



AFTER TRAUMA EMPOWERMENT NETWORK ANNUAL REPORT

April 2021-March 2022



Who We Are – ATEN

The **After Trauma Empowerment Network** (ATEN) is a community based non-profit organization dedicated to helping empower individuals, families and communities affected by trauma, violence and abuse.

Who We Serve – Our Mandate

To empower and improve the quality of life of individuals, families and communities affected by trauma by providing trauma-informed counselling, support, intervention, education and resources.

ATEN believes all people have a right to access counselling, support and information regardless of their sex, gender, age, socio-economic status, religion, race, ability – all people deserve to heal. ATEN provides a wide range of professional counselling and support services from trauma counselling, emotional support, education, to wellness counselling.

ATEN services are available, but not limited to, East Hants and surrounding areas.

What We Do – Services & Programs

- Trauma informed, gender sensitive counselling for individuals and families who have experienced trauma, violence and abuse,
- Counselling, support and information for family and friends of survivors of trauma,
- Ally/Safe space for GLBTTTIQQ+ individuals,
- Counselling and support for GLBTTTIQQ+ individuals,
- Information and referral to other resources and community agencies,
- Court support and accompaniment,
- Police support and accompaniment,
- Forensic exam support and accompaniment,
- Educational workshops and presentations for adults and youth,
- Healthy Youth Relationships Groups at schools and agencies,
- Empowerment group for girls (14-18 years old),
- Peer support group,
- Resource information on various issues relating to trauma, violence, sexuality, relationships, health and wellness.

***ATEN recognizes and honors that we are on Mi'kma'ki,
the ancestral and unceded territory of the Mi'kmaw people.***



Our Vision

To improve the lives, well-being and functioning of individuals, families and communities affected by trauma so we can live in a world where individuals, families and communities affected by trauma live an empowered life to reach their fullest potential.

Our Story

The After Trauma Empowerment Network (ATEN) was founded by Margaret Mauger and Vida Woodworth in January 2020. ATEN was developed out of a community need and demand for free counselling and support for individuals living with the mental health impact after experiencing trauma. Mauger began providing free counselling and support to individuals in January 2020 on a volunteer basis. Within one year, the number of individuals accessing

counselling and support increased by 300%. ATEN was able to attain emergency Covid funding from the Federal Government in January 2021. The rest of the story is unfolding.

Our Core Values & Guiding Principles

1. **Empowerment** – we work to empower, inspire and support individuals and communities to be self-determining, confident and strong as they live to their fullest potential. This is the defining and fundamental quality of our network, people and work.
2. **Integrity** – we are responsible, accountable and ethical to the people and communities we serve and the partners we work with.
3. **Collaboration** – we create purposeful partnerships and build on already existing resources in the community to best serve the needs of individuals and communities. We believe we must work together to accomplish the greatest result.
4. **Diversity** – we know by embracing and including the uniqueness and diversity of all people and communities that we contribute to the betterment of all people and communities. We promote and implement equitable services, support and resources for all people and communities.
5. **Service** – we strive to provide respectful and professional services, support and resources to the individuals and communities we serve.

5 Key Tenets to Our Work

1. Trauma-informed practices.
2. Collaboration – we can't do it alone.
3. Local empowerment equals global empowerment.
4. Make a difference everyday.
5. Live our mission.

2021-2022 – A Year in Review



- Provided counselling, support and services to over 190 individuals
 - Hosted First ATEN Online Auction Fundraiser
 - Consulted with Nova Scotia Community Health Boards
 - Received staff funding for one year from Canadian Women's Foundation
 - Received project funding for MAAT (Music & Art After Trauma) from Mental Health Foundation of Nova Scotia
 - Completed and uploaded 47 MAAT Sessions on YouTube channel
 - Partnership with Acadia University to offer supervision and practicum placements to Masters students
 - Provided Tablets and gas cards to clients with financial or transportation barriers to receiving support
 - Received donations from several community organizations for Christmas Gift baskets for five youth
 - Succeeded in having Trauma Awareness Day officially proclaimed in Nova Scotia on May 20
 - Continued to provide counselling and support to individuals affected by the mass shooting in April 2020
 - Created ATEN YouTube channel
 - Created ATEN Facebook and Twitter accounts
 - Facilitated 6 workshops and 10 presentations
 - Provided tele-counselling and virtual counselling during Covid shut down times
 - Partnered with Leanna MacLeod for Teardrop of Hope & Freedom Pin Fundraiser
- Relocated office to 5 Mill Village Road, Suite 205
 - Facilitated weekly peer support group for women
 - Facilitated weekly empowerment group for young girls who have experienced trauma, violence and abuse

Board of Directors

ATEN is governed by a volunteer Board of Directors who represent the diversity of the organization and the people and communities we serve. This is a policy governing Board which is responsible for overseeing the accomplishment of the purpose and mandate of ATEN. The Board has written bylaws, committee terms of reference, and roles and responsibilities.

