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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](#).

We respectfully acknowledge the CRCVC office is located on the traditional, unceded territories of the Omàmiwininiwag (Algonquin peoples) Nation.

Text: Our number is 613-208-0747

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

For hours of operation and other info, please [click here](#).

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You Can Support Victims of Crime. Take The Giving Challenge.

"Hope is probably even more powerful than laughter: rest assured you have given me the biggest dose of hope I've had in a very, very long time." Client - Canadian Resource Centre for Victims of Crime.

Victims of crime have their lives changed in an instant, leaving them feeling alone and frustrated. Once thrown into Canada's legal system, innocent victims are unprepared for the personal, professional, and emotional challenges they may face for months and years.

The CRCVC gives them **HOPE**, guiding them through the convoluted legal process, providing a caring shoulder to lean on, and giving them the tools and support they need to help cope with their unexpected trauma.

Our **DONORS** allow our **victim support specialists** to give free, unlimited support to anyone who is a victim of crime.

YOU are invited to join us.

Create a personal **Giving HOPE to Victims of Crime** campaign, by creating your own personal page and inviting your family, friends, and colleagues to join you.

For the month of June 2022, every dollar you raise could help CRCVC win an extra \$20,000, thanks to the Great Canadian Giving Challenge.

Join us by **Giving HOPE to Victims of Crime** today.

Everything you need to get started is right [here](#).

May 5th is Red Dress Day where Canadians Honour Missing and Murdered Indigenous People

What is Red Dress Day?

Red Dress Day honours missing and murdered Indigenous women, girls, two-spirited people and men. Canadians are encouraged to wear red that day to raise awareness and education about this epidemic in Canada and the United States.

Red Dress Day started as an art and advocacy project by Indigenous artist [Jamie Black](#) to bring awareness to all the missing and murdered Indigenous people. You can see their art installations all over Canada as they hang up red dresses to invoke the missing women who

should be wearing them.



Activists have adopted the colour and symbol during protests by wearing red and often painting red handprints on their faces or posters. The colour red symbolizes lots of things for Indigenous peoples.

“Red is really a calling back of the spirits of these women and allowing them a chance to be among us and have their voices heard through their family members and [community](#)”. Red is also believed to be the only colour that spirits can see so wearers use it to guide back the lost spirits to be with their [loved ones](#).

(image credit)

Missing and Murdered Indigenous Women and Girls (MMIWG)

The statistics of the number of MMIWG are staggering but it can be hard to comprehend the numbers. According to the [Assembly of First Nations](#), Indigenous women are **five times** more likely than non-Indigenous women to be victims of violence.

According to the [RCMP](#), approximately 1,017 Indigenous women have been murdered between 1980 and 2012. Since 1952, 164 Indigenous women have been reported missing. Other report inquiries say that the numbers are much higher.

While this might not seem like a lot of women, keep in mind that the murder rate for Indigenous women is 3.64 per 100,000, **six times higher** than the murder rate non-Indigenous women which is [0.65 per 100,000](#).

Statistics are easy to think of – they are just numbers. However, for the families of these women and girls, they are not just a number but a mother, daughter, sister, wife, and vibrant human being whose life was cut short.

These women and girls range from infants to women over the age of eighty years old. They come from various socioeconomic backgrounds but they all have one thing in common, they have been stolen from their communities. The holes they leave are very much felt by their loved ones.

On June 3, 2019, the [Final Report from the National Inquiry on Missing and Murdered Indigenous Women and Girls](#) was released. The Inquiry made 231 Calls for Justice and concluded that this epidemic of violence constitutes genocide. Violence against Indigenous women and girls is systemic and a national crisis that requires urgent, informed and collaborative [action](#).

CRCVC has taken steps to create a culturally sensitive space for Indigenous victims of crime and you can visit us at [crcvc.ca](#) for our resource directory that has [Indigenous-specific services](#). As well, please see our [November 2021 newsletter](#) to read about Determining the Role of CRCVC in Supporting Indigenous Victims of Crime.

