

October 4, 2023

Please accept this report submitted by the Community Outreach and Public Relations (COPR) Committee for the S.O.A.R. Annual General Meeting on October 25, 2023.

We have been asked to share our biggest accomplishment over the past year. It was really difficult to pick one. We are humble, we promise! Perhaps our biggest accomplishment was hosting the first annual educational workshop in May. The topic for the workshop was trauma informed care. The presenters, Dale Gruchy and our own Heidi Kalyani, did an amazing job at engaging and educating everyone. There were approximately 25-30 participants. Although there were a few hiccups, the workshop was received well overall. Another significant accomplishment worthy of mention is beginning the year with no survivors to support and now having a waitlist. The COPR committee cannot take all of the credit for this accomplishment. This reflects the hard work of the S.O.A.R. organization as a whole. Another accomplishment we would like to highlight is getting the S.O.A.R. newsletter, SOARing News, off the ground. The first issue was distributed in the spring.

There are a number of other significant accomplishments that we would like other S.O.A.R. members, as well as members of the general public, to be aware of. Mary Myke, a peer supporter and a COPR committee member, shared her personal story on CIOE 97.5 FM community radio. This was also an opportunity to promote the services S.O.A.R. offers. S.O.A.R. co-founder Karen Martin promoted S.O.A.R. in radio interviews on stations AVR 97.7, 97.5 FM and rewind 89.3. Last fall, Karen received the Queen's Platinum Jubilee Medal for her tireless work with S.O.A.R. S.O.A.R.'s own Cathy Vey and Rita vanVulpen visited with the Governor General of Canada in September. The social media committee joined the COPR committee earlier this year in order to avoid duplication of any work being completed. Many of the joint committee members (the Chair excluded!) have vast social media and graphic design knowledge. Last, but certainly not least, kudos to committee member Amanda Kirkpatrick for winning the Ms. Canada title in May and placing 4<sup>th</sup> runner up at the international pageant in September. Within the pageant circuit Amanda has promoted S.O.A.R. as well as her project From Victim To Victor, a monthly support group providing emotional support for victims of sexual abuse.

One of our biggest accomplishments has also become one of our biggest challenges. S.O.A.R. currently has a waitlist! How do we offer survivors timely support? How do we manage a potentially larger waitlist in the months to come? One solution may be offering individuals the option to attend groups while they are awaiting individual peer support. Another suggestion is to increase our capacity for training. This would require more offerings of peer support training and train the trainer training.

Looking ahead to 2024, the COPR committee plans to use Google Chat as a project management tool. COPR committee member and tech guru Bruce Dienes is currently compiling a "how to" document that will be followed by committee members engaging in a "practice run" of using this technology. The hope is that this tool will improve both communication and efficiency. The committee's primary focus for the following year is to find, and reach out to, survivors by developing high quality marketing materials and attending conferences, health fairs, and related events.

Respectfully submitted,

Angie Wallace

COPR Committee Chair