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EMPOWER

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Wishing all of our readers a safe and peaceful holiday season! All the best for 2022.

Sincerely,

The CRCVC Team

Please be advised the CRCVC office will be closed for the holidays from December 23rd, 2021 until January 4th, 2022.

We will reopen on Tuesday, January 4th at 8:30 am EST.

A Note From Executive Director, Aline Vlasceanu

Dear Reader,

You subscribe to **EMPOWER** because you care. You are interested in the challenges and the opportunities for renewal that face all victims of crime.

The pandemic is creating a strain on all of us, including victims of crime.

This issue of EMPOWER is dedicated to all the life-changing work our donors, partners and funders have allowed us to create over the past year.

At times it was challenging but we maintained our focus, placing the needs of our clients at the front of everything we do.

As we head towards 2022 we will continue to do our best by working with partners and encouraging more

Canadians to join us by supporting our efforts.

If you are a victim of crime, or know someone who is, please reach out. We are here to help.

Sincerely yours,

Aline Vlasceanu
Executive Director

Caliber Communications Becomes CRCVC's Newest Partner With Innovative Fundraising Idea!

The best way to reduce the number of crime victims is to stop crime before it starts. Caliber Communications, a security surveillance and video monitoring company in Stoney Creek Ontario, use state of the art remote video and 24/7 monitoring systems to thwart crime.

Hundreds of crimes are deterred by their technology every week. Caliber Communications reached out to the Canadian Resource Centre for Victims of Crime with a unique fundraising idea; Deterrence December.

For every crime their solutions stopped, Caliber is pledging \$1.25. By December 20 the tally had reached 1730 deterred crimes and \$2162.50 in support of victim services at CRCVC. The final amount will be announced in the new year.



“We are pleased that Caliber Communications chose to support CRCVC with this unique fundraising idea,” says Bernie Forestell, director of philanthropy at CRCVC. “We are also pleased that Caliber has joined us as a new partner, joining other organizations committed to finding justice for innocent victims of crime.”

Caliber Communications is an industry-leading security technology company founded in 2016. Their patented cellular video monitoring platform, proprietary artificial intelligence system, and innovative security peripherals focus on one primary objective: *the early detection and deterrence of criminal activity before it happens.*

“We are pleased to have Caliber Communications join us as a partner,” says Bernie Forestell, Director of Philanthropy at CRCVC. “Relationships like these help CRCVC tell our story and allow us to help more clients.”

You'll be able to follow the progress of the campaign on the Caliber Communications social media accounts:

Twitter: [@caliber_comms](#)
LinkedIn: [Caliber Communications](#)
Facebook: [Caliber Communications](#)

Interested in joining CRCVC as a partner? Contact Bernie at bernard@crcvc.ca

[Visit our Partners Page.](#)

Partner Page

DETERRENCE DECEMBER

For every crime we deter in the month of December, we will be donating \$1.25 to the Canadian Resource Centre for Victims of Crime.

1730

Crimes Deterred

\$2162.50

Money Raised



Setting Boundaries During the Holidays: 10 Realistic Ways to Give Yourself the Gift of “No”

This holiday season, it is important to set boundaries and prioritize your mental health and well-being. A study by the

National Alliance of Mental Health found that 64% of people with mental illness report that the holidays make their conditions worse (Ellis, 2021). Similarly, a 2021 study completed by a telehealth provider, Sesame, found that 3 in 5 Americans feel that their mental health is negatively affected by the holiday season, with 60% reporting an increase in anxiety, and 52% reporting an increase in depression compared to this time last year (Ellis, 2021).

Now more than ever, with the additional stress and considerations of the COVID-19 pandemic, it is critical that we take extra care to avoid burnout and other negative impacts. An article by HuffPost outlines 10 recommendations from therapists for how to set boundaries with others during the holidays to make them more enjoyable and less draining.

