



Dear Friend,

Lisa wants to make another choice and start again. Her choices in the past — caused by the cycle of poverty she was trapped in — resulted in a period of incarceration. While she was in prison, she promised herself that when she was released, things would be different. Elizabeth Fry Society of Calgary was there to help her make a plan to transition into our community, and to make better choices for her life.



For 50 years, we have offered help and healing to thousands of at-risk and criminalized women, providing practical programs, basic necessities and connections to community resources, with the goal of creating more hopeful futures.

We need your help to give them another chance.

Stuck in a cycle of poverty, many women make choices that result in their criminalization. They lack hope for the future and don't know where to turn for help. They often lose their children, their homes, their connections to family and friends. There is another way and we help them find it.

Will you help us help vulnerable women and their families?

Every gift helps to open the doors for another chance. Here are some of our programs you can support:

Criminal Justice Fines and Fees – \$35 - \$500

As women move through the justice system, there are a variety of fees and fines that they are often unable to pay. Many of the mistakes made – such as driving a car without insurance, stealing food to feed hungry children – are related to their poverty.

Women with criminal records experience barriers to sustainable and stable employment and without addressing a record suspension for their records, they may end up repeating crimes of poverty. Our goal is to help women find another chance and make another choice.

“Our clients are still people, they are someone’s daughter, mother, grandmother, cousin, aunt or sister. Many of them have children.” – EFry staff

Employment, Education and Training - \$65 - \$350

Education and training open up new opportunities, but related fees are not affordable to women with a limited or no income. Women need help with suitable work clothes, boots and sometimes equipment, to assist them in finding jobs and gaining independence.



Pathways to Healing



Aboriginal Programming \$50 - \$300

Over 60% of the women we serve are Aboriginal. Connecting back with their culture is essential to healing. Your gift will help support cultural programming, such as honorariums for sweatlodges, elder support and aboriginal resources that will help women move towards healthy lifestyles

Immigration Documents - \$75 - \$500

Starting again in a new country is not easy and basic immigration documents can be very expensive for women living below the poverty line. Work permits, citizenship applications and permanent residency documents all charge fees that are cost-prohibitive for some clients.

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

Housing and Basic Needs - \$50 and \$500

Housing is an on-going need as it is essential for women rebuilding their lives. Damage deposits and short-term housing rental subsidies are a critical priority. Food, hygiene items and those basic necessities many of us take for granted are often unattainable for women on limited or no income. Funds allocated to these necessities can make the difference in starting over.

We invite you to make a difference by giving to those, like Lisa, who often come to us with little hope for another chance. Your donation is NOT utilized for administrative costs, and will go directly to programs that support our clients.

Thank you for caring about vulnerable women in our community and for your donation.

For more information about our work and who we help, please go to: www.elizabethfrycalgary.ca

Donate online at elizabethfrycalgary.ca/ways-to-give/

Yes, I want to help to create a new start for women and their families!

Name: _____

Address: _____

City: _____ Postal Code: _____

Email: _____

Cell Phone: _____

Cheque: Credit Card: _____ Expiry Date: _____

Would you like to receive our newsletter? Yes No

Charitable #107294415R-R0001