



Elmwood Community
Resource Centre

STILL I RISE

LASAGNA, INTERSECTIONALITY & THE PATRIARCHY

Still, I Rise is a scale up Gender Based Violence Prevention and Intervention program for racialized women based on tree of life model that incorporates cultural lens, intersectionality and tackle impact of individuals and systemic barriers. Bridging silos, breaking through the patriarchy one plate of lasagna at a time.

Program funded by WAGE



Pathways to Prosperity 2024
Gender-Based Violence Prevention Through Creative Engagement
Anne Oserin-Pinnock, MSW



Land Acknowledgement

Elmwood Community Resource Centre acknowledges that the land that we operate on is Treaty One territory and is the ancestral and traditional land of the Cree, Oji-Cree, Dakota, Dene and Anishinaabeg people and the homeland of the Metis Nation.

We recognize the effects of colonization and trauma on generations of families and commit to reconciliatory action and working towards dismantling system of oppression, extraction and disposition that exists around us.



Elmwood Community Resource Centre

Elmwood Community Resource Centre (ECRC) is a family resource center located in the Elmwood-East Kildonan neighborhood in Winnipeg, Manitoba, Canada.



Wrap-Around Approach

From counselling, employment and literacy to youth afterschool outreach, settlement, drop in and community engagement efforts



In the Community

3 locations in addition to satellite locations located throughout the community bringing programming to where it's needed most



Service in Multiple Languages

Our talented staff are able to serve community members in nearly 20 languages onsite.



Commitment to Inclusion

ECRC utilizes culturally responsive evaluation (CRE) which gives particular attention to groups that have been historically marginalized, seeking to bring balance and equity into the evaluation process.



Building Belonging

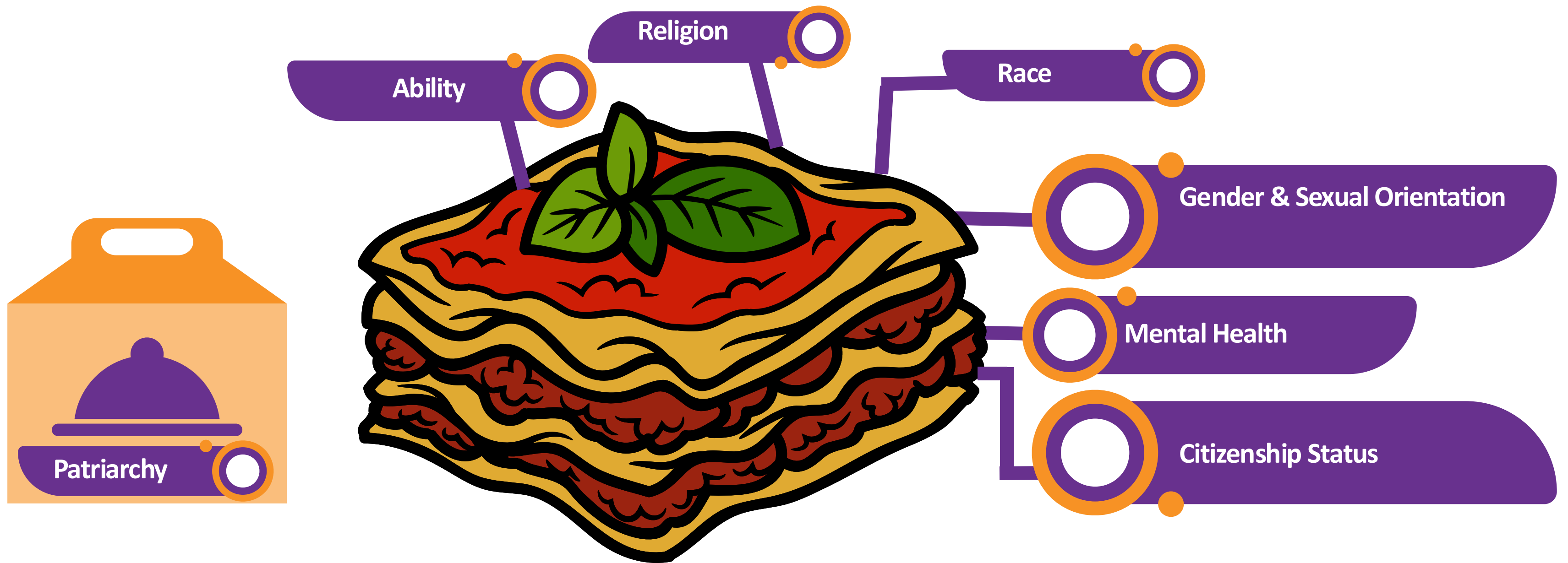
From graduation ceremonies to visits from Santa, ECRC our mission is to help build a neighborhood where people will want to live, work and raise their families.