Vida Woodworth – Chairperson
Kate Matthews – Secretary
Lynne Smith – Treasurer
Glynn Irving

Margaret Mauger
Ruth Mitchell
Juli Langille

Message from ATEN Co-founder



Welcome to ATEN!

My name is Margaret Mauger and I am a Co-founder of the After Trauma Empowerment Network (ATEN). ATEN is a non-profit organization I began operating on a volunteer basis in January 2020, in response to receiving numerous calls and emails from individuals looking for counselling who had experienced trauma, sexualized violence and abuse, and currently living with the mental health impact. Many of these individuals did not have insurance or benefits and could not afford private counselling therapy. Some had been on the provincial Mental Health waitlist for months. Within a few weeks the number of individuals looking for and accessing counselling doubled. By the end of 2020 over 65 individuals accessed our services and support. Requests for counselling continues to increase substantially, an additional therapist is badly needed.

First, I am sincerely honoured and privileged to serve and do the work I do with survivors, individuals, youth, families, and communities affected by trauma, violence and abuse. I am wholeheartedly dedicated and committed to ATEN's mandate in helping empower all survivors of trauma to live life to their fullest potential. I am repeatedly

inspired by the courage, strength and hope of the survivors of trauma I serve at ATEN.

I am extremely grateful to all the supporters of ATEN, in all capacities, who have given their time, energy and financial support. I am especially thankful for the emergency Covid-19 funding ATEN received from the Federal Government as well as the Project MAAT funding received from the Mental Health Foundation of Nova Scotia.

In closing, 2021-2022 has been a phenomenal year and has provided me with immense learning, growth and fulfillment both personally and professionally. I am excited and optimistic about ATEN's future work and involvement with government and community partners, youth groups and the courageous individuals who access services and support at ATEN. I eagerly look forward to the upcoming year and all the rewards, challenges and growth it may bring.

With deepest gratitude,

Margaret Mauger

Co-founder & Registered Counselling Therapist

“When Margaret began the After Trauma Empowerment Network (ATEN), I knew that once again, she would be carving a path forward with her clarity of vision and dedication to helping those in need. I look forward with excitement to seeing all of the ways that Margaret continues to bring hope, empowerment, and healing to the lives of so many individuals, while helping our province become a safer and more caring home to everyone in it.” (ATEN Supporter)

Counselling & Support

The vital aftercare, one-on-one counselling therapy is the most crucial and most accessed service offered by ATEN. Operating through a client-centered, trauma-informed lens it is in the counselling sessions where individual survivors and families begin to heal in a safe, non-judgemental and empowering space. The counselling and support services are utilized by individual survivors, their family and friends, and other community partners. Each individual who receives counselling and support are unique and at different points in their lives and healing journey. While each person's aftercare needs vary some commonly explored topics in counselling include understanding the dynamics and impact of trauma; establishing support networks; learning coping strategies for stress, triggers and flashbacks; practicing self-care and compassion; emotional recognition and regulation; boundaries; grief and loss; and healthy relationships. This past year

190 individuals accessed individual counselling and support services. **85%** of ATEN clients have experienced sexualized violence and abuse, including **5** individuals who have been trafficked and sexually exploited. Majority of trauma survivors who access counselling services identified as female, followed by males and non-gender and transgender individuals. The age range for individuals accessing counselling and support is **13-76** years old with majority of clients in the **30-45** age range. There is a significant number of youth and seniors accessing ATEN services, resources and support.

