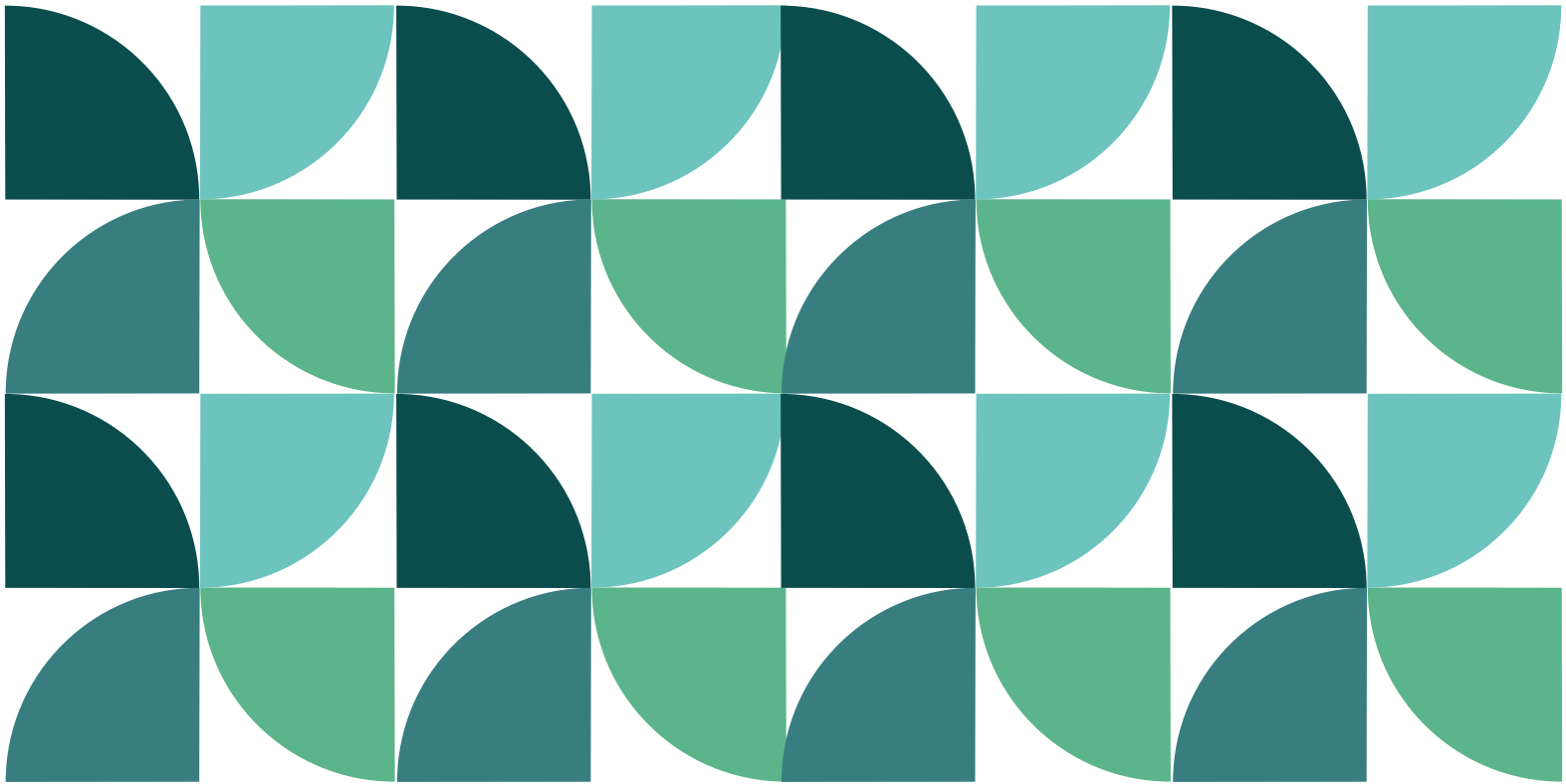


OTTAWA RAPE CRISIS CENTRE  
2021-2022

# ANNUAL REPORT




**Prepared By :**



October 27, 2022

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# LAND ACKNOWLEDGEMENT

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The Ottawa Rape Crisis Centre (ORCC) is located on the unceded, unsundered territory of the Anishinaabe Algonquin nation whose presence here reaches back to time immemorial.

