

A "Day In the Life" of E4C

by Michael Farris - CEO

PLEASE

Ask the question:

"What IS E4C?"

A quick answer is almost no answer at all. E4C is one of Alberta's largest change agents and one of the most diverse human

services organizations in Canada.

In fact, E4C is involved in so many different things that it is sometimes hard for people to understand all that we do.

Subsequent Envoys will list our programs and services under the banner of "About E4C". Listing program names will help readers who interact with neighbours,

friends or family members who could benefit in using E4C's services.

Many people may have heard about E4C's School Lunch program, our Head Start programs, the women's shelter (WEAC) or Kids in the Hall Bistro, but that only begins to scratch the surface.

Starting with the first issue of Envoy in the New Year, we will tell the story of a "day in the life" of E4C.

A 'day in the life' will provide the reader with insight into the amazing feats that happen every day since many of our programs and services operate around the clock.

These are the events that bring new hope and opportunity to thousands of people in the course of the year.

Please stay tuned!

Changing Lives • Growing Community

ENVOY is published by E4C and is written by its staff. Layout design by Kyle Schneider. If you have any comments, questions, suggestions or ideas for submissions please feel free to contact us at 780.424.7543 or through our website at e4calberta.org

On November 18th, E4C introduced a new way to donate: introduced a new way to donate: to Donate \$10 Today!

COURAGE

COMPASSION

CONNECTION

COMMITMENT



Real World Experience: A Story of Hope

written by a former resident of Elizabeth House

"My name is Marian.

I came from a religious family. I have two older brothers; all of us adopted. My oldest brother, 16 at the time, molested me from the age of seven to nine, until I told my mother.

At age 14, my oldest brother raped me in a back alley. I ran away from home. I survived on the street. I depended on countless men who abused and took advantage of me.

I gave my children up for adoption. I did not want them to suffer the same abuse I did. I did not want my son to learn the abusive behaviour he was sure to observe.

I spiralled downward and fell into an abusive marriage with an alchoholic. My self-esteem was non-existent.

This came to an end in April of 2010.

I felt I had nowhere to go. I ended up at E4C's Womens Emergency Accomodation Centre (WEAC).

After a three week stay there, I was accepted at E4C's Elizabeth House. They gave me encouragement and filled me with hope. It was there I was able to relax and see myself for who I really was for the first time.

Terry, the manager there, was understanding and respectful. He always had time to talk. I remember his gentle voice calming me whenever I became upset.

I've learned a lot about myself since then.

I received counselling at the Sexual Assault Centre, I went to a co-dependents management course and I took a Money and Me course. Now I'm upgrading my education to become a hospital unit clerk.

Because of the work that Terry and the staff of Elizabeth House have done, I now live independently in one of E4C's housing units and I've been accepted for my second term at Norquest College.

I've learned to love myself and now have the confidence to love my life."

Editors Note:

How did this story make you feel? Do you have a similar story or know someone who went through something *just like this*?

We want to know.

In the upcoming year, E4C will be building an online community where we will be able to share stories and experiences, much like this one, in hopes of starting some meaningful conversations about current issues in our community and possible solutions to them.

In the meantime.

please feel free to contact us by phone at (780) 424-7543 or email at info@e4calberta.org



Create A Star: Open a Young Mind to the Arts

Give a child the opportunity to develop their talents and self-esteem through mentoring in expressive arts.

Item: (1) \$25 provides a child with music books for private music lessons

(2) \$50 provides a child with craft supplies for one semester of art classes

 $^{(3)}$ $\mathbf{\$250}$ provides a child with a semester of instruction in music, drama, dance and more



From Homeless To Home: Housing for All

Help a community member with the basic necessities to start a home.

 $^{(4)}$ 50 provides a kitchen starter kit to a new resident to our community

(5) \$75 provides a household cleaning kit to a new resident to our community

(6) \$100 provides a bathroom supplies kit to a new resident to our community



An Early Start: Is the Right Start for Young Families

Give the gift of hope this holiday season to families with young children. Early positive experiences are the foundation to a child's success.

