

Your Social Impact

Annual Report March 2022 - February 2023



QUARTER CLUB
SMALL BUSINESS CIRCLE
FOR SOCIAL CHANGE

892 individuals in our community found the mental health and domestic violence supports they needed to create better lives.



Family Plus
COUNSELLING EDUCATION WELLNESS

436 people received low to no-cost counselling sessions.
1,616 interventions happened for people seeking help with their mental health.



144 women experiencing domestic violence were provided with support through **2,668** interactions.

48 women actively engaged in services to break the chains of intimate partner violence and **98%** are now living violence-free for 3 months or more.

93% of women continue to live violence-free 3 years after leaving Second Stage.



HOPE



312 women had **5,579** interactions with Sophia Recovery Centre for help with addictions.

76% of women have demonstrated markers of sustained recovery and have experienced other health and wellness improvements.

74% of women who went to Sophia have a sense of empowerment and are seeing positive changes in their lives.



Thank you for supporting strong communities through your Quarter Club pledge to United Way!



United Way
Saint John, Kings
& Charlotte

Krystal and Angela thank you



On leave from her job, in emotional pain, and feeling very alone, Krystal came to Sophia Recovery in December 2022.

Although seven years sober at the time, Krystal had not yet experienced "recovery." She shared her history of trauma, grief, and pain from a childhood and life filled with addiction.

"Although I was alcohol-free, I was not getting to the core of my addiction issues or healing the trauma and pain that caused me to drink in the first place.", said Krystal. "I knew I would finally have to face everything and get well."

At Sophia, Krystal joined a trauma recovery group, participated in counselling, meditation and art therapy.

"Sophia Recovery Centre has been an amazing gift. I'm now back to work and I'm healing more each day. Sophia has helped me completely turn my life around and build a more positive one.", shares Krystal.

Angela had been in a violent relationship for three long years. The fear for her children's safety and her own well-being had reached its breaking point. She knew she needed to escape, but the thought of leaving terrified her. She was overwhelmed with embarrassment and had no idea where to turn. "I had never been on my own, I'd been dependent upon him for everything.", said Angela.

After a friend referred her to Second Stage Safe Haven, Angela found a supportive community and a chance to heal. She began to work on improving her mental health and rebuilding her shattered self-esteem. The organization also provided her children with the necessary services and programs to help them cope with the trauma they had experienced.

As time went by, Angela learned about healthy relationships and discovered coping strategies to overcome her past. Driven by her newfound strength, Angela decided to pursue her lifelong dream of getting a post-secondary education.

"I look forward to completing my program and being able to help other women and children.", shared Angela.