The ORCC respects and affirms the inherent and treaty rights of all Indigenous peoples across this land.



# ABOUT OUR CENTRE

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When the Ottawa Rape Crisis Centre (ORCC) officially opened its doors on December 14, 1974, it was only Canada's third rape crisis centre. The organization's objective was to provide "emotional and professional support to women survivors of rape".<sup>1</sup> Today, ORCC remains committed to building a more robust community response to sexual and gender-based violence and has expanded its reach in the clients and communities it serves.

Operating from a feminist, anti-racist, anti-oppressive philosophy, ORCC's advocacy and public education, service navigation, and trauma-informed, evidence-based counselling services support and empower trans and cis women, trans men, two-spirit, gender-fluid, and non-binary survivors throughout our nation's capital.



<sup>1</sup> Macdonald, V. 'Ottawa Rape Crisis Centre will open this month' *The Ottawa Citizen* p. 63 (1974, December 4)

*a year's overview*

# A MESSAGE FROM THE PRESIDENT

On behalf of ORCC's Board of Directors, I am delighted to share this opening message highlighting our fiscal 2021-22 achievements.

This year our message is centered on our continued growth and evolution, which is a joyful progression from last year when we reported on the need to renew and modernize the very foundations of our organization. Much of what we have accomplished would not have been possible without you, our stakeholders. To you, we extend a heartfelt thank you for your ongoing support and contributions.

Fiscal 2021-22 was, without a doubt, a whirlwind with many milestones achieved - the primary being the stabilizing and enhancement of our in-house counselling programs and services. We have continued our service delivery partnership with Sexual Assault Centre Kingston (i.e., crisis line services) and have developed exciting new partnerships to work towards a robust community of care for survivors.

I am pleased to report that the foundation for a robust administrative core has been laid for the ORCC moving forward. Finally, we underwent a strategic planning process to chart our path forward carefully and thoughtfully. Thank you to Wilbrod House Consulting for ably steering us through this process. We are excited about the next steps in our growth!

None of this would have been possible without the steadfast support of our funders. Thank you to our core funders - the Ministry of the Attorney General, whose support for us has transitioned

to the Ministry of Children, Community and Social Services, the City of Ottawa, and United Way. And thank you to new funders whose financial support augments our ability to enhance our programs and services further.

And indeed, none of this would have been possible without the hard work, unwavering commitment, and vision of all staff and all my fellow Board members. It does indeed take a village. A heartfelt thank you to each and every one. It is a pleasure to share this journey with you.

This past year has not been without its considerable challenges for our community – we continue to grapple with the lingering global pandemic. Additionally, we faced unforeseen events, such as lengthy protests and destructive storms. Frontline community service organizations were required to respond to an immediate surge in support calls. We were no exception.

These unforeseen events underscore our need to be an agile organization as we continue to prioritize strategic investments in our programs and services. Our North Star is ensuring we provide safe, reliable, and timely services to survivors and that we live the values of being inclusive and representative of the communities that we serve. As I closed last year's message, I will close this year's - We will always strive to do better so that survivors feel safe to rely on us.

That is our promise.

**Claudia Newman,**  
President of the Board of Directors



*a year in reflection, and looking to the horizon*

## **A MESSAGE FROM THE EXECUTIVE DIRECTOR**

Over the past year, the team at ORCC has placed considerable focus on how to better understand the needs of the community we represent and serve, especially considering the immense challenges brought by the continued impacts of COVID-19. Further, the rising cost of living, the distressing consequences of trucker occupations, and the effects of storms and widespread power outages that we have witnessed in the past year have distinctly impacted Ottawa's residents, particularly survivors in our community. These events have further compelled us at the ORCC to think differently about how to respond meaningfully and wholistically to the needs of survivors that become heightened and compounded during times of disruption and uncertainty.

To address the critical need for wraparound supports and to fortify service provider networks across Ottawa, the ORCC team has worked to establish partnerships with other community-serving organizations within and across our sector, including Cornerstone Housing for Women and Larga Baffin. We have also fostered our existing relationships with local agencies to ensure that individuals facing complex and concurrent needs have access to onsite counselling support. To ensure our services remain low-barrier and accessible, the ORCC now offers in-person counselling at multiple locations across the city in addition to our safe, secure, and confidential online counselling platform.