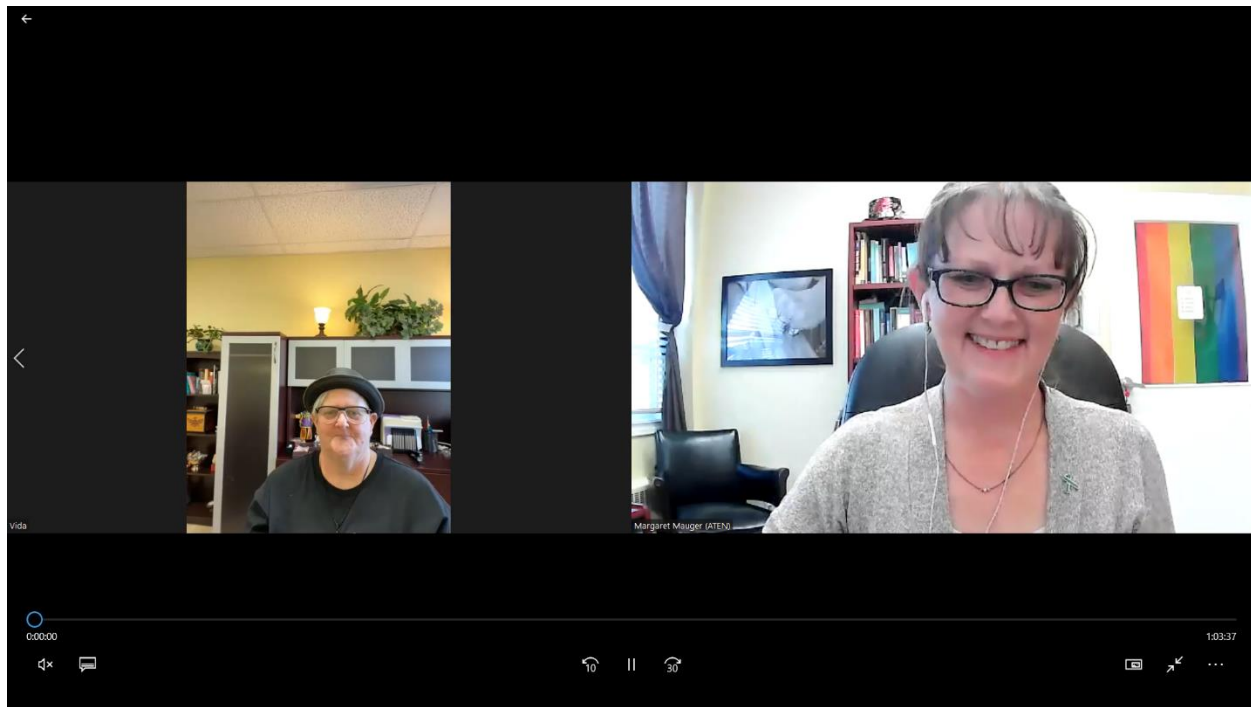


Looking Toward the Future



- Continue empowering survivors of trauma, violence and abuse to live life to their fullest potential,
- Continue supporting and working with families and communities affected by trauma,
- Continue hosting weekly MAAT (Music & Art After Trauma) sessions,
- Continue to provide education to raise awareness about trauma, violence and abuse,
- Relocate office space to accommodate additional staff, volunteers and group work,
- Develop educational resources (hard copy and electronic),
- Continue working to improve access and services for underserved, marginalized individuals,
- Promote and provide trauma-informed practices presentations/workshops
- Host Mental Health First Aid training for community members,
- Begin to develop a Peer Support Network for people affected by trauma,
- Establish partnership with Acadia University to provide a Practicum Placement to a Masters student,
- Continue hosting fundraiser events
- Continue to host empowerment groups as needed,
- Continue to build and sustain community connections and collaborative partnerships,

MAAT (Music & Art After Trauma)



Project MAAT (Music & Art After Trauma), is a weekly online forum featuring educational discussions on various sensitive topics around trauma, mental health and wellness combined with a music and/or art component with weekly guests. Research has indicated the power of connection, music and art for people who are living with mental illness and trauma (this is evidence-based). We believe this project will be therapeutically beneficial for individuals and families living with the negative impact of trauma and mental illness. We believe this is a unique and innovative way to reach the most amount of people given the current situation with the COVID 19 pandemic and social restrictions. Topics featured include mental health, stigma, coping strategies, trauma, intergenerational trauma, COVID, grief, loss, Residential Schools, therapy process, Pride Month, African Heritage Month, consent, boundaries, sexuality and gender, anxiety, depression, World Suicide Prevention Day, human trafficking and exploitation, getting support and resources.

Funding for Project MAAT (April 2021-March 2022) was generously provided by the [Mental Health Foundation of Nova Scotia](#). We are immensely grateful for their financial assistance and support.

Our first MAAT episode aired on April 7.

“As a person living with anxiety and depression, the MAAT show has greatly impacted me. The MAAT show has been a huge support for my mental health.”

“The MAAT sessions currently hosted via ZOOM have personally helped me through some of my own life's trials. It is a chance for me to listen to real people express their sincerest feelings, experiences and goals in an environment I feel absolutely safe - in my own home.”