1. Decide on your boundaries in advance.

Decide what your boundaries will be by asking yourself questions such as, “What things are important for me to do during this holiday season?”, “How do I want to feel after the holidays are over?”, “Do I need some time for myself during the holiday season?”, “What will make me feel happy during the holiday season?”, and “Am I saying yes to a lot of things because I feel guilty?”

2. Don’t feel obligated to travel.

Considering the restrictions and added considerations of travelling during the pandemic, avoiding travel is okay. If you feel unsafe or uncomfortable travelling to see family members and friends, this is an opportunity to set a boundary and say no to travel.

3. Say “yes” only to the events you truly want to attend.

We tend to overbook ourselves during the holiday season with parties and other holiday gatherings, usually out of the desire to please others. This can lead to emotional and physical exhaustion during a time that is meant for relaxation. By committing to only a few holiday-related events, you leave room to be intentional with your time and give yourself a much needed break.

4. Establish your COVID requirements ahead of time.

It’s important to set COVID-specific boundaries this season. If you’re uncomfortable seeing larger groups of people this holiday season, try limiting your gatherings to immediate family members at home. To communicate your wishes, try saying something like “To keep everyone safe and healthy this holiday season, I am comfortable hosting our immediate family at home”, or “Out of respect for everyone attending this year, here are our guidelines.” Try to keep the discussion focused on you and your concerns.

5. Set a budget for gifts that won’t cause you anxiety.

Many people feel stressed about monetary issues around the holidays. Try to communicate ahead of time what feels right for you. For example, setting a price limit for gift exchanges or opting out of that part of a gathering all together.

6. Excuse yourself from triggering conversations.

During the holiday season, the opportunity may arise to engage in conversations about important matters such as politics, religion, culture, or current events. It can be difficult to have these discussions with those who have extremely opposing opinions. It’s important to remember that those with strong opinions are rarely convinced of an opposing view. Try avoiding these triggering situations altogether - this may mean avoiding an event entirely if you know that someone there will disrespect you or your opinions. Alternately, you can set boundaries by saying “We will just have to agree to disagree”, or “I am not here to debate, I simply want to enjoy spending time with family.”

7. Set time limits at parties and gatherings.

Planning your time during the holiday season is important, as it is limited. Set a schedule and let your family and friends know ahead of time when you are available, and how much time you will be able to spend with them. Try to remember that if others get upset, it is not your responsibility to take care of those feelings or sacrifice your time to meet their needs.

8. Set consequences for your boundaries.

Psychotherapist Divya Robin says that “Boundaries without consequences are just a suggestion.” Let others know that if a boundary of yours is crossed, you will have to take action. For example, you may have to leave the room, get some fresh air, or leave the event entirely. Setting these consequences lets people know that you are serious about your boundaries, says Robin.

9. Practice self-care throughout the holiday season.

Practicing self-care is just as important during the holiday season, if not more so. Continuing self-care practices, such as bringing your journal with you while you’re travelling or allotting time to meditate throughout the day, can help to alleviate stress and keep you from feeling overwhelmed.

10. Take care of your overall health.

In addition to your mental health, it is very important to take care of your physical health by getting sufficient sleep and nutrition. Taking breaks throughout the day can help you to feel less overwhelmed and can help you stick to your boundaries, manage your feelings, and deal with stressful situations. Focus on the traditions and people that really matter to you, and the memories that you want to create.



Setting boundaries may seem difficult, and sometimes it can be. However, committing to doing so can help to make the holidays more enjoyable. It helps to honor your values, your financial obligations, your mental health, and your relationships. By implementing the above mentioned tips, you can give yourself the gift of “no” this year and prioritize your health and well-being.

CRCVC Continues to Nurture Victim Support Specialists

People helping people – this is a simplified day-to-day definition of a victim support specialist.

Working alongside crime victims is a career and a calling and it can only be done by people who are trained and have a genuine desire to help.

In the past year alone, the CRCVC has hired over half a dozen students who readily applied their in-class learning to real-world support.

“We appreciate the enthusiasm and fresh perspective our student hires bring to our work,” says Executive Director Aline Vlasceanu. “They truly want to help and they are ready to jump right in and give our clients the attention, respect and support they need and deserve.”

