



# Design for a New Tomorrow

**39th Annual General Meeting**  
Annual Report 2018-2019

## Mission Statement

Design for a New Tomorrow supports individuals who have experienced abuse in intimate adult relationship in their journey towards healthy self-directed lives and respectful relationships.

*Design helped me build independence; empowerment is key to enriching one's life.*

Anonymous Client

### WOMEN'S PROGRAM

DFNT is a community based program funded by the Ministry of Children, Community and Social Services. DFNT provides individual and group counselling to women 16 years of age or older; available in St. Catharines, Welland, Port Colborne, West Lincoln, Niagara Falls and Fort Erie. One on one counselling is designed to empower women to lead a life free of violence, and/or physical or mental abuse. Supporting them on their journey towards healthy self-directed lives. DFNT provides group counselling which gives women the opportunity to gain education on abuse and related issues, develop skills and to build a support network. In turn, building confidence, self-esteem, and help to recognize that partner violence shatters the sense of well-being that allows people to thrive.

### PARTNER ASSAULT RESPONSE (PAR)

The PAR Program, funded by the Ministry of the Attorney General, is a 12 week program, led by an experienced male and female counselling team. The program is for individuals who have been court ordered, as part of their probation. The primary focus is to teach participants to understand, take responsibility for and change their controlling, abusive behavior. The program strives to enhance the safety of victims of domestic violence by providing information, support, and safety planning and community referrals. Design for a New Tomorrow offers PAR in Niagara Falls, Welland and Fort Erie.

## Message from the President & Executive Director

'When you are young, tired and fear the man you married, when nothing in your life has prepared you for this, when you have never heard the word "abuse" before, how do you comprehend this? How do you explain your gratefulness when abuse is not happening? Desperate for days with fewer cruelties: desperate for silences to end, accepting any crumbs of normalcy' (Taken from an essay written by Maureen Ott, Design Board President.)

The women who come through the doors of Design know the pure essence of these words. They feel them right to their core. The reality is that 1 in 4 women have experienced Domestic Violence. We, as a society need to ask why? What is the root cause, how can we make a bigger impact in combating this alarming statistic.

At Design, we have chosen to try to weed through the 'whys'. We look at family history, family dynamics and trauma that individuals have experienced as a child and now. We support women, through counselling and men, through the Partner Assault Response program in this journey. We continue to engage in professional development so that we are working with best practices that are evidence based. We work diligently at maintaining an atmosphere that is calming, supportive and respectful of the importance of self-care.

In this next year we will be developing a new strategic plan where, as a team, we will ensure these core competencies are weaved into the plan. Design's staff and board members each bring unique skills and interest to the table. Skills that have increased the quality and interests that have further developed our desire for the work.

Design unfortunately, will be losing two board members this year, Vita Gauley and Katia Coholan. Vita having served 8 years and Katia 7 years. During this time they have provided their passion and expertise to the board and staff. Thank you to both of them.

*Maureen Ott, Board President*

*Sandy Toth, Executive Director*