

Act in Allyship

**End Violence
Alliance**
RENFREW COUNTY



Alliance
pour mettre fin
à la violence
CONTÉ DE RENFREW

***You can make real change to end
gender-based violence today!***

Read [Yellowhead Institute's Calls to Action Accountability:
A 2023 Status Update on Reconciliation](#).

Take a virtual tour of the [Canadian Museum
of Human Rights](#), especially the MMIWG2S
and UNDRIP exhibits.

Demand *“specific and long-term funding, available to
Indigenous communities and organizations, to create,
deliver, and disseminate prevention programs, education,
and awareness campaigns designed for Indigenous communities
and families related to violence prevention and combatting lateral violence”*
by [contacting the Federal Government](#) before the next national budget is announced.

Learn a new word in your Indigenous language
and use it once a day for the next week.

Learn how to call [the place where
you were born in the Indigenous language
of that place](#) and practice introducing yourself
using that place name.

Watch one of the videos in [CBC's “Out & About” series](#)
on queer Indigenous identities and restoring
right relationships with land, wherever you are.

Listen to [CBC's “Missing and Murdered” podcast](#).

Watch or listen to one of the
[Ontario Native Women's Association](#)
[cultural teachings](#) with traditional peoples
and knowledge keepers.

Watch or listen to one episode of a series
on your streaming service's "Indigenous Voices" tab -
this could be a documentary, tv show, or podcast.

Find out what and when
[Indigenous AIDS Awareness Week](#) is.

Learn what [Jordan's Principle](#) is
and whose legacy it's named after.

Prepare and share one recipe from
[Indigenous Diabetes Health Circle's](#) archive.

Donate money to the
[Native Youth Sexual Health Network](#).

Subscribe to the [Algonquins of Pikwakanagan's](#)
[current newsletter](#) and look for the latest updates
about the incoming water treatment facility.

Complete [Aura Freedom and SheLeads'](#)
[online webinar “Reclaiming Power -
A Conversation on Human Trafficking and
Violence Against Indigenous Women in Canada”](#).

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Participate in the “we are the medicine”
online training from the Moosehide Campaign.

Figure out whether the last person or party
you voted for in an election supports
*“guaranteed annual livable income
for all Canadians, including Indigenous Peoples,
to meet all their social and economic needs.”*

Learn more about what it feels like to be
displaced from one’s home community for
medical care, work, or education.

Participate in a KAIROS Blanket Exercise.
info@mashkiwiziimanidofoundation.com

Learn what a Gladue Report is and
whose legacy they are named after.

Have a conversation with someone you know
about the history and debate of Pembroke, Ontario’s
“Marguerite d'Youville and Her Mission” heritage mural.

Gently remind someone who’s not following
Indigenous cultural protocol of how and why
we do what we do (ie. “We don’t touch anyone’s
bundle without their permission”, “Please don’t
take pictures or video during the ceremony”,
or “In Anishinaabe territory, we walk around the Circle
sunwise”) without waiting for someone else to remind them.

Stay 15mins after the next community
event you attend to help clean-up.

Volunteer with Victim Services of Renfrew County
or the Renfrew County Sexual Assault Centre as a
companion for community members attending
the hospital, court, or the police station.

Follow OAITH’s ongoing, updated
lists of femicides in Ontario.

Learn about the roles and responsibilities
of disabled people in Indigenous communities.

Donate clothing to Buried Treasure
(Killaloe Community Resource Centre),
pflag Renfrew County’s In-Transition Clothing Line,
and Bernadette McCann House to support
vulnerable community members in need of necessities.

Approach your local grocery store/
pharmacy manager about donating food,
medical/hygiene supplies, and other necessities
to the Killaloe Community Resource Centre
Watershed Program and Bernadette McCann House.

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Learn more about the [Ask for Angela initiative](#).

Practice calling the police as a last resort in situations that make you feel just uncomfortable.

It is appropriate to call police if you witness violence happening or hear things breaking, gunfire, or screams inside a home or in a public space, since there is imminent risk of harm.

Complete [St. John Ambulance's "Opioid Poisoning Response Training" online](#). Individuals seeking access to Naloxone kits and training to support their loved ones and community who may be at risk of overdose are able to connect with Ontario Naloxone Program Partners like the Health Unit (at many Food Banks in Renfrew County) or the Community Resource Centre's Watershed Program in Killaloe.

Read the latest press release from [Aboriginal People's Television Network \(APTN\)](#).

Do not laugh at 'jokes' that are at the expense of someone's gender, sexual orientation, or race. When someone says a 'joke' like this, ask them what they mean or why they think it's funny. Tell them that you don't think this is funny or appropriate. Do not debate with them.

(Re)Introduce yourself to your neighbours.

Invite someone who doesn't look like you to participate where you participate.

Thank an Indigenous midwife or death doula for their work. Ask them how you can support their work, moving forwards.

Join an Indigenous-led protest and public awareness action, such as Mashkiwizii Manido Foundation's Water Walk, by this time next year.

On a map, locate the industrial man-camp nearest to you. How close is this mine, logging zone, oil field, or nuclear facility to the nearest First Nations reserve?

Have a conversation with a child in your life about the legacy of Residential Schools in Canada. You can find resources at [GoodMindsBooks](#).

Donate to [Legacy of Hope Foundation](#).

Meditate on one of the [Seven Grandfather Teachings](#) for 5mins today. Try to think of what that teaching means when it's connected to the other six Grandfathers.

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Feast some of your next meal
to a standing-tall tree near you.

