

SISTERS SANCTUARY

A MONTHLY EMAIL NEWSLETTER

OCTOBER 2021 • ISSUE 1 • VOLUME 1



WE HAVE ARRIVED

Welcome to the first edition of the Sisters Sanctuary Newsletter brought to you by the founding Sisters of Care Masters Child and Family Services.

Stay connected to find out about upcoming programming schedules, volunteer and job opportunities, Black Boss Ladies features, and chances to connect with others in the Sanctuary.

We are sending love and light and promise not to spam your inboxes!



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

We want to acknowledge and send a big thank you to the Ontario Trillium Foundation in partnership with the Government of Ontario for granting our non-profit organization with \$17,500!

Our goal for this grant is to rebuild and recover from impacts of COVID-19 by increasing capacity to deliver virtual mental health support programs, assisting with needed staffing, equipment and program costs for engaging participants, reducing isolation and eliminating access barriers.

We are so grateful for this opportunity to serve our community with greater impact!



ASK THE SISTERS...

Dear Sisters,

As a child I was sexually abused by a family member and I kept it a secret for my whole life. I've recently separated from my husband and we have shared custody of our 4 year old daughter. Due to my traumatic history, i'm very protective of my daughter and cautious of who is around her. My husband has an older son living with him now and he would like to introduce weekend sleepovers to our arrangement with our daughter. I've never suspected any inappropriateness from my ex but I don't know his son very well. How can I teach my daughter to protect herself from predators?

Mama Bear

Dear Mama Bear,

We are sorry that you experienced the trauma of sexual abuse as a child; and didn't feel safe enough to disclose the violation to a trusted adult. The first thing we would recommend is for you to find a safe place to heal your trauma. Your experience was not your fault in any way shape or form. You are not alone in your experience and have nothing to be ashamed of. Healing childhood wounds as parents lead us to be less fearful and over protective of our children. Fear based parenting leads to children who are less secure, overly anxious, and scared to fully experience relationships and the joys of life. It is completely natural to want to protect your baby girl from danger. The best way to do that is build up her confidence, promote positive body image and teach her that she is the commander in charge of her body.

Teaching her about personal boundaries, and who can enter her personal space bubble is paramount so she will recognize red flags all on her own. There are great books available to help you reinforce your personal space lessons. Lastly ensure you are checking in before and after visits; always letting her know she can trust Mommy and there are no secrets she ever needs to keep from you.

The Sisters



SHINE ON SIS'

In every issue of the Sisters Sanctuary we will highlight a Sister making a difference for the culture. We've been social media watching so many queens glow up and we want to bring that inspiration and energy to you!

Meet Coach Kamshuka!

Kamshuka is a war child survivor of the Ugandan Civil War and she has been inspiring others to not just survive life but become "Conscious Warriors" along their journey. As an award-winning entrepreneur, photographer and community leader, she has written three powerful books inspiring her readers to be mindful and fearless in the face of adversity. She is a dynamic and engaging international speaker and Certified Life & Wellness Coach. She has been a generous supporter of our organization, donating her books to our Wellness Raffles and Single Parent baskets and she is back this month with another gift for us to share with you!

<https://theconsciouswarriors.com/pages/upcoming-events>



WEDNESDAY, OCTOBER 13TH VICTIM TO WARRIOR MASTERCLASS | 3 FREE TICKET GIVEAWAY!

**WE HAVE 3 SPOTS FOR THIS UPCOMING MASTERCLASS (WORTH \$50 EACH).
EMAIL MICHELLE.EDWARDS@CAREMASTERS.CA TO CLAIM YOUR SEAT WITH
WARRIOR MASTERCLASS AS THE SUBJECT. THEY WILL BE GIVEN AWAY ON A
FIRST COME FIRST SERVED BASIS.**



WE WANT YOU!

Care Masters is growing and evolving! We have goals but two sisters alone cannot move mountains (despite how hard we try!) We are actively seeking to expand and fill our Board of Directors with passionate and committed people willing to dedicate two hours a month to the cause of strengthening & healing the Black Community. If that sounds like you let's have coffee on me!

Email: michelle.edwards@caremasters.ca



FALL PROGRAMS

Sisters Circle

One of our favorite highlights of the summer was actually the beginning! We loved spending every Wednesday and Thursday from May to July connecting with two amazing groups of Black Queens. We put our creative healing in practice doing meaningful activities and learning to love and understand ourselves better. We are getting ready to start our Fall Sister Circle Groups coming to a screen near you! We will be offering 2 groups per week (Discovering Self) and (Healthy Relationships) along with Monthly Wellness Workshops covering a range of topics such as: Manifesting the Life you Want, Managing Grief and Loss, Navigating Family Court, Single Parenting, Boundaries and Connections, and More! We exist to provide a safe place for women to unite and evolve while striving to eliminate any barriers to accessing support. We will continue to make Sister Circle financially accessible and virtual to keep us all safe in this ongoing Covid-19 pandemic. Dates to be announced in a follow up email soon. If you want to secure your space please email: caremasters@caremasters.ca

Peer Support

The Peer Support program continues to offer one-to-one support with other Black women with shared experiences.

This Spring we trained and oriented several volunteer Peer Support facilitators, ready to listen, empathize and offer support.

If you are interested in connecting with someone who can relate to your concerns contact us at caremasters@caremasters.ca