In terms of internal operations, we have undergone a robust strategic planning process to steer the organization towards continued growth with intention. We have launched a rebranding process which includes a new logo and a website, signaling our growth and reimagining this past year. We have also invested considerable time and energy into updating ORCC's IT infrastructure, finance and operations systems, and operational and staff policies to ensure ORCC remains accountable and reliable.

This year, we continue to think through how to better meet the complex needs of survivors, including those that arise from a history of trauma, food and housing insecurity, and systemic barriers to accessing supports, especially for members of historically underserved communities. As we look at the systemic sources of violence in our community, the ORCC has led critical community-wide discussions around what sustainable change can look like on the issue of human trafficking and sexual violence. We have also sought to broaden our reach to better serve Black, Indigenous, and 2SLGBTQIA+ people, People(s) of Colour, newcomers, differently-abled, economically disadvantaged, and rural residents. In doing so, we have supported several community-led events like the Minwaashin Lodge community drop-ins and continue to participate in virtual table discussions with impactful advocacy groups such as the Anti-Violence and Coercion Taskforce for Indigenous Organizations and Networks (ACTION).

What a difference a year makes. We at the ORCC have made significant strides along the path of renewal, and the ORCC is now entering an exciting period of growth. In the year ahead, we will continue to provide safe, relevant, and accessible services that survivors in our community can rely on. We will continue to build impactful partnerships and engaged allyship to support and empower survivors. And finally, we commit to being part of those critical discussions and actions that center survivors' voices and that advocate for real systemic change now and into the future.

Candice Shaw,  
Executive Director

# FINANCIAL SNAPSHOT

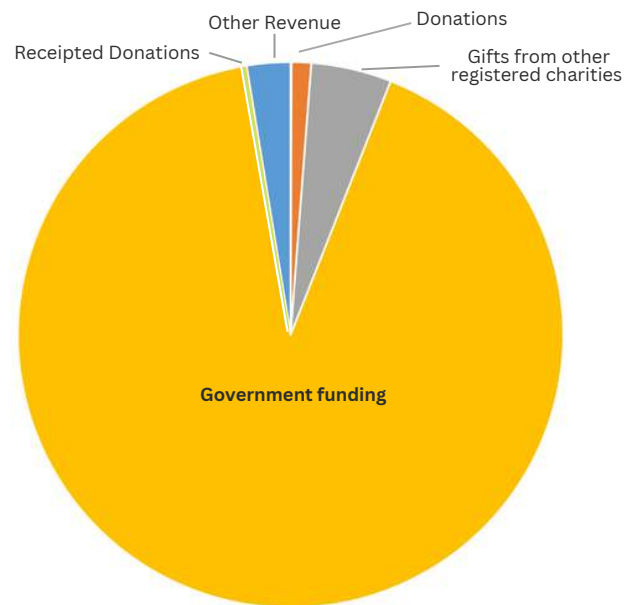
of ORCC's Operations for the year ended March 31, 2022.

ORCC's operations began 48 years ago with a \$14 900 grant provided through a federal initiative called the Local Initiatives Program (LIP), which assisted with various community and cultural projects.<sup>2</sup> The value of a dollar has significantly changed over time. As a historic non-profit, our organization has navigated financial puzzles due to unforeseen economic disruptions such as the pandemic and has celebrated various impactful funding and fundraising successes.

There is still much to do to further stimulate ORCC's growth and expand its reach to an increasing number of survivors throughout Ottawa navigating their unique journeys. The critical ongoing contributions from our funders, donors, and community-at-large remains a core element to what shifts seemingly aspirational goals into tangible outcomes.

