

*Choosing hope
Changing lives*



ANNUAL REPORT 2018



A MESSAGE FROM EXECUTIVE DIRECTOR **Susan Garvey**



“Cornerstone is confidently poised to continue its work helping women transform their lives after crisis and hardship.”

-Sue Garvey

After almost twenty-three years I am stepping down as Cornerstone’s leader. It is difficult to put into words how much this amazing organization and its residents, staff, volunteers and donors mean to me as a person. It has been a gift to serve my community in this way.

I also look forward to the next phase of my life as I continue as Chair of the Homelessness and Affordable Housing Working Group, Anglican Diocese of Ottawa. Our collective goal is to build 125 new units of affordable housing by 2021, the Diocese’s 125th anniversary.

This adds to the groundswell of support for affordable housing at the federal level, with the first ever National Housing Strategy launched in 2017. Our partner, the City of Ottawa, is also at its half-way point in its strategic plan to end homelessness in our community. We are making gains but there is much work to do.

I am blessed to continue to help increase safe, affordable housing and communities of care for vulnerable people in our city.

We are grateful for the continued collaboration with our many service and community partners. We are thankful for our many partners, CCOC, CMHA, Ottawa Inner City Health, Bruyère Family Services, the Royal Ottawa Hospital, Dovercourt Recreation Centre, and Minwaashin Lodge, and Respect RX.

We opened our brand new 373 Princeton Avenue affordable housing community this past fall. Thanks to the inspired work of our Board of Directors, the Anglican Diocese of Ottawa, our faith community supporters, staff, donors and community partners we reached our two million dollar capital campaign goal and began welcoming our first new residents in November 2018.

As you can imagine, the Christmas party at 373 Princeton was quite the joyful and fun-filled celebration!

As always, 2018 was a very full and active year at Cornerstone’s emergency shelter and all four of our affordable housing communities. We provided short term refuge and permanent homes for almost 500 women. Many of those women moved on to independent housing in the community or to a Cornerstone residence suited to the next steps in their healing journey. As always, we are inspired by their courage, determination and hopefulness in the face of incredible challenges.

We also had a very successful fundraising year, grateful that we were once again able to raise the much-needed funds to keep our doors open and our services strong and growing.

I am overwhelmed at the generous support that we continue to receive, allowing us to serve this city’s most vulnerable women.

I look forward to watching as Cornerstone continues to move forward in playing a critical role to make our community a better, safer place for women.

OUR MISSION

Cornerstone provides emergency shelter and supportive housing for a diversity of women.

Our services are offered in an environment which promotes dignity and a sense of hope.

We are committed to public education and advocacy.

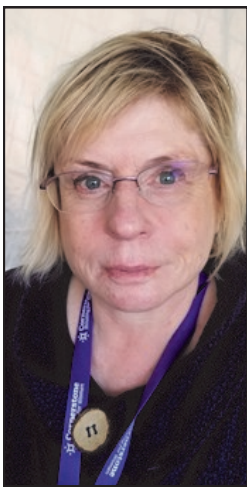
We strive to increase safe, affordable housing and to end homelessness.

A MESSAGE FROM DIRECTOR OF MISSION **Dr. Rev. P.J. Hobbs**

This has been another remarkable year for Cornerstone Housing for Women. Most notable is the completion and opening of 373 Princeton which now is home to 42 women who would otherwise be homeless. Much can be said about this particular project: the early vision of a few people, the amazing legacy of the Sisters of Jeanne d'Arc for whom 373 Princeton was home for so many years, the fantastic welcome from the community of Westboro, and the untiring commitment of so many staff, volunteers and friends to make this vision come to fruition. An extraordinary achievement indeed; congratulations!

Cornerstone Housing for Women, along with Centre 454, the Ottawa Pastoral Counselling Centre, St. Luke's Table and The Well, is one of five Community Ministries of the Anglican Diocese of Ottawa. Together these ministries engage in acts of compassionate service and strive for social justice for those who are most vulnerable in our midst.

Spiritual Care Program



The Reverend Jeannie Loughrey, Cornerstone's new chaplain, seeks to share her understanding of spiritual care. She says; "I take my cue from the author of the Book of Job, who declared that our loving God has moved in some mysteriously wondrous way to join God's very life with ours. Whether or not we recognize that joining, we all experience it. We experience it in our longing for meaning and purpose that frequently transcend the visible every day."

