recipients per month through the Empowering Care Program. On average, we receive approximately \$15,000+ in requests annually. Please continue to promote this program and assist us in reaching our fundraising goals by visiting:

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

We hope that GTBG represents an evolution of women-led communities in Canada, empowering us to shape our own destiny.

GOOD TO BE GOOD

www.goodtobegood.ca

together@goodtobegood.ca

647-503-4663 (GOOD)

[instagram.com/goodtobegoodfoundation](https://www.instagram.com/goodtobegoodfoundation)