

Friends of



Spring 2006, No. 9

Harmony House Team

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Executive Director
Trish
Financial Administrator
Cheryl
Safety, Environmental and
Health Worker
Heather
HOPE Worker and Support
Group Facilitator
Christine
Fund Development Manager
Nicole
Transitional Support Worker
Trysh
Women's Advocate
Jaden
Volunteer Co-ordinator and
HOPE Worker

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launches sales program to support Harmony House

In June 2005, Keller Williams Ottawa Realty announced that it had chosen Harmony House to be one of its corporate charities in Ottawa. Keller Williams had established a program for its sales representatives to donate a portion of their commissions to local charities.

Keller Williams Ottawa Realty presented its first cheque to Harmony House in June 2005 at the opening of the company's new offices at 610 Bronson. The firm made two other donations in 2005: one at the Harmony House golf tournament in September and the other at the Keller Williams Inspirational Breakfast in December.

In 2006, Keller Williams Ottawa Realty hopes to expand participation in the program, which will likely mean an increase in the size of the donation to Harmony House. Keller Williams will be featured as the presenting sponsor at the 2006 golf tournament in June (see page 3).

Keller Williams Ottawa Realty was the first Keller Williams franchise to open in Ontario, and is now the largest single real estate office in Ottawa! This rapid growth is a tribute to the company's strong mission, vision and beliefs, which attract real estate professionals who are "learning- and values-based." Integrity and high service standards are paramount in every transaction. Keller Williams is the fourth largest real estate company in North America.

Celebrating 20 years of service

Harmony House will be marking a significant milestone next year. It will be 20 years since we welcomed our first residents.

Harmony House began as a social outreach program of St. Matthew's Anglican Church in the Glebe. The original idea of doing something of lasting value for the greater community evolved into starting a women's shelter based on research by the Social Planning Council on community social needs. In fact, the Social Planning Council said that the need for second-stage housing for victims of family violence was the greatest housing need in the community in 1985.

Since opening its doors, Harmony House has gone from success to success, helping more than 1,400 women and children over the years.

To mark our anniversary and launch our next 20 years of service, we will be having a big party! More information about that will be available in the coming months on our website (www.harmonyhousews.com).

Annual General Meeting

Harmony House will hold its Annual General Meeting at 6 p.m. on Thursday, June 22, at St. Matthew's Anglican Church, 217 First Avenue. All members are welcome to attend.

Message from the President

In the spring of 2005, we welcomed back Leighann as Executive Director. Leighann's involvement with Harmony House dates back to 1994, and we appreciate having her with us once again. Her strong leadership skills, coupled with her years of experience, have been beneficial to us all. Leighann replaces Dawn, who resigned after three years as Executive Director.

In 2004, we had a difficult financial year. Our donations were down considerably, we assume because many of our regular donors supported agencies responding to the world tragedies that happened that year. We are very pleased to say that in 2005 we benefited from our highest levels of donations and fundraising ever, and managed to recover from 2004. Fund Development Manager Christine and her volunteer Fundraising Committee launched a profitable annual golf tournament and we look forward to their continued success with this event. Their dedication and hard work has proven very beneficial to our investment in front-line services. After 10 years of having a part-time Children's Advocate, we are excited about being able to return this position to full-time status in 2006.

We continue to upgrade and improve our website so that we are better able to keep our supporters and donors informed about our events, news and needs. This year, we will be busy planning for our 20th anniversary in 2007! If any of you were part of the groundbreaking work for Harmony House in 1986 and 1987, our anniversary planning committee would like to hear from you (call Harmony House at 233-3386)!

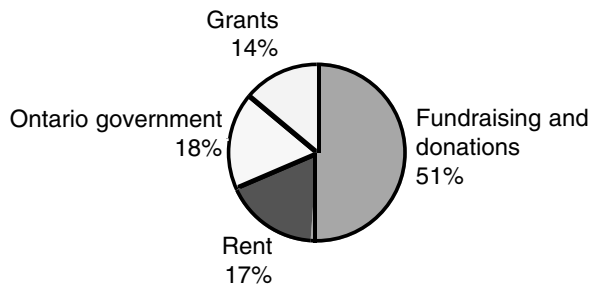
As you will see from the graphs on the right, Harmony House depends primarily on donations and fundraising for our income, so we are very fortunate to be located in such a caring community. Please take a look at the list of corporate sponsors on page 5. These groups are loyal and generous to Harmony House and we encourage you to patronize them in support of us!