Cornerstone Housing for Women remains an example for all of us of how such visions can be achieved. There is no question that Cornerstone Housing for Women, the Diocese of Ottawa, and indeed our entire City of Ottawa, has been well-served by the inspirational leadership of Sue Garvey.

Sue has retired after 23 years at the helm of Cornerstone. Through that time, she has thoughtfully and faithfully led Cornerstone through a period of significant expansion. Sue has been deeply connected to the life of the Church and reminded us all of our call to mission and ministry. Sue, on behalf of Bishop John Chapman, I want to thank you for your contribution to Cornerstone Housing for Women. It is truly a remarkable ministry that will continue to flourish in the years to come.

"But it is the spirit in a person, the breath of the Almighty, that gives them understanding."

Job 32.8



"They also signal to all of us that to address substantive issues such as poverty and homelessness requires a dynamic response... working in collaboration."

- Dr. Rev. P.J. Hobbs

Community Ministry Committee

The Rev. Canon Catherine Aschah
Lynn Burritt
Sharron Hamilton
The Ven. Brian Kauk
The Rev. Tim Kehoe
The Rev. Canon Hilary Murray
Canon Monica Patten
Leslie Worden
The Rev. Rhonda Waters

In 2018, the spiritual care program served ninety-seven women at all five locations. Every woman's spiritual path is important, no matter how each person's interpretation of life may differ.

The spiritual care program has benefitted greatly by the service of Rev. Linda Posthuma and the Rev. Christine Piper, and the many devoted volunteers who serve the women of Cornerstone.

A MESSAGE FROM THE CHAIR OF THE BOARD Wilda Phillips



“We could not have done this amazing feat without the many donors who have made this possible.”

-Wilda Phillips

Cornerstone makes it easy for me to lead. The volunteers and staff are so passionate, care deeply and are very committed to our mission of providing emergency shelter and supportive housing to vulnerable women in our community.

I am deeply grateful for the over two decades of service that outgoing Executive Director, Sue Garvey, has given to Cornerstone. With her passion and insight, she has set the stage for Cornerstone's continued work in this community.

Since 2014 I have had the distinct pleasure of serving as a member of the board.

My fellow board members have been incredible, as we embarked on the redevelopment of 373 Princeton

Avenue, and a few short years later completed our two million dollar campaign.

Our newest housing community is now open and full. Forty-two women call Princeton home. We could not have done this amazing feat without the many donors who have made this possible, including the Anglican Diocese of Ottawa. Their commitment to the cause and social justice is unparalleled. Together we make a difference in women's lives every day.

I look forward to Cornerstone's next chapter. There is so much work to be done, but I know our next phase as an organization will be full of inspiration and will serve our impactful work.

BOARD OF DIRECTORS

CHAIR: Wilda Phillips

DIRECTORS:

Arpad (Ari) Abonyi, Barb Belohoubek, RN BScN, Margaret Bloodworth, Marilyn Box, Sanjay Grover, Monica Harvey, Patricia Hassard, Mark Holzman, Margaret PACHANOS Lemaire, Joyce Potter, Trudy Sutton

A MESSAGE FROM the Young Professional Advisory Board (YPAB)

The YPAB was created as a forum for young professionals to support Cornerstone's mission, programs and Board of Directors. We represent the incredible diversity of Ottawa—a third of us were born outside of Canada, and we speak English, French, Mandarin, Vietnamese, and Spanish at home.

In 2018, we celebrated our first anniversary, held our first two fundraisers, and welcomed new members. We connected with Ottawa businesses, such as; Flora Hall Brewing, Willow & Rose, and Hooley's Pub. Plus, we held education sessions for the 2018 elections at Cornerstone's residences. We baked dozens of cookies with the residents. We have raised funds for Cornerstone and have found new friends and allies too, online and off.



Chair: Kara Eusebio

Directors (2018): Clarissa Allen, Deirdre Bain, Alison Thompson, Emily Seabrook, Andrew Higdon, Julie Mouris, Emily Kiar-Goto, Victoria Song, Delan De Silva.

Members: Sabrina Rannala

373 Princeton Avenue Project : A Dream Becomes Reality

Princeton opened its doors to residents in November 2018. Staff excitedly awaited the arrival of the first group of women to give them their new apartments keys! There were tears of joy, and others just breathed in the serene atmosphere. Many women were excited to invite friends and family members over to share the moment.

