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EMPOWER

Please **share our free newsletter** with your colleagues and friends or sign up to receive it directly by clicking [here](#).

Text: Our number is 613-208-0747

Chat: Please access through our [website](#).

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Caliber Communications Raises Almost \$4,000 for Victims of Crime With Innovative Fundraising Idea!

For the month of December, Caliber Communications decided to pledge \$1.25 to the Canadian Resource Centre for Victims of Crime for every crime their innovative technology deters.

Caliber Communications is an industry-leading security technology company that uses patented cellular video monitoring platforms, proprietary artificial intelligence systems, and innovative security peripherals. These provided tools are important in *the early detection and deterrence of criminal activity before it happens*.

We are pleased to announce that this new partnership raised a total of \$3847.50 by deterring 3078 crimes all around Canada!

While stopping crime during the holiday season was an important aspect of this fundraiser and partnership, it was also important that appropriate support and security were given to the individuals and families who have fallen victim to crime.

Once again, the CRCVC would like to thank Caliber Communications for a successful fundraising opportunity.

Learn more about Caliber Communications on our [Partners page](#) and by checking them out on the following social media platforms:

Twitter: [@caliber_comms](#)

LinkedIn: [Caliber Communications](#)

Facebook: [Caliber Communications](#)



DETERRENCE DECEMBER

For every crime we deterred in the month of December, we have donated \$1.25 to the Canadian Resource Centre for Victims of Crime.

TOTALS

3078	\$3847.50
Crimes Deterred	Money Raised



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 November 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 people log in to the virtual meeting where they may hear from professionals including lawyers, police detectives, victim support specialists 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 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.](#)



Donate Now

How to deal with post-holiday blues as a victim of crime

What is holiday and post-holiday depression?

The holidays usually involve spending additional time with friends and families, providing a general sense of security and support for all. While this is true for some victims, others view the holidays as a period of painful reflection, sadness, loneliness, anxiety, and overall depression. It can be a painful reminder of having lost a loved one, which generally leads to post-holiday blues as you get thrown back into your regular routine with the fresh reminder of that traumatic event.

Holiday depression is the feeling of sadness that lasts throughout the holidays and can be significantly worse following the holidays. This can be worse for victims if the holidays remind them of their victimization. In fact, victims with prior mental health conditions may be even more prone to holiday depression. According to the National Alliance on Mental Illness Organization, 64% of people with mental health indicate that the holidays worsen their condition.

General feelings of stress and anxiety are commonly felt during the holidays due to having high expectations. This can often lead to burnout and depression once the holidays are over.

Symptoms of post-holiday depression

Since holiday depression is a type of depression rather than its own disorder, many who experience it may show similar signs of general depression including:

- Increased sadness
- Anxiety or guilt
- Changes in appetite or weight
- Extreme fatigue and lack of energy
- Feelings of hopelessness and worthlessness
- Inability to concentrate
- Changes in sleep appetite

While not every method works for everyone, here are some things you can do to help manage holiday depression:

1. **Take care of yourself.** The quality of your sleep and regularly finding time to exercise are crucial in maintaining a positive outlook. Having a nutrient-dense diet along with proper sleep and exercise can help boost your mood and manage many depression symptoms. The holidays usually involve staying up late, eating more, and generally more stressful interactions. Re-establishing these will help fix your routine and regain strength.

2. **Schedule time for something you enjoy.** Don't be afraid to pick up a new hobby or activity that keeps you distracted from constantly reliving traumatic events. These will help you stay focused and maintain your energy level. Simply getting out of the house will raise your energy levels and keep your mood high, especially during the pandemic when options for activities are limited.

3. **Light therapy.** In the winter months, it can be especially hard for people to receive a proper dosage of natural sunlight thus making some feel depressed. Light therapy consists of exposure to daylight or an equivalent form of light. While this technique is primarily used for people suffering from Seasonal Affective Disorder (SAD), it can help anyone regain energy and strength.

4. **Be kind to yourself.** Healing takes time and so does this type of recovery. Be kind to yourself and be patient. Treat yourself as you would treat someone else; we tend to be kinder to others than we are with ourselves.

The never-ending pandemic and its associated trauma

With the newest imposed lockdowns by the provincial governments throughout the country, many Canadian residents are left irritated. It really is starting to look like a never-ending pandemic. With the ongoing restrictions and lockdown, the long-term exposure to trauma is physically and mentally affecting many people.

For victims of crime, this can have detrimental effects considering they may already be dealing with trauma linked to their victimization.

Throughout this pandemic, many have lost routines, jobs, vacations, and most importantly, the ability to gather with others and socialize. All of these things add up and can cause *collective trauma*. Victims of crime are in need of support and security in order to help them in their journey post-victimization, but constant lockdowns make it nearly impossible for them to receive that. Social isolation causes people to be separated from their loved ones even in death, mourning, and grief. Not being able to have a funeral, for example, only adds to the long-term trauma that a victim may be experiencing throughout the COVID-19 pandemic.

The long-term impacts of the pandemic are of concern for victims of crime since they may have hindered access to healthcare resources and support services, disruptions to family and social safety networks, and potentially delayed access to justice which can include postponement of trials. These impacts are likely to add up and cause significant trauma for victims of crime.