Nicole Deschesne, President, Board of Directors

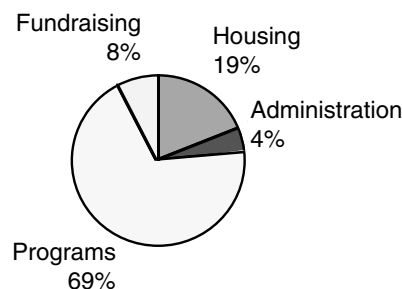
Statistics, 2005

Number of applicants	90	Number of children with mother in shelter	33
Number of residents	28	Ages 0-6	11
Number of women who did not receive housing at Harmony House	62	Ages 7-12	11
Average length of stay (months)	3.5	Ages 13-18	8
Number of women without children	7	Ages 18+	3
Number of women with children not in their care	4	Number of women on Ontario Works	21
Number of women with children in their custody	16	Number of women on ODSP	2
Number of women who regained custody of their children while at Harmony House	1	Number of women employed	2
		Number of women with other sources of income	2
		Number of women with no income	1

Where our money comes from



Where our money goes



What is Harmony House?

Harmony House is a second-stage shelter for women and their children who are fleeing abuse. A second-stage shelter offers housing and programming to women and children after their stay in an emergency shelter. Families can stay with us for up to a year, as they make the transition from living in a shelter back into the community.

Harmony House opened in 1987 and is the only second-stage shelter in eastern Ontario.

We have 16 units of affordable, safe housing, along with individual and group support programs, accompaniment, advocacy and referral services, as well as children's support programs, and a food bank.

Running without core government funding since 1996, Harmony House relies on grants, donations and fundraising to keep its doors open.

Upcoming fundraising events: plan to attend

Second annual charity golf tournament, June 7

Our inaugural tournament, held September 20, was a great success. The day was bright and beautiful, a perfect end to summer 2005. The Chateau Cartier was a gracious host and by all accounts everyone involved had a great day. We were very fortunate to have Stuntman Stu from the Bear 106.9 as our emcee and auctioneer. He coordinated our live and silent auctions as well as our balloon draw for a trip to Las Vegas. When all the dust settled, we raised more than \$30,000, all of which went directly Harmony House.

While we were very fortunate with the weather last year, we have decided to get a jump on the golf season and have moved this year's tournament to Wednesday, June 7. Once again we will be holding the event at the Chateau Cartier Golf Resort in Aylmer, and Stuntman Stu has agreed to return as our emcee.

You can participate by purchasing a foursome or you can join us for cocktails and dinner after the event.

For sponsorship opportunities and information on registration, contact fundraising@harmonyhouseews.com. Registration forms and final details are available on the Harmony House website: www.harmonyhouseews.com.

A musical evening to benefit Harmony House, June 4

Join us at 7:30 p.m. on June 4 for an evening of choral music with the Temple Israel Choral Group, Orpheus Choral Group, Crosstown Harmony and the Shira Ottawa Choir. Proceeds from the evening — A Community in Harmony — will go to Harmony House and the Temple Israel Liturgical Music Library Fund.

The concert will take place at Temple Israel, 1301 Prince of Wales Drive. Tickets are \$15 (\$12 for seniors) and are available from Harmony House (233-3386).

Quota Club Night at the Races, May 7

Get together with friends and family for an evening of great food and lively entertainment. Join us for the 10th anniversary of the Quota Club's Night at the Races on Sunday, May 7, at the Rideau Carleton Racetrack and Slots.

Tickets are \$55 and include a buffet dinner, racing program, valet parking, \$2 betting voucher, door prizes and a tax receipt for \$25.

Ever imagine yourself in the winner's circle at the track? It could happen; sponsorship opportunities are available. For tickets and information, please call Christine at 822-2986. Complete details are available at www.harmonyhouseews.com.

The Quota Club of Ottawa, an international service club, celebrates 60 years of community and international service in 2006. True to its motto, "We Share," the Quota Club helps people with hearing and speech problems, youth, and disadvantaged women and children through its volunteer and fundraising efforts.

