

EMPOWERING CARE PROGRAM UPDATES

2024 SPRING



GOOD TO BE GOOD
www.goodtobegood.ca

As we enter the new year, much-needed changes are happening in our program! This quarterly report provides an update on our Empowering Care Program from January 2024 to March 2024.

GOOD TO BE GOOD is dedicated to supporting the needs of women and gender-diverse people—particularly from marginalized and underserved communities, impacted by inequities such as violence, poverty, and discrimination. Our main focus is to amplify the voices of our community because we cannot overcome injustices until all people have equal rights and opportunities.

With the current economic climate, many people persistently struggle to meet their basic needs, which impacts the choices available in a community. Consequently, people living at or below the bare minimum, in survival mode, will experience negative repercussions on all aspects of their health and well-being, interfering with their ability to live a good quality of life.

The Empowering Care Program (ECP) continues to assist women, girls, and gender-diverse individuals experiencing the impacts of gender-based violence, systemic racism, and institutional barriers hindering justice, dignity, and basic rights. These individuals need urgent survival support. This humanitarian-centric and mutual support-based program intends to provide immediate relief by addressing community needs and deploying aid strategies, while fostering a safe environment for women and gender-diverse individuals to seek the support they need and deserve. We recognize that experiences are intersectional and unique; hence, the program we deliver reflects the conditions on the ground and is tailored to our community members' cultural, social, economic, and well-being needs.

ECP ENCOMPASSES THE FOLLOWING PRINCIPLES AND APPROACHES:

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

Safety, particularly in times of crisis, is just the first step toward gender equality. To narrow gaps and minimise disparities in our communities, we recognize that we must do more than provide relief-based programs—we must create the economic and social conditions for women and gender-diverse people to develop the capabilities needed to achieve their goals and dismantle institutional barriers to equity along the way.

NEW YEAR, NEW CHANGES

Operationally, we continue to evolve our ECP application process and enhance our supports delivery, including revising our program policy to incorporate feedback, increase transparency and support recipients' needs, updating the program application form to better capture a wide range of lived experiences and barriers, as well as enhancing collaboration with community organizations for referrals. We strive to build a seamless and helpful process where we can meet our community members where they are in their current situations with hopes to empower them to invest in their well-being and safety on their own terms.

As we start working with new community members through this program this spring, we still need monetary and in-kind donations to maintain this service until the end of the year. Please consider making an additional donation through our GlobalGiving campaign page or sharing it with your network, or contacting us via email or phone to explore other ways of supporting our work.

With operational changes come changes to the team leading the Empowering Care Program. We'd like to also announce that our team member and Community Worker, Mecca Ongy, will be leading our Empowering Care Program starting in June.

MEET MECCA ONGY

Mecca (she/her) is dedicated to assisting community members in navigating the myriad of institutional and community-based services available to them. She coordinates tailored support efforts and organises the monthly groups offered through our Peer Support Services.

Community Workers play a critical role at GOOD TO BE GOOD, responsible for service delivery in our ongoing Peer Support Services program. They play a critical part in supporting community members in identifying, assessing, connecting, and securing resources and opportunities through people-centred navigation and advocacy.

Do you know someone looking for community support?
Reach out to **Mecca mo@goodtobegood.ca**



LOVING PROGRAM TESTIMONIALS FROM COMMUNITY MEMBERS

"I am immensely grateful for the support from Good to be Good through the Empowering care Program. Jenny and Lindsay were extremely thoughtful, patient and kind in their execution of the relief service program. Specifically the tailored referrals to other resources. It is also wonderful to know that Good To Be Good recognizes that certain marginalized individuals do not have access to vital services, and I am thankful to be one of the recipients of this support."

"Thanks so much for the big surprise goodie care package that I definitely needed and used for my stage 4 breast cancer story...looking forward to learning more about the resources and info to follow about support/guidance."

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

WE DO THIS UNTIL WE'RE ALL SAFE AND FREE

Your acts of solidarity and contributions creates a path toward a collective vision to end social injustice and expand a world that truly values all life. We remain highly responsive to immediate cases to help create safe spaces and build trusting, meaningful relationships for women, girls, and gender-diverse individuals to guide their journey of recovery and healing, which is crucial to their safety and well-being, and necessary to maximize autonomy and self-sufficiency.

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



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