A Moment of Silence



Lasagna, Intersectionality & the Patriarchy



The Tree of Life

The “Tree of Life” model was developed by Ncazelo Ncube (2006).

Utilizing a tree as a metaphor for the growth and development of an individual, each element of the tree from the “roots” of a person (their individual and community history) to the “blooms” (signifying the hopes and dreams for the future) as parts that come together to form that whole person. Ultimately, each element of the tree, including the environment that it grows in, affects its ability to cope with environmental pressures, or conversely, how well it blooms.



Trauma Informed Practices

Sense of Safety and Trust

Service users aren't obligated to share their experience of trauma

Individual Choices to Self-Determination

Service Users are active during interaction and the direction of the group (choose the pace)

Strength –Based understanding

Current coping skills of service users are treated as ways to survive

Collective Support/Collaboration

concerns or difficulties are solved within groups, interactions with clients and solutions are found collaboratively



Risk Assessment Wheel

The impacts of GBV on individuals are profound and often have many layers. Understanding factors that contribute to risks and vulnerabilities associated with GBV in immigrant and refugee communities, consider risk, safety within the context of social location and the intersecting systems of power.

This risk assessment wheel, developed by Nina Condo, outlines the individual, systemic and oppressive factors affecting the risk that someone may be facing. It highlights that the challenges are layered



Bridging Barriers and Building Engagement



These examples of programming at Elmwood Community Resource Center highlights the multi-faceted collaborative approach we utilize for personal, community and service user development and support.

Still I Rise adapts and scales components of a successful Gender-Based Violence (GBV) program that has been delivered in Winnipeg, MB by Elmwood Community Resource Center for 10 years. This project utilizes a comprehensive, strength-based, anti-oppressive, trauma-informed, narrative therapy and culturally sensitive principles within our GBV response that is comprised of therapeutic counselling and group sessions based on the “Tree of Life” model by Ncazelo Ncube



Still I Rise



Workshops

Engaging workshops focused on the multifaceted needs of women who are experiencing or are at risk of experiencing GBV



Advisory Council

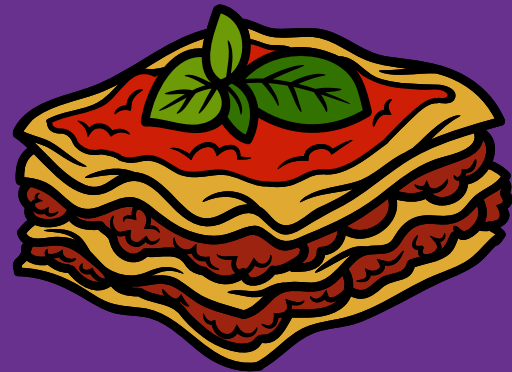
Incorporates lived experiences to help ensure that the adaptation and scaling for the project are appropriate for these community members.