The Quota Club has helped youth in Ottawa by provided furnishings for various Youth Services Bureau residences and by supporting the Dave Smith Youth Treatment Centre, the Boys and Girls Club and the Youville Centre. For a second year, Harmony House has been chosen as the recipient of the proceeds of the Night at the Races.

Bon Appetit Ottawa supports Harmony House, May 2

Bon Appetit Ottawa will support Harmony House again this year at its 10th anniversary event on May 2. Over its history, Bon Appetit Ottawa has raised more than one million dollars in support of local charities.

Bon Appetit features more than 90 restaurants and caterers and dozens of wineries and breweries. More than 2,000 people enjoy the delicious creations of the region's top chefs and samplings of renowned wineries, served up in the beautiful and historic setting of the Aberdeen Pavillion at Lansdowne Park. The Kiwanis Club of Ottawa holds its popular silent auction during this event as well. May 2 will be a night to remember, with delicious food and wine and great company.

Tickets are \$75, including a \$45 tax receipt and all your food and wine for the evening. To purchase tickets, visit www.bonappetit.ca. Be sure to direct your donation to us by entering "Harmony House" in the organization line on the application form.

Message from the Executive Director

It is so nice to see the sun again and the snow receding. As summer approaches, we have a couple of big projects on the horizon. The first is a renovation project that will see a permanent solution to our recurring flooding problem, as well as some much-needed updating and repair work in our units. With work crews on site throughout the summer, we will have our hands full keeping the children busy and out of harm's way.

The second project is our 20th anniversary. In many respects, it is difficult to believe that Harmony House has been open for almost 20 years. We hope to plan a celebration that will provide an opportunity to gather,

reminisce and celebrate all the wonderful accomplishments we have seen over the years. It will be an opportunity for us to thank all the generous supporters who have enabled us to continue this important work. And, of course, we hope it will be a reunion of sorts, where we can catch up with former residents, volunteers, staff and board members. Some of the babies of Harmony House will be adults now. We look forward to seeing many of them at this gathering. Stay tuned for more news as our plans take shape.

Leighann, Executive Director

Volunteers at Harmony House

As the Volunteer Coordinator at Harmony House, I would like to thank all of our more than 50 volunteers for their kind support. Our volunteers have generously donated their time in various capacities. Volunteers were present at numerous fundraising events, such as "Swirl-n-Twirl" (to name but one). A number of Legal Advocacy volunteers have also offered their much-needed support by accompanying women to legal appointments, and have done research and writing for the second edition of Harmony House's *Legal Resource and Information Booklet*, which will be released by summer 2006. Volunteers have also helped with our weekly food bank and have gathered valuable information resources for the women. There is no doubt in my mind that these wonderfully dedicated volunteers have positively contributed to the miracle that is Harmony House and I am very grateful for the opportunity to witness such magic on a regular basis!

Jaden, Volunteer Coordinator

What Harmony House means to me

Harmony House to me is a stepping stone. It's a place I can feel safe and move forward in my life after a very dark period. The staff is beside you every small step. Everything they do, from even the smallest smile to the rage on your behalf, makes you feel so good. Harmony House is a beacon of light. You receive all the support you need to help bring your life to a positive place.

As a young woman new to the city and experiencing my first taste of abuse, staying at Harmony House has helped me get me feet under me and realize that I do have a future. And it makes me feel so good inside knowing that these wonderful people will be beside me. I also treasure knowing that Harmony House will be able to help so many women in the future.

Harmony House resident

I am an ex-resident of Harmony House, who wants to share my experiences and my gratefulness for the help I have received during my stay as a resident and also as an ex-resident. When I first arrived at Harmony House I had just left an abusive situation that left me feeling hopeless,

scared and vulnerable. I didn't know who I could trust. The staff made me feel safe, and that's where my healing journey began. They taught me how to not be a victim, and gave me the tools I needed to take care of myself. My journey with them started in 1995 and they've continued to be a strong support in my life. I know I can always turn to them if needed. I am no longer a victim. What I am is a humanist and reformer who sees injustice in the world, and who has made changes through my life experiences and I will continue to do so. Life is a journey and sometimes the road is bumpy; however, it is places like Harmony that make the road easier. There aren't a lot of ways or words that I can say that will ever express or describe my gratitude, but I am forever thankful. Thank you for helping me to see hope when at one time it felt impossible. Thank you for helping me believe in myself. Thank you for standing by me through my victories. I am a strong and courageous women. Thank you for being a part of that. I love you from my heart to yours. You have been a huge blessing in my life and my family's life.