Through the support of donors and grants from the federal government, the CRCVC will continue hiring and mentoring students to help them kickstart a career that has meaning and immediate, positive impact on the lives of others.

Thoughts from CRCVC Victim Support Worker, Katherine Thompson

As a new year begins to unfold, CRCVC is reflecting on its work and the impact it has not only on victims and survivors of crime, but on staff as well.

As a recent graduate of the Victimology program at Algonquin College, Katherine Thompson, a victim support worker at the CRCVC, has been able to gather unique perspective on client interaction and the genuine difference that victim service organizations can make in victims and survivors’ lives post-victimization.

“It’s one thing to consider hypothetical interactions between clients and service providers and learn the theoretical basis of trauma and crisis response, but to put that knowledge to use and see a difference being made is an entirely different experience; it’s rewarding to say the least”, says Katherine.

Service providers at the CRCVC have the unique opportunity to provide a number of supports to victims and survivors, including but not limited to advocacy, emotional support, practical assistance, and help navigating the criminal justice system in the aftermath of crime.

“The strength, resiliency, and hope that so many of our clients exhibit despite adversity is inspiring. I learn and experience growth from our clients, just as much as they do from us,” says Katherine. “The feedback we receive from clients, such as *“I get more from your organization than anyone”* and *“It’s been so long since I’ve truly been heard, thank you for hearing me”* shows that our work has only just begun; we, along with other victim service organizations and criminal justice agencies, must continue to advocate for victims and survivors of crime until assistance, justice, and empathy is the standard, rather than the exception.”

In the News – Amplifying the Voice and Concerns of Crime Victims in Canada

Canadians are bombarded with news. Most of it is by choice with almost 70% of all Canadians saying they have a strong interest in the news and almost half of us consume online news several times a day.

With this endless flow of information, how can an organization possibly keep it’s stories fresh and in the minds of the public?

For the Canadian Resource Centre for Victims of Crime it comes from a conscious effort to get out there and get the story told. It is about creating proactive relationships with journalists and media and being ready to answer when they call.

The CRCVC has appeared in print in The Ottawa Citizen, The National Post, Toronto Star, Calgary Herald and Epoch Times.

CRCVC Executive Director, Aline Vlasceanu has given over five interviews on CityNEWS Ottawa with host Sam Laprade, sharing thoughts on gender based violence, mass shootings, a rape trial and the overall challenges faced by victims.

You can catch a few of the articles in the links below:

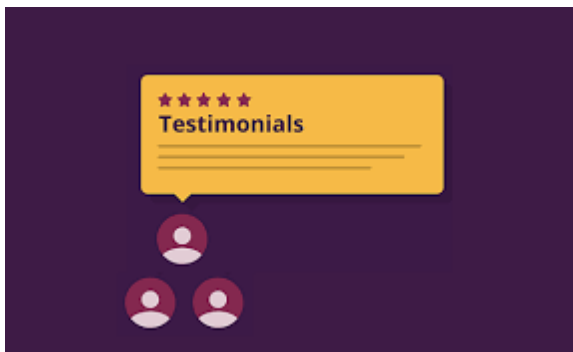
“Why is an Arnprior convicted sexual assailant – on trial for attempted murder – not behind bars?”
Toronto Star, March 4 2021

“Groups allege victim blaming in date-rape drug case acquittal”
CBC News Ottawa, October 28, 2021

“Victims’ Rights Advocates Weigh In on Ottawa’s Plan to Axe Minimum Sentences”
The Epoch Times, February 21, 2021

To discover more news from CRCVC please visit our [Recent News page](#).

Testimonials: In the Words of CRCVC Clients



The Canadian Resource Centre for Victims of Crime believes that all victims must be empowered to regain control of their lives.

All services are free, available in both official languages and available to anyone whether or not the perpetrator has been identified, apprehended, prosecuted or convicted.