Knowledge Mobilization

Partnering with the antiviolence sector including shelters to develop hybrid model of delivery and expand coverage of program to improve reach and increase awareness;





Workshops

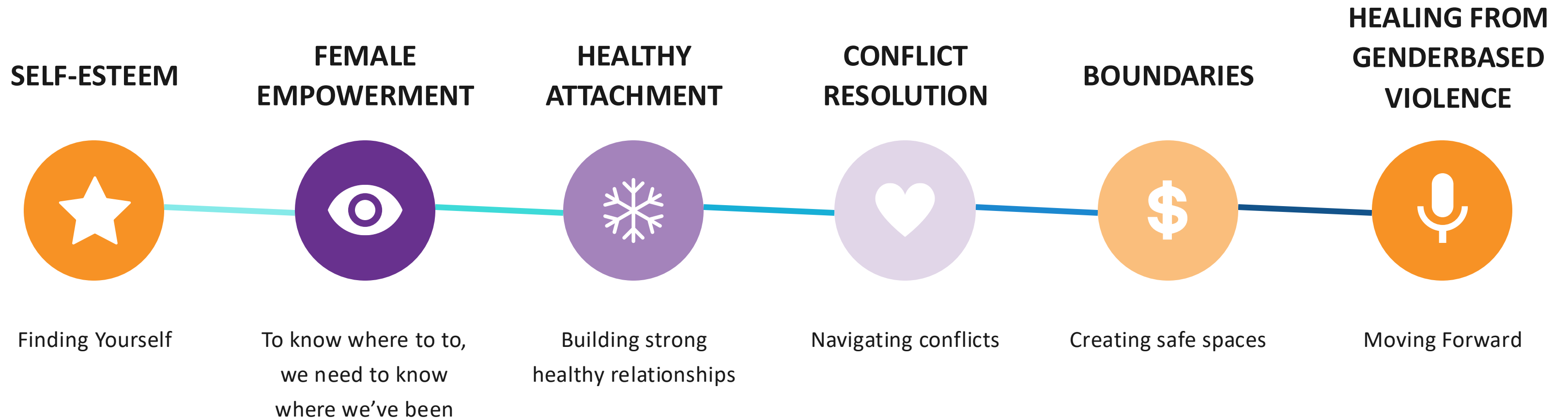


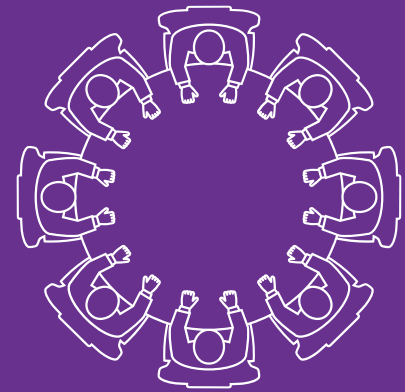
"Come and sit with us as we eat lasagna and talk about the patriarchy."

Workshops are modelled after conversations you might have sharing lunch with close friends. Using food as a way to break barriers, community members actively engage in conversation about the challenges they are facing, are challenged on their perspectives and ultimately learn and grow together and from each other.



STILL I RISE WORKSHOP OUTLINE





Advisory Council



“The intersectionality of oppression that our community members face means that we need diverse perspectives in all we do.”

ECRC’s GBV programs are organic and informed by needs identified by the survivors and community at large. An advisory group incorporates their lived and worked experiences to help ensure that the adaptation and scaling for the project are appropriate for community members.



**Knowledge
Mobilization**



**"Fighting the
Patriarchy by driving
knowledge
mobilization....."**

Addresses institutional challenges by working on changing the people (ie service providers) that are defining the policies affecting the institutions and systems that they are working within.



Inspiring Men Program

The Inspiring Men Scale-Up Program, supported by funding from WAGE MB, seeks to expand its efforts across Winnipeg by building capacity through education and awareness, with the ultimate goal of preventing and ending gender-based violence. The program will also focus on empowering men to challenge and shift traditional societal norms around masculinity

Scan Me

To learn more about the Inspiring Men project or to see some more of the work ECRC is doing, we invite you to scan this QR code and check out our Youtube site





Elmwood Community
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Thank You!

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