(Image Credit)



Media can be a great place to increase public awareness on certain subjects for victims, but it can also be triggering for victims and lead to setbacks.

Negative reactions can arise from watching a movie, television show, the news, and social media by portraying acts that a survivor has witnessed or involuntarily been involved in.

There are limited options to be able to pick and choose from what you are seeing online, but, there are a few ways to be able to filter specific words or phrases and other elements, when it comes to social media, that you are able to do to make your online experience **safer** and to avoid re-traumatization.



Taking these extra steps might help limit negative reactions such as flashbacks and anxiety, or other post-traumatic symptoms.

Movies and Television Shows

Movies and TV shows can have hard-to-watch scenes and may overdramatize what is happening. Here are a few tips to watch safely:

- If something upsets you, it is okay to turn it off. You don't have to prove you can handle it.
- If you are concerned about a movie/TV show, read ahead, and look at the warnings and reviews. If you are unsure, try and watch the program where you feel safe.
- Keep in mind that the programs only show you certain parts, they won't show you everything, including the healing journey. Everyone heals at a different pace.

News Media

Tips on how to navigate news media:

- You can read what you want to. If at any point it becomes too much, you can turn it off.
- Try not to look at comments about the cases or instances being reported if it is too much to do so.
 - People have different opinions and comments about certain topics that don't align with how you are feeling and could potentially initiate a negative reaction.

Social media tips to help you scroll:

- When you are viewing content on social media platforms, you can decipher what you want to see on your social media. You have the capability to block, report, and filter harmful posts.
- Social media can help victims share their stories as we've seen with the #MeToo movement, but it is not an obligation for everyone to disclose their stories if they don't want to.

(image credit)

Media Coverage: False Sense of Security



Reporters and editors decide what is news and what is not. When thinking about what crimes get reported in the media, violent crimes are often at the top of the list. This may make you think they are the most common crimes to happen, right?

Unfortunately, the media tends to ignore the most common types of crime that typically affect readers or viewers, such as auto theft because it isn't "news-worthy" enough.

Countless victims of crime do not make the front page.

This can leave victims/families of victims feeling that others do not care about the crime or justice for their loved one and feel let down.

Mass media will publish "unique" or "strange" crimes that will get the viewers' attention.

Media also tends to focus on crimes that are committed by strangers, when, in fact, violent crimes are most often committed by someone that is known to the victim, rather than a stranger.

This kind of coverage may give the viewers a false sense of security. The audience believes that if they avoid certain situations they will be safe. In fact, there is a greater risk of violence in our own homes, but this may not be covered by the media.

Some media coverage gives the notion of the "ideal victim," someone who is more innocent than others. An "ideal victim" could include; children, some women, and the elderly.

This also gives the idea that there is a hierarchy of victims within society. A youth who was injured due to gang activity won't have the same impact in the media as an elderly person who was robbed.

While viewing media, it is important to take the information with a grain of salt.

The media cannot report on all crimes, but they do report on the outcome of the criminal proceedings. Whereas, we don't often hear follow-up reports about how victims of crime are coping.

Those that do get reported, do not represent the crime rates in Canada.

(image credit)

Step in the Right Direction: Funding Provided to Better Support Indigenous Victims and Sexual Assault Survivors in Nova Scotia

It is crucial for victims of crime to have their voice heard within the criminal justice process along with having the appropriate services to better support survivors and victims of crime.

On May 9th, 2022, the Honourable David Lametti, the Minister of Justice and Attorney General of Canada, alongside his colleagues, announced that funding will be provided to ensure better support and improve access to justice for victims of crime in Nova Scotia.

Over five 5 years, \$6,210,000 will be distributed to:

- Nova Scotia Department of Justice;
- Maintenance Enforcement;
- Victim Services Division;
- Nova Scotia's Enhancement of Services for Victims of Crime program; and
- Nova Scotia's Sexual Offence Legal Representation program.