Over the past years, several clients have written to the CRCVC to express their gratitude for the support and guidance they found at CRCVC.

Names and any identifying information have been changed to protect client confidentiality.

"I appreciate your time and the resources that you have sent to me. I would like to write a letter and would appreciate your guidance in doing so. I'm just not sure what to do and what the next steps are. I have been silenced for so many years and I am happy that I can actually share and tell my story now. Moving forward I would like to work with you and your team."

"Your Agent was so very kind and empathetic. I'm truly not used to that in my life anymore. Brought tears to my eyes. It's been so long since I've truly been heard. Thank you for hearing me... and taking your valuable time to assist me."

"I wouldn't have known where to start to make this happen, and simply saying "thank you" feels like an understatement considering the difference this will make. At the risk of writing an embarrassingly over the top email, I will just say that I appreciate every single email, phone call, letter, and other acrobatics you had to perform and for making this happen. And I hope we can Zoom again soon, just so I can at least say the same all over again but "face to face!"

We never charge our clients for any of the work we do. We stick with them as long as they need us, creating relationships that last for years.

To help us help more victims of crime, please donate what you can by [clicking here](#).

Donate Now

Monthly Loss to Violence Support Group Expands Across Canada

Since 2018 a group of homicide survivors have gathered at Ottawa's Algonquin College every month for fellowship and to discover new ways to manage the unimaginable grief caused by the homicide of someone they love.

As the pandemic hit, in-person meetings were cancelled. Despite this, only one month was missed as the CRCVC quickly scrambled to create a virtual meeting space. This transition was made possible thanks, in part, to a grant from the Ottawa Community Foundation.

It wasn't long before word got out and homicide survivors from across Canada began to inquire about joining the group.

In October of 2021, the announcement became official and CRCVC began inviting interested people to join the monthly group.

On the last Thursday of every month up to twenty to twenty-five people log in to the virtual meeting where they may hear from professionals including lawyers, police detective, victim support specialist and social workers.

Sometimes they just hear from each other. "One of the most impactful support groups happened when we went around the table and heard survivors share stories about the person they loved," says CRCVC Executive Director Aline Vlasceanu.

"We realized that a homicide victim should not be defined by their final moment in life. Prior to the instant their life was taken at the hand of someone else, they were loving, vibrant, interesting and contributing members of society just like you and me," says Aline. "This support group was emotionally inspiring and cathartic for everyone who attended the session."

If you have lost someone to homicide or know someone who has who you think may benefit from the Monthly Loss to Violence Support Group, [please visit the CRCVC web page for registration information](#).

If you wish to sponsor or support the group through a financial gift, please contact Bernie Forestell via email at Bernard@crcvc.ca or [visit here to make a donation](#).

Recent Events



CRCVC worked with three other victim serving organizations to protest a poor ruling in an Ottawa sexual assault. Students, friends and supporters of victim gather outside Ottawa City Hall – December 2.



CRCVC helps organize the 32nd annual memorial, remembering the victims of Montreal's Ecole Polytechnique Massacre. December 6 at the Ottawa Women's Monument in downtown Ottawa



CRCVC proudly worked with Canadian Police Association, RCMP and Canadian Border Services to present the 44th Annual Canadian Police and Peace Officers Memorial Service. Names of fallen police and peace officers are read aloud during the Memorial on Parliament Hill in Ottawa, September 26

Upcoming Events



CRCVC'S Loss to Violence Support Group: See You in 2022!

Our Loss to Violence support group is for family members, friends and close loved ones of homicide victims and is intended to offer peer support to those dealing with violent loss. This support group is offered nationally meaning that we can connect with and support survivors from across the country.

We will be continuing our Loss to Violence support group in the New Year. Happy Holidays!

Please RSVP via email at crcvc@crcvc.ca or by phone at 1-877-232-2610.

English only.

Thursday, January 27, 2022 from 6:30 to 8:30 pm EST.

Funded by the Department of Justice for Victims and Survivors of Crime Week 2021.

[Email Us](#)

[Donate Today](#)

