

ABOUT NELSON HOUSE

Who are we?

Established in 1992, following three years of planning and effort by a large number of women in the city of Nepean and across the region, Nelson House opened its doors as a first stage emergency shelter and to provide safety for women and children fleeing family violence

Nelson House serves an average of 120 women and children per year in the shelter and about 100 women through the Transitional Support Program. The 20-bed residence offers a warm home-like setting with accommodation for women with and without children. Our residents come from diverse backgrounds. Often, they are disadvantaged economically or are new Canadians who often lack access to the support of extended family and friends. They truly are reflective of Ottawa's diverse community and are at Nelson House to build for themselves and their children a life free of violence.

All services are free of charge and confidential. Partial funding for our shelter comes from the Ministry of Community & Social Services, with the balance generated through fundraising activities and private donations.

Why do we exist?

It's unfortunate that our services are needed even as we head towards the completion of another decade of the twenty first century. As long as family violence continues, shelters are vital for the safety of women and children fleeing abuse. Statistics indicate half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16. Shelters such as Nelson House can often be the first step towards rebuilding lives and obtaining personal and financial independence.

What do we aim for?

In addition to providing a safe and confidential space for the women and children fleeing family violence, we aim to provide an environment conducive to open, honest, non-judgemental and supportive discussion surrounding intimate partner violence. Our staff provides counselling, safety planning, women and children's support groups, legal and court support, referrals, information and education about violence against women. We have recently introduced a Life Skills Empowerment Program which provides the women workshops and one on one sessions of topics such as self defence, credit counselling and budgeting, career and resume coaching, self-care and other skills they are looking to develop.

Quick Facts about Violence against Women

- Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.
- A woman or girl was killed every 2.5 days on average in Canada last year.
- 80% of Canadians believe the next generation of women is just as or more likely to experience sexual assault.
- 300 women and children are turned away from shelters on any given night in Canada because they're full.
- 70% of the victims of police-reported family violence are girls or women.
- Young women (18-24) are most likely to experience on line harassment in its most severe forms, including stalking, sexual harassment and physical threats.

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For more information on the event, contact Saweena Seth - Phone: (613) 298-3543 Email: volunteer@nelsonhouse.on.ca