The funding will provide legal advice and representation for survivors of sexual assault as well as enhance the implementation of the Canadian Victims Bill of Rights (CVBR). This is pivotal because all victims of crime have the right to:

- right to information;
- right to protection;
- right to participation;
- seek restitution; and
- make a complaint if they believe their rights have been infringed on or denied.

How will this funding help?

- Indigenous victims will now be able to participate in the criminal justice process more effectively;
- An Indigenous Victim Case Coordinator will deliver victim service programs for Indigenous victims;
- Address the unique needs of Indigenous victims of crime;
- Providing victims of crime with support to track unpaid orders of restitution; and
- Improve services available to victims when dealing with the court process.

In a recent press release, The Honourable David Lametti expressed the importance of this funding by saying, "Victims of crime need our support. This is especially important for Indigenous victims of crime and survivors of sexual assault who face additional barriers to receiving access to justice. Ensuring that victims have access to the resources and information they need and know their rights is critical to victims having a more effective voice in the criminal justice system. The funding provided to Nova Scotia will help achieve those important goals."

In Their Words: Victimology Students Intern at CRCVC

Morgan

Hello, my name is Morgan! I am a student in the Victimology Graduate Certificate program at Algonquin College. On top of this, I have a degree in Criminology and Criminal Justice with a Concentration in Sociology from Carleton University. I have had the honour to have my placement at the Canadian Resource Centre for Victims of Crime. Throughout my placement, I furthered my knowledge on ways to support victims of crime through the online chat offered at CRCVC by identifying resources for clients to help their healing journey as well as supporting a client by taking notes in court. While editing publications and writing parts of the monthly newsletter, I have a greater knowledge of publication bans, elder abuse, and resiliency.

I want to thank the dedicated and supportive colleagues for my time at the Canadian Resource Centre for Victims of Crime and will take what I have learned during my placement into a meaningful role where I can continue my passion for helping victims of crime.

Michelle

Hello, my name is Michelle. Like Morgan, I am also a student in the Victimology Graduate Certificate program at Algonquin College. I received my Bachelor's in Criminology in 2021 from the University of Ottawa. As part of the Victimology program, I completed my placement at Canadian Resource Centre for Victims of Crime. This placement has taught me a lot about the various issues facing victims. What I like about CRCVC is that I got to work with publications on a variety of victim populations. I worked on various publications and powerpoints on elder abuse, homicide survivors, victim-blaming, and victim impact statements. I also wrote about various topics for the monthly newsletter which was fun as I got to write about what interested me in the field of victimology and victim services. I gained experience in client interaction with the chat and text system for victims provided by the CRCVC and have helped connect people to resources in their area.

I would like to thank CRCVC for giving me the opportunity to apply what I learned in the Victimology program to the real world. I will be taking the skills and knowledge that I have gained and continue to apply them in my professional career as I move forward.

Shreshtha

Hello! My name is Shreshtha, and I am pursuing a Victimology Graduate Certificate at Algonquin College. I recently completed a student placement with the Canadian Resource Centre for Victims of Crime, which was an incredible opportunity.

During my placement, I learned about resources to support victims of crime, and different sorts of victimization such as identity theft, and senior victimization. I had the opportunity to work on various intriguing initiatives while at the CRCVC, including the senior's project, homicide support group, and assisting in educating various organizations about the CRCVC's programs through presentations. I have thoroughly enjoyed contributing to our monthly newsletters and interacting with survivors and their families through our live chat. I am fortunate to gain hands-on experience with an amazing organization which allowed me to explore more about the CRCVC and the support it provides to victims. I am very thankful to the extraordinary colleagues I have worked with, who made me feel like a member of the family. I am hoping to integrate what I learned at the Canadian Resource Centre for Victims of Crime into my work with people experiencing homicide loss, violence against the elderly, and mental health services.

Upcoming Events



Monthly Homicide Support Group

Our **Homicide 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.

English only.

When: June 30th at 6:30 pm EST

Where: Virtually

To RSVP: email us at crcvc@crcvc.ca or call us at 1-877-232-2610

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