Forty-two women now call Princeton both a home and a place of hope.

The opening of this residence has radically transformed women's lives. For instance, a resident was reunited with her children from Winnipeg, she finally had somewhere safe to bring them for an overnight visit.

Another woman, an avid cook, is now able to share her traditional dishes with fellow residents, friends and staff!

The whole neighborhood has embraced Princeton.

We are excited to welcome Minwaashin Lodge as a partner, and a number of indigenous women to live at Cornerstone.

Thanks to the Anglican Foundation of Canada and the All My Relations Committee of the Anglican Diocese of Ottawa, we received a generous grant to fund a part time-indigenous elder at Princeton Avenue.

Lastly, with the hard work of Cornerstone's volunteer coordinator and Princeton's community developer, a range of accessible and well-rounded programming has been introduced every week. Some popular programs include the Community Kitchen, and Yoga and Art evenings.

Princeton is truly a dream for so many women making a fresh start, thanks to our community.



Top to bottom: Princeton ribbon cutting on October 26, 2018. Dream Catcher at 373 Princeton Avenue. Over 10% of units are earmarked for Indigenous women.



Left to right: Christ Church Bells Corners, Princeton garden volunteers: The Rev. Kathryn Otley, J.L. Wallace, Sue Garvey, Minister Catherine McKenna, Site Superintendent J. Zammit, CCBC's Eileen Chivers and Sharron Hamilton. **Top:** Elizabeth, resident and manager Terri-Lynn make a dream catcher for Princeton's skylight.

CAMPAIGN CABINET

Chair: Wilda Phillips

Rebecca McKeen

Sue Garvey

Connie Franklin

Sabrina Ranala

Barb Dransch

Arpad Arboni

Jessie-Lee Wallace

CELEBRATE THE DREAM/EVENT COMMITTEE

Chair: Catherine Chapman **Special thanks to:**

*Sharron Dore
Emma Francis
Emily Kiar -Goto
Patricia Harrison
Jake Naylor
Barbara OConnor
Emily Seabrook
Mollie Stokes
Margaret Torrance
Jessie-Lee Wallace*

*Bishop John Chapman
The Rev. Simone Hurkmans
Joseph Cull
Peter Crawley
Peter Dooley
Terri-Lynn George
Rosemary Jones
Michael McCaugherty
Paul Skinner*

Emergency Women's Shelter

Our emergency shelter is full every night and welcomes sixty-one women.

Women come to our emergency shelter for many different reasons. They may be new to Canada, or the city, have addiction issues, be fleeing an abusive situation, or dealing with mental health concerns. Almost every single woman who walks through our doors has experienced trauma and abuse.

It's hard even to imagine how scary it must be to find yourself alone without a safe place to go. Emergency shelter is essential but not easy. Sharing a room with a stranger, having almost no privacy, and little control over your surroundings can be overwhelming.

“Cornerstone has guided and helped me survive. I have managed to accomplish many stepping stones here and consider the staff as close friends... They are like family.”

-Erin, shelter client

However, the resiliency and determination of the women who walk through our doors is inspiring.

Once in emergency shelter, women are given support to get back on their feet and find a new safe, secure home at another Cornerstone housing or in the broader community.

Our wonderful staff and volunteers provide support to women moving out of a crisis, and often at the worst point in their lives. For instance, the volunteer group Cornerstone Hummingbirds, led by Gloria Kunka and Kristina Whittfooth work tirelessly to ensure every woman moving out of the shelter receives a care package with everything she may need for her very own place.

We are also proud of the roll-out of our recent volunteer-led English as a Second Language (ESL) program. A group of dedicated volunteers visit the shelter one night a week to work with upwards of ten women to improve their English language skills.

420 women were served

296 women stayed in emergency shelter

The average age of residents was **30** years of age

The youngest resident was **18** years of age

The eldest resident was **78** years of age

The average length of stay in shelter was **75** days

The average stay in Supportive Housing is **3.5** years

272 women in emergency shelter received case management supports

109 women in Cornerstone supportive housing received case management supports

79 women living at Cornerstone received support from the Direct Engagement Worker

97 women took part in programs offered by the Spiritual Care Team

Cornerstone has **250** volunteers and **67** full and part time employees

2018 SERVICE STATISTICS



Emergency shelter staff team

Booth Street

Twenty younger women and twenty-two seniors make up our vibrant community. We provide housing to a diverse group of women. We offer 24/7 care and support that enhances self-worth, mental health, social, spiritual and psychological well-being. Many residents have additional challenges, such as addictions, failing physical health, and developmental disabilities. Supportive staff help them to stay housed, manage medication, motivate, and encourage community service and programming. We provide stability, building a community with some women who would otherwise be isolated, alone and without a safe place to call home.