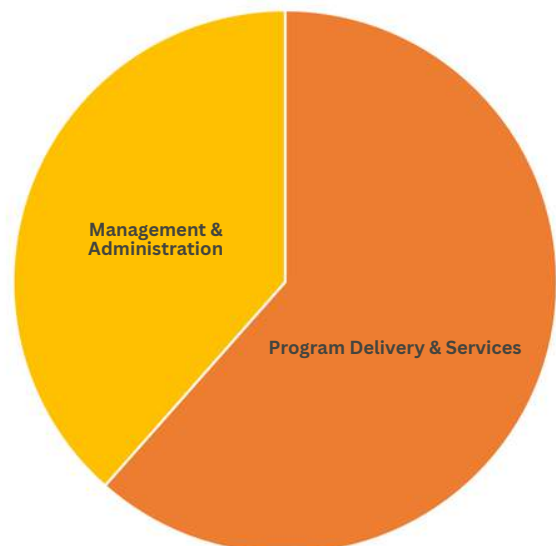
## Revenue

Received donations	\$375 (0.1%)
Donations	\$8,186 (1.1 %)
Gifts from other registered charities	\$33,567 (4.8%)
Government funding	\$643,864 (91.4%)
Other revenue	\$18,175 (2.6%)
<b>Total Revenue:</b>	<b>\$704,167</b>



## Expenses

Program Delivery & Services	\$431,257 (61.5%)
Management & Administration	\$269,708 (38.5%)
<b>Total Expenses:</b>	<b>\$700,965</b>



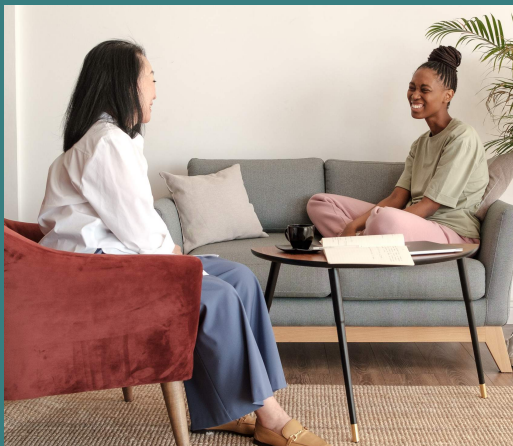
<sup>2</sup> "Connect with Connexions." Local Initiatives Program (LIP) - Connexipedia article, January 1, 1970, <https://www.connexions.org/CxLibrary/Docs/CxP-LocalInitiativesProgram.htm>.

# COUNSELLING SERVICES

## INDIVIDUAL COUNSELLING

ORCC was thrilled to re-commence counselling services by our 'in-house' Counselling Services Team. We welcomed and onboarded two psychotherapists, Katie and Meghan, who each offer a tremendous amount of experience and expertise to the team.

From November 2021 - March 31, 2022, ORCC engaged in 465 individual counselling sessions through in-person and online formats.



## CORNERSTONE COUNSELLING

In December 2021, the ORCC provided informal drop-in, group and individual counselling services at Cornerstone Housing for Women. The offering was accessed by 52 unique individuals, and additional sexual violence support programming was identified as a top priority. From this 'pilot' program, we have continued to offer drop-in sessions once a week at Cornerstone from March 23rd, 2022 onwards.

## CRISIS SUPPORTS

Our partnership with Sexual Assault Centre Kingston and their crisis services remains strong. Immediate emotional support continues to be available to ORCC clients 24 hours a day, seven days a week, 365 days a year. Chat + Text support is also available from 12 pm -12 am, seven days a week. Access to both services were essential to survivors throughout the uncertain, and isolating times that Ottawa faced during the pandemic. It would not be an exaggeration to state that to some, these services were a lifeline.







# COUNSELLING SERVICES

## SYSTEMS NAVIGATION, ACCOMPANIMENT AND PRACTICAL ASSISTANCE

Whenever possible, ORCC strives to provide accompaniment and system navigation services to help clients understand Ottawa's health and social service system and know what support is available to them. For many survivors, accompaniment to the hospital, the police station and/or to the court can remove barriers to access services they may need.

Additionally, experiences of sexual and/or gender-based violence are often closely linked with financial-related challenges such as housing and food insecurity and/or access to essential day-to-day items. As a result, ORCC has offered practical assistance to many survivors so they can acquire basic necessities, including food, toiletries, clothing, and hygiene products.

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## WHAT'S COMING

While we will keep the scope of our accomplishments to the Fiscal Year 2021-2022, we are excited to share a 'sneak peek' of up-and-coming activities at the ORCC, which will be expanded on in next year's report:

- Group Counselling Sessions
- Art Therapy
- Funding for the development of resources for clients
- And more!