We have all been impacted by COVID-19. It has affected each and every one of us uniquely and the CRCVC cannot stress enough how important it is to be there for each other in whatever way is possible. The trauma that we associate with COVID-19 can be likened to the trauma that victims of crime face on a daily basis. Thus, it is crucial to understand what victims of crime are going through, to help them, and to be there for them throughout the process. The COVID-19 pandemic will only make us stronger in the future.

Regardless of isolation and lockdowns, the CRCVC team continues working and is always available to help victims and survivors of crime. Reach out today for help and support.

You can reach us confidentially at www.crcvc.ca where you'll find our chat option.

You can call us toll-free at [1-877-232-2610](tel:1-877-232-2610) or text us at [613-208-0747](tel:613-208-0747)

Shadow Pandemic: Has COVID-19 raised the number of individuals victims of Intimate Partner Violence?

A recent study led by researcher Halina Haag, a social work professor at Wilfrid Laurier University in Ontario, offers a new perspective on how the pandemic has affected victims of intimate partner violence

(IPV). This study reveals how the public health restrictions became the perfect recipe for increased intimate partner violence.

According to the World Health Organization, one in three women will become a victim of abuse over their lifetime. A [survey](#) conducted by Haag on women survivors of intimate partner violence found that this number has intensified during the COVID-19 pandemic with an increase in both the reported rate and the severity of intimate partner violence.

A [CTV News article](#) states that when IPV increases, access to support and medical treatment also proves to be difficult for abusers during the pandemic. Many victims even avoided going to the hospital to evaluate potential injuries.

For example, one victim interviewed mentioned that they lost all counselling connections once the COVID-19 pandemic hit in March of 2020.

Haag also mentions that the pandemic raised stress levels and financial worries, which in turn has increased violence in homes.

With public restrictions and numerous lockdowns, abusive partners were able to manipulate and control their spouses by doing things such as withholding internet access and saying things such as “I’m going out to get COVID and bringing it back home”.

According to Statistics Canada, 10% of women and 6% of men reported that they were concerned about the possibility of violence in the home during the pandemic. In addition to this, it is likely that the pandemic exacerbated the underreporting of sexual assaults due to increased difficulty for victims to come forward and report instances of sexual assault. It is also less likely that a third party will identify signs of violence in the home.

Please contact us or visit our [Resource Directory](#) where you can find support in your area for you or someone you know who may be experiencing intimate partner violence. You are not alone. We are here to help.

[Resource Directory](#)

We can represent you with the Correctional Service of Canada and the Parole Board of Canada!



Canada’s legal system can be confusing, especially for innocent victims of crime.

The Canadian Resource Centre for Victims of Crime can help you navigate your interactions with both the Correctional Service of Canada and Parole Board Canada.

Our specialists are here to work on your behalf. Our services are bilingual, free and unlimited. We’ll stand beside you for as long as it takes.

[You can learn more here.](#) Please reach out with any questions!

More Canadians murdered in Mexico over the past six years than anywhere else abroad

According to [CTV's](#) Sarah Turnbull, Global Affairs Canada documents reveal that 207 Canadians have been victimized in 66 countries since 2016. With 25 deaths total, Mexico had the highest number of Canadians murdered abroad.

In 2021 alone, sixteen Canadians were victimized abroad. The U.S, the Philippines and Jamaica were highest-ranked last year, all reporting two deaths each.

According to author Ms. Turnbull, information from GAC is only available upon request in Canada. Although this is meant to protect the privacy and dignity of Canadians seeking consular assistance, it has serious consequences for the families and friends of victims. Canadians seeking access to vital information about their loved ones are faced with a difficult task and often struggle through the process.

The CRCVC understands how crucial guidance can be in these situations. We offer support services to victims and survivors, their families and their friends. Our text line at 613-208-0747 and [live chat](#) allow you to reach out and be connected to a trained CRCVC staff member for help.

Additionally, we offer a toll-free information and support line (1-877-232-2610) providing information about the Canadian criminal justice system and guidance in accessing other helpful services and resources.

Emotional and peer support can also be found through our [Loss to Violence support group](#). This group is open to family members, friends, and loved ones of homicide victims, offering peer support to those dealing with violent loss.

The CRCVC has long advocated for better support of Canadians victimized abroad, especially regarding their financial needs. Canadians who have been the victim of a serious violent crime may be eligible for emergency financial assistance through the federal [Victims Fund](#). We can also assist with this application process.

To see more about how the CRCVC supports Canadians victimized abroad, you can read Donna's story by clicking [here](#).

[Donna's Story](#)

A Message to You

If you haven't already, we humbly ask you to consider supporting the victims we serve by donating today.

Crime victims in Canada are limited to where they can turn for help. However, when they come to us, they find a group of caring, committed people who are focused solely on helping them on their journey.

All of our services are free. This is why your support is crucial.

There are several ways to give.

[You can click here to donate \\$25, \\$50 or \\$100](#)

If you wish to make a more substantial donation, you can contact Bernie Forestell at bernard@crcvc.ca or by phone at 1-877-232-2610.

If you are a business and want to join us as a Partner, you can also contact Bernie at bernard@crcvc.ca.

([You can see all of our Partners here](#)).

[Donate Now](#)

[Be A Partner](#)

Upcoming Events



CRCVC'S Loss to Violence Support Group

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.

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

[Email Us](#)

[Donate Today](#)

Charitable Registration #13552 8701 RR0001