A highlight from 2018 was when a resident's wish was granted, through our Wish of a Lifetime pilot project. The resident had not seen her family in years and was estranged; like many residents. She shared her wish to reconnect with her sister, who lives in another city. Through the support of a modest grant, she reunited with her family. This was a transformational experience for her in her healing journey.

Top: Booth residents share a smile in the dining room.

Bottom: Volunteer Nicole and Community Connections participant Ronna.



“We change lives with everyday moments of connection.”

-Josephine, staff member

Community Connections : Cornerstone's Outreach Program

Community Connections provides a circle of care for up to 30 former Cornerstone residents, once they leave emergency shelter or supportive housing.

The program provides health care accompaniments, housing loss prevention aides, community referrals like the Veterinarian Outreach services, and social supports.

This past year we were a member of CAWI's (City for All Women's Initiative) Women Reducing Poverty committee.

Together, we provided a voice and advocated for the needs and services of a diversity of women within our Capital.

The work of the coalition influenced the City of Ottawa to commit \$15M to affordable housing. In 2019 we will create a report for the City of Ottawa, looking at affordable housing through a gender lens. We want to inform the Housing and Homelessness spending of these funds and to consult on the refresh of the City's Housing and Homelessness Plan.

“Cornerstone is my family, and I am just happy to give back after all the help they have given me!”

-Community Connection Participant and volunteer

McPhail House

McPhail House is Cornerstone's supportive housing for new Canadian and immigrant women. In 2018 we focused mostly on building a strong, supportive community within our walls. We had one resident move on to independent housing and one new young woman who moved in to help further her schooling and employment dreams in her new home town.

McPhail house is a place that women can call home. They form meaningful relationships

One of our highlights from 2018 was hosting our sisters from Siiqee; an International Development Organization focused on women's empowerment. They came to McPhail house all the way from Ethiopia and spent an evening celebrating the unique culture and needs of our African women who call Cornerstone home.

MacLaren Street

We are a unique and homey twenty resident housing community. We focus on fostering strong relationships tailored to each person. Given our size, we can know each residents individually.

Residents at MacLaren have complex challenges with histories of trauma, mental health issues, chronic conditions and struggles with recovery. We aim to keep everyone housed by working with community services, volunteers, students.

Women live independently, fostering empowerment.

“When I first came to Canada, I was looking for a place to stay safe and calm. I was looking for hope. I got a room in McPhail House (a wonderful place). They are my first adorable family in Canada. I receive all support from Melanie, Community Connections and McPhail House Manager, and I still remember the first interview which I had with her, she helped me to stay on my feet and be strong. This house is one of memorable memories in my life....!”

-McPhail Resident



Left to right, clockwise:
McPhail residents during outing, Melanie, McPhail manager, McPhail residents at special IWD event, MacLaren resident in community space.

Staff are here for support, emphasizing choice and personal control over their own lives.

We run a stretching group, art therapy, and a cooking group. Plus, we celebrate special days such as birthdays and silly days, i.e. National Chocolate Cake Day, and movie nights.

In Fall 2018, we began a new environmental initiative. Working with our landlord and a committee comprised of a staff member and a resident, we introduced new recycling choices, green bins, composting, plus a launch party. We actively encourage all of Cornerstone to be `greener`.

Financial Report 2018

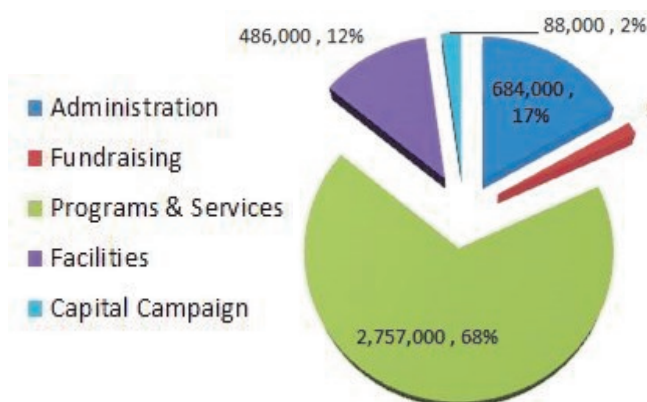
Cornerstone went through a critical change to our business systems in 2018. We consolidated our two governing boards into one by joining the finances related to building management and to programs into a single set of financial statements.

