

# A Big Thank You

*A helping hand, a gentle touch, a ray of hope.  
Together, we can break the silence!*



Dear Friends of the Amal Women's Center,

It is with pleasure that we present to you our 2014 Annual Report. Private donations from members of our community continue to be 90% of our funding source, and with your continuing support through the years, we are proud to state that Amal is in its 14<sup>th</sup> year of existence.

This year, Amal plans to formally enter into a partnership with Centres d'aide aux victimes d'actes criminels (CAVAC). Currently, CAVAC refers victims to Amal where they believe the women can benefit from our culturally competent counseling services. We look forward to working with CAVAC and it is an honor for us that the Amal Centre is increasingly recognized as an expert and an important resource for local and provincial organizations in dealing with domestic abuse cases.

In our ongoing effort of providing support and assistance to victims of domestic abuse, we have realized that there are opportunities to provide specific workshops to women to help them in their transition process of rebuilding their lives. We started this pilot project in 2014 with our Stress Management Workshop series and, with your support, hope to continue similar workshop series that we can incorporate as a regular on-going activity for our clients.

On behalf of Amal Women Center's Board of Directors, Employees and Volunteers, I would like to thank you for your generosity and support.

Sincerely yours,

*Asima Uddin*  
President

## Our objectives

The Amal Center for Women is an open, inclusive, and welcoming center that collaborates with women to improve their living conditions, develop their independence, and heal the wounds caused by their experience with domestic abuse. The center offers psychosocial services that respond to the needs of the women, while also conducting community outreach to raise awareness of domestic abuse.

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Please note that tax receipts for 2014 can only be issued for donations that were made on or before Dec 31, 2014. If you made a donation after that date, you will be issued a tax receipt in Feb. 2016.

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**In our efforts to save paper and administrative costs, tax receipts for 2016 onwards will be issued by email. To register your email, please contact:**  
**treasurer@amalwomenscenter.ca**

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For more information and updates on the Amal Center for Women, and to sign up to our mailing list, visit us at:  
**www.amalwomenscenter.ca**

## ANNUAL ACTIVITY REPORT FOR 2014

### SOCIAL SERVICES

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Our free social services are offered to women from different backgrounds within the greater Montreal region. The center is an essential resource for many women who have no family or social network.

### PSYCHOSOCIAL INTERVENTIONS

In 2014, our social worker and our psychosocial caseworker counselled a total of 121 clients, meeting each one multiple times for a total of 514 interventions. It is important to note that we do not advertise our services; our clients are referred to us by other women centers, women's shelters and CLSC and through word of mouth.

Women who benefit from our services require support for several reasons. Most of them find it difficult to meet the daily challenges of life while having a precarious family situation. Others find themselves in situations where they are severely abused both physically and psychologically and see no other hope than to leave their current situation. The table below indicates the several reasons why these women chose to seek help. Please note that our clients often face multiple problems simultaneously.

<b>Types of problems and the needs (Multiple problems in most cases)</b>	<b>Number of cases</b>
Marital conflict/Separation/Divorce	117
Conjugal violence	100
Youth Protection/Parent-child conflict	21
Psychology/Mental health	260
Family/Relationship Conflicts	218
Immigration/Integration	23
Orientation/References	48
Other	32

### SPECIAL EVENTS FOR CLIENTS

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#### STRESS MANAGEMENT WORKSHOP SERIES

The Stress Management workshop series is a 13-week workshop that began in November 2014 and will continue in 2015. This workshop series helps clients gain insight into their stress triggers and learn tools to manage feeling overwhelmed. The group uses a combination of psycho education and psychotherapeutic approaches, to learn tools to better understand and manage stress and difficult emotions.

#### CLIENT EID PARTY

Amal organized and hosted an Eid party for clients to come together to mark the end of Ramadan. Approximately 20 women and 15 children gathered to share a meal, meet new friends, play games and receive Eid gifts.

#### WEEKLY DRAMA THERAPY WORKSHOP

Over the course of 2014, a drama therapist intern offered weekly workshops to our clients free of cost. Drama therapy is the intentional use of drama and theatre as the therapeutic process to release emotional and physical symptoms and increase personal growth and well-being. The workshops were directed at helping clients express themselves creatively.

### **SKATING FOR WOMEN & GIRLS**

An annual community event that brings diverse groups of women and girls together from around Montreal to enjoy a classic winter sport – skating! This year, the event was held at Raymond Bourque Arena with approximately 50 participants.

### **PUBLIC RELATIONS ACTIVITIES**

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One of the goals of the Amal Centre is to educate the community about the harmful effects of domestic violence in the hopes to decrease its occurrence. Each year the center participates in external events that helps to build relationships with external partners and promote its overall mission.

### **DEPRESSION WORKSHOP: WHAT IS DEPRESSION?**

Amal's social worker gave two presentations at a community organization on depression. The informative and interactive workshop covered the causes and symptoms of depression in adults and children, as well as treatment options for those living with depression. The workshop also aimed to provide participants with tools to understand and assist loved ones who are struggling. Resources were provided.

### **GLOBAL NEWS TELEVISED SPOT**

Amal was featured in a Global News televised spot on November 5<sup>th</sup>, 2015 to promote the center, the Fundraising Gala and showcased the Purple Bow Tie Campaign video which was created in March 2013 for International Women's day.

### **RAW MARKETING CAMPAIGN**

For Amal's 2014 Fundraising Gala, Raw Marketing Inc. created an Awareness campaign. Amal's supporters nominated an important woman in their lives and these women were honored at the Fundraising Gala.

### **FOOD BASKETS**

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In 2014, Amal collaborated with ICNA Food Bank for the Ramadan Food Basket project. Over 300 baskets were delivered to families in need in Montreal. As of 2014, Amal has been referring food basket clients to ICNA Food Bank. Amal and ICNA Food Bank are currently working on a partnership whereby both organizations will refer their clients to each other based on their respective needs.

### **FINANCIAL ACTIVITIES**

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We at The Amal Center for Women, work very hard to provide high quality services to all those in need. This would have been impossible if it had not been for the valuable support and generosity of our donors. These contributions are often given to us during our yearly fundraising events.

### **FUNDRAISING GALA**

On November 8<sup>th</sup>, 2014, over 150 of Amal's supporters took part in our fundraising dinner at the East Community Center in Montreal. Our special guest speaker was Andreea Vanacker.

### **FINANCIAL REPORTS**

Please note that our financial statements for 2014 and current annual report will be accessible on our website as of April 1, 2015.