



Friends of Rowan House Newsletter

10th Edition

October

October is...



Child Abuse Awareness Month

Child Abuse Awareness Month

When abused women with children come to Rowan House, it's not uncommon that those children have also been abused by their involvement in the family situation. If a child discloses they've been abused, Rowan House will often bring in other organizations like Children and Family Services or RCMP.

Even though physical or sexual abuse are the first types to come to mind, in reality more than 50 per cent of children and youth who come into provincial government care do so because of neglect.

Types of Abuse

Neglect is any lack of care that causes serious harm to a child's development or endangers the child in any way. Physical neglect is the failure to meet the child's day-to-day basic needs. This includes failing to provide adequate nutrition, clothing, shelter, health care and protection from harm. Emotional neglect is the failure to meet the child's ongoing emotional needs for affection and a sense of belonging.

Emotional abuse is verbal attacks on a child's sense of self, repeated humiliation or rejection. Exposure to violence, drugs, alcohol abuse or severe conflict in the home, forced isolation, restraint or causing a child to be afraid much of the time may also cause emotional harm. Emotional abuse rarely happens only once and it is usually part of a pattern of how the child is being treated.

Physical abuse is the intentional use of force on any part of a child's body that results in injuries. It may be a single incident or a series or pattern of incidents.

Sexual abuse is the improper exposure of a child to sexual contact, activity or behaviour. It includes any sexual touching, intercourse, exploitation or exposure and can be perpetrated by anyone, including a parent or guardian, caregiver, extended family, friend, neighbour or stranger.

What to do if a child discloses abuse:

- Listen to the child
- Allow the child to tell what happened in his or her own words and do not ask leading questions
- Remain calm and do not over-react, show horror or anger, or any other reaction that would lead the child to believe the abuse or neglect was his/her fault
- Support and acknowledge the child's feelings
- Reassure the child
- Tell the child you believe what you have heard
- Comfort the child by saying that it was a good thing for him/her to tell you
- Assure the child that you will do something to help
- Do not attempt to intervene on your own
- CALL THE CHILD ABUSE HOTLINE: 1-800-387-5437 (KIDS) or contact your local Child and Family Services Authority, Delegated First Nations Agency or police.

Events

Upcoming Events:

Soup Sisters at Diamond Willow Retreat: Here's an idea for a group gathering - grab your sorority sisters, your book club or your yoga friends and book one of the upcoming Diamond Valley Soup Sisters! November 27th (Diamond Willow will be all decorated for Christmas) or January 29th (amid a winter wonderland). Join us to make some nurturing and nourishing soups with Chef Darren Nixon of Divine. A lovely afternoon ending with salad, soup and a sip or two of wine! The soup is taken to Rowan House for women & children to enjoy.

Blackie Lions Club Breakfast sponsored by Al Gaja of Crop Production Services, High River will be held on Saturday November 5th from 8 – 11 am at the Blackie Community Hall. We hope you can attend. All money raised goes directly to Rowan House.

The Reverend Elvis & Friends Blue Christmas, November 29th at the Southern AB Jubilee Auditorium, Rowan House is the Platinum Sponsor.

Thank You!

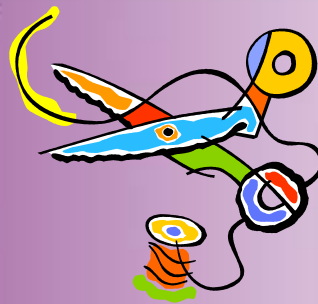
We thank all you that missed the presentation - we raised more, per person, this year than last year. And there was only a third of the people. That's incredible! The total we will present to Rowan House will be \$8418.04

Sharon expressed her gratitude to us for another job well done and, as we saw in the video, it will be put to very good use!

We also want to express our gratitude to you. Your registration fee goes to pay the location, food and any other expenses that are required to put on the event. For the most part these are non-cash. This year, due to the low registration response we were almost forced to cancel the event as we weren't able to cover our costs. But, in the end we went ahead and took a leap of faith that you wouldn't disappoint us. It's a good thing we did! Rowan House benefits from your generosity and generosity.

Thank you all again and happy scrapping!

Sharon Harrison & Shannon Levandosky
Organizers of The Okotoks Scrapbook Convention



Volunteer Opportunities



If you are interested in volunteering for next year's Gala, we are having a committee meeting on October 12th at 7:00 p.m. in our Okotoks office at 101, 21 Elizabeth Street. We need people for the committee itself, as well as a number of related sub-committees. If you can't make it to the meeting but would still like to be involved, you can contact Gisele or Sherrie at 403-938-6785.

Shelter News

The Branches Program is a public education program designed to raise awareness about family violence and abuse in the communities we serve. Rowan House offers five presentations: Family Violence, Children Exposed to Family Violence, Bullying, Dating Violence/Healthy Relationships for Teens and Elder Abuse. All the presentations are offered for free. If you're interested in holding a session you can e-mail branches@rowanhouse.ca

Rowan House is one of 11 shelters participating in a "Children Who Witness Domestic Violence" project that is being developed by the Alberta Council of Women's Shelters. We will be working with children that have been exposed to family violence through child led play as well as working with children and their moms in regards to areas such as attachment. The results of the project will help with development of a children's program that will be used by most shelters in Alberta

Shelter News Continued...



We are excited to say that we have begun our building! Last week the utility services were put in and the basement was dug! Watch for lots of activity in the next few weeks as the basement forms go in and the foundation is poured. We will need to continue to fundraise an additional \$300,000 that will complete the furnishings, landscaping and children's play areas, inside and out. If you are interested in helping in any way, please call Sherrie at 403-938-6785 or email director@rowanhouse.ca.



Our **Christmas Campaign** will kick off in November. As in previous years, we will be requesting gift cards that will be given to the women we work with, enabling them to purchase gifts for themselves and their families. This is an amazing way we can give a woman back the dignity she deserves by being able to purchase what her family needs.

How You Can Help

- Rowan House Emergency Shelter will receive a \$4.00 donation from the sale of each book donated by Susan Raby-Dunne, available for purchase at the Chuckwagon Cafe in Turner Valley. Both an explorer of the open road and a spiritual adventurer, Susan Raby-Dunne has lived life-by-motorcycle for over thirty years. Join her on an eclectic journey of the soul and the saddle from the highways of Canada to America and Europe. *Rest Your Head on the Wind* is a woman's story about a passion for motorcycles, travel, self-discovery, veteran advocacy, war healing and personal transformation.
- Coco Rouge in Okotoks and Vespucci in High River both have an account set up in Rowan House's name. If you are looking to donate gently used clothing these two stores will forward the proceeds to Rowan House
- Shop and Share
 - People can go to www.shopandshare.ca and select from a wide range of well known, brand name stores, shop online, and then have a portion of the proceeds donated to Rowan House. It's free for you and for Rowan House so create an account today!



Are you connected to your inner passion and purpose?
What stops you from living a life of happiness and fulfillment?

Cost \$21
All of the Proceeds
go to Building the
new Rowan House!

Take control of your life!
Start to do that by reading
Shine: Live Your Ultimate Life
then enroll in the workshop!

Remember that you can help Rowan House in many ways. Please visit our website at www.rowanhouse.ca or call 403-938-6785 to DONATE