Revenue sources include government funding received from three levels of Government through the city of Ottawa (48%, or \$2,378,000), we received rents from residents (15%, or \$747,000) and fundraising (\$496,000). Cornerstone also received an extraordinary one million dollar gift from the Sisters of Jeanne d'Arc of which \$75,000 was spent to beautify 373 Princeton for the women who began new lives there, and \$925,000 has been set aside for the long-term future sustainability of Cornerstone, which will result in an additional \$40,000 a year to directly support our programs

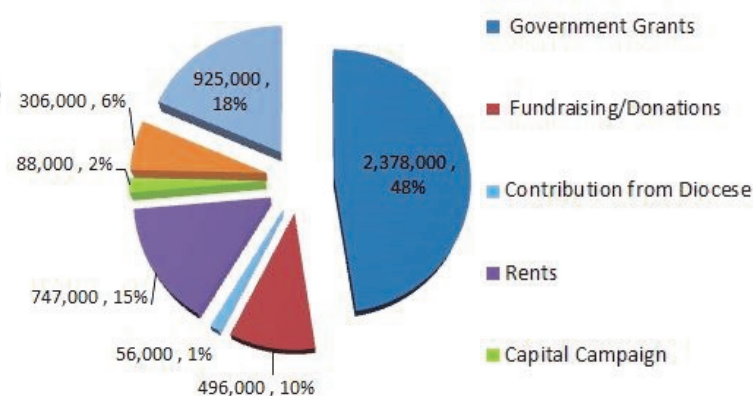
Direct programs, including counselling, addictions support activities programming, and outreach services for women who move from Cornerstone housing to independent living in the community account for 68% (\$2,757,000) of expenses. Approximately 17% of Cornerstone's expenses are administrative and include staff salaries.

Cornerstone finished its 2 million dollar capital campaign in 2018 and over the 2.5 years of the campaign spent \$244,000 to raise these funds. The 2018 capital campaign revenue was \$1,085,000, of which \$998,000 was capitalized.

2018 Expenses



2018 Revenue



Volunteers *In 2018, 200+ volunteers gave over 6,000 hours*

In 2018, we began an 'ambassador' program for the new residents of 373 Princeton. Eleven volunteers helped residents move into our newest housing community. They set-up rooms, prepared meals, lead fun activities and lent a friendly ear.

The Holiday Season saw dozens of volunteers help sort and organize donations, cook meals, and make the holidays even better for our residents. We just wouldn't have been able to make the holidays so special.



Left to right: Princeton moving volunteers, shelter meal volunteers, Rosemary Jones, Volunteer Coordinator

Every single volunteer is important to the community life that holds Cornerstone together. We are grateful to volunteers in our program and kitchens, at events, in our Young Professional Advisory Board (YPAB), and on our Board of Directors. They serve women and staff every day, every week, all year long.

Building the Dream - 2018 La concrétisation d'un rêve - 2018

373 Princeton Avenue Donor Wall

Faithful to the heritage of their founder, Mère Marie Thomas d'Aquin. Les Soeurs de l'Institut Jeanne d'Arc have been key supporters in making the dream of affordable housing a reality. The love, support, encouragement of these kind and generous women are acknowledged with deep and sincere gratitude. *Fidèles à l'héritage de leur fondatrice, Mère Marie Thomas d'Aquin, les Sœurs de l'Institut Jeanne d'Arc ont fortement contribué à faire de ce rêve, qui est d'avoir accès à des logements abordables, une réalité. Nous recevons l'amour, le soutien et les encouragements de ces femmes bienveillantes et généreuses avec une profonde et sincère gratitude.*

Champions - Les champions

All Saints' Westboro with St. Matthias Anglican Church
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Anglican Diocese of Ottawa

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The Grey Sisters of the Immaculate Conception

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Carol E. Burrows
Church of St. Bartholomew

 Respite Room - Hébergement répit
All Saints' Westboro with St. Matthias Anglican Church

