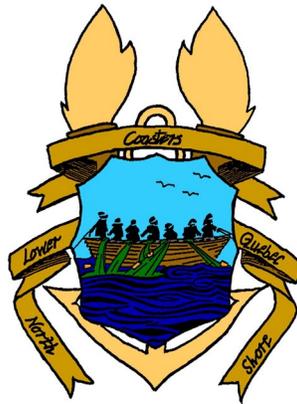


Coasters Association Inc.



“A Study of Women’s Needs on the Lower North Shore”



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Animator

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Executive Summary

The mission of the Coasters Association is to develop knowledge of the needs and expectations of the fourteen (14) communities on the Lower North Shore, and act in partnership with community leaders, organizations and stakeholders to design and deliver community strategies, programs and services which respond to the region's development challenges. In keeping with their mission and providing an opportunity to better the situation of women on the Lower North Shore, a project entitled "A Study of the Needs of Women on the Lower North Shore", was initiated. The project began on the September 12th, 2005 and ended on March 31st, 2006 (29 weeks).

The key goal of the project was to get women involved and talk about the issues facing them and to identify opportunities and lasting solutions, as well as make women aware of the programs and services that are available on the coast, through partnerships with other organizations and to help these women make use of those programs. The purpose of the project was to research information through means of a questionnaire and by organizing focus groups to develop a needs assessment and to establish a coalition (for Phase 2 of the project) to improve the overall status of women on the Lower North Shore of Quebec.

The initial stage of the project saw the preparation and completion of a databank of resource information people, as well as reviewing statistics regarding women regionally and nationally. Subsequently, there were two (2) questionnaires drafted, completed and distributed; one targeting the general population to obtain information regarding concerns and opportunities, and the other targeting the regional organizations and institutions to find out the programs and services offered, geared towards women. With the distribution of the population questionnaire, an additional response form was enclosed for those who were interested in becoming part of a coalition, the replies were very satisfactory. A letter of request was also completed and sent to various federal and provincial government organizations to obtain information on funding and programs and services offered to women.

Once responses were received from the questionnaire a participant list for the Coalition was drafted and finalized. Focus group sessions were held in the five (5) Municipalities and a women's coalition forum was held in Lourdes de Blanc Sablon. The forum was the venue where issues were discussed, opportunities and solutions were identified, a general awareness was raised and a working group was formed with a member from each of the five (5) Municipalities.

During the course of Phase 1 of the project, various activities and studies were achieved, which have enabled us to gain an improved understanding of the needs of women and also developed vital partnerships, but there is a great deal of work left to be done. It is crucial to mention that the 29 weeks was a short period of time to accomplish what is necessary in order to improve the situation of the women on the coast. It is necessary to obtain funding to create and implement an action plan, which will shape and sustain the circumstances of the women of the Lower North Shore.

Situation

There are approximately 1,740 women living on the Lower North Shore of Quebec who live in very isolated communities. The distance, lack of employment, services and programs, activities, communication, resources, etc., are all challenges in assisting the women to develop their skills. They are not given the tools to make a transition and change to their situations.

Due to the economic crisis facing the Lower North Shore, and the present and foreseen social and health problems, the need for a project of this importance was extremely important.

A high percentage of women leave the coast for four to six months out of a year, leaving their children with family members, relatives or friends. Violence in the homes and schools, which stems from frustration and lack of services and alternatives, is increasing, due to the lifestyle presently experienced by most of the women. There are struggling women on the Lower North Shore, some of whom are living in poverty.

Methodology

Researched various government programs and services via internet and in-office to establish what is available to improve the status of women on the Lower North Shore.

Developed and distributed a questionnaire to all households on the Lower North Shore that identified the concerns and opportunities of women in our region.

Developed and distributed a questionnaire to all regional organizations to verify if they offer any programs and/or services for women on the Lower North Shore.

Random phone calls were conducted in each of the fourteen (14) communities on the coast regarding the survey to the population on the Lower North Shore.

Initiated, completed and forwarded a letter to the federal and provincial government departments requesting information on programs and services specifically geared towards women.

Established a Lower North Shore Coalition for Women wherein there are participants from the fourteen (14) communities on the coast, who have a passionate interest in women's issues.

As an offshoot of the project, a Pregnancy Committee (Comité de soutien à l'accouchement et à la famille de la Basse-Côte-Nord) was formed, focusing on the issues concerning pregnancy on the Lower North Shore.

Planned, organized, traveled and held focus group sessions in each of the five (5) Municipalities of the Lower North Shore.

Planned, organized and held a forum in Lourdes de Blanc Sablon with the members of the Women's Coalition to prepare for Phase 2 of the project and solutions for long term development.

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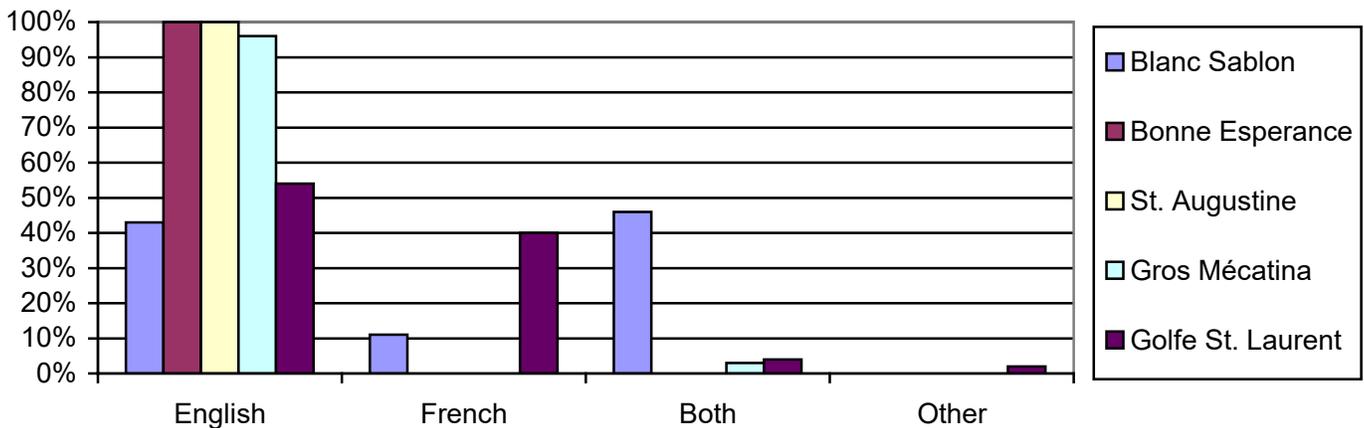
Results of Population Survey

Outlined below are the results of the survey which were very consistent across all Municipalities. The majority of the respondents had the same basic replies with regards to the seven (7) topics of concern. The survey established that 96% of the respondents confirmed there is a definite need for more programs & services with regards to women’s issues and concerns on the Lower North Shore. Please note that these results are entirely based on the responses collected via the survey and focus group sessions.

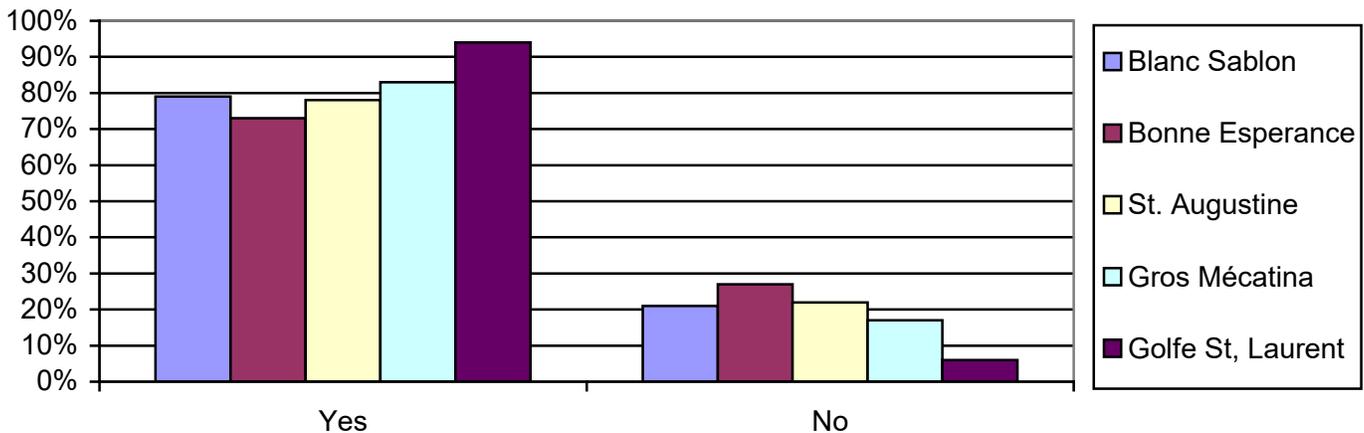
A total of 157 responses were received among the five (5) Municipalities of the Lower North Shore. These surveys were carried out through a mailed survey and random phone calls.

General Information

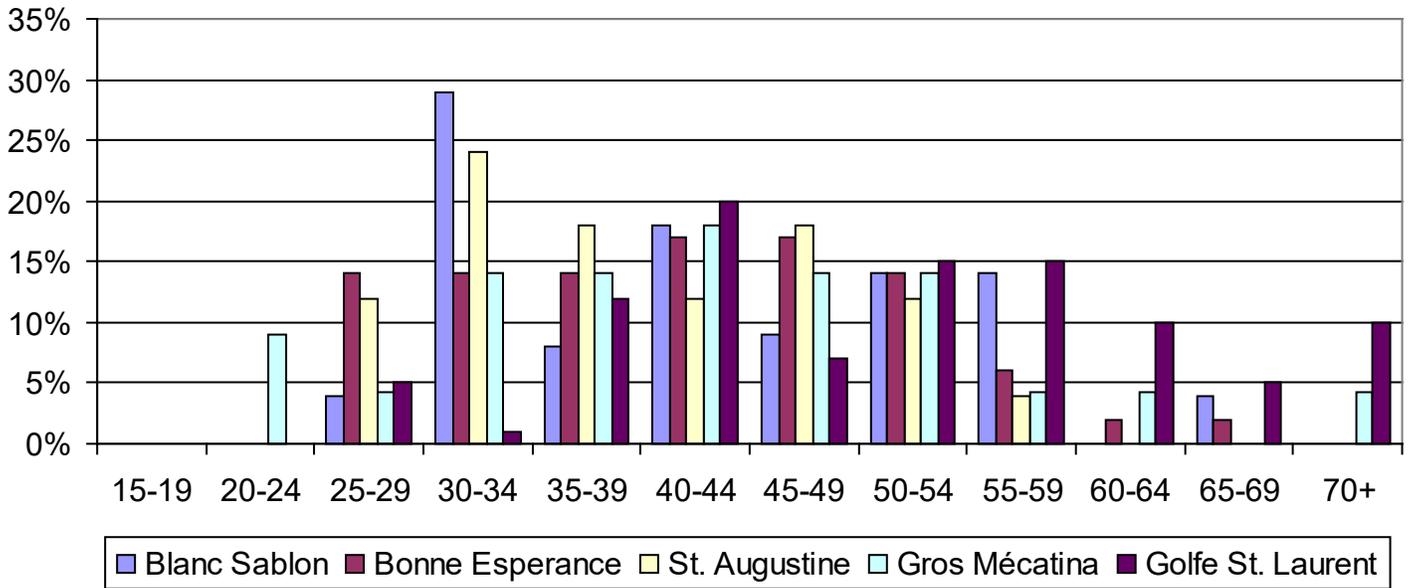
- The following graph depicts the language spoken in the five (5) Municipalities on the Lower North Shore.



- The following graph illustrates the percentage of volunteers in each Municipality.

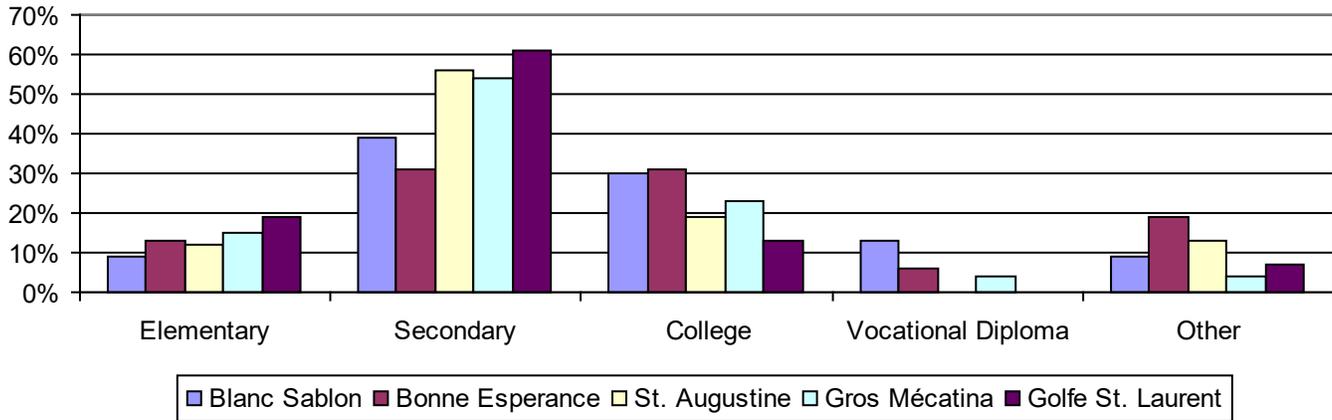


3. The following graph demonstrates the age group with which the respondents fall under.

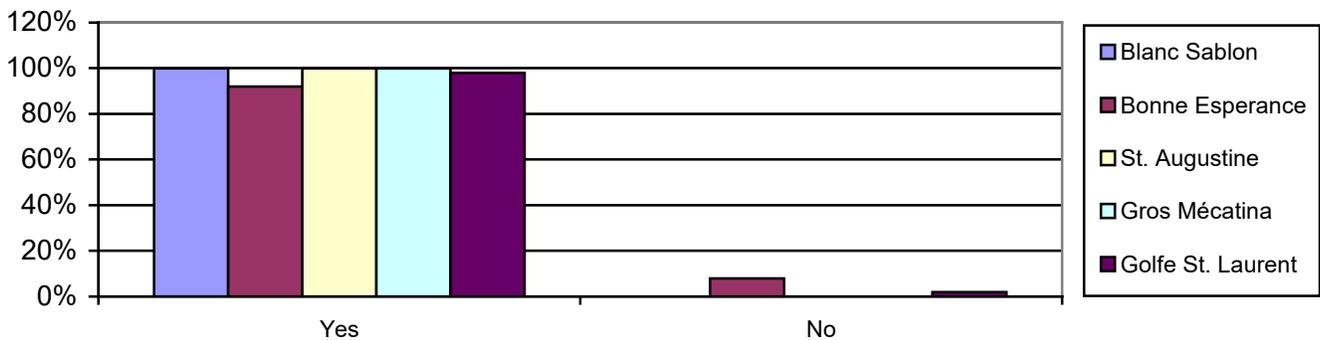


Education Sector

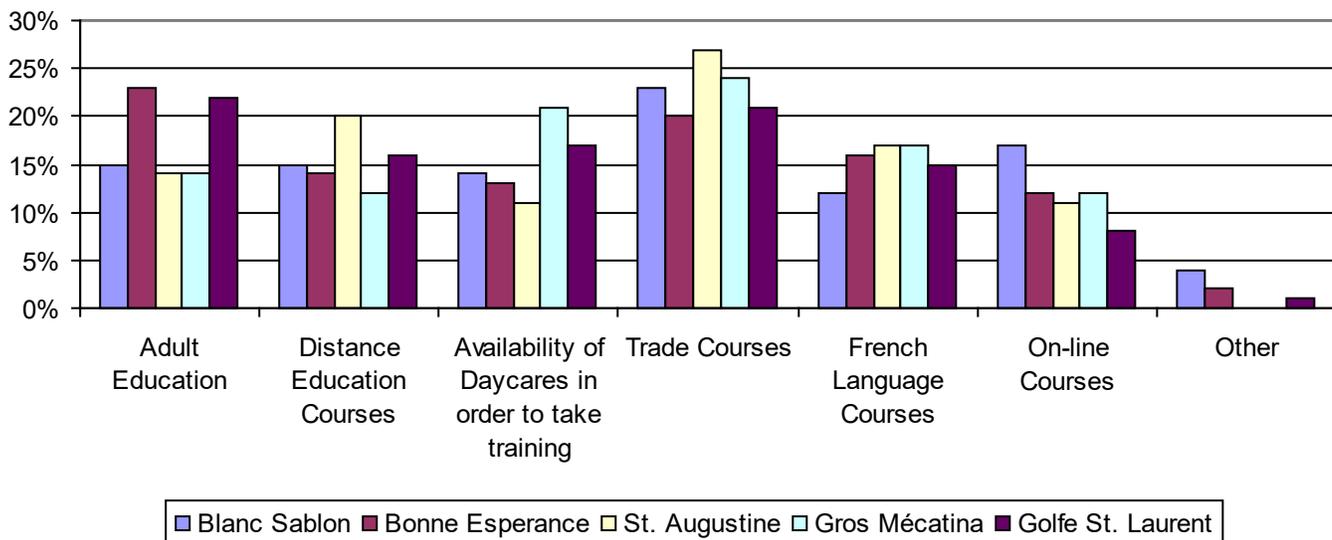
1. The following graph depicts the level of education that the respondents completed.