# PUBLIC EDUCATION & COMMUNITY OUTREACH

## FIRESIDE CHAT: REIMAGINING THE ORCC

In November we extended an invitation to community members to join us for an inaugural, virtual, and interactive Fireside Chat with ORCC's Leadership Team to discuss re-imagining of our organization during its renewal process. Throughout the event, attendees submitted their questions, and shared their perspectives on the evolving needs of survivors of sexual and gender-based violence in Ottawa. We look forward to hosting more of these panel events in the future and will leverage the opportunity to gather pertinent insights about ways to further bolster ORCC's efforts to respond in a timely nature to the dynamic requirements of those seeking our services.



## KEEPING CRUCIAL CONVERSATIONS GOING AT NOVEMBER'S LUNCH AND LEARN

Our team believes it is vital to learn alongside others who play a critical role in supporting survivors of sexual and gender-based violence. Later in November 2021 we hosted a Lunch and Learn with representatives from various organizations in Ottawa working on the frontlines and behind the scenes to end violence against women\*. The meeting provided a positive, inclusive, and open platform to re-introduce ORCC's Leadership Team, identify opportunities for ORCC to offer support and/ or collaboration and talk about recent trends identified in Ottawa's scope pertaining to the Violence Against Women (VAW) sector.



*\*ORCC uses the term "women" to encompass all people who identify as women, whether they are cisgender or transgender women. Our organization also proudly serves trans men, two-spirit, gender-fluid, and non-binary survivors.*

# PUBLIC EDUCATION & COMMUNITY OUTREACH

## ON THE MOVE & RAISING AWARENESS AT #STRIDES4ORCC

When we think of philanthropic spirit, Ian Fraser immediately comes to mind. Ian has been a long-time supporter of ORCC, and for many years, he hosted an annual spin-a-thon at his former storefront, Cyclelogik, which raised tens of thousands of dollars to support ORCC's mission. Ian is now the Executive Director of Run Ottawa and remains as committed as ever to survivors. This past March, he ran 10km daily to raise money for the ORCC in the lead-up to the Tamarack Ottawa Race Weekend Charity Challenge in May. The team he created, 'Strides 4 ORCC,' set a goal to raise \$7,500 for ORCC's group counselling program.



## INTERNATIONAL WOMEN'S DAY WALK: NO ONE WALKS ALONE

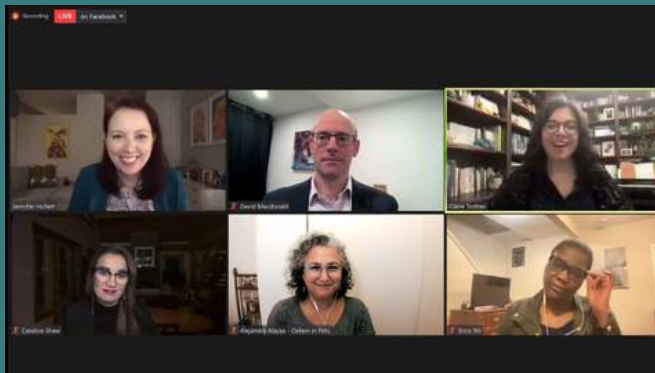
No one should ever have to walk alone on their journey to healing after experiencing sexual- or gender-based violence. Some ORCC staff and community members came together in March for International Women's Day and made strides to bring awareness to the ORCC and the urgent need to support survivors. Bundled up and raring to go, participants met on Queen Elizabeth Drive and embarked on a 5K walk along the Rideau Canal as part of the #STRIDES4ORCC campaign to help raise funds for ORCC's counselling program.



## WALRUS TALKS: WALRUS @ HOME: INEQUALITY

ORCC was invited to speak about the links between colonialism, poverty, and sexual violence at 'The Walrus Talks at Home: Inequality', a webinar event presented by OXFAM Canada.

Alongside a virtual panel of speakers ORCC's Executive Director, Candice Shaw engaged in important discussions about growing wealth disparities and the colonial roots underlying economic hardships and sexual violence disproportionately affecting Indigenous communities.



