

- When it feels like you are alone in the world, who do you talk to?
- When your circumstances are overwhelming, where do you turn?
- When you feel like there is no hope, how do you find another chance?

Imagine what it is like to be in prison, struggling without a job or home in our community, or going through unimaginable trauma. It is a lonely, scary experience filled with uncertainty and despair. This is where we can help. The Elizabeth Fry Society of Calgary (EFry) provides another chance to women who need it most.

Since 1965, we've offered help, healing and hope to thousands of vulnerable women and youth impacted by poverty, legal and justice issues. At-risk and criminalized women can start again with practical programs, basic necessities and connections to community resources.

We are honoured to carry on the legacy of Elizabeth Fry, a passionate advocate for those without a voice and champion of prison reform for women.

## STARTING AGAIN



The women we serve are mothers, sisters, daughters and friends. They have faces, names and stories that matter. They are brave and resilient, but unsure about their future.

**For many, abuse and trauma in early childhood leads to addictions in their youth, and subsequent homelessness, poverty and criminal engagement. This cycle needs to be addressed and broken so women and their families can create new lives.**

We have all made choices we regret. The reality is there can be another way.

*"When I had nowhere else to turn, EFry was there for me. Being in prison is hard and lonely. They listened and helped me figure out what I would do once I was free." - EFry client*

## MAKING NEW CHOICES

Crimes of poverty are common for the majority of women we serve.

*"I live in shelters. Sometimes I take the C-train to visit my family. If I don't have any money, I can't pay. I have been caught a few times and given tickets. I can't pay those either. Now I got caught and I'm sitting in jail for a week to pay off my fines." - EFry client*

Poverty should not be punished. To prevent criminal behaviour, homelessness, addictions and poverty must be addressed in our community. Simple things that many of us take for granted can bring about pivotal change. A home and a job can help to break the cycle of poverty for marginalized women and their families.



## BREAKING THE CYCLE OF POVERTY

Sending women to jail for failing to pay fines or bylaw tickets costs our community for incarceration, children placed in care and social benefits for those who can no longer access employment due to a criminal record.

About 80% of women we help are mothers. In most cases, our priority is to help reunite them with their children.

*"I'm a single mom with three kids. We had an apartment and I was working. My car insurance expired and I didn't have the money to pay it. I got caught and couldn't pay the fine. Now I am in jail. I lost my kids, my place and my job. Now what do I do?" - EFry client*



## REUNITING FAMILIES

### How You Can Help

We need your help in creating a more hopeful future for at-risk women. Together, we can break the cycle of criminalization and poverty.

**Advocate:** Join us in voicing our support for initiatives that help provide housing and employment for at-risk and criminalized women.

**Donate:** Financial donations can be made online or by sending a cheque or money order to our main office. All donations above \$10 are eligible for a tax deductible receipt.

**Volunteer:** The gift of time is welcome from volunteers 18 years and older in a variety of roles. Visit our website to learn more.

**Membership:** Our members assist in the growth and community promotion of our programs. Members are invited to our events, receive our newsletter and have voting rights at our Annual General Meetings.

## FINDING NEW FREEDOM



For more information or to help the women and youth we serve, connect with us at:

**Main office:**  
1731 – 10 Avenue, SW Calgary, Alberta T3C 0K1  
(across the street from the Sunalta LRT station)

**Online:** [www.elizabethfrycalgary.ca](http://www.elizabethfrycalgary.ca)

**Telephone:** (403) 294-0737

**Toll Free:** 1 (877) 398-3656

**Fax:** (403) 262-0285

**Email:** [reception@elizabethfrycalgary.ca](mailto:reception@elizabethfrycalgary.ca)



## CONNECTING

Our mission is unique. We serve criminalized women and youth, helping those impacted by the legal and justice systems. Our programs are diverse and designed to help clients as they transition into our community.

**Aboriginal Cultural Supports**

Aboriginal women represent 50% of the women in our prison programs and over 50% of our overall client mix. We are leaders in working with the Aboriginal community and offering resources unique to Aboriginal women. In a culturally safe environment, Aboriginal women are more likely to heal.

**Adult Legal Information Program**

Attending court and completing and filing documents can be an overwhelming experience. Our Legal Information Program helps to make sense of the processes and information required in the complex court system. Women are provided with assistance in understanding criminal charges and addressing warrants. They receive help to fill out forms related to family and administrative law.

*I'm so thankful for the wonderful support I have received from EFry. I was in great need and now I am growing strong.* – EFry client

**Berkana House**

Women on conditional release from the federal correctional system are supported in their efforts to integrate into the community through Berkana House, which is operated by our partner the Calgary John Howard Society. In this healing and empowering environment, women can be reunited with their children and connect with resources and supports.

**Community Awareness Program for Immigrants**

Immigrant women are often vulnerable, alone and do not understand Canadian law or our way of life. Our Community Awareness Program for Immigrants (CAPI) breaks down barriers and helps them successfully integrate into our community. Through a series of free clinics and workshops, newcomers become aware of their rights and responsibilities within Canada.



**Court Support Programs**

Going to court can be confusing and overwhelming. Having a criminal record can make it difficult to secure future employment or housing. Our court liaisons and volunteers assist youth and adults in the criminal courts, family justice services in Calgary, and regional courts. They provide legal and community resources, as well as identify alternatives to help prevent long-term criminal records.

*"My court worker took the fear and anxiety out of court. She outlined the process step-by-step, and gave me the skills and resources to manage my situation. Any help is good help!"*  
– EFry client

**Housing**

Working in partnership with community agencies, we provide safe, affordable housing for women.

**Immigrant Legal Information Program**

Immigration status can affect women and their security to stay in Canada. Our goal is to be a resource to women and their families as they navigate the complex immigration process and complete required documentation.

*"The opportunity to talk to skilled workers has been the greatest reward in my life. The workers are experts."*  
– EFry client

**Prison Community Outreach Program**

Women in prison are anxious, stressed and lonely. They often can not connect with their children, family and friends, and are without the day-to-day things we take for granted. We provide them with emotional support through counselling and resources. We also encourage them to use their time while incarcerated to develop release plans for their transition into the community.

Through the "U.N.L.O.C.K" Functional Skills Program, we teach valuable life skills such as anger management, goal setting and communications.

When women are released into the community, we are there to provide intensified case management supports to help them resolve the issues that may lead to criminalization.

*"EFry is one of our most important supports that we depend on, on trying to change or turn our life around. They help make positive outcomes in women in jail and in the communities."* – EFry client



**SAGE: Emotional Wellness and Employment Readiness Program**

This program is specifically for women with barriers to employment because of their involvement in the criminal justice system or other challenges. SAGE targets women 18+ who are motivated and ready to start working on issues related to employment. We support them with emotional wellness, Aboriginal cultural connection and supports, functional life skills, and assist with the preparation and planning towards their future.

**Youth Mentorship and Legal Information**

Youth without supports are often misinformed and confused about the legal processes and options for their charges. Aboriginal and immigrant youth in particular have unique barriers to them that are often overlooked. Our program provides individualized mentorship to at-risk youth, and assistance with information and navigating legal processes to female youth.

*"Thank you EFry for everything you have done for me. It has made a huge difference and helped me reach and set my goals."* – EFry client

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NEW CHOICES