“Thank you!”

Teardrop of Hope & Freedom Pin



The After Trauma Empowerment Network (ATEN) partnered with Leanna MacLeod in a fundraising initiative to raise money in support of the people in the Ukraine. While we are far away we wanted to reach out in some way to offer our support and caring.

Leanna MacLeod is a proud Mi'Kmaq woman, artist and crafter. She also a wonderful resource and volunteer at ATEN. Leanna designed a pin called Teardrop of Hope & Freedom. She created a limited run of 100 pins to be sold for a minimum donation of \$50.00 for each pin. Each pin is numbered and signed by Leanna.

The tear is made of blue leather and has a backing of birch bark. Blue is one of the two stripes in the Ukrainian Flag. The colour blue represents the deep blue of the sky over the Ukraine. It also symbolizes freedom, trust loyalty, wisdom, confidence and faith.

Each teardrop has a yellow Sunflower beaded in the center. The Sunflower is the flower of the Ukraine. It is the colour of the second stripe in the flag. Yellow represents the golden wheat fields swaying in

the breezes. Yellow also symbolizes hope, positivity, joy, honour and loyalty. Each Sunflower has a beaded green stem and at the end of each stem is a gold bead. Green is comforting and calming and is a colour found in nature. The gold bead at the end of each stem represents the many valuable resources found in the Ukraine including it's brave, strong and resilient people.

Each pin has a backing hand sewn to the leather teardrop made of birch. Birch is used for many things including canoe and container making. It is water resistant and strong. Mi'kmaq Artists and Crafters use use birch in many of their crafts and artwork.

The Teardrop of Hope & Freedom Pin was featured in a CBC new article (Reporter Marie Adsett) in March. All 100 pins were sold in less than 72 hours!

All money will be donated to Ukrainian relief.

ATEN Online Auction Fundraiser



We would like to wholeheartedly acknowledge and thank the following individuals and businesses who donated items to our auction. We could not have done this without your generosity and support!

Jane Fulton Harris

Lucella Langille (Avon)

Ultramar (Truro)

Stacy Veno (VENOluxe)

Chris Isenor

Becky Hines

Leanna MacLeod

Jennifer Hubley (MAM's Craft Jewelry)

Meagan Hubley (MAM's Craft Jewelry)

Nicola MacLean (Earth Elements Boutique)

Luke Boyd (Classified)

Stephen Brake

Katelynne Cagliostro

Bob Richards

Patrick McWade

Lynne Smith

Paula Arensault

Margo Johnson

Danielle Lefort

Amanda Bent

Kevin Sibley

Leno's Stop Shop

Juli Langille (Pure-n-Natural Bath & Body)

Shawn Leonard

Sharon Findley-MacPhee

Regained Relics

Enfield Family Dental

Shubenacadie Wild Life Park

Wanda Farnell

East Hants Chiropractic Clinic

Rosalie Robinson

Crafty Owl

Joni Rutledge

Miller Concepts

LeaAnn Julian

Shirley MacDonnell

2022 Kindfulness Calendar



Now Available!
2022 Calendars \$20

**Your purchase will help ATEN continue to offer free
Trauma Based Services for those in need.
We wholeheartedly thank you in advance.
Please visit www.atenns.ca/ for purchasing info.**

Early 2021, ATEN put out a Call for Submissions asking artists to create and donate a piece of original artwork that captures and conveys their message of Hope & Encouragement to someone who has experienced trauma. The selected donated pieces are proudly featured here in our first Kindfulness Calendar Fundraiser. We are honored to share these 12 beautiful pieces of art by Nova Scotia artists in a one-of-a-kind collection.

The support and feedback we received from individuals and community was amazing. We sold out of our first 100 calendars and almost all of our second batch. We look forward to continuing to host this wonderful fundraiser each year.

All proceeds raised go directly to helping those who have experienced trauma.

Counselling Intern Practicum Program



“I am passionate about sitting with others as a witness to their journey of moving through pain, grief, trauma, and challenges but also working together to imagine possibilities for joy, hope, resilience, strength and love. Stories are also important to me and a way that I make sense of myself and the world. Stories inform how I approach counselling practice and relationships.”

New to ATEN this year was the Counselling Intern Practicum Placement Program. ATEN partnered with Acadia University to provide a practicum site and supervision for a student in the Master's of Education Counselling program.