# ANTI-HUMAN TRAFFICKING OUTREACH & RESEARCH

## CONNECTION AND COLLABORATION FOR AN END TO HUMAN TRAFFICKING

***“... to address inequality at its core, we need to decolonize systems of power while continuing to engage Indigenous communities in discussions on reconciliation.”***

*Candice Shaw | Executive Director, ORCC*

Human trafficking is a complex issue rooted in colonialism, systemic racism, misogyny, and patriarchy. This is an issue that has not only had an increased presence in Ottawa, but also disproportionately targets Indigenous women and girls. More education and collaboration among local service providers are much needed first steps to address human trafficking in our region.

On October 27, 2021, our Executive Director, Candice Shaw, spoke at, 'Connecting the Dots: Indigenous Perspectives, Colonialism, and Human Trafficking' a virtual event hosted by Truckers Against Trafficking (TAT). TAT is a Colorado-based organization that exists to educate, equip, empower and mobilize members of the trucking, bus, and energy industries across North America to combat human trafficking.

The webinar offered helpful insights to a broad range of service providers and agencies, and reinforced ORCC's commitment to ongoing anti-human trafficking research and public education.



## ANTI-HUMAN TRAFFICKING RESEARCH & ENGAGEMENT

ORCC undertook a small research project to identify gaps in services and supports for survivors of human trafficking in Eastern Ontario. Though human trafficking is not always an explicit part of our mandate, we all know that this complex issue involves broad spectrums of violence and exploitation. This research demonstrated that community organizations don't have enough resources or capacity to adequately address human trafficking cases and that there is a critical need for greater wrap-around supports. We then held a virtual engagement session on March 31, 2022 to highlight these findings and hold space for community service providers to collaborate. Eleven service providers attended the engagement session and the final report was sent to 35 community organizations through email outreach. The final report can be found on our [website](#).

We also continue to participate in virtual table discussions with impactful advocacy groups such as the Anti-Violence and Coercion Taskforce for Indigenous Organizations and Networks (ACTION) to examine human trafficking in Indigenous communities and actionable avenues for sustainable change.



# LOGO & WEBSITE REDESIGN

In late 2021, ORCC started working with Design de Plume to redesign our logo and website. The image of the new logo was carefully selected in order to represent resiliency as a chickadee takes flight; the addition of branches intertwined in the chickadee's body reflect growth and renewal. We have started ORCC's website redesign process which will host robust resources and outline ORCC's services and programs to support survivors. The site is expected to be launched in 2022/23. Stay tuned for more on this!



# OUR TEAM

## OUR BOARD OF DIRECTORS

Claudia Newman, President  
Jeanette Doucet, Vice-President  
Kayla Cavanagh, Treasurer  
Mary Massarella, Secretary

Emma Pratt, Member-at-large  
Vanessa Stewart, Member-at-large  
Megan Simon, Member-at-large  
Sharon Rouleau, Member-at-large

## OUR STAFF

Candice Shaw, Executive Director  
Abrar Ali, Director of Programs & Community Engagement  
Madeline McMahon, Manager of Finance & Operations  
Meg Sinclair, Knowledge Translation & Content Development Lead

Meghan Sangster, Counsellor  
Katie Montague, Counsellor  
Erefaa Ogbuaku, Counsellor  
Roselin Dixon, Community Outreach & Communications Lead

## OUR SUPPORT TEAM

Monica Chohan, Wilbrod House Consulting  
Annelies van Oers, Web Developer  
Blueprint Accounting, Bookkeeping & Payroll Services  
HostedBizz, IT Services

We'd like to extend a heartfelt thank you to the Board of Directors, staff, support team, contributors and funders; without whom, this work could not be accomplished. Thanks to these coordinated efforts, we can continue to meaningfully support and empower survivors of sexual and gender-based violence in the Ottawa region.

Ottawa Rape Crisis Centre gratefully acknowledges the financial support of the following funders. |  
Ottawa Rape Crisis Centre tient à remercier sincèrement les bailleurs de fonds suivants de leur soutien financier.





# CONTACT US

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**Email: [orcc@orcc.net](mailto:orcc@orcc.net)**

**Twitter: [@orccsupports](https://twitter.com/orccsupports)**

**Facebook: [@orccsupports](https://www.facebook.com/orccsupports)**

**Instagram: [@orccsupports](https://www.instagram.com/orccsupports)**

*Thank you for your support!*