



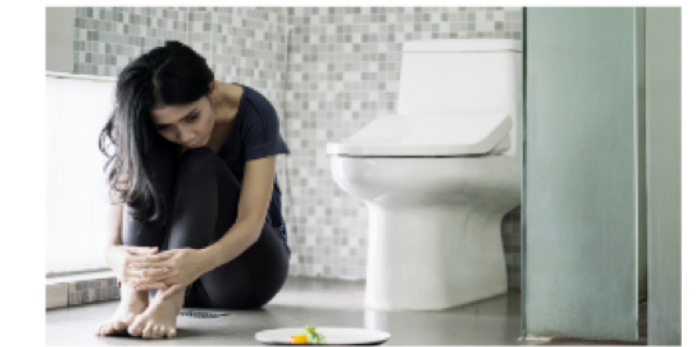
2020

Thank you for your generous donation. Here is how our 100+Women
Pembroke Petawawa and District made an impact in 2020

Petawawa Centennial Health Centre

Eating Disorders Support Group

- Thank you 100+ Women for the **\$1500 grant** from the 2019 campaign
- In 2020 we were able to purchase resources to start a lending library for Health Care Professionals for Eating Disorder Care and we offered our Eating Disorder Support group for teen girls struggling with anorexia nervosa or bulimia nervosa (online due to COVID restrictions)
- Moving to an online platform enabled more people to be able to access the support group. Word has gotten out and the program is growing!
- 115 health care professionals recently attended an education series on core training for Eating Disorder Care. Cost for this education series was covered by the Phoenix Centre. **The 100+ Women funding provided us the opportunity to initiate our own “Eating Disorder Lead Team” for the County** and to expand our virtual support group county wide
- Future plan - launch a Renfrew County community wide survey through the schools to understand the breadth of eating disorders in our community and plan future support services
- We are finally growing, expanding and building capacity among local health care and community providers. **We are dreaming big- because we need to and because your start-up support has given us the confidence that we can!**



PHOENIX CENTRE WITH PETAWAWA CENTENNIAL
FAMILY HEALTH CENTRE*

EATING DISORDER CARE: CORE TRAINING

A multi-session virtual training for health care providers in
Renfrew County

Friday April 16 from 1:00-3:00 with Shawna
Melbourne, RD, CEDRD-S & Certified Intuitive
Eating Counselor

WED APRIL 21: 3:00-4:00 PROFESSIONAL PANEL
Q&A

Friday April 23 1:00-3:00 with Jenna Walsh, RD,
CDE. Eating Disorders in Renfrew County: Creating
a multidisciplinary Support Team

*with grant support from 100 Women Petawawa Pembroke and PPD
Community Fund

Robbie Dean Family Counselling Centre

Anger Management Support Program for Women

With the COVID-19 restrictions we have had to purchase a virtual platform to provide confidential video counselling. Our entire clinical team has taken courses on virtual counselling to ensure we can provide the high quality service that we are known for. We have had to restructure parts of our clinical service delivery to accommodate the County's health restrictions and ensure the safety of our staff and clients.

The Anger Management Support Program for Women started on April 6, 2021. We had so many participants register that we had to implement two groups. Virtual groups cannot accommodate as many participants as in person groups. **We now have 11 women divided into two groups.** One of the participants did not have access to a computer, so we hand delivered the material to her and she joins the group by telephone every week.

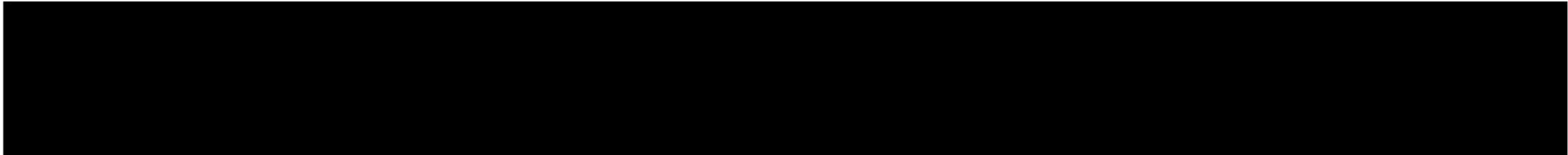
We will be completing a brief survey at the end of the program to evaluate not only the impact of the program but the effectiveness of the service delivery. We will use this data to present a report to the Crown Attorney as some participants were court mandated to attend the program.

We would like to offer this program again in the Fall but will base this decision on the survey results and COVID restrictions.

Thank you so very much 100+ Women for **the \$2200.00 grant** that made this program possible!



Now accepting
applications
(613) 629-4243



The goal of this program is not to help participants suppress anger but rather to understand the message behind the emotion and express it in a healthy way without losing control.

Start date: 6 April 2021
Program length: 9 weeks
Time: 5-7pm
Location: Virtual
Cost: None
Facilitator: Joanne Haskin
Certified Indigenous Addictions Specialist Level III
Mental Health & Addictions Counsellor
Acupuncture Detoxification Specialist (ADS)
Therapeutic Touch Recognized Practitioner
CBT, NLP, Mindfulness Master Practitioner
Life Coach



Robbie Dean Family
Counselling Centre
84 Isabelle St Unit 5
Pembroke, ON K8A 5S5
www.robbedeancentre.com
info@rdfcc.ca

Columbus House

Outdoor Adventure & Exploration

- Thank you 100+ Women for your **donation of \$2760** from the 2019 campaign. In 2020 we were able to supply gear to **14 families and 16 children between the ages of new born to 3 1/2**.
- Toaster mitts, boots and hats were purchased for toddlers and one piece bunting suits for smaller infants. Some of the older toddlers received helmets and bob skates to enjoy outdoor rinks. One piece rain suits were given to toddlers to enjoy puddle jumping and mud play !
- With the summer approaching we will be handing out sun hats and sunscreen to enjoy days at the park or sitting on the beach.
- During this trying time providing the youth moms with the ability to take their kids outside we have helped to keep them active and maintain their well-being. We also provided each family with a video of activities they can do at no cost outside with their children.



With the limited childcare options and group activities for young families during COVID-19 restrictions we are thankful to have been able to support outdoor play and adventure!

The following women have graciously contributed to the
100+ Women Pembroke Petawawa District 2020 Campaign.

<https://wn165.infusionsoft.com/app/page/100-women-main-landing-page>

100women.givingthatgrows@gmail.com

Donation was made in honour

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Barbara Bailey
Michelle Bardis
Tina Belanger
Cathia Berube
Joan Boucher
Vicki Bradfield
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Grace Bradley
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