

**Are you being released from prison?**

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

**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 and/or 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?
- Record Suspension application?
- Housing application?
- Income tax?
- Employment Income Assistance (EIA) form?
- Disability EIA/CPP

**Other ways we can offer assistance and advocacy:**

- Do you need your medication?
- 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? ie: medical doctor, ophthalmologist, gynecologist, psychologist, psychiatrist, etc.

**Volunteer Opportunities**

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

**Volunteer opportunities include:**

- Court support worker program
- Literacy programs
- Systems and administrative support
- Social recreation activities and crafts
- Clothing depot
- Fundraising
- Junior group facilitator

**EFSM also offers Fine Option Program opportunities for women.**

We gratefully acknowledge the support of:



United Way  
Winnipeg

THE  
WINNIPEG  
FOUNDATION



Manitoba



Government of Canada-  
Correctional Service  
of Canada



Elizabeth Fry  
Society of  
Manitoba Inc.

Working With Women, For Women



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 is** *to empower, provide support, advocacy, and guidance to women who are involved in the criminal justice system.*

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

- 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.

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 twelve week social-educational program that runs three times a year.

The program looks at the cycle of violence, safety plans, women’s role in society, human emotions, socialization of men and women, and the impact of violence on children. The program is offered at EFSM as well as the Winnipeg Remand Centre.

STOPlifting

For women who have 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 education 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.

Kickin’ Addiction

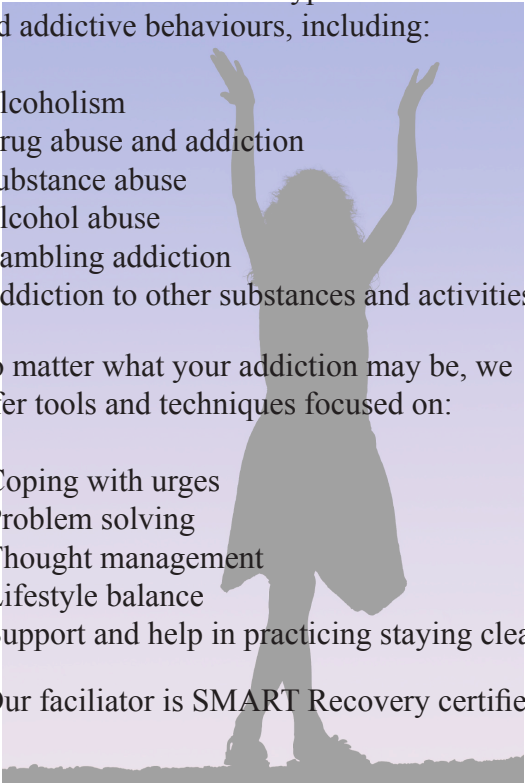
Kickin’ Addiction is a self-empowering, women’s addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research. We can help women recover from all types of addiction and addictive behaviours, including:

- Alcoholism
- Drug abuse and addiction
- Substance abuse
- Alcohol abuse
- Gambling addiction
- Addiction to other substances and activities

No matter what your addiction may be, we offer tools and techniques focused on:

- Coping with urges
- Problem solving
- Thought management
- Lifestyle balance
- Support and help in practicing staying clean

\*Our faciliator is SMART Recovery certified.



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? And 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
- Penitentiary packages
- Referral to other resources (addiction services, food, clothing, counselling and shelter)
- Mother’s Day and Christmas parties in Winnipeg Remand Centre and Women’s Correctional Centre
- Education about legal rights and processes

**For more information about our services and programs, please visit our website:**

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