“On behalf of the School of Education and the M.Ed. in Counselling program, we would like to extend our sincerest gratitude for your commitment to our program and our students, as demonstrated through your willingness to support them through the most integral component of their program. Being a site supervisor for an M.Ed. in Counselling student is a critical role that supports the application of the foundational skills and strategies our students have rigorously studied and practiced. Through your leadership and supervision, our students will have the opportunity to learn from an experienced practitioner and grow in their confidence and competence in becoming an intentional, culturally responsive, and ethical practitioner. Thank you for joining us on this journey in supporting the development of our future colleagues.” (Acadia University Website)

We were thrilled to have Master's Counselling student Emma Palumbo be part of our team this year. Emma is a natural counsellor and brought a wealth of knowledge, experience and awareness to her work. This was truly an incredible time of learning and growth for everyone.

Workshops

SELF LOVE

A WORKSHOP ABOUT SELF-LOVE AND
COMPASSION

WHERE:
5 MILL VILLAGE
ROAD
SHUBENACEDIE

WORKSHOP #1:
TUESDAY, MARCH 8TH
FROM 4-6

To register, e-mail:
emmapalumbo@atenns.ca
OR CALL: 902-758-3967

WORKSHOP #2:
TUESDAY, MARCH 15TH
FROM 1-3 FOR PEOPLE
AGES 60+

IN THIS FREE
THERAPEUTIC, SKILLS-
BASED WORKSHOP,
YOU WILL LEARN
ABOUT SELF-
COMPASSION AND
SELF-LOVE THROUGH
THE PRACTICE OF
LETTER-WRITING

*snacks and light
refreshments
provided



ATEN PRESENTS

Art-Talk

An arts-based therapeutic group for
elders/seniors to gather, make arts and crafts,
and explore personal stories in a supportive,
collective space

EVERY OTHER TUESDAY
FROM 1-3PM
LOCATION: 5 MILL VILLAGE
ROAD, SHUBENACEDIE

BEGINNING
TUESDAY, MAY 3RD - WITH
SPECIAL GUEST WENDY
TANNER FROM REGAINED
RELICS

To register, e-mail:
emmapalumbo@atenns.ca
OR CALL: 902-758-3967



Parenting Support Group

April 9th, 2021

6:30 - 8:30

Fridays for 5 Weeks

(Will be extended if interested)

Free

Carroll's Corner
Community Centre
9 Milford Rd

Space is limited, email to sign up
julielangille@gmail.com

No children under 16

After Trauma Empowerment Network (ATEN) in
partnership with Carroll's Corner Community Centre (CCCC)

Community Awareness & Engagement



Our Heartfelt Thanks & Gratitude

The operation of ATEN would not be possible without the assistance and support of many individuals on many different levels.

- Government of Canada and Women and Gender Equality Canada for providing emergency funding with the Safer & Stronger grants.
- Mental Health Foundation of Nova Scotia for providing full funding for Project MAAT (Music & Art After Trauma).
- community partners, locally and across the province, for their collaboration, partnership and support throughout the year.
- the generous volunteers who donate their time and energy to help support the work of ATEN. Special mention to Darrell Mauger, Glenn MacDonnell and Brian Bower for their technical guidance for Project MAAT.
- the volunteers who develop resources for ATEN.
- the organizations and individuals who donated to and purchased our 2022 Kindfulness Calendars.
- the generous local businesses who gave donations for our Christmas Baskets (The Source Elmsdale, Milford Foodland, Shubenacadie Guardian, Stewiacke Subway, Stewiacke KFC, All Good Things Thrift Shop, and Enfield Family Dental).
- the media and news coverage by reporters (CBC Radio and Television, The Hub Now, The Laker) who helped to raise awareness about ATEN and trauma.
- to the courageous survivors and individuals who come forward to share their story and continue to inspire, motivate and fuel ATEN with their courage and strength.

Without all of this support, ATEN would not be able to offer this distinct and much-needed service and community resource



Marner – our emotional support bear

After Trauma Empowerment Network

Unaudited Balance Sheet

April 1, 2021-March 31, 2022

Year End March 31, 2022

Assets	<u>2022</u>	<u>2021</u>
Current		
Bank Accounts	29,143	52,899
Fixed	<u>1,010</u>	<u>-</u>
	<u>30,153</u>	<u>52,899</u>
<hr/>		
Liabilities		
Current		
Accounts Payable	-	1,966
Employee Payable	284	884
Source Deductions Payable	15,003	10,479
	<u>15,287</u>	<u>13,329</u>
Net Equity	<u>14,866</u>	<u>39,570</u>
	<u>30,153</u>	<u>52,899</u>