(7) \$15 gives the gift of knowledge to a child by providing them with a book to read

(8) **\$40** will provide warm clothing to shield a child from the chilly winter months

(9) \$125 gives a child transportation to and from early years programming for a month

Change Starts Here:Building Stronger Communities

Create opportunities for community members to become self-sufficient and help us lead in the growth of inclusive, caring communities.

(10) **\$100** provides seeds for all gardeners in our community garden

 $\mathfrak{s}^{(11)}$ $\mathfrak{s}^{(11)}$ provides a new guitar to support community guitar lessons in the McCauley community

 $_{12)}$ 323.000 will provide a new vehicle that will allow us to support tenants in our affordable housing



Looking Up, Moving Forward: Provide Our Youth With a Solid Future

Help Edmonton's At-Risk-Youth succeed in receiving lasting education and finding meaningful employment.

(13) \$30 will provide bussing to and from counselling for one week

(14) \$50 provides a youth with a uniform and shoes for employment training

(15) S 9 provides a youth with transportation to work and life skills training for an entire month





A Full Tummy: Is Easiest to Think On

E4C's School Lunch Program provides children with a nutritious lunch so they can concentrate on their school work, not their hunger.

- (16) \$50 will purchase enough food for one classroom to have a session of 'Young Chefs'
- (17) **\$110** will feed a whole classroom with a nutritious snack for an entire month
- (18) **\$480** will feed a child a nutritious lunch for an entire year

The Tools To Start Again: Lend a Helping Hand

Asking for help isn't always easy. Help women in need gain the bare essentials to break the cycle of poverty and abuse.

(19) \$20 provides sexually exploited women with a personal care and safety pack

(20) \$40 will provide a woman who has experienced sexual or physical abuse with emergency care

(21) **\$10,000** will operate the Crossroads Outreach van for a full year to provide harm reduction, outreach and essential resources to sexually exploited individuals



Kind Regards:

Fund Development

The Fund Development Department would like to take the opportunity to show appreciation to *Elizabeth King Farlow*, whose estate donation to E4C was *\$25,000*.

We would also like to show our appreciation to *The Estate of Kenneth Welsh*. who donated *\$70,000*.

Kids in the Hall

Kids in the Hall would like to take the opportunity to show their appreciation to the *Downtown Business Association* for their generous donation of over \$11,000!

Michael Farris

Michael Farris would like to take the opportunity to thank the *Lois Hole Foundation* for all of their generous donations.

He would also like to note that E4C appreciates the yearly donations and looks forward to the continued relationship.

Special Thanks: Donor Recognition

Nutrition and Community Services

The REALTORS® Community Foundation has returned over three million dollars to Edmonton & Area charities since 1986. Celebrating 25 years this year, the Foundation is supported by REALTORS® who have had a long standing relationship with E4C and E4C's School Lunch Program.

This year the foundation granted over **\$300,000** to Edmonton and area charities.

On November 22nd, the REALTORS® Community Foundation held their annual Funding Allocations Presentation, presented donations to the following E4C programs: Crossroads House, Crossroads Outreach, Elizabeth House and School Lunch Program.

In total E4C received \$16,513 of funding for the 2011 year.

E4C would like to extend sincere thanks to all the members of the REALTORS® Community Foundation and Executive Director Jill Didow for their generous support and ongoing contribution to E4C and its programs over the years.



Closing Words: A Message of Hope



written by Michael Farris -CEO

YOU are the reason...

that E4C has such a powerful and

profound impact in the lives of thousands of people every year. Your interest in making a difference, your support of our work and your contributions make it all possible.

The people we work with make remarkable change. They build skills. They gain employment. They become self-sufficient. They succeed in school. They heal. They can do this for a very simple reason – because of your commitment to make a difference.

Your support becomes real opportunity for people to learn and to be self reliant, and this is the way to create real and lasting change.

Yes, Please! I'd Love To Donate To E4C

Total Amount: \$	Item #(s):
Payment Method: ()VISA ()MC ()Che	que
Credit Card Number:	
Expiry Date:	
Your Name (as it appears on card):	
Address:	
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Postal Code: Email: _	•
Please Send the Tax Receipt to the Abo	
Signature:	

Please complete and return this form to E4C in the attached envelope. Additional Christmas catalogues can be found online at e4calberta.org