2. The following graph illustrates the need for more programs and services to help women further their education, based on “yes” or “no” responses.



3. The following graph demonstrates the programs that the respondents believe are needed on the Lower North Shore.

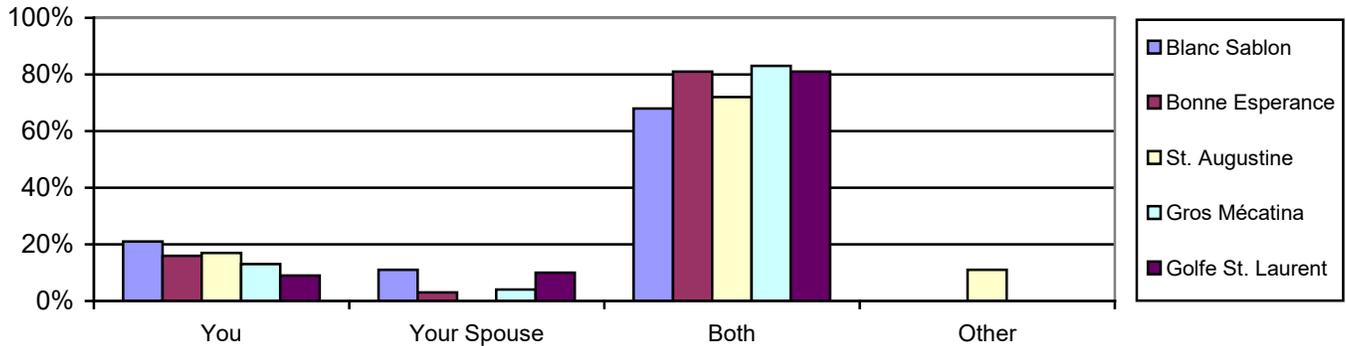


4. The following are the concerns and opportunities with regards to education that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

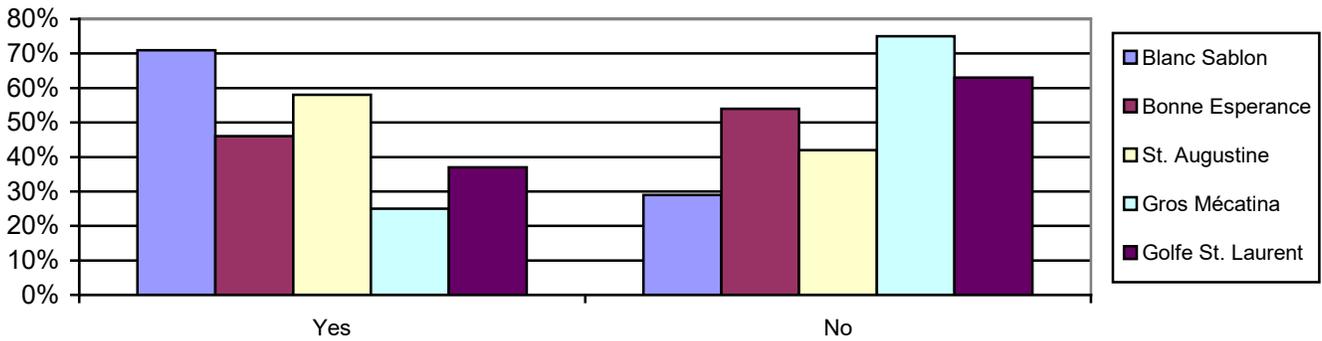
Concerns	Opportunities
<ul style="list-style-type: none">☞ Lack of educational programs☞ Cost to pursue an education is much higher in isolated communities (travel cost, apartments, etc.)☞ High rate of out migration, once educated they do not return	<ul style="list-style-type: none">☞ Implement courses and programs in the community that requests it

Employment Status

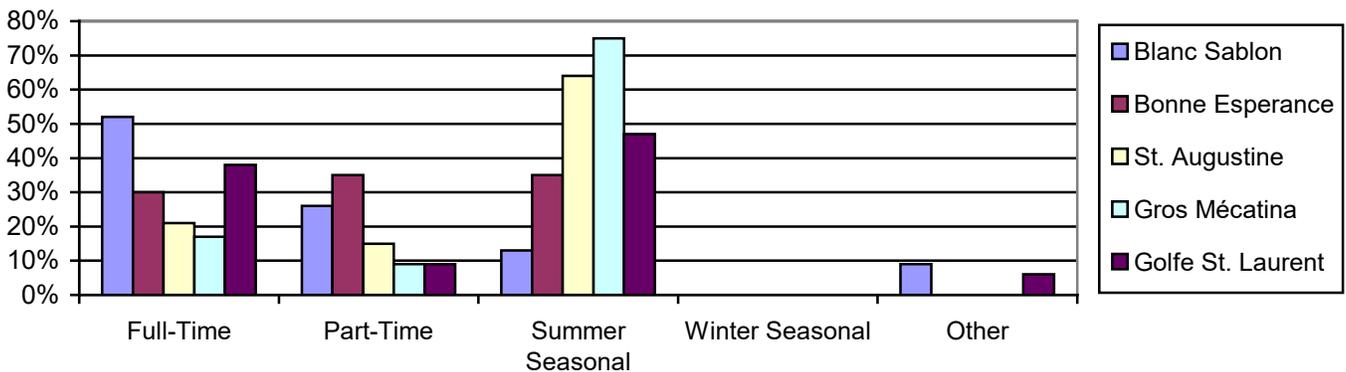
1. The following graph illustrates who makes the financial decisions in each household within each municipality.



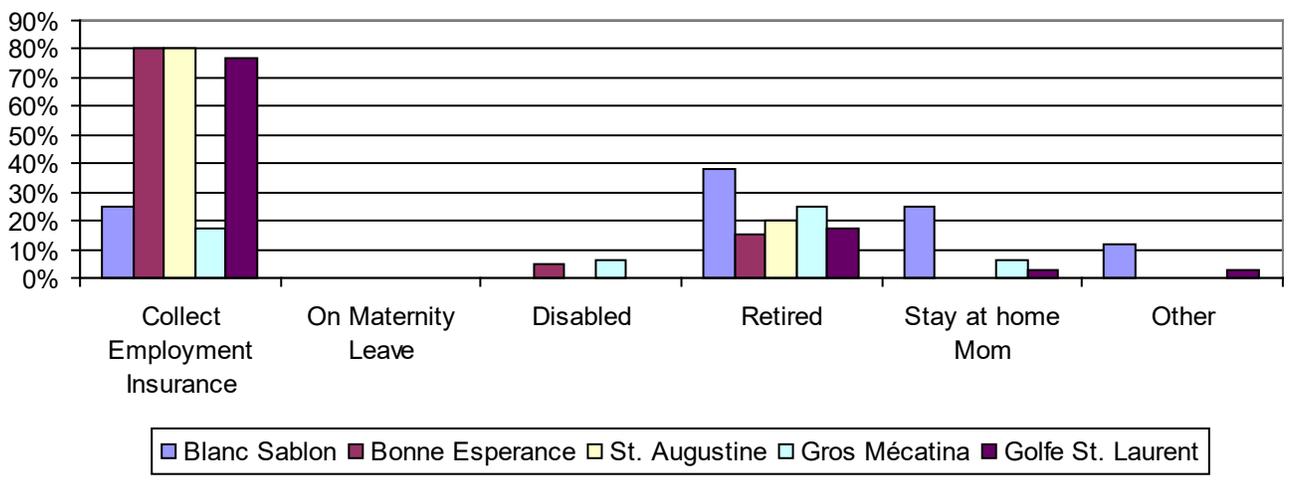
2. The following graph depicts the employment status of the respondents in each Municipality.



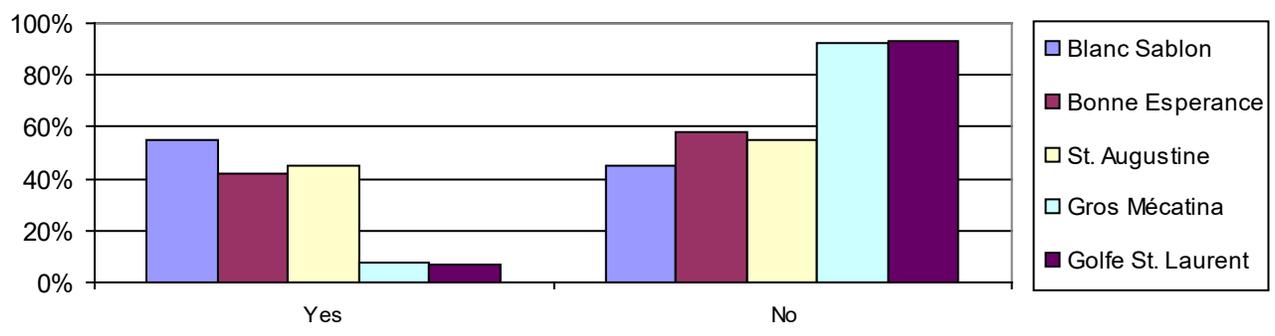
3. The following graph depicts the job status of the respondents (per Municipality)



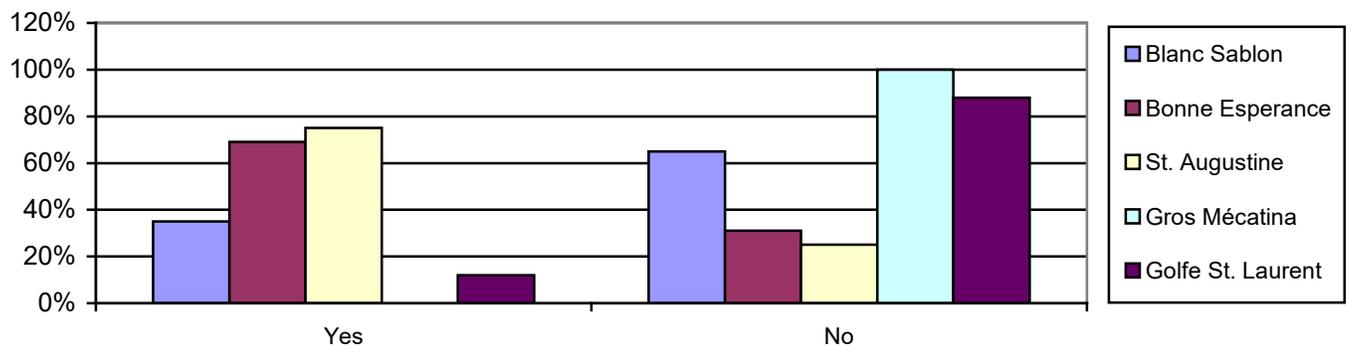
4. The following graph illustrates the reason why the respondents are not employed at the present time.



5. The following graph illustrates the percentage of respondents who may or may not be required to leave the coast for their Job.



6. The following graph demonstrates the percentage of respondents who do or do not have to leave their children behind with regards to their employment.

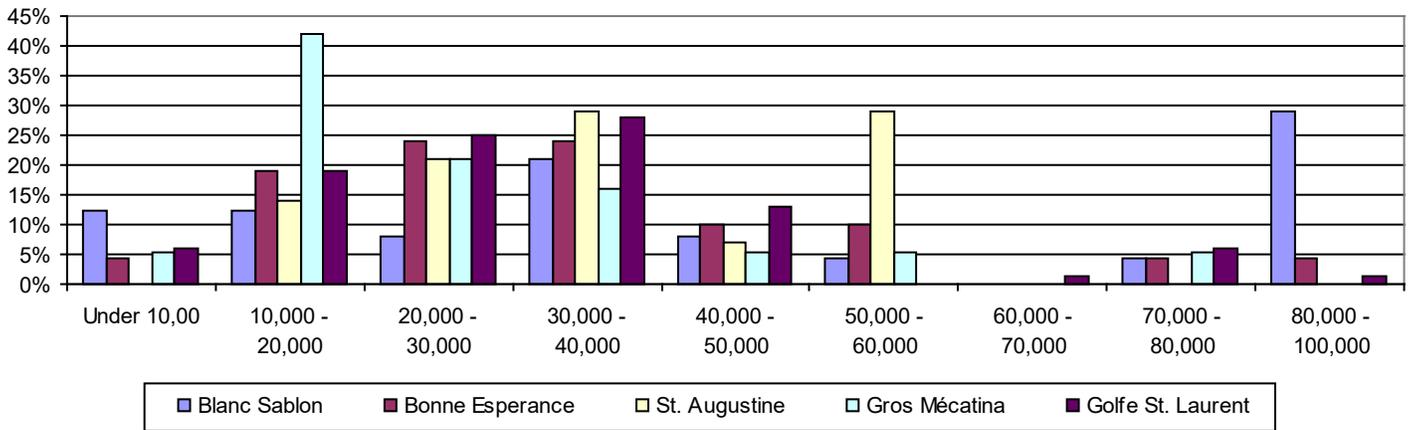


7. The following are the concerns and opportunities with regards to employment status that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