 Kitchen – Cuisine
Christ Church Cathedral Ottawa

 Counselling Room - Salle de consultation
Shelagh and David Williams

 Meeting Room - Salle de reunion
Kelly Santini LLP

 Quiet Room - Salle de recueillement
The Parish of Epiphany Anglican Church, Gloucester

 Offices – Bureaux
Anglican Church Women - Ottawa Diocese
Royal Lepage Team Realty

 Medical Room – Dispensaire
Respect Rx Pharmacy

 Second Floor Common Area - Aire commune du deuxième étage
Sharron T. Kavanagh

 Garden Furniture - Mobilier de jardin
With gratitude for God's garden.

 Laundry Rooms – Buanderies
Audrey Lawrence
In memory of Lois and William Young and Ruby and Morley Leek
Shelagh and David Williams

 Skylight Artwork - Coupole et puits de lumière
Church of the Resurrection

 Coffee Station - Coin café
McKeen Family

Building the Dream - 2018

La concrétisation d'un rêve - 2018 cont...

Adopt-a-Room - Adoptez une chambre

Andrew Shewchenko
Andy and Bonnie Robinson
Christ Church Bells Corners
Church of St. Barnabas, A & M
Elizabeth Fox
E. Janet Taylor
GDO Project
Highland & McKellar Park Group
In loving memory of Anne Marie Posthuma & Sicco J. Posthuma
In memory of Edward Joseph Ellis
In memory of Sheila Marsh
Julian of Norwich Anglican Church Ottawa, Ontario
Kelly & Gary Jessop
Margaret Lisinski (2)
May Peace and Love enfold you here. Parkdale United Church
Larry & Maxine Boisvert
Mr. and Mrs. Wismer
Mrs Myrtle MacKay
Onslow Group
Patricia J. Hassard
Rotary Club of Ottawa West
Sally Cleary
St. James Anglican Church Manotick (2)
St. John the Evangelist, Ottawa
St. Mark's Anglican Church
St. Martin's Anglican Church (2)
St. Matthew's Anglican Church
St. Stephen's Anglican Church Ottawa West
The Congregation of St. John's, Parish of March
The May Court Club of Ottawa
NOTRE DAME 5: since 1971, Susan, Joan, Kathy, Sue, Kerry.
West Village Church (2)
Woodroffe United Church
Zonta Club of Ottawa, Ontario Empowering Women Since 1929

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Blessings from St. Paul's Anglican Church, Almonte
Fourth Avenue Baptist Church
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God Loves You, Catholic Women's League, Cumberland
Holy Trinity, Hawkesbury
Holy Trinity Metcalfe
Holy Trinity, Radford, Parish of Clarendon
Living Spring Tabernacle RCCG
Ottawa Diocesan Council
Saint Patrick's Basilica
St. Albans Church Ottawa
St. Basil's Catholic Women's League
St. Helen's Anglican Church, Orleans
St. James Carleton Place
St. Paul's Anglican, Shawville

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Hampton Inn Coventry Road	Saunders Farm
Jerome Photographer	Savvy Company
Kanata Golf and Country Club	The Barley Mow - Westboro

SUPPORTERS 2018

Cornerstone Champions

We could not do our work without you! We appreciate the help of our community.

An extra special thanks to:

Absinthe Cafe

bluArc Communications Inc.

Canadian Federation of University Women - Kanata

Canadian Federation of University Women - Nepean

Cornerstone Hummingbirds

Hughes & Annis Wealth Management

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St. Mary's Anglican Church

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St. Stephen's Presbyterian Church

St. Thomas Anglican Church, Woodlawn

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Wish of a Lifetime Canada

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Thyme & Again Creative Catering and Take Home Food Shop

Tooth and Nail Brewing Company

Top Shelf Distillers

Westboro Village Business Improvement Area

Whalesbone

CONNECT WITH US:

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Jessie-Lee Wallace,

Resource Development Manager

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Phone: 613-254-6584 x503

Web: www.cornerstonewomen.ca



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@CornerstoneHousing



@hopecornerstone

ADMINISTRATIVE OFFICE

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Ottawa, ON K1R 7K2

Charitable Registration Number:
83725-8854-RR0001

Front cover art: Dream catcher made by manager Terri-Lynn George and the women of Princeton.
Design by Jenna Robertson. Photo Credit Skunk Social.