

My Sister's Voice

118 John St. E., Whitby, ON, L1N 2T3

My Sister's Voice 2010 Programs



The Phoenix Project:

**Supporting and Empowering LBT Women Experiencing
Intimate Relationship Abuse (IRA)**

Intimate Relationship Abuse (IRA) is disempowering for anyone who experiences it. It is often surprising to LBT women that the occurrence of (IRA) is as frequent in same-sex relationships as it is in heterosexual relationships, occurring at a rate of 30%.

A number of stereotypes and myths regarding same-sex relationships amongst women have contributed to a misunderstanding of how this issue impacts the LBT community. The idea that women are not violent, or that "abuse" cannot occur between partners of similar physical ability, has made it difficult for the LBT community to both recognize IRA and to seek support when faced with it.

The Phoenix Program consists of a number of components designed to both increase awareness of IRA in the LBT community and offer LBT women a place to seek support and counselling that is sensitive to their unique needs as gay women. Through this program, LBT women can access individual counselling, monthly support groups and referrals to other community agencies and partners.

The Phoenix program also produces a number of brochures on IRA in the LBT community and works to educate other community groups providing services to women experiencing IRA.

Coming Out Group:

A Monthly Support Group for Women in Various Stages of Coming Out

The Coming Out Group is a monthly support group that offers a safe place for women in various stages of "coming out". The group provides a confidential place to discuss issues related to the many issues that women face when addressing their sexual orientation. .

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Bridges Program: Assisting Women in Creating a New Life

Women who are ending a relationship may sometimes find themselves disempowered by a lack of knowledge. If they have come from a controlling relationship they may need assistance with understanding the various challenges of creating a new life for themselves and their children. The Bridges Program is a four-class session that provides women with information on housing, employment, finances, community resources and the legal system. This program is available to any woman in need of informational assistance as she navigates the challenges of leaving the life she had, and creating the life she wants. The Bridges Program is offered four times each year.



Naturally Empowering Women Retreats (N.E.W Retreats): Building Self-esteem Naturally

Since the beginning of time women have come together to support each other at times of hardship and joy. Understanding the unique needs of women has always been best served by other women.

With the evolution of our society our communities have grown large. Our roles as women have changed dramatically, yet who we are as women has not changed. Our need to connect with one another in a supportive and safe environment is still vital to our development and feelings of worth.

N.E.W. Retreat is a three-day group program dedicated to celebrating what it means to be a woman in today's society. The group will focus on issues related to positive self-image in the face of unrealistic media images of beauty, relationships and the various challenges that come with being a woman. The uniqueness of this program is that it does not segregate women based on their perceived challenges. Women attending this program may be dealing with issues related to intimate relationship abuse, poverty, sexual-orientation, parenting or any other challenge.

The group provides a place for women to develop a sense of community and rebuild their feelings of self-worth and deservability.

To receive more information on My Sister's Voice or any of the programs we offer please contact us at 905-668-5578 or email mysistersvoice@rogers.com