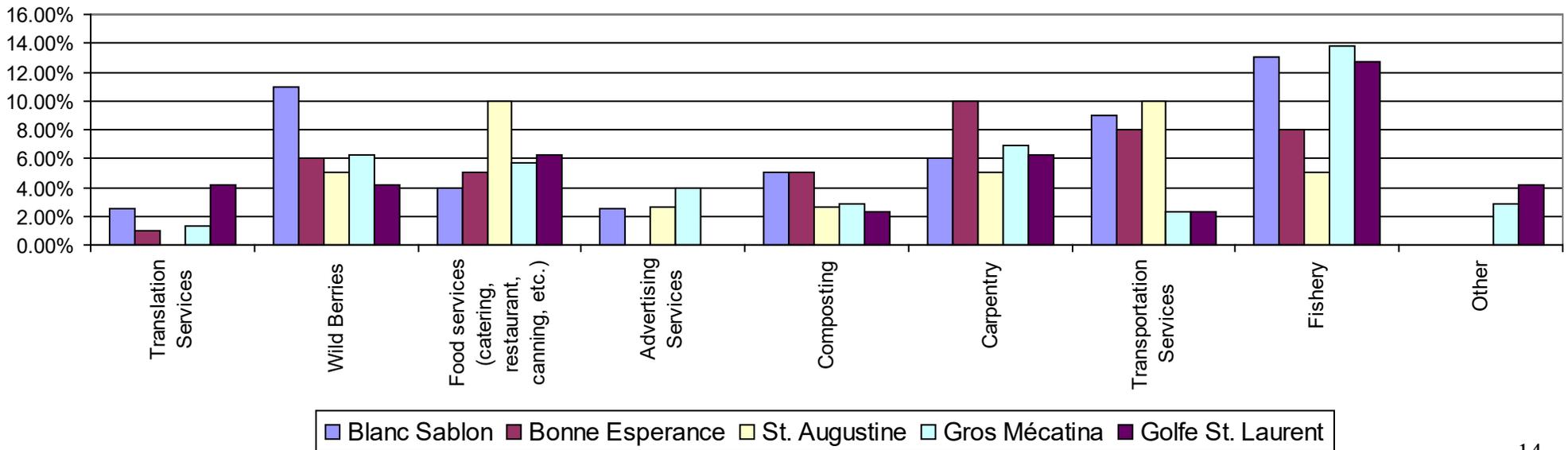
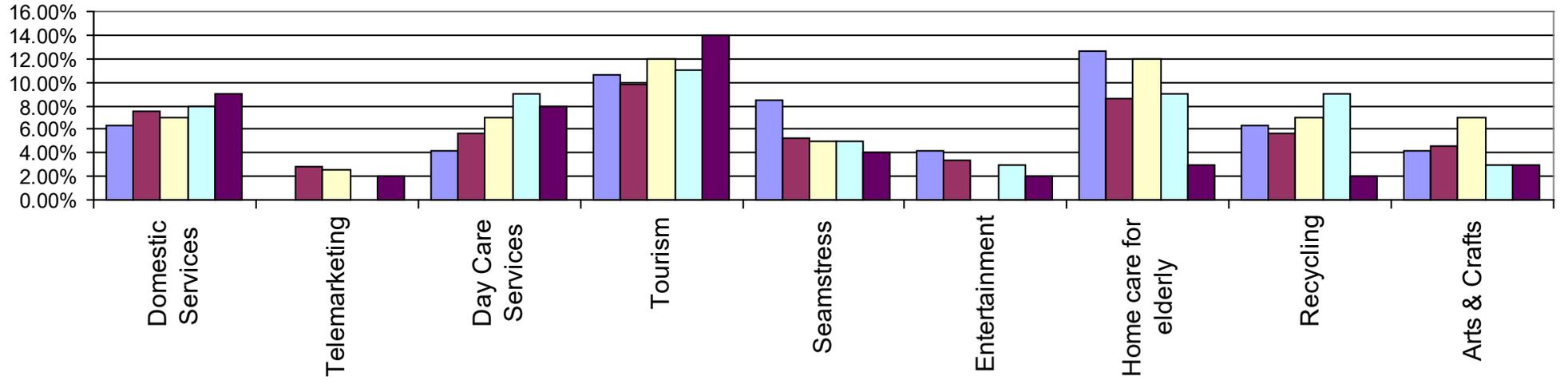
Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Lack of job opportunities ☞ Not enough daycare services provided for working mothers ☞ Limited employment possibilities 	<ul style="list-style-type: none"> ☞ More training/education programs should be implemented ☞ Short term projects should be eliminated, more emphasis on long term sustainability ☞ Implement residences for seniors in order to provide the service and also to create long term work

Economic Status

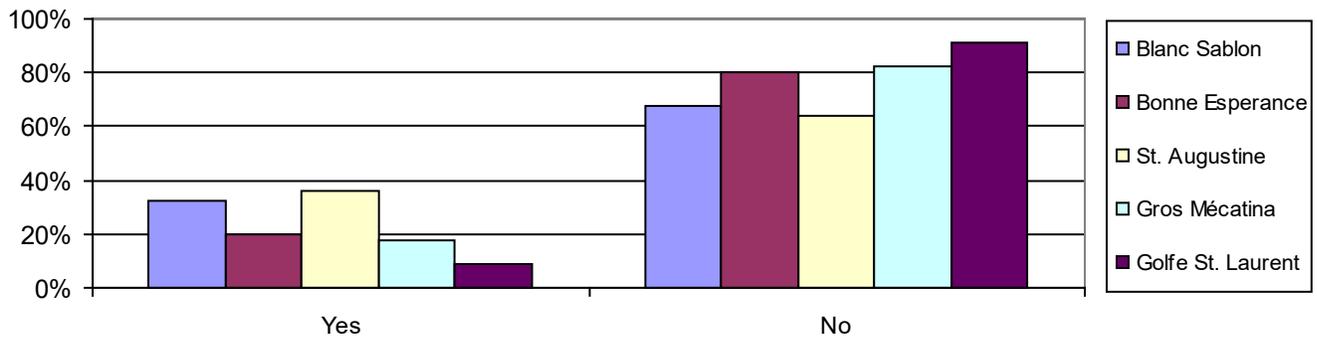
1. The following graph depicts the household income of the respondents.



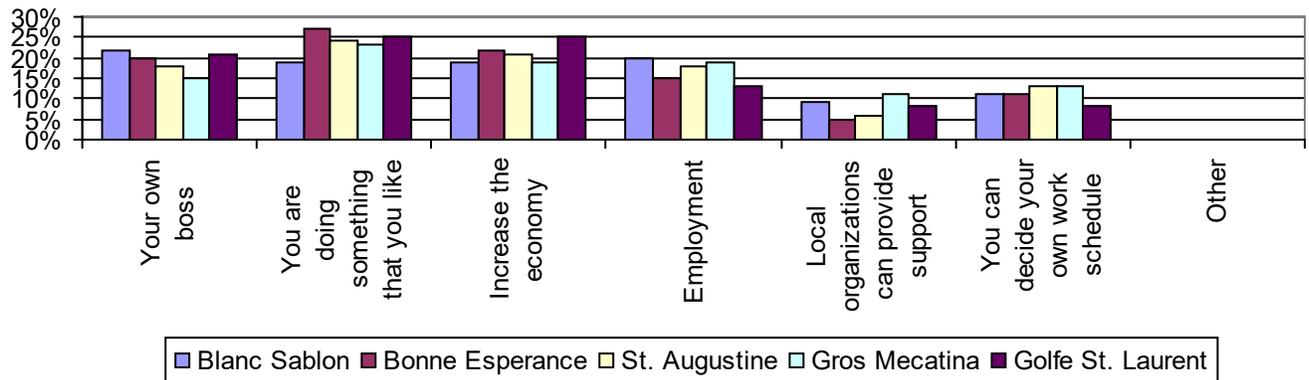
2. The following graph illustrates what the respondents believe could be developed (long term) in their Municipalities.



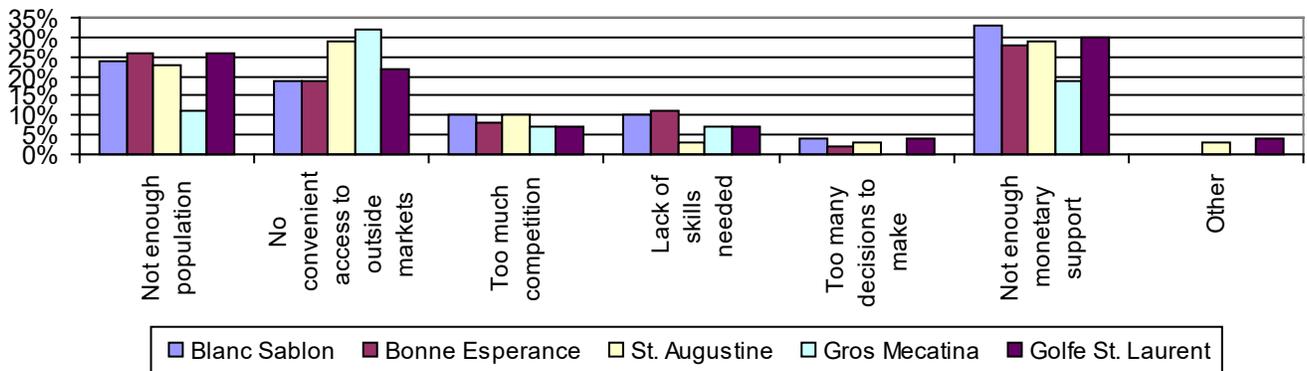
3. The following graph illustrates the percentage of respondents who are/are not interested in starting a business.



4. The following graph demonstrates what the respondents believed were the advantages of starting a business on the Lower North Shore.



5. The following graph illustrates what the respondents believed were the disadvantages of starting a business.

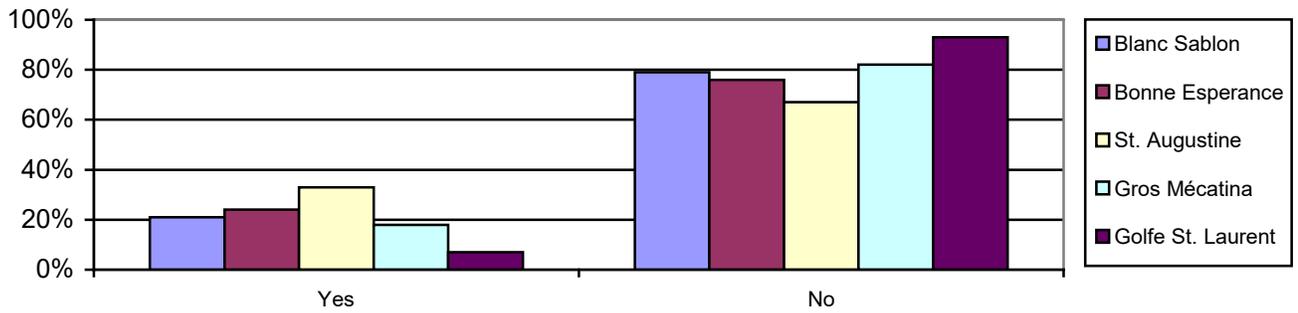


6. The following are the concerns and opportunities with regards to economic status that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

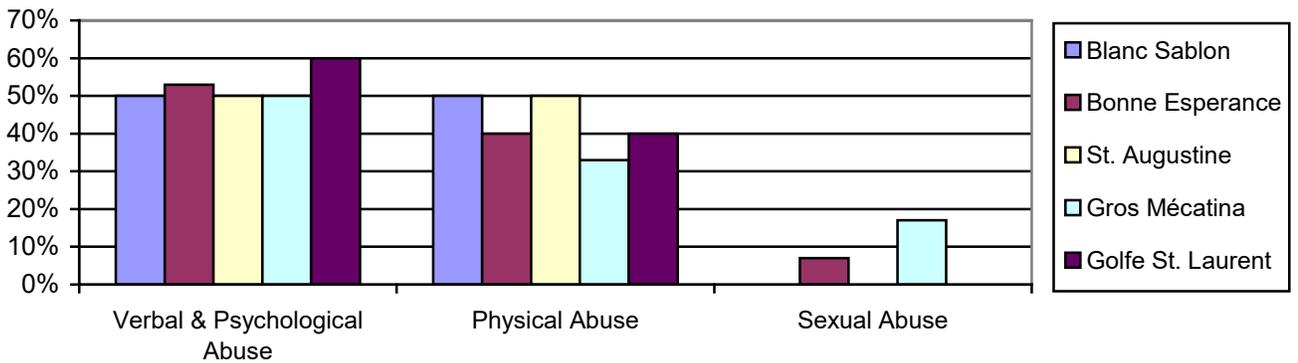
Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Cost of living is getting higher, salaries do not reflect cost of living ☞ Potential is there to better their economic status, but the knowledge to do so is not ☞ Little stability in positions, high turnover rate ☞ Lack of funding available to establish an enterprise 	<p><i>Tourism</i></p> <ul style="list-style-type: none"> ☞ Infrastructures must be put in place, in order to further develop tourism (extension of Highway 138, snowmobile trail, better Ferry services) ☞ Funding/financial support is required in order to get tourism off the ground ☞ Marketing and promotion (someone must take a lead in this role) <p><i>Transportation</i></p> <ul style="list-style-type: none"> ☞ All residents must work together in order to somehow cut cost in transportation <p><i>Wild Berries</i></p> <ul style="list-style-type: none"> ☞ Wild berries can be developed (canning, preserving, creating jobs) ☞ Cooperative to be implemented and leadership roles designated ☞ Small scale in the beginning, must be regulated (harvesting) <p><i>Fishery</i></p> <ul style="list-style-type: none"> ☞ Fishermen must join forces to better the situation ☞ Explore into farming/harvesting other species ☞ Limitation in quotas/equal quotas

Family Violence

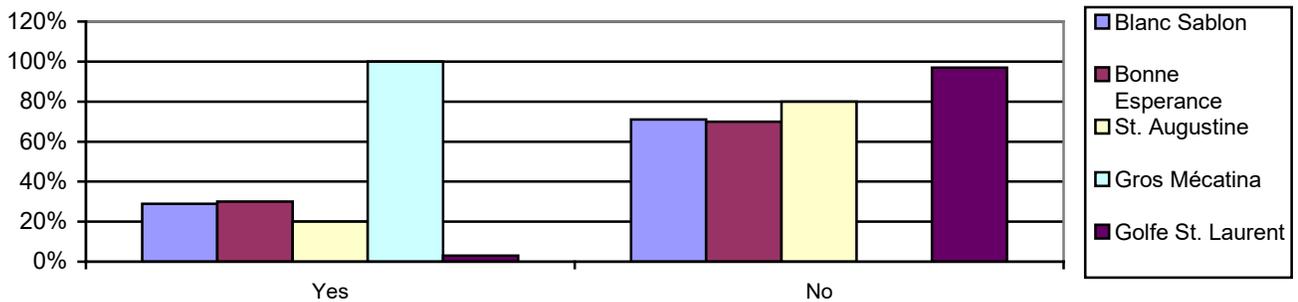
1. The following graph illustrates the percentage of respondents who have been confronted or have not been confronted with family violence.