Take a deep breath, with your eyes closed,
facing the sunshine tomorrow morning.
Thank the new day for greeting you so gently.

Post the Talk4Healing Crisis Line
number in a public place: 1-855-554-HEAL

Post the MMIWG Crisis Line number
in a public place: 1-844-413-6649

Buy something from a local,
Indigenous artist or vendor.
Look for the CCIB logo before you buy!

Find the most recent annual report for your village, town, or city.
Does this report mention gender-based violence
in the context of community safety?

Name five ways that your community is a safe place.
Do you think that the person next to you would
name the same five things as you?

Learn who the Renfrew County CKW Inquest is named after.

What do you think it would look like if
gender-based violence was treated as
an epidemic in your hometown? Ontario? Canada?

Read or listen to the most recent news story available
about Ontario's Intimate Partner Violence Committee.

Visit the website or social media page
of the sexual assault centre closest to
you and try using the Quick Escape Button.

Sign your name to a letter-writing campaign
advocating for stable funding for GBV initiatives.

Image search the "Duluth power and
control wheel". What surprises you about
this representation of intimate partner violence?

Contact your local women's shelter to find out
what their most needed donations are for this time of year.

Leave new, individually-wrapped menstrual
hygiene products (like pads or tampons) in the
bathroom at a place where you work or volunteer.

Complete this quote by Marissa Kokkoros,
Founder and Director of Aura Freedom:
"When youth feel 'seen' and valued for who they are,
they become more empowered. And it's very hard
to traffic _____."

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When was the last time that gender-based violence was part of a fictional show you were watching, or a story you were reading/listening to?
Why do you think gender-based violence was chosen to be part of that story?

Who do you think might be an intimate partner violence expert in your community? Why?

Learn about the reasons why coroner's inquests happen in Ontario.
When might gender-based violence lead to a coroner's inquest?

Which piece of advice for family members and friends of survivors of gender-based violence do you think is the easiest to follow.
What's the hardest piece of advice to follow? Why?

Watch a video online or listen to a podcast episode about restorative justice in Canada.

Using your municipality's website or your local library, find the most recent copy of your community safety and wellbeing plan.

Using resources from HR, find a copy of your workplace safety plan.
Does this safety plan include information about what to do if a colleague is experiencing gender-based or intimate partner violence?

Attend or donate your time and resources to support the next Take Back the Night march in your community.

Read or watch an interview with Pamela Cross about gender-based violence and the legal system.

Post the Renfrew County Sexual Assault Centre's crisis line number in a public place: 1-800-663-3060

Complete one virtual training module from Community Legal Education Ontario.

Take the Canadian Women's Foundation Signal for Help Responder mini-course or listen to the podcast.

Read the National Action Plan to End Gender Based Violence.

Locate the nearest gun club and hockey arena to you.
What role do you think these specific community spaces need to play in ending gender-based violence?

Learn more about the last time that the OPP or your local police convened a "high risk committee" or "situation table" related to gender-based violence.

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Donate your time or resources to Living Without Violence
Renfrew County or their Partner Assault Response Program.

Donate to Renfrew County's She C.A. N. Fund.

Order a We Stand with Survivors campaign
sign for your home, workplace, or school.

Before the next Provincial Budget is announced, demand that
*"the jury recommendations of the Culleton, Kuzyk & Warmerdam
Inquest, specifically #20.a-k be implemented in full"*

Learn more about the roles and responsibilities
of Ontario's DVDRC and read the latest report.

Remind a child or youth in your life that they deserve safety.
Brainstorm together how they could make real
choices for their safety at school or at play.

Ask your friend how you can best support them today.
Sometimes, just listening compassionately is enough.

Offer to provide care to a loved one's elderly or
disabled family members, children, or pets while
they are attending appointments or meetings for their wellbeing
(ie. therapy, self-care practices, studies, faith or social gatherings).

Remember to never share any information
about co-workers, friends, or family members
without their clear permission.

Watch a recorded webinar from Western University's Centre for
Research and Education on Violence Against Women and Children.

Post the TransLifeline #SafeHotline number
in a public place: CANADA (877) 330-6366.

Learn more about why it's important to define
"femicide", as distinct from "murder".

Read a poem, essay, or zine by TwoSpirit or Indigiqueer kin.

Read the Final Report of the National Inquiry
into Missing and Murdered Indigenous Women and Girls.

Take a mindful sip of your water.
Thank this water for giving you life.

Find out what it means - and why it is - that
sexual violence is "underreported".

Participate in the Countdown Public Art Project.
Visit the pebble mosaics in Renfrew County and
across Ontario. See what events are happening
and the Digital Story on the Countdown website.

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Watch “I Am With You” a video by Chanel Miller.
Extra Credit read her book Know My Name or
listen to the audio book on Libby.

Join award winning educator Julie S. Lalonde for a
FREE one-hour interactive webinar on how to safely
intervene if you witness street harassment.
Sessions are open to anyone anywhere aged 12+ and are
available in English et en français. For more information,
contact: julie@righttobe.org.

Extra Credit: Read the book Resilience is Futile: The Life and
Death and Life of Julie S. Lalonde or listen to her book/
audiobook on Libby, aussi disponibles en français.

Watch Julie S Lalonde’s PSA bilingual video on
stalking “Outside of The Shadows/Hors de la
noirceur” with practical advice for victim of stalking
and their allies. See how the project has evolved to
become the Canadian Anti-Stalking Association (CASA).

Visit the Renfrew County Women’s Monument and
participate in EVA’s Vigil for National Day of Action and
Remembrance on Violence Against Women,
held annually on December 6th.