

*Chrysalis House*  
*Programs & Services*



# *Chrysalis House*

## *About Us*

Chrysalis House is a non-profit grassroots organization that provides shelter, support, counselling, advocacy, and outreach for abused women and their children. The association is run by a Board of Directors with a maximum of fifteen members.

Services are offered for women who have been or are at risk of being psychologically, emotionally, physically, and/or sexually abused. Chrysalis House works with individuals, organizations and businesses in our community to end violence against women.

The transition house is located in Kentville, Nova Scotia and serves the communities of Kings, Annapolis, and Hants County. Public education and community development are also important elements of the Association.

The shelter operates 24 hours a day 365 days a year. It is staffed with fifteen permanent employees. There are absolutely NO FEES for service to women and children, and they may stay up to six weeks. This may be extended according to the needs of families.

Chrysalis House recognizes that oppression exists in a multitude of forms and is proactive in empowering women to have hope and make their own choices to live free from violence and abuse.

The primary goal of Chrysalis House is to provide a safe place for women and children escaping abuse. The secondary goal is to support women and children through service delivery and programming.

Chrysalis House has been providing supportive services to women and children in the Annapolis Valley for over 32 years and the struggle towards the elimination of violence against women is far from over. Through the years, Chrysalis House has offered shelter to hundreds of women and children. In addition, thousands of distress and advocacy calls have been answered and hundreds of distress visits have been made.

## *Programs and Services:*

Public education and community development are also important elements of our Association. We believe we provide a safe and comfortable environment to the best of our ability but we know we can do more. We waste funds on space rental and transportation for programs that could be offered in our own facility if we had appropriate space. We are not equipped with adequate space and facilities that meet the needs of our community. In a new purpose built space we will be fully accessible for all participants, have appropriate facilities that are safe and confidential, that allow us to reach more of our community, and that allow greater collaboration among service providers.

The following programs are currently supported by Chrysalis House staff and community liaisons:

**Children's In-House Program:** focuses on promoting children's strengths and self-esteem in a welcoming, safe, and caring environment. We are intentional in supporting and strengthening bonds between mothers and their children and between siblings to promote resiliency and healing through our trauma informed approach, language and interventions. Our goal is to ensure children have a positive experience while they are at Chrysalis House. Time is spent with each child facilitating activities that allow them to feel safe to express their emotions through creativity, art, recreation and play.

This program has a focus on children who are living in shelter and attends to their unique needs, such as school transition and/or support to stay at their own school; supporting mother and child to deal with the loss of comfort items and routines; supporting mother and children in behaviours that may be related to transition, trauma and change.

**Art Program:** promotes women and children coming together to connect, create and share in a community setting where they feel safe and supported. We have invited women who are interested in sharing their art skills & techniques to be our featured "Guest Artist". This is embraced by the participants as they support each other being in a leadership role. They feel empowered and foster growth in each other.

**Mom's In Motion Group:** we partner with Kids Action Program and Kentville Parks & Recreation to be part of this important resource for mothers and children in our community. We introduce women and children we work with to this group, which breaks the isolation they might be feeling. This group promotes health and physical activities and is a positive environment where moms support each other and children enjoy social interactions. This program creates a bridge between time living in shelter and supports post shelter stay.

**Community Art Project:** Chrysalis House hosts a community day to participate in the 16 Days of Activism against gender-based violence. Those who have accessed and/or support our work are invited to come together for a daylong event that builds relationships while raising awareness.

**Making Changes:** is a program designed to assist women in recognizing the patterns of abusive relationships and the warning signs of control and abuse. Women learn what a healthy relationship entails, and to develop the skills of establishing and maintaining boundaries through assertiveness. Many women struggle with the impact of trauma, and so woven through each session are skills in grounding and mind body practices to help deal with stress, trauma triggers, anxiety and depression.

**Financial Literacy Training:** was developed by Prosper Canada and "... is an approach to poverty reduction that focuses on improving the financial security of low-income people. It does this by introducing a set of interventions that together help low-income Canadians to grow their incomes, improve their credit scores, savings and debt levels, and build wealth through education, employment, entrepreneurship and improved housing." (Prosper Canada)

**Women's Outreach:** provides services to women residing outside the shelter in Kings, Annapolis and Hants Counties. Support is through the provision of Crisis Intervention, Safety Planning,

Counseling, Referrals and Advocacy. Women are able to have accompaniment to court, lawyer appointments, etc.

**High Risk:** the outreach worker makes contact after receiving a referral and offers to do safety planning and explain what Chrysalis House Shelter is as well as what services are available for her and her children.

**WIN (Women Independent Now):** is a women's weekly support group. WIN is a joint program offered with Annapolis Valley Health (Mental Health and Addictions Services). Group members pay attention to safety, setting boundaries and recognizing patterns in abuse and oppression. Group members are supportive while focusing on strengths within themselves and others.

**Parent Information Program:** is an information program offered by the Family Court. Parents going through Family Court are required to attend a 3 hr. information program which includes videos and group discussions. Facilitators are partnerships of individuals coming from various community and legal professions. Chrysalis outreach is a partner. The information is intended to assist families through an often difficult and challenging process with the hope that it will lessen the stress for both the children and the parents.

**Children's Outreach Program:** offers activities to support healthy child development and family resilience. We do recognize that mothers play a leading role in keeping themselves and their families safe. Our main role is to support them in obtaining, recovering and keeping this leading role. We also support other family members who contribute to the safety and wellbeing of their families. We offer help to parents/caregivers in understanding the unique needs of children who have lived in an abusive environment. We also give information to individuals and groups on how to recognize abuse and support women and their children who are living in or leaving an abusive relationship.

**Fun in the Park:** allows participants to stay connected, have a picnic, conversation, and play.

**The Roots of Empathy:** "is an award winning, evidence based classroom program that has shown dramatic effect in reducing level of aggression and violence among school children while raising social/emotional competence and increasing empathy." This program is offered by our outreach to grade 4 classes in Coldbrook elementary school.

**Supper Program:** residents, outreach clients, volunteers and staff come together to share a meal, take a break from serious matters and recharge. This is the occasion to find and offer informal support, have a good laugh and relax. While this activity provides a break from kitchen duty, some residents enjoy the opportunity to gain confidence by cooking with others or share their culinary skills.

**Community Work Program:** this Restorative Justice partnership allows women to complete community hours with us and make a connection to a community resource that may be beneficial in their lives.