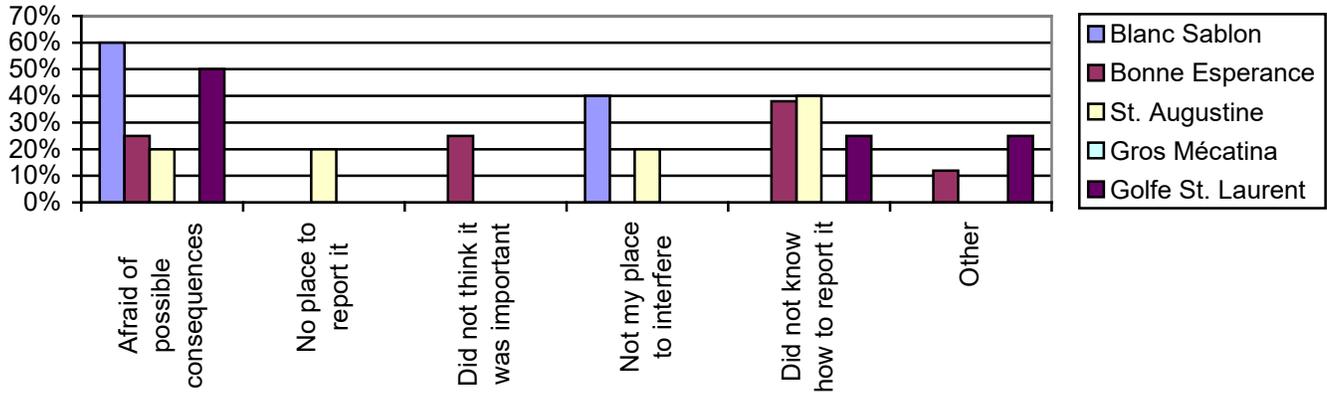
2. The following graph illustrates the type of abuse that was experienced by the respondents who answered yes to the confrontation of family violence.



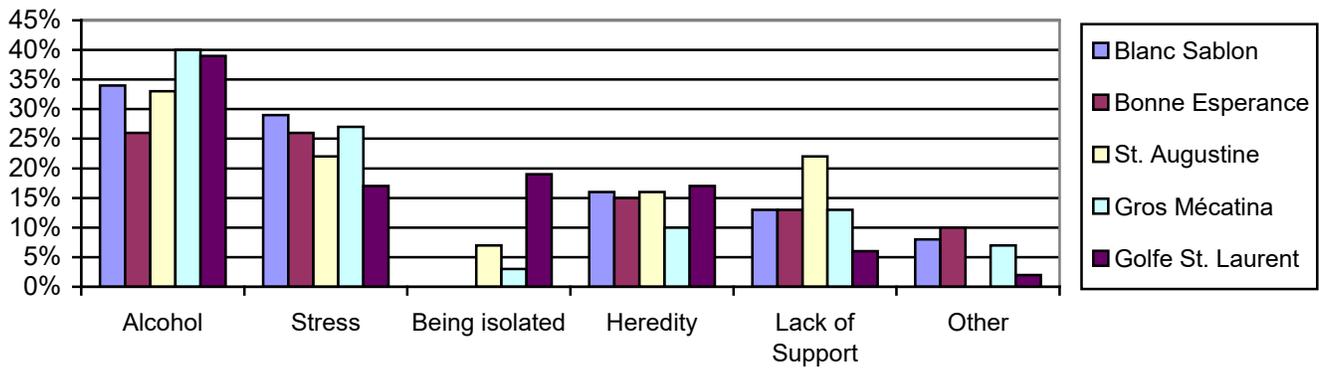
3. The following graph demonstrates the percentage of respondents who reported or did not report family violence when confronted with it.



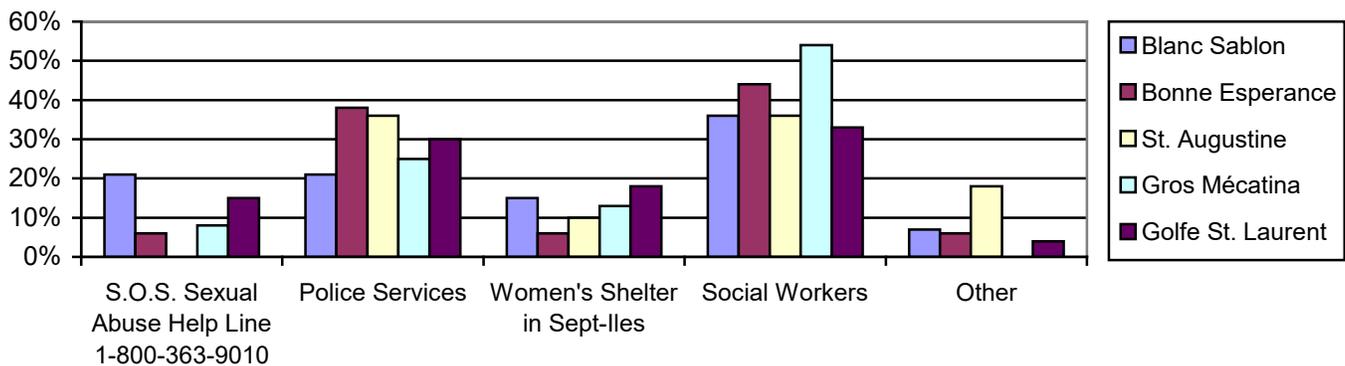
4. The following graph depicts the possible reasons why the respondents who were confronted with family violence did not report it.



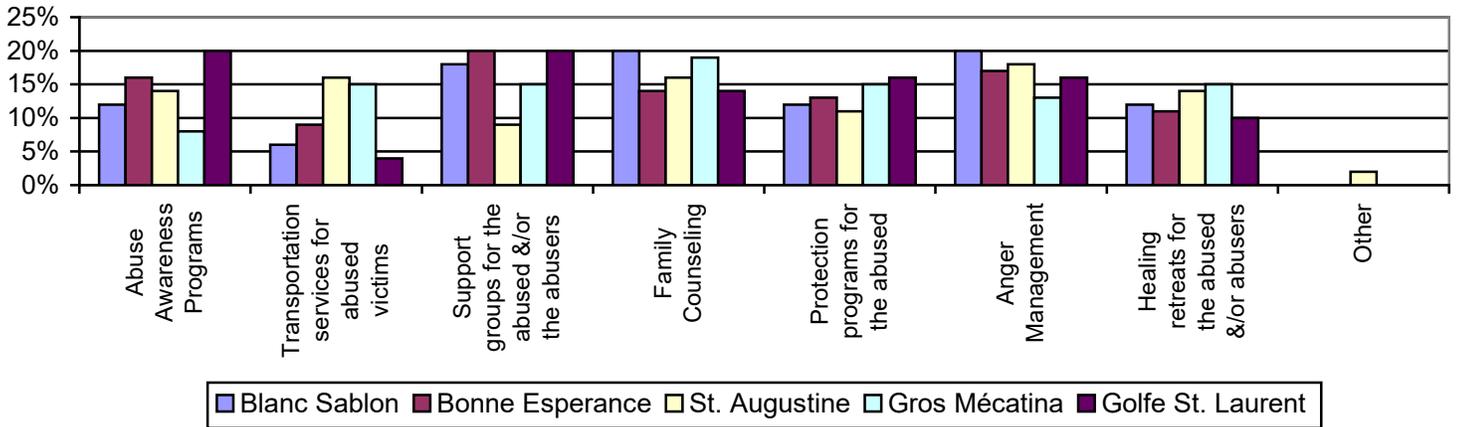
5. The graph below illustrates what the respondents believed were the main causes for family violence on the Lower North Shore.



6. The following graph demonstrates the percentage of respondents who are aware of programs & services that are available to women who have been abused.



7. The graph below depicts the programs and services the respondents would like to have available to stop family violence.

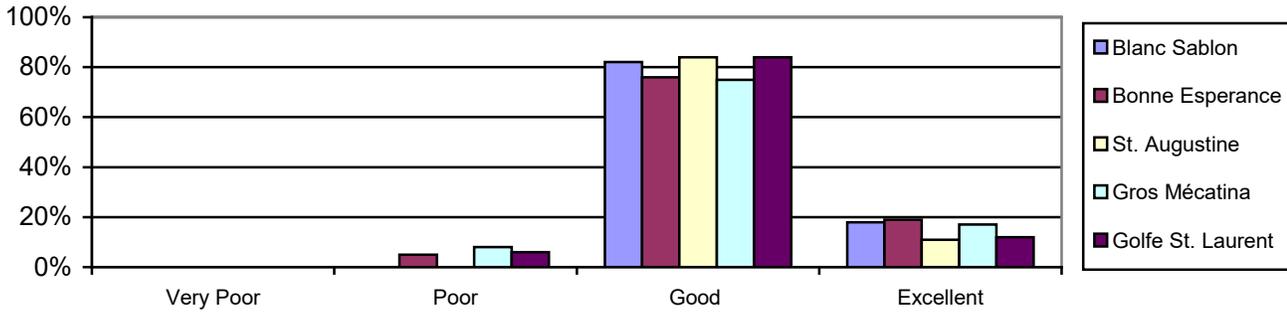


8. The following are the concerns and opportunities with regards to family violence that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

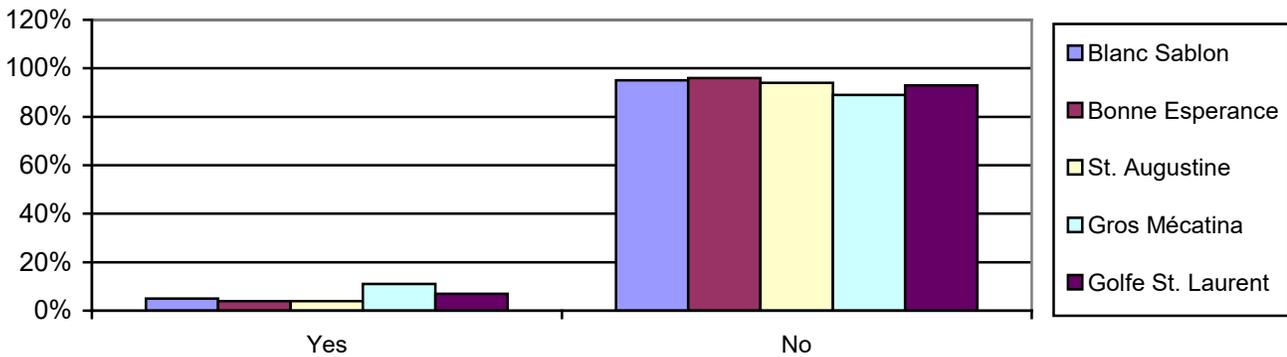
Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Lack of infrastructures implemented ☞ Residents believe that there is a lack of confidentiality ☞ Lack of information provided 	<ul style="list-style-type: none"> ☞ More awareness programs and an awareness campaign be implemented in schools and available to all residents of the LNS ☞ A center for abused/battered women must be implemented on the LNS ☞ A counselor in each community ☞ The consequences need to be more harsh for the repeat offenders/abusers (Police need to be more strict and more visible in the communities) ☞ Pamphlets need to be prepared and distributed about physical and mental abuse

Health and Social Services

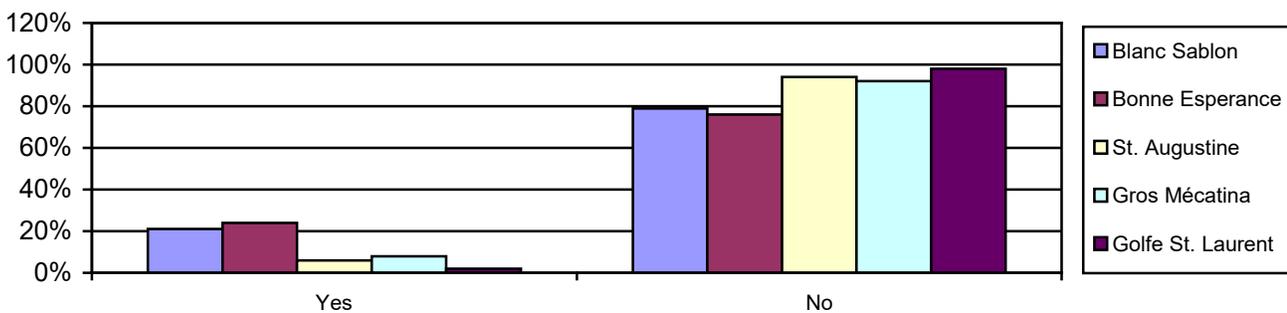
1. The following graph illustrates how the respondents rated their health on the Lower North Shore.



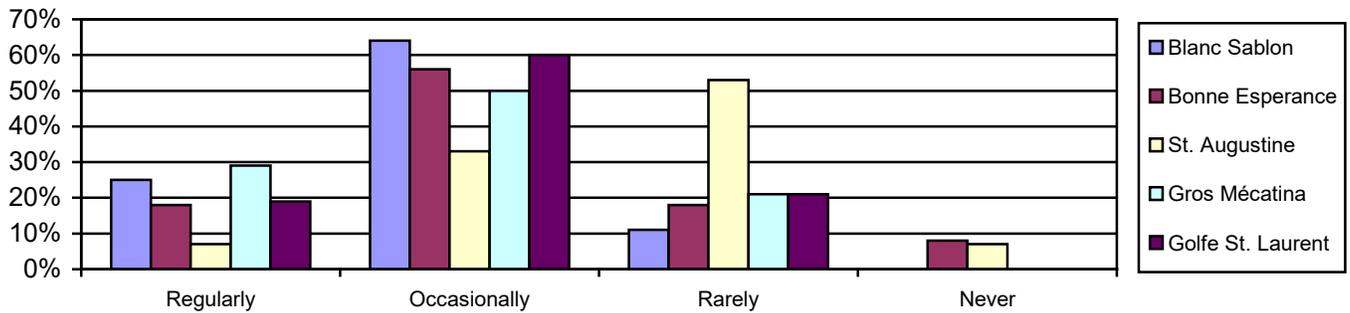
2. The following graph depicts the respondents who have suffered or are suffering from a health problem and didn't/don't know where to turn for assistance.



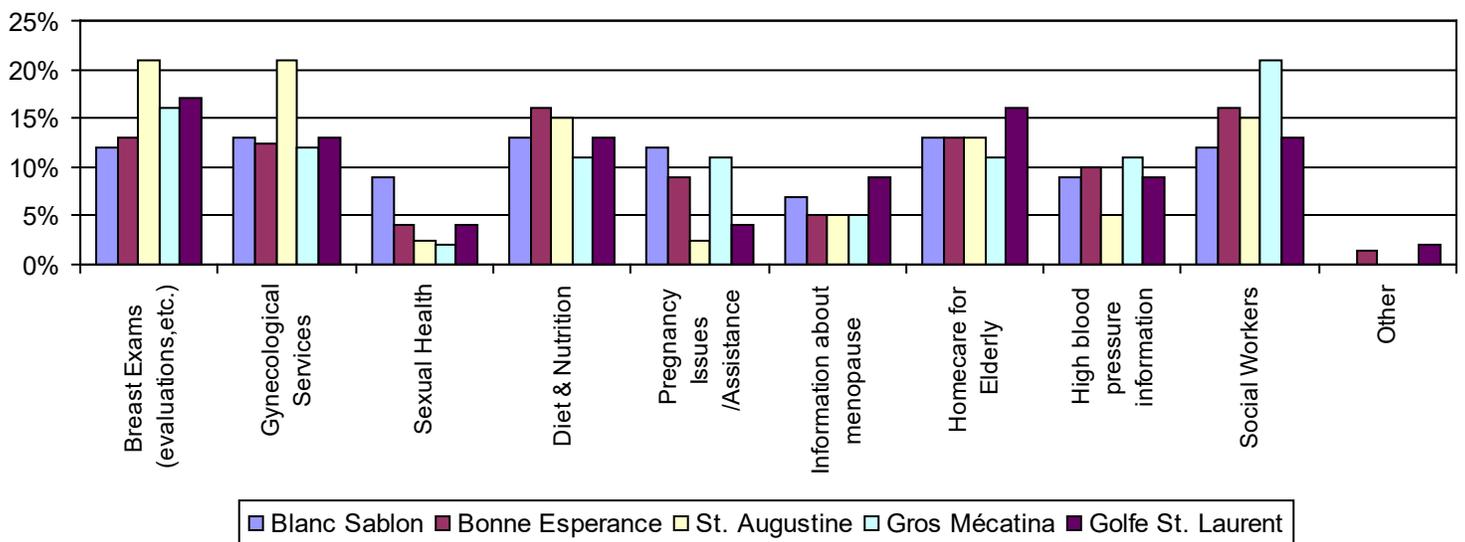
3. The following graph demonstrates the percentage of respondents who have chosen to go out of province to acquire women's health services, or information that they could not obtain in English in Quebec.