Ex-resident of Harmony House

2005 fundraising events

Thank you to the organizers of and participants in the following events held in support of Harmony House in 2005.

- Canterbury High School Fashion Show, April 2005
- St. Bartholomew's Hay Fever, April 2005
- IODE Fashion Show, April 2005
- TJFit Spinathon, April 2005
- Bon Appetit, May 2005
- Swirl-n-Twirl, June 2005
- Quota Club Night at the Races, June 2005
- PharmaPlus Golf Tournament, July 2005
- HBC Run for Canada, July 2005
- Hill Charity Golf Classic, August 2005
- GAL Golf Tournament, September 2005
- GCTC, November 2005
- Chickmas (fifth annual), December 2005
- The Christmas Rose, December 2005
- Lady in Red II, January 2006

2005 corporate sponsors

Harmony House would like to recognize the support of its corporate sponsors for 2005.

OTTAWA CITIZEN



KELLER WILLIAMS
OTTAWA REALTY

- Barry J. Hobin & Associates
- Campbell Automotive Group
- Canadian Women's Foundation
- Climec Residential Inc.
- Cognos
- Costco Wholesale Canada Ltd.
- D. Edwards Consultants
- Fidelity Investments
- Global Intellectual Strategies
- GumDocs
- Lindor
- Louis De Stefano Consulting
- Mackenzie Financial Services
- Minto Foundation
- Seabrook Associates
- Sun Life Assurance Company of Canada

Thank you to our generous community partners

We depend on partnerships with a number of community organizations. Thank you to all of the following organizations, which continue to show their support for Harmony House.

- Algonquin College
- Bon Appetit Ottawa
- Canada Mortgage and Housing Corporation
- Carleton University
- Christ Church Bells Corners
- Eastern Ottawa Community Resource Centre
- Great Canadian Theatre Company
- Hill Charity Golf Classic
- IODE
- Independent Order of Foresters
- Newport Restaurant
- Ottawa Community Foundation
- Ottawa Community Housing Corporation
- Ottawa Food Bank
- Pharma Plus (Charles Rak)
- Quota Club of Ottawa
- Richmond Area Quilters Guild
- St. Bartholomew's Anglican Church
- St. Basil's Church
- St. George's Anglican Church
- St. Matthew's Anglican Church
- St. Michael and All Angels Anglican Church
- Success by Six
- The Anglican Diocese of Ottawa
- United Way Centraide

Holiday programs full of cheer

Heartfelt thanks to everyone involved in Harmony House's Holiday Sponsorship Program, as well as those who donated goods and their time to Harmony House over the 2005 holiday season. It was people in our community such as you who gave the women and children of Harmony House the happy holiday they might not otherwise have had.

Make a planned gift to Harmony House

There are a number of ways to leave a legacy to Harmony House, providing your estate with considerable tax credits. Simply designate Harmony House a beneficiary of one of the following: a bequest in your will, a life insurance policy, or an RRSP or RRIF.

The following gifts will provide you with immediate tax relief, while guaranteeing vital resources to Harmony House: appreciated securities, transferring ownership of a life insurance policy, or charitable annuity or trust.

For more information, please send an e-mail to fundraising@harmonyhousews.com.

Become a friend of Harmony House

I would like to make a donation of:

\$30 _____ \$50 _____ \$75 _____ \$100 _____ \$200 _____ Other \$ _____

Please print

Name _____

Mailing address _____

E-mail address _____

I will make my donation by cheque. (Please enclose your cheque with this form and mail it to Harmony House at the address below.)

I will make my donation by credit card. (Please complete the information below.)

Credit card information

Card type _____

Card no. _____ Exp. date _____

Signature _____

Please send your tax-deductible donation to Harmony House, PO Box 57082,
Somerset Postal Office, Ottawa ON K1R 1A1

Privacy policy

Harmony House respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing lists. We use personal information to provide services and to keep you informed and up-to-date on the activities of Harmony House. This includes programs, services, special events, volunteer opportunities, funding needs and other ways to donate, through periodic contact from Harmony House. If at any time you wish to be removed from our mailing list, simply contact us by e-mail (donors@harmonyhousews.com) and we will gladly accommodate your request.