



# Design for a New Tomorrow

## 41st Annual General Meeting

### Report 2020-2021

#### 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-Amazing women, who offer comfort, and a nonjudgmental space. Who support and respect women who need it. Helping women to achieve a positive, healthy life.*

#### Anonymous

#### 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 gender based 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 ordered by the court system as part of their probation. The primary focus is to teach participants to understand, take responsibility for and change their controlling, abusive behaviour. The program strives to enhance the safety of victims of gender based violence by providing information, support, safety planning and community referrals. Design for a New Tomorrow offers PAR in Niagara Falls, Welland and Fort Erie.

#### Message from the Board President and Executive Director

Design's philosophy is a motivational, client-centered counselling style, meeting clients where they're at, recognizing a client's reality, and how they react. We strive to provide a judgement-free space. Carl Rogers, was an American psychologist who discovered that when an environment provides genuine openness for self-disclosure and acceptance clients are more apt to grow. This approach can increase the client's motivation for change, particularly when there is fear and unwillingness to progress. Design's staff are extremely skilled, compassionate and patient. They are able to recognize the different stages clients are experiencing and follow their lead, while ensuring they are safe. Going through the pandemic over the past 17 months, their approach has not wavered. If anything they've needed to be more patient, more compassionate, as the situations clients have experienced far outweighed pre-pandemic situations.

Design was flexible in their approach with group counselling and the Partner Assault Response program by offering virtual groups during the pandemic. These both required a lot of work in the background however our team still managed to provide the same level of respect and support both groups of individuals.

As we move forward, slowly, back to in-person counselling, we are reminded of the importance of acceptance, counselling through fear and being a support to the team.