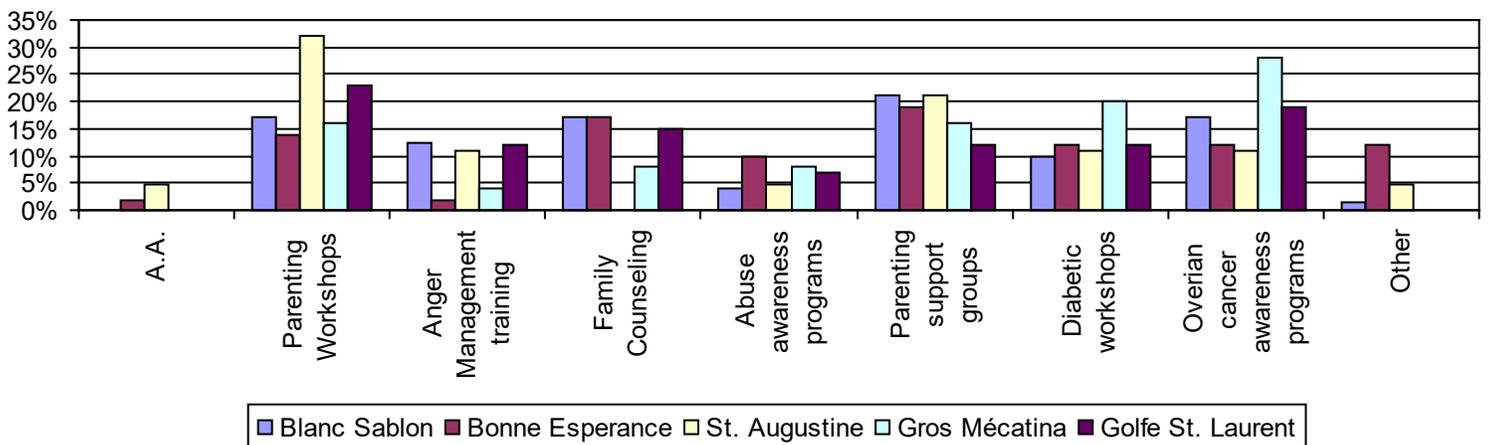
4. The graph below reveals the percentage of respondents who inquire about their health.



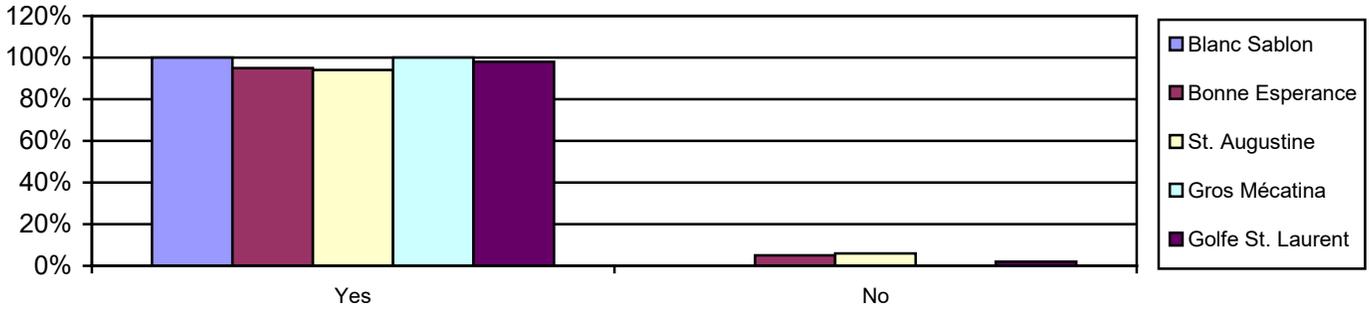
5. The following graph depicts the percentage of respondents who are aware of programs and services available to women on the Lower North Shore.



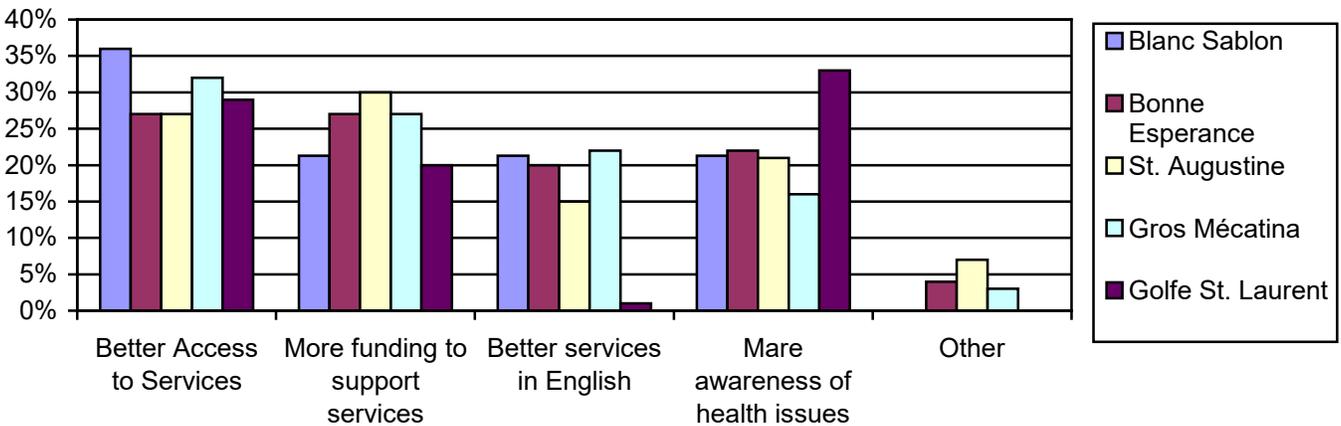
6. The following graph illustrates what percentage of the respondents would participate in the following services & programs if they were available.



7. The following graph demonstrates the percentage of respondents that believed the Health & Social Services can be improved for women on the Lower North Shore.



8. The following graph illustrates how Health & Social Services can be improved on the Lower North Shore.



9. The following are the concerns and opportunities with regards to health & social services that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

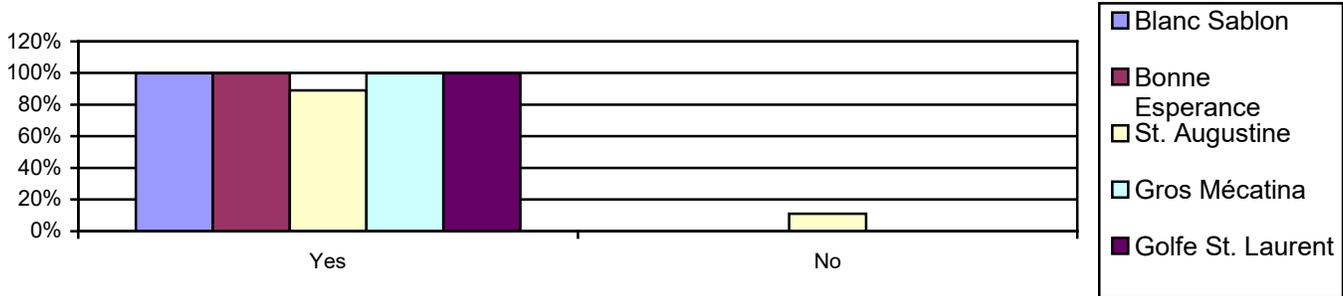
Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Lack of programs and services offered and lack of knowledge about what is offered ☞ Lack of support groups for women ☞ Must travel <u>off coast</u> to give birth and receive medical attention on various matters 	<ul style="list-style-type: none"> ☞ Medical services/attention in the hospital must be improved (giving birth, gynecological support/appointments should take place on the Coast, counseling available in each community) ☞ More supports groups should be implemented regarding women's issues (cancer, family violence, etc.) ☞ Better services in English

	<p>communities, within an English population should be serviceable in English both on and off the Coast</p> <ul style="list-style-type: none">☞ Earlier and more rapid appointment times for major concerns, such as MRI's, CT, mammograms☞ Better access to programs and services that are available and be made aware of them
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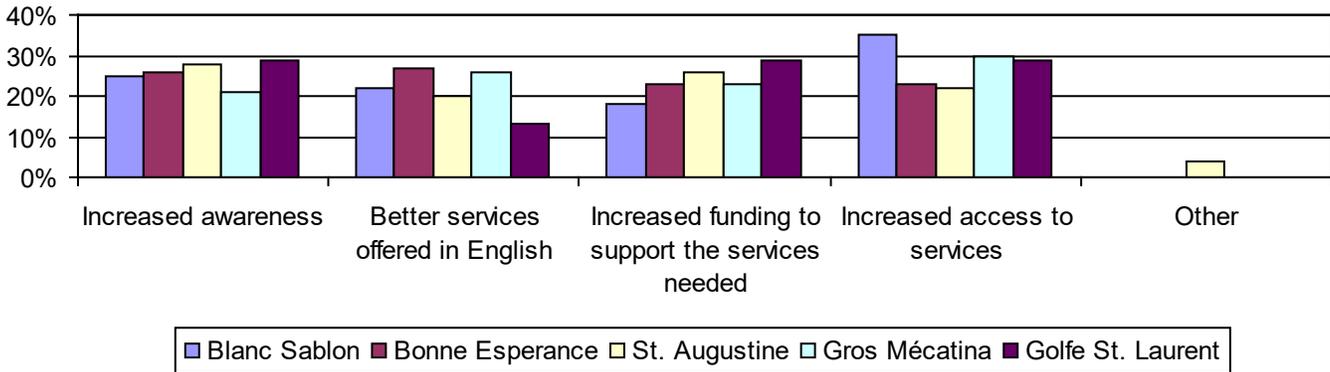
Justice System

In Quebec, the justice system is the set of Laws governing relations between persons. The Laws are created to protect rights and address responsibilities of persons. A court of Law is where parties who have a dispute can go to find a resolution in a court of law, according to the laws stated by the government of Quebec. The judicial system is the system of police, lawyers, courts, and municipalities working together to offer services where people can find justice for crimes and disputes.

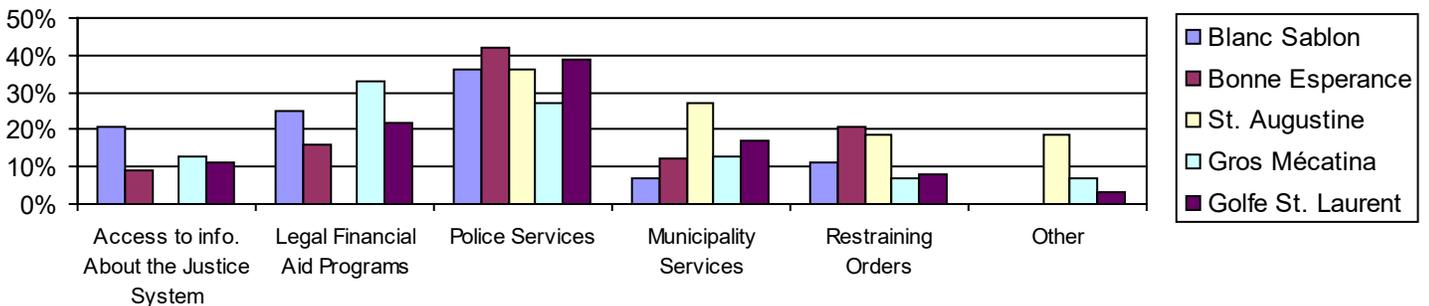
1 a) The following graph reveals the percentage of respondents who believe the justice system can be improved.



b) The following graph illustrates how the justice system can be changed.



2. The following graph demonstrates the percentage of respondents who are aware of programs and services to assist women in the legal system.

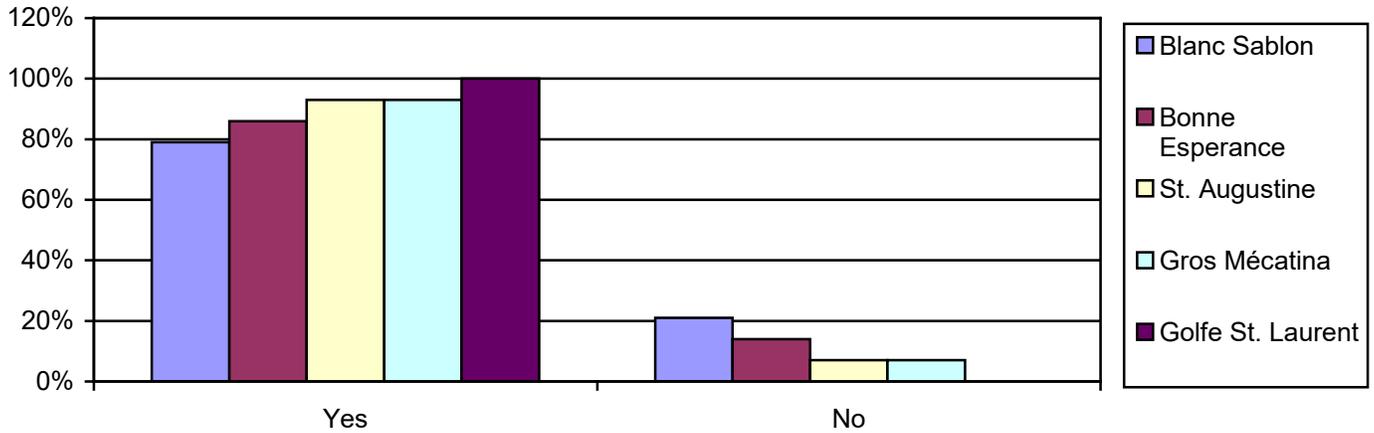


3. The following are the concerns and opportunities with regards to the Justice System that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

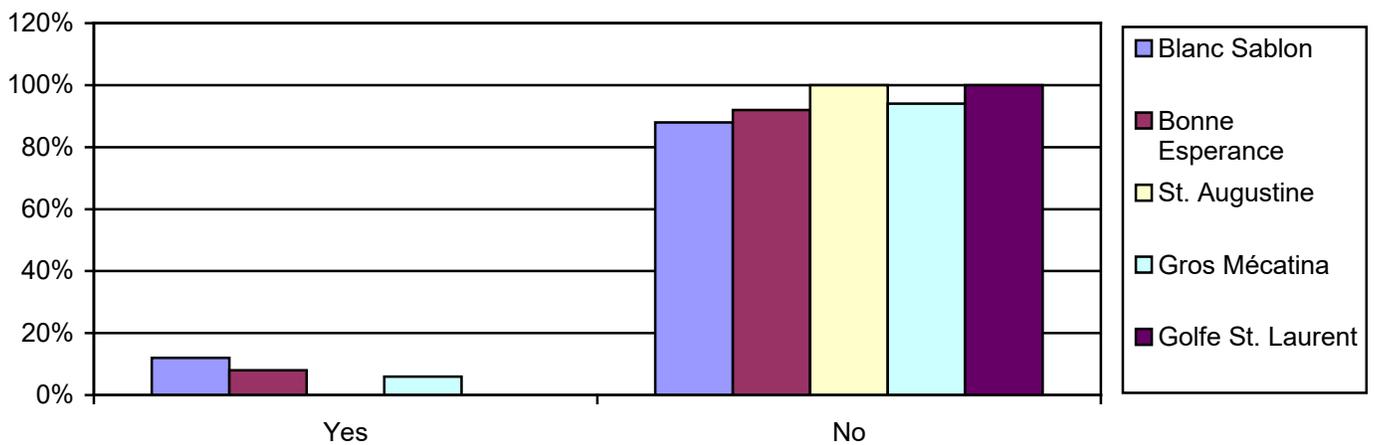
Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Not enough presence of police in each municipality/community ☞ Lack of information on the justice system on the Lower North Shore, if at all any ☞ No apparent presence of the Justice System at all on the Lower North Shore 	<ul style="list-style-type: none"> ☞ Lobby to get more presence of police officers in each community (alcohol abuse, drug abuse, general law enforcement...the police aren't nearly as visible as they should be) ☞ More access to the justice system in English (Lawyers, Judges) ☞ Improved justice for those being assaulted and for those who assault (more serious consequences for the abusers)

Mothers & Young Children

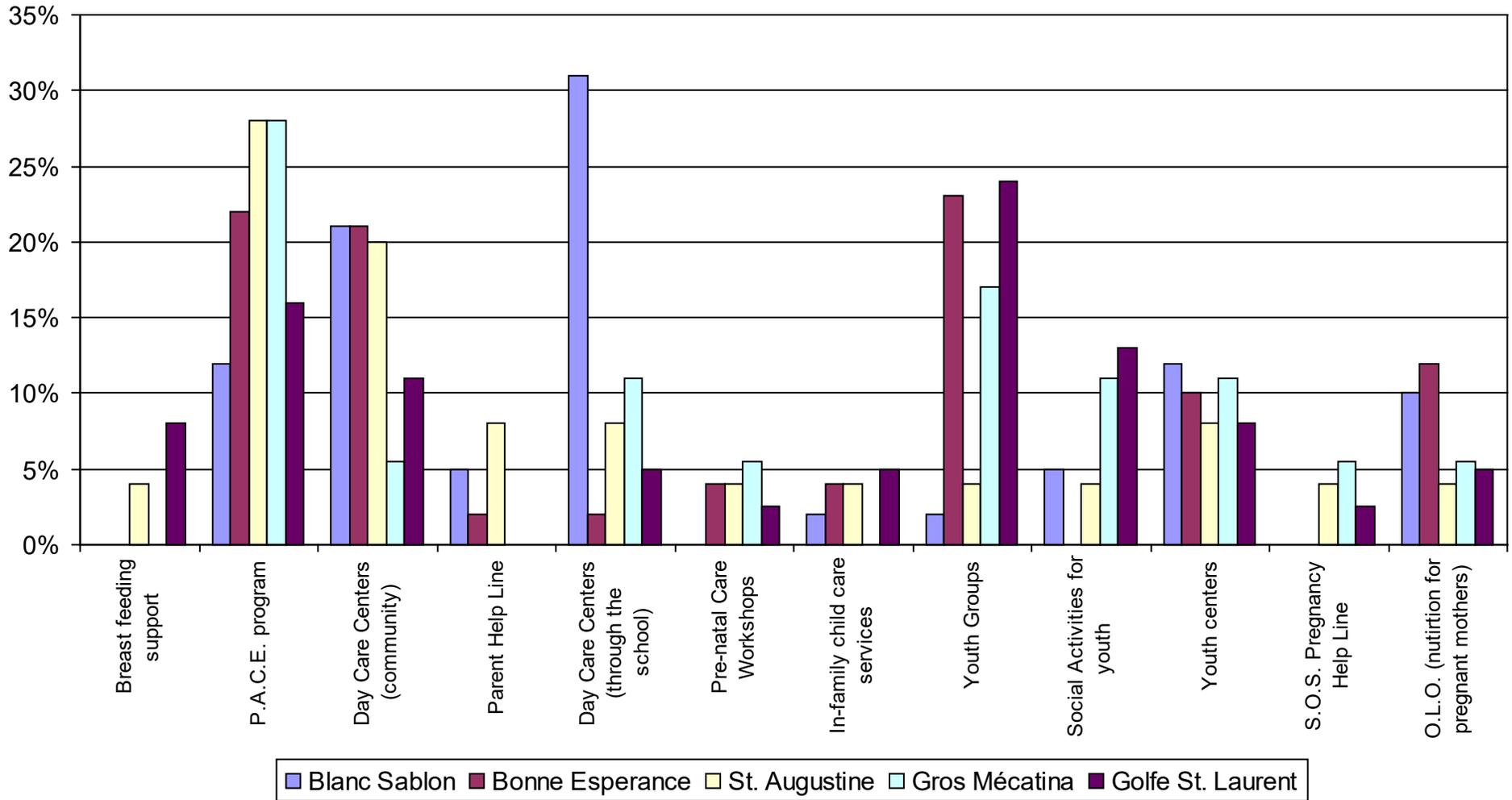
1. The responses were based on the number of respondents who have children or about to have children, or if someone in the household has children or is about to have children.



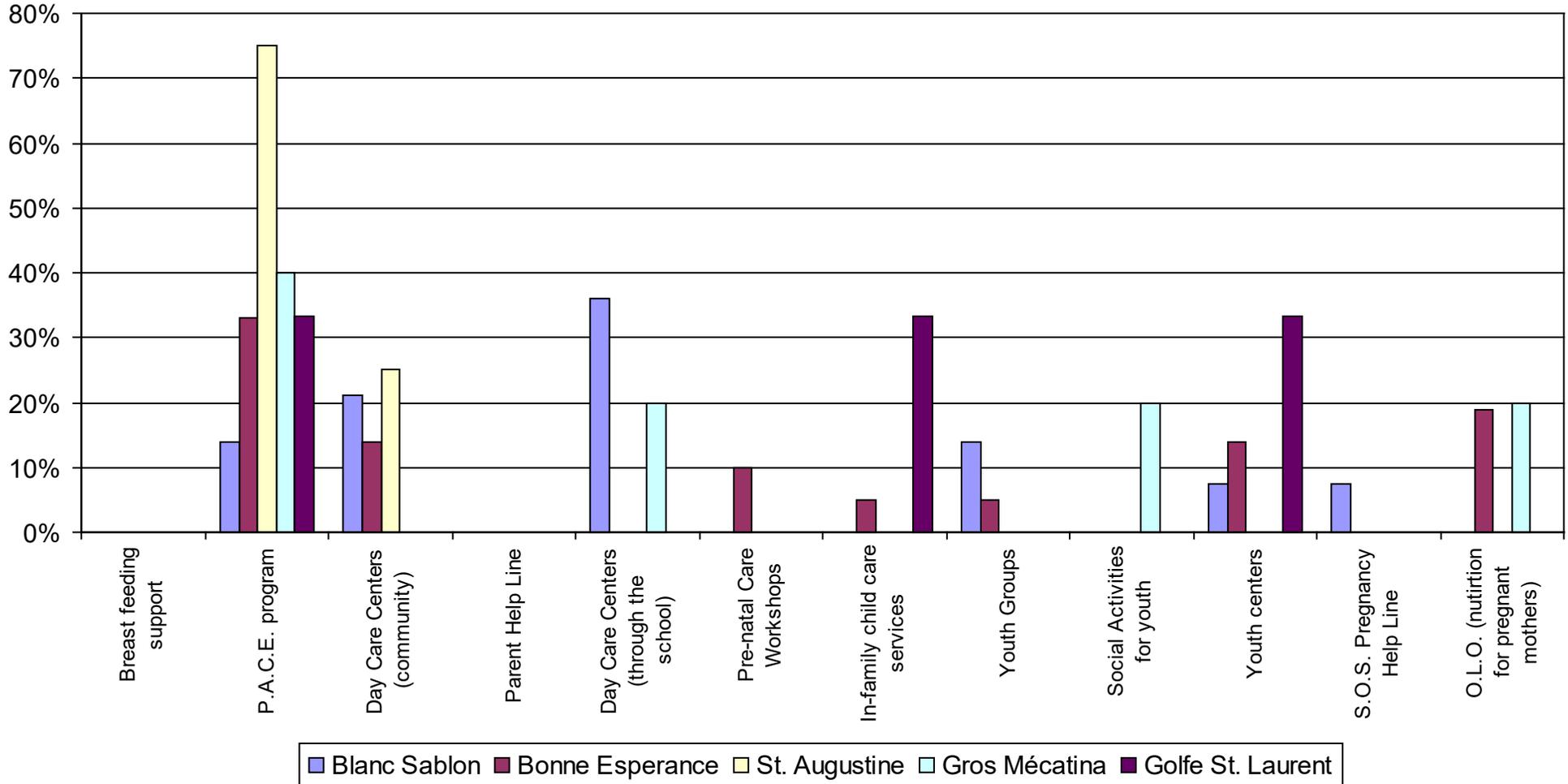
2. The following graph demonstrates the percentage of respondents who declare that there is someone pregnant in their household at present.



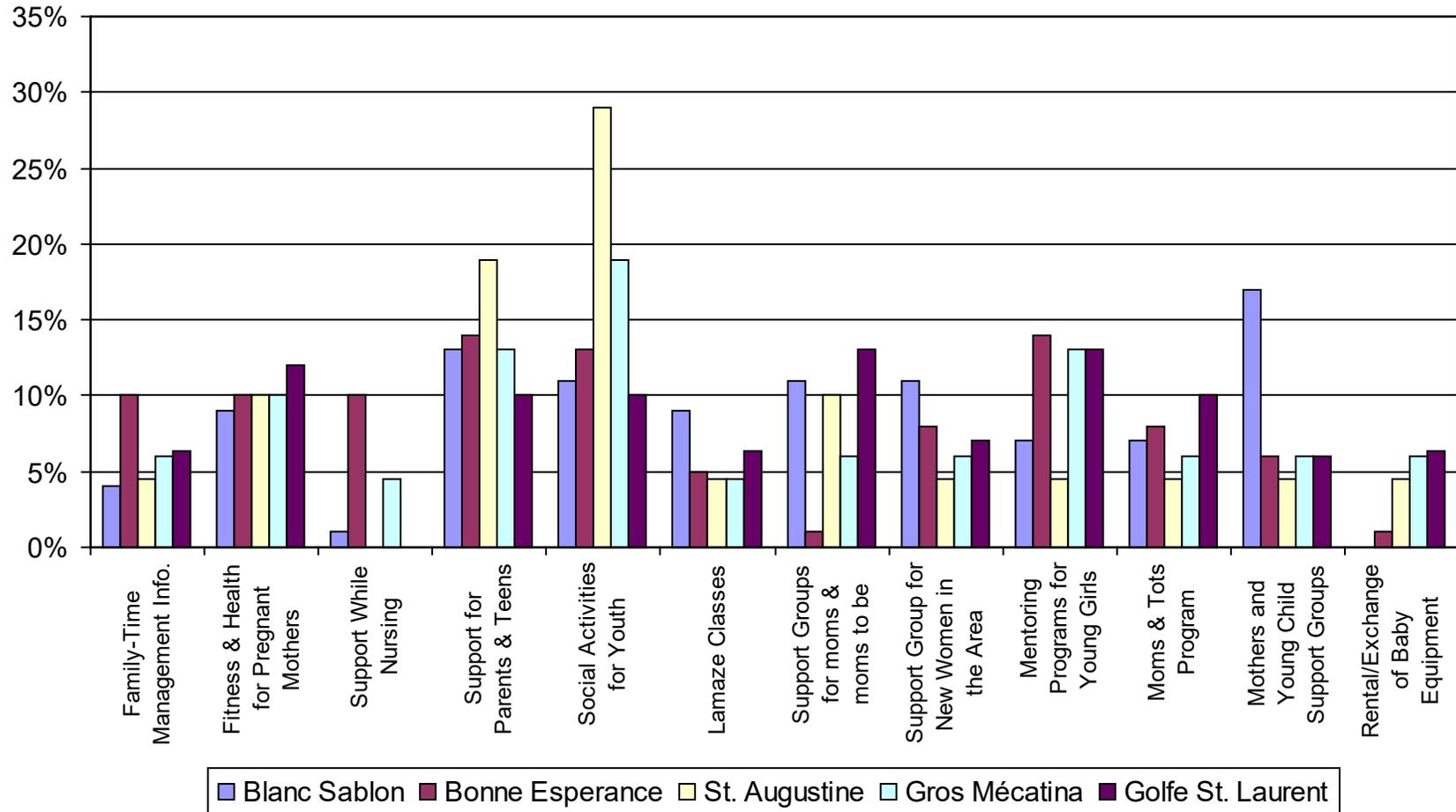
3. This graph demonstrates the percentage of respondents who are aware of programs and services available to mothers and young children on the Lower North Shore.



4. The following graph depicts the percentage of respondents who have participated in the programs and services outlined below.



5. The following graph illustrates the percentage of respondents who would participate in the following services and programs if they were available on the Lower North Shore.



6. The following are the concerns and opportunities with regards to Mothers & Young Children that were gathered and compiled from the survey, a culmination of the five (5) Municipalities of the Lower North Shore.

Concerns	Opportunities
<ul style="list-style-type: none"> ☞ Babies are not being delivered on the Lower North Shore, as was done years before ☞ Not enough access to child medical specialists/professionals and pediatricians on a regular basis on the Lower North Shore ☞ No support groups for mothers and expectant mothers 	<ul style="list-style-type: none"> ☞ Better services must be implemented in the hospital (pregnant women for the coast should be able to remain on the coast to give birth) ☞ More support groups should be initiated and maintained for mothers and young children and expectant mothers on the coast ☞ Fitness and health programs should be implemented in each community ☞ More daycares should be implemented ☞ A shelter for battered women should be implemented ☞ Access to pediatricians/specialists on a regular basis on the LNS ☞ All medical staff should receive awareness and sensitivity training dealing with issues specific to the LNS ☞ More awareness on where to go for specific needs/answers (booklet could be published on what resources/programs are offered on the LNS)

Results of Organizational and Municipal Surveys

In the fall of 2005, as part of the Needs Assessment Project, a survey was drafted, completed and forwarded to various organizations and institutions on the Lower North Shore. These surveys were sent to seventeen (17) regional organizations and five (5) Municipalities. Six (6) groups and two (2) municipalities responded, they are: Centre de Sante et de Service Sociaux de la Basse Cote Nord, Commission Scolaire du Littoral, Local Development Centre, Coasters Association, Coastal Publications, Quebec Labrador Foundation, and Municipality of Bonne Esperance and Golfe St. Laurent, giving a response rate of 36%.

Employment Status

All organizations did not have any employment openings at the time of response, however, did state that all present and new positions that are or become available depend on qualifications for the position.

Outlined below are some of the programs, services and training that have been offered and are offered to women through various organizations and institutions on the Lower North Shore as was ascertained via the survey.

Education and Training

- Leadership training
- Personal Development
- Book-keeping (finance)
- Newspaper Layout and Design
- Secretarial
- Computers
- Community Capacity Building
- Training Sessions to Volunteers and Staff
- Life Skills
- Presentation development
- Adult education services may organize specific courses to address women's concerns if it is an expressed need and a sufficient number of registrants
- Distance Education Courses

Community Initiatives

- Community Kitchens
- Women's Needs Assessment
- Services to the Mentally & Physically Challenged Project
- Volunteer Retreats
- Focus Group Sessions
- Pregnancy Committee established
- Women's Coalition has presently been established
- Local table for seniors in process of being incorporated
- Health Committees (involving parents & community organizations) established in Municipality of Bonne Esperance, Blanc Sablon & St. Augustine

Health and Social Services

- Pre-natal and post-natal care

- Programs and subsidies for when women go to have their babies
- Program of intensive support for young parents
- Breast cancer screening program
- Cervix cancer screening program
- Tele-Health program
- Abuse Awareness programs
- Diet and Nutrition
- Nutrition Project
- NPI program -Voices & Choices (parents involved)
- Community Against Drugs (CAD) program
- Retention & Distance Professional Community Support program
- Extra Regional services (ie: speech therapy, learning difficulties)
- Pregnancy Issues/assistance
- Parenting workshops
- Breakfast programs – Schools in the Municipality of Bonne Esperance (parents involved)

Justice

- Family violence program

The following are programs and services that the organizations believe should be implemented and/or should be made aware of on the Lower North Shore.

- More time for on-the-job training
- More Daycare Services
- More Community Activities
- More Community Infrastructures (youth center, center for disabled people, seniors home, friendship home, etc.)
- More activities geared toward parents & children
- More police protection services
- More workshops/training offered with regards to leadership, self-esteem, life skills
- Development of Project Proposals
- Survival Pack for Mothers and Children
- Further develop and implement the Tele-Health program on a full time basis
- Tools for Life Program
- Trade Courses
- Assistance in starting a business (ie: arts & crafts, sewing, etc.)
- Entrepreneurial workshops/training
- French Second Language Courses
- On-line Courses
- Parenting workshops & Support Groups
- Help Line for women
- A project to help with issues regarding justice (ie: family violence)
- More news publications of the activities of the different groups for women

It was perceived from all the organizations and institutions who responded to the survey that there is a definite need for more and improved programs and services for women on the Lower North Shore. It is also apparent that most residents of the Lower North Shore are weary of surveys and questionnaires; they believe that infrastructures must be implemented as soon as possible so that the inhabitants of the Coast may benefit from these infrastructures without delay.

Results of Focus Group Sessions

Focus group sessions were held in each Municipality of the Lower North Shore from March 13th to 17th, 2006. The focus groups were an additional avenue for participants to incorporate further concerns and opportunities for women on the coast. It was also a great way for women who were unable to complete the survey to share their concerns and opportunities. The results of the focus group sessions were consistent with the results of the survey, with the exception of the following points:

- Need to look at what works in each community and what doesn't (in terms of women's groups or community oriented groups) and then share what's working with other communities
- Because we live in isolated areas, it is felt that we don't receive the qualified services that we should be getting in the health & social services departments
- Qualified people are not getting the positions that they are qualified to do in regards to many of the positions that become available on the Lower North Shore
- Not enough emphasis is geared toward our seniors (especially in the Bonne Esperance area) such as infrastructures, recreational activities, etc.
- A counselor should be made available who deals specifically with the issues of women (parenting, violence, etc.)
- There should be more support, whether it be financially or emotionally for single mothers (extremely important)
- It is perceived that there is a need to have more presence of the Coasters Association in the Western Sector of the Lower North Shore (Municipalities' of Gros Mécatina and Golfe St. Laurent).

It is necessary to conduct surveys and produce reports in order to generate results; however, it is perceived that now is the **time for action – enough surveys and reports.**

Results of Forum



Coasters Association - Lower North Shore Women's Coalition Forum Lourdes de Blanc Sablon, Monday, March 27th, 2006

Chair: Shannon A. Keats

Facilitated by: Hugh Maynard

Meeting Secretary: Stephanie Maynard

Attendees:

Chalotte Anne Rowsell	Harrington Harbour
Sharon Chubbs Ransom	Chevery
Susie Green Cox	Tête-à-la Baleine
Jennifer Wellman	La Tabatiere
Shelley Fequet	St. Augustine/Old Fort
Kimberly Buffitt	St. Paul's River
Pearl Roberts	St. Paul's River
Priscilla Fequet Griffin	St. Paul's River
Leona Etheridge	Brador
Dorine Labadie	Lourdes de Blanc Sablon
Jocelyn Jones	Lourdes de Blanc Sablon
Marcella Beaudoin	Lourdes de Blanc Sablon
Janet Walsh	Blanc Sablon
Genevieve Bolger	Blanc Sablon
Josie Letemplier	Blanc Sablon

Welcome and Introductions

Shannon introduced herself and welcomed everyone to the Coalition Forum and asked that, in turn, each participant introduce themselves.

Objective of the forum

Shannon gave a brief overview of the purpose of the forum.

- To connect the women of the Lower North Shore
- To prioritize opportunities
- To identify phase II of the project
- To keep the ball rolling on women's issues project

PowerPoint Presentation

The PowerPoint presentation was made available to the participants, where during the course of the PowerPoint the presentation was paused in order to answer any questions that may have been raised. One question was

raised and that was, “Where exactly did the focus groups take place?”, Shannon explained where they took place and proceeded on with the power point.

Discussion period

The discussion period was facilitated by Mr. Hugh Maynard. He outlined the goals of the forum which were:

- Discuss the issues
- Identify opportunities/solutions
- Raise awareness
- Coalition (formation of working group)

Discussion on Issues

Mothers and Young Children:

- No access to pediatricians
- One doctor has all the power, won't recommend specialist. Happened to other mothers. The doctor shouldn't tell you that you can't visit a specialist. There's no second opinion. Doctor has to sign papers to get travel compensated to visit specialist, but won't
- Transportation deficit...yet they're flying people unnecessarily because of health service delays. Doctors don't get paid for teleconference consultations. When you travel you lose three days work
- Lack of awareness of the Tele-health program
- Mothers, instead of Fathers, have been doing it all along. They're the fixers. “Mom, I can do it, but you can do it faster”. We do it because we can do it faster. We, ourselves won't let go of the responsibility. It's a learned behaviour. We as women need to step back and give up some tasks. We do it to our own children – ask our daughter to do the dishes, but not our son
- It seems to be changing a bit though. Men are capable, but they were never given the chance
- How to get men more involved?
 - Teach them when they are young
 - They can be taught later in life, it just needs to be demanded of them
- Parents didn't know how to coach soccer even though they wanted to. Offered coaching course and they're all doing it now. Developing more interest from others, some people don't have confidence

Pregnancy:

- Extreme difference for Harve St. Pierre and here - \$65 per day in Harve St. Pierre, \$20 a day on the LNS
- A lot of mothers taking out a loan to have babies
- At least \$25 a day for room
- “Why can't we have babies here on the LNS?”
- Standards have been raised too high
- Northwest Territories, NFLD have mid-wives
- What was once acceptable is no longer so, nobody ever associated birth problems with the nurse or doctor, whereas now all doctors are liable
- Causes insurance implications
- Can something be done about compensation
- Bigger issue of Provincial regulations

Language:

- Resource people can't speak English

- Presentations from experts in French and it keeps happening over and over
- There are agents hired in Sept-Iles to service the Lower North Shore, but don't speak English
- People have to make complaints to get their information in English, in NFLD they get interpreters
- There's a cancer center in Rimouski with no English employees
- It's hard enough to go through a pregnancy alone, never mind not having anyone to serve you in English
- Made to feel like a lower class citizen because of the fact that you can't speak French

Education:

- Last Stats demonstrated that women are doing all the care for seniors, and predominately the care of children, do housework and taking on too much responsibility
- Aside from working for pay, women have always taken care of the family which is different from the stats in the rest of the Province. The role women play on the Coast is different from the city. Males should be taking on more in home responsibilities at 20-30 year olds. We're partly to blame. We grew up with our parents doing it, while adding now to the new world of working. That's when depression sets in. Some men are helping at home. Related to education - women are principally caring for child's education
- How do we get women interested in Coalition. Some don't care. Needs leaders to start it. Some will follow. Not that they don't care but don't have the confidence to lead. Some are very pessimistic "don't matter anyway, nothing's going to come of it"
- Generation of awareness, linking to what's available, one on one, repetitive. No one plans for us, we have to do it for ourselves. Retreat for LNS women. If you're new, hard to get involved in a group. You stay with what you're comfortable with
- Self confidence of women on the coast is an issue, because of lack of education and programs. Women on the LNS are very independent. Not the same opportunities as men. No career counseling. Lack of programs to empower women

Employment:

- A lot of women can do crafts, no one knows about it, they don't know they're own skills
- Cooperative crafts, QLF is doing something, but no one knows about it
- Coostar (newspaper) is a great and only way to get hard copy information
- Tourism, for such a beautiful place, there isn't much in the way of tourism
- NFLD have an abundance of tourism, need to see what has worked for them in initiating and maintaining it
- No camp grounds
- Need entrepreneurs

Communication:

- No one shares ideas and information, because it gets stolen
- Some things don't work in all communities, see what works and what doesn't
- It should never be petty between villages "oh that village got...." It should be "the coast got something....."
- When you are no longer on the coast, you are always drawn to someone from the coast, no matter where on the coast they are from

Senior Citizens:

- Medical/Home care at home – example a lady who had arthritis did not qualify for home care. What are the criteria's to qualify?

- Can't get around the communities in some instances up the coast
- Nurses are not qualified by "insurance" to perform home visits
- When seniors can't stay in their homes anymore, that's when they need the help the most
- One on one education, the seniors are starving for companionship and someone to do things for them. Need a coordinator to organize activities for them.
- Social worker split in too many places
- Part of meals on wheels is spending time with the seniors. Pick them up to bring them to card games, bingo, etc
- Salaries partly subsidized trying to raise the hourly rate to \$14 per hour. Cost less for seniors than for others, but everyone can access it

Youth:

- Nowhere to go after high school, nothing to do
- There's time for bingo, darts and hockey, but no time for the youth
- People will travel for bingo, but not to take their youth to an activity
- Activities are always in Lourdes de Blanc Sablon, some people can't afford to travel. Blanc Sablon has no infrastructures
- Effort isn't being made on youth activities
- If it doesn't involve alcohol, youth don't want to go, but it is learned from parents
- You have to persist in trying to have alcohol/smoke free activities

Justice:

- Divorce – a woman lost custody of her son, mainly due to the fact that the lawyer she had didn't even speak English (legal aid)
- We don't know our rights as women
- To get your ski-doo registered, it has to be examined by a police officer and up coast there is no presence of one
- Have to go to Quebec, Montreal or Sept-Iles to get you driver's license changed from another province, new rule into effect just recently
- Lack of privacy
- Should not be closed to public
- Same lawyer for all types of cases

Identification of Opportunities\Solutions

Mothers and Young Children:

- Suggestion was to write to the User's Committee. People can write letters to Coasters Association as well. Women's Coalition could bring in a Doctor to hear the concerns
- Tele-health through Coasters Association, CSSSBCN & McGill University. They can request a specialist to present on topics of interest, every second Tuesday
- A Pregnancy Committee has been established, consisting of representatives of the Coasters Association, CSSSBCN, residents of Bonne Esperance & Blanc Sablon

Education:

- Counseling

- Doctors, nurses, ministers, priests, if possible should be from the coast
- National Park to be implemented from La Tabatiere to Goose Bay. If young people want to come back they should be informed on what's being developed and perhaps they could gear their education towards that.
- Hiring outside people and not the young people who are qualified to do the job
- School – hired through the school board, we need to network to hire people from the coast
- Promote what's going to be happening in the future for jobs for high school kids
- There should be a guidance counselor that is aware of the jobs

Employment:

- Entrepreneurship
- Can get sewing in adult education (it's expensive, don't need high skills, just basic)
- We need basic training (eco-tourism, kayaking)

Communication:

- Coops would get rid of the competition that seems to always be a factor
- Stay positive, find what works

Senior Citizens:

- Meals on Wheels in Chevery is working well
- Domestic aid in Tête-à-la-Baleine, possible implement in other communities. Cleaning, painting, lawn care, etc,. Operate as a non-profit organization with part of the salary paid by Emploi Quebec. Pay \$8 an hour for cleaning for the general public, \$5 for seniors. Study being done on it. Aimed for seniors, but available for everyone. A woman created a position for herself, but needed a group to apply for funding
- The Coasters Association's nutrition project is currently doing a survey in Harrington on Meals on Wheels. Possibility of branching into other communities
- Social economy projects – some people want to stay in their homes but they're socially isolated. Need for day programs. Need for long term care that could be more combined with it. Give homecare workers more hours. Too poorly paid. Very restricted work. Seniors need companionship and someone to do things for them
- Education for seniors – on pension – it's to pay for care - not to put in the bank.
- Funding from government can be obtained to establish a cooperative for domestic care
- An outdoor park for seniors outside the hospital. Have a walkway along water. Nothing for them to go outside. Whole community could use it and would create employment
- A Local Table for Seniors has been established by the CSSSBCN, composed of many regional organizations and all the senior groups on the coast
- Need more social workers

Youth:

- La Tabatiere has a youth center run by volunteers, all women

Justice:

- Crimes - not proper punishment/sentences - not reflecting severity
- French judges, should be bilingual
- Universal court for rape and poaching
- Court is open, anyone can attend

We need to **Raise Awareness**. There has been a certain level of awareness raised by us just being here at the forum, what else can we do and needs to be done?

- Needs leadership person to follow through or perhaps a group of leaders
- Issues need to be prioritized to find out what's already being worked on and what needs to be done (i.e., there exists already a seniors committee and a pregnancy committee)
- There needs to be a justice committee and language committee
- We need to get people's attention, Coostar, Radio, etc.
- There should be a community bulletin board, a "did you know.." area
- Letters need to go in each mail box, because it seems to be what works when promoting an event
- Need to use every avenue of media, it must go everywhere (stores, newspaper, mail)
- Let people know what's happening with the coalition and that it's open. Who was here and what we discussed

Benefit of sharing

- Continue to share by conference call
- Telehealth (video conferencing)

Need to recruit more women

- Could be a coop, non-profit, committee
- If you get 50% to sign up we're doing great

Find the existing women's groups

- In Chevery
- In Blanc Sablon
- Seniors groups
- Sewing groups, arts & crafts, etc.
- Could be apart of the Coalition (member of women's group)
- A whole body representing all groups

FIEF (Entrepreneurship for women)

- We need to pass this kind of information on
- Bring in speakers by conference call
- Talking has benefits, networking

Priorities

To be developed by the Coalition for Women in Phase 2 of the project

Coalition

All were in agreement that we definitely need the coalition on the Lower North Shore. We need to establish a purpose.

- To improve the quality of life for women on the Lower North Shore
- Every one has to take a role, it should not be left up to one person to do
- Support groups for women need to be established

- There should be no “president” or “vice-president”, there should be equals (example...Health Coalition)
- An organizer – paid employee, as part of their job is to find alternate funding
- We need to get the 2nd phase to employ someone like Shannon, as the Coordinator
- We need it!!!
- Next Step – Request Phase II funding – how to continue
- Each community needs to be represented on a coalition
- If a person is unable to travel, conference call can be used

A **Working Group** was formed of members of the Coalition. One person from each Municipality.

Jennifer Wellman – Municipality of Gros Mécatina

Priscilla Fequet Griffin – Municipality of Bonne Esperance

Marcella Beaudoin – Municipality of Blanc Sablon

Sharon Chubbs Ransom – Municipality of Golfe St. Laurent

Shelley Fequet – Municipality of St. Augustine

Shannon Keats – Coordinator, Coasters Association

Conclusion

This project entitled “A Study of Women’s Needs of the Lower North Shore of Quebec” sought to bring forward the concerns of women on the Lower North Shore and to develop lasting solutions to the problems faced by women in this region. The information that was gathered via the survey and focus groups, as well as the forum, was crucial for the planning and preparing for phase II of this initiative and the development of future programs for women.

After reviewing the surveys, focus group sessions and evaluation forms obtained from the participants, it is evident that the lack of programs and services for women on the Lower North Shore is a major concern.

Overall it can be stated that the initial stage of the project was indeed a success, but this is just the first step, there is much more to be done. With the results of the assessment and the formation of the Coalition for Women, planning and preparing for phase II of the project is fundamental, which is the development of an action plan for lasting solutions for women and children. The next steps, nonetheless, will require additional essential funding in order to create and implement this action plan.

Next Steps:

- Work with Women’s Coalition Steering Committee (see Annex 7)
- Seek and obtain funding for the continuation of this very important initiative (Phase II)
- Once funding is acquired, develop an action plan with the Steering Committee and Coalition
- Implement the action plan for long lasting solutions for women on the Lower North Shore of Quebec

Acknowledgements

A special thank you goes out to Canadian Heritage whose financial assistance and support makes it possible to continue fundamental projects such as this one.

Thank you to all the resource people at the Centre de Santé et de Service Sociaux de la Basse Côte-Nord (CSSSBCN), their guidance and assistance were greatly appreciated.

It is essential to express thanks and gratitude to all the individuals and organizations who have taken the time to answer the survey/questionnaire which provided us with valuable information.

A heartfelt thank you to the participants who volunteered their time in the focus group sessions held in each Municipality. The Coalition for Women also deserve a huge thanks, their contribution was crucial in the success of the project.

A thank you goes out to Melody Weller who worked on the project in its initial stages and laid the groundwork for its success. An immense thank you is extended to Hugh Maynard and Stephanie Maynard for their essential guidance and assistance throughout the course of the project.

Finally, a gracious thank you is extended to the Coasters Association, its staff, board and volunteers, whose support and knowledge were invaluable. I am extremely grateful for the opportunity to have worked on this amazing project in a wonderful team-oriented environment.

Shannon A. Keats
Project Coordinator

Annexes



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Patrimoine Canadian
canadien Heritage

Study of Women's Needs on the Lower North Shore

The goal: The goal of this project is to get women involved and to talk about issues and challenges so that solutions and opportunities can be found.

Project Description:

The purpose of this project sponsored by Heritage Canada, is to research information, organize focus group sessions, and establish a coalition (for phase 2 of the project) to improve the overall status of women on the Lower North Shore of Quebec, and to seek lasting solutions. This project will also decrease the sense of isolation of the women, and help to remove road blocks that keep them from realizing their full potential in today's society. Women living on the Lower North Shore are not always given tools need to make the transition to change their situations.

During this project a population questionnaire will be mailed to every households on the LNS. The different organizations, institutions, associations and government departments will be surveyed to find out what programs and services are already offered to women and what can be offered. Random phone interviews will be conducted as a follow-up to the questionnaire and surveys. As well, women's focus group sessions will be held, in each municipality along the Lower North Shore to discuss issues, challenges, and opportunities.

During this project will be the formation of a Coalition for Women, bringing together women from all walks of life to exchange views and to build long lasting solutions for women on the coast. The last step will be to hold the first forum for Women to discuss all the information found. It will be held, during the month of February, in a community to be selected.

Some of the topics which will be researched:

- √ Programs to help women further their education
- √ Possible solutions to improve Women's Economic status (Employment Opportunities)
- √ Programs & Services offered to Mothers and Young Children
- √ Financial and Training Programs for Women
- √ Access to Appropriate Health and Social Services
- √ Programs and Services to decrease Family Violence (Women)
- √ Programs and Services to improve Women's access to the judicial system
- √ Formation of Women's Groups and Coalition
- √ Day Cares and Child Care Services

Working together solutions will be found through information gathered from the questionnaire, from focus group sessions. Then a second phase can be planned and this issue will then be followed through.

If you require more information, or if you have information to share please call Shannon A. Keats at the Coasters Association Office at **1- 877- 447- 2006** or E-mail womensLNS@gmail.com.

Duration: September 12th, 2005 to March 24th, 2006

Contact: Shannon A. Keats, Coordinator or Cornella Maurice, Executive Director

Activity Schedule

Week 1 (September 12-16):

- Set up office.
- Become familiar with the project.
- Meeting with Executive Director to develop a calendar of activities for the project
- Meet with office manager to review the office procedures, and collect all necessary materials, and data.
- Research in office Materials
 - Previous project on Women's Needs
 - "Tools for life" -Young Mothers
- Read and review the previous project "Identification of Women's Need on the Lower North Shore" by Janessa Fequet
- Work on schedule of activity

Week 2 (September 19- 23):

- Plan and prepare for the project
- Finalize schedule of activities
- Meet with Executive Director and Consultant to develop:
 - Action plan
 - Questionnaire to assess women's needs on the LNS
 - Survey for institutions & organizations for services available for women on the LNS
 - Create a fact sheet about the project for the population
- Obtain information from NPI project for more information about women's issues that emanated from the focus group session
- Obtain a copy of "Survival Pack" report, read and review the content.
- Create a databank of resource information people for the project:
 - List of community volunteers (SACA project)
 - Board of directors
 - Regional development council members
 - Lower North Shore Coalition for Health

- Resource women (Key community persons)
- Obtain the stats information about women living on the Lower North Shore (from www.statscan.gov)

Week 3 & 4 (Sep 26- Oct 7):

- Finalize fact sheet to distribute to local radio stations and resource people
- Produce a newspaper article about the project
- Draft questionnaire to the population (includes the formation of a Women's Coalition) & forward to resource people to check twice
- Meeting with Executive Director
- Communicate with consultant

Week 5 (October 10 - 14):

- Forward fact sheet to local radio stations, organizations, and institutions, etc.
- Revise edit draft of questionnaire with the feedback from resource people
- Draft survey to organizations & institutions
- Meet with Executive Director
- Communicate with consultant

Week 6, 7 & 8 (Oct 17- Nov 4):

- Finalize questionnaire to the population
- Finalize survey to LNS Municipalities & Organizations
- Have questionnaire translated into French and send out to the Francophone communities on the LNS
- Disseminate questionnaire in all boxes on the LNS.
- Disseminate survey to local organizations & institutions
- Contact government departments, organizations, and institutions for continued project planning
- Research more information about "Tools for Life"
- Meeting with Executive Director

- Communicate with consultant

Week 9, 10 & 11 (Nov 7 - 25):

- Research financial, educational, employment opportunities, training programs, health and social services, judicial services, day cares, and youth centers (in office and internet)
- Research women's groups on the coast
- Contact Helen Meredith at Canadian Heritage for more information about Women's groups, etc.
- Write QCGN and HRD - Community Table, and other partners (programs and services available)
- Build a database of government departments, organizations, and institutions for continued project planning
- Create a promotion for the project → promo
- Draft list of possible contacts for the Woman's Coalition
- Meeting with Executive Director
- Communicate with consultant
- Follow-up to survey and questionnaire by local radio station, etc.
- Compile information from survey and questionnaire as it is received.

Week 12 & 13 (Nov 28- Dec 9):

- Draft list of possible contacts for the Woman's Coalition
- Finalize all material from survey, and questionnaire
- Follow-up to survey and questionnaire by phone, local radio station, etc.
- Continue compilation of report of data (results of survey, and questions)
- Meeting with Executive Director
- Communicate with consultant

Week 14 (Dec 12 – 16):

- Prepare for telephone calls at random regarding the questionnaire, and survey.
- Work on the government contact list
- Draft government letter.
- Prepare for follow-up to survey of the organizations
- Solicit members to the Women's Coalition
- Develop chart of information received from organizations
- Develop chart of the number of surveys received from communities
- Meeting with Executive Director
- Communicate with consultant

Week 15 & 16 (Dec 19 – Jan 1):

- Office Close for Christmas Vacation (6 Statutory Holidays) (4 work days)

Week 17 & 18 (Jan 2 - 13):

- Fix activity schedule accordingly
- Review chart(s) of information and attend to business arising
- Build list for the telephone calls at random regarding the questionnaire
- Prepare for the follow-up to survey of the organizations by e-mail
- Complete list of government departments
- Complete and forward letter to government departments for other avenues of funding
- Contact Johanne Beaudoin regarding pregnancy meeting (an appropriate date)
- Continue working on the Women's Coalition
- Meeting with Executive Director
- Communicate with consultant

Week 19, 20 & 21 (Jan 16 - Feb 3):

- Draft a power point presentation of information gathered from the questionnaire
- Produce the list of members for the pregnancy committee
- Draft evaluation sheet for focus group session
- Meet with Executive Director
- Communicate with consultant

Week 22 & 23 (Feb 6 – 17):

- Continue work on power point presentation of information gathered from questionnaire
- Contact regional organizations regarding survey
- Work on compiling results of the questionnaire
- Meet with Executive Director
- Communicate with Consultant

Week 24 (Feb 20 – 24):

- Finalize the results of the questionnaire by community
- Draft a chart for Municipality results of needs assessment
- Continue work on power point presentation of information gathered from questionnaire and finalize draft
- Follow up to contacting government departments by e-mail
- Finalize the Women's Coalition
- Finalize the Pregnancy Committee
- Follow up to major regional organizations by phone

Week 25 (Feb 27 – Mar 3):

- Complete results of questionnaire in the Municipal chart
- Complete the power point presentation of information gathered from questionnaire
- Draft the program/agenda for the focus group sessions

- Review evaluation sheets for focus group sessions with the consultant
- Complete the information from organizations and insert into the power point presentation
- Attend the Transportation Forum
- Attend the Strategic Planning Forum

Week 26 (Mar 6 – 10):

- Plan and prepare for focus group sessions and organize materials to visit each municipality on the coast
- Develop a travel plan to visit each municipality on the LNS to hold focus group sessions
- Finalize power point presentation and material ready for focus group sessions
- Finalize evaluation sheet for the focus group sessions
- Prepare and plan for the Pregnancy Committee Meeting (March 8th)
- Finalize program and questions for focus group sessions
- Draft the information about Women's Opportunities and Solutions within government departments, organizations, and institutions in order to develop a strategic plan
- Meeting with Executive Director
- Communicate with consultant

Week 27 (Mar 13 - 17):

- Hold focus group sessions in the municipalities of:
 - Gros Mecatina
 - Bonne Esperance
 - St. Augustine
 - Golf of St. Laurent
 - Blanc Sablon
- Evaluate focus group sessions

Week 28 (Mar 20 - 24):

- Compile information collected from each focus group session
- Revise and edit final draft of compiled data from focus group sessions into a report
- Prepare for the forum to meet with members on the Coalition of Women of LNS to discuss Phase II: for opportunities, solutions for long term development
- Complete information from Government Departments
- Addition to the Power Point presentation (results of focus group sessions)

Week 29 (Mar 27 – 31)

- Hold forum with the Coalition for Women planning for opportunities and solutions for long term development (Tuesday, 28th)
- Evaluate forum
- Compile results from forum
- Produce a table of contents and draft of the final project
- Finalize report on Woman's needs on the LNS and disseminate
- Produce a summary sheet about the results of the project for research people
- Follow up with a thank you to all the participants in this project
- Organize and file information in office.
- Meeting with Executive Director
- Communicate with consultant



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Questionnaire Identifying Women's Needs & Opportunities

This is an **IMPORTANT QUESTIONNAIRE FOR WOMEN** that will allow us to learn about your unique situation living on the Lower North Shore and how **WE** can build a better life together on the Lower North Shore. This questionnaire is being conducted by the Coasters Association.

The following questions were produced **FOR THE WOMEN'S** population of the Lower North Shore. We are looking at information, such as women's level of education, economic status, health and social services, justice system, family violence, programs and services offered to mothers and young children. This information collected will help identify and address some of the issues and challenges facing women on the Lower North Shore of Quebec.

This questionnaire will only take at most **30 MINUTES** of your time. We greatly appreciate your participation and cooperation in helping to improve the living situation for women on the Lower North Shore.

THIS QUESTIONNAIRE IS STRICTLY CONFIDENTIAL, PLEASE DO NOT SIGN IT.

GENERAL INFORMATION

1. In what community do you live? _____
2. What language do you speak at home?
 " English " French " English & French equally "Other: _____
3. a) Do you volunteer in your community? "YES "NO
 b) How often do you volunteer your time with in a year? _____
4. Please indicate your age group?
 15-19 30-34 45-49 60-64
 20-24 35-39 50-54 65-69
 25-29 40-44 55-59 70+

EDUCATION

5. Please circle the highest level of education completed?
 " Elementary: 1 2 3 4 5 6 " Vocational diploma of: _____
 " Secondary: I II III IV V " Other: Number of: _____
 " College: Number of years: _____

6. Do you believe that there is a need for programs and services to help women further their education?

"YES "NO

If yes, check all the programs & services that you believe are needed on the Lower North Shore:

- Adult Education (getting a high school leaving)
- Distance Education Courses
- Availability of Daycares in order to take training
- Trade Courses
- French Language Courses
- On-line Courses
- Other: _____

7. Do you believe that women are less educated on the Lower North Shore, why or why not?

8. Do you have any comments about programs & services to educate women on the LNS?

EMPLOYMENT STATUS

9. Who in your household makes the financial decisions?

- " You " Your Spouse " Both you and your spouse
- " Other, please specify: _____

10. a) Are you currently employed? " YES " NO

What is your job title? _____

- What is your job status? " Full-Time " Part-Time
- " Summer Seasonal " Winter Seasonal
- " Other: _____

b) If you are not working, please specify:

- " Collect Employment Insurance " Disabled " Stay at home Mom
- " On Maternity Leave " Retired
- " Other, please specify: _____

11. Does your current job require you to leave the coast? " YES " NO

How long? _____

Where is your job located? _____

12. a) If you leave the coast, do have to leave your children behind? " YES " NO

If yes, how does this affect your