

### Are you being released from prison?

- Do you have a place to stay?
- Do you have basic needs such as clothes (seasonal appropriate), food, income, identification?
- Do you have an Employment Income Assistance appointment (EIA)?



### Are there any Court mandated conditions for release?

- Do you need to attend a **STOPlifting** program (shoplifting, fraud, breach of trust)?
- Do you need to attend Women for Change (anger management)?
- Do you need assistance with Bail or assistance signing-in for Bail?
- Do you need assistance in finding a program/support (parenting, addictions, mental health)

### Do you have documentation/identification?

- Manitoba Health Services card?
- Social Insurance Number?
- Treaty/Status card?
- Birth Certificate?

### Do you need assistance with completing forms?

- Manitoba Health Services card?
- Social Insurance Number?
- Treaty/Status card?
- Pardon application?
- Housing application?
- Income Tax?
- Employment Income Assistance (EIA) form?
- Disability EIA/CPP

### Other ways we can offer assistance and advocacy...

- Do you have a Child and Family Services (CFS) worker?
- Are your children in Care?
  - Do you have a scheduled visit with your children?
- Do you need furniture?
- Do you need food/groceries?
- Do you need assistance arranging for addictions treatment/detox?
- Do you need to see a doctor?
  - Medical doctor; ophthalmologist, gynecologist, psychologist, psychiatrist, etc.
  - Do you need your medication?



### Volunteer Opportunities:

Volunteers are needed for supplementing all service areas and administration. The skills and resources that volunteers bring to our agency increases our ability to provide further support to our clients.

### The Volunteer Opportunities include:

- Court Support Worker Program
- Literacy Programs
- Community Education
- Public Speaking
- Systems and administrative support
- Social Recreation activities and crafts
- One-on-one support for federally sentenced women
- One-on-one support for provincially sentenced women
- Clothing Depot
- Fundraising
- Research and Development

### We gratefully acknowledge the support of:



## Working With Women, For Women



ELIZABETH FRY  
SOCIETY OF  
MANITOBA INC.

**The Elizabeth Fry Society of Manitoba Inc. (EFSM)** is an independent non-profit organization which exists to address the unique needs of women in the provincial and federal justice system.

**Our Mission Statement:** *To empower, provide support, advocacy and guidance to women who are involved in the legal system.*

The Elizabeth Fry Society of Manitoba offers in-house programs available such as:

## Transitional Housing

EFSM transitional housing units offer a supportive living arrangement for four to six women by bridging the gap between homelessness and independent living. We offer women an opportunity for a successful reintegration back into the community, further their education, seek employment, take part in literacy, health and other identified objectives as well as access to services. These goals take place in an environment that nurtures the women's individuality and potential for success.



## Bail Verification and Supervision

This program provides community supervision and support to women who are charged with offences. The Bail Program serves the principles upon which our democratic system of justice is based: the presumption of innocence and the fair and equitable treatment of all people regardless of social or economic background. The functions of the program are:



- Identify the availability of a surety (many women remain in custody because they do not have the finances or social ties to meet bail conditions)
- Provide verified, neutral and factual information about an accused person at judicial interim release proceedings, to assist the court in selecting suitable candidates for bail supervision.
- Provide bail supervision and referrals to services for women who are released from custody by the courts to EFSM.

### Elizabeth Fry Society of Manitoba Inc.

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**Toll Free: 1-800-582-5655**



## STOPlifting

For women who have or had committed shoplifting, fraud and other breach of trust offences in Winnipeg. This group program works to reduce the risk of recidivism and promote a healthier lifestyle through social educational programming and community accountability. **STOPlifting** also teaches women new methods of coping with issues that would otherwise lead to shoplifting, fraud and breach of trust offences.

## Women for Change

A program that deals with women as abusers. Women are given the tools and knowledge to cope with their anger in a positive non-violent manner. The Women for Change group is a ten week social-educational program that runs three times a year. The program looks at the cycle of violence, safety plans, anger management techniques, human emotions, socialization of men and women and the impact of violence on children. The program is offered at the EFSM office as well as the Winnipeg Remand Centre starting in April 2010.

For more information about our Services and Programs, please visit our website:

[www.efsmanitoba.org](http://www.efsmanitoba.org)

## Services and Resources:

**Do you know what to do if you have been arrested?**

- Do you have a lawyer?
- Do you know how to contact a lawyer if you don't have one?
- Do you understand your charges?
  - Do you understand the Bail conditions?
- Do you know how or have you applied for legal aid?
- Are you from another province or country?



**Services for incarcerated women:**

- Toll free telephone number (1-800-582-5655)
- Release packages
- Transportation from bus depot or airport upon release
- Referral to other resources (addiction services, food, clothing and shelter)
- Mother's Day and Christmas Day parties in Winnipeg Remand Centre and Portage Correctional Centre
- Assistance with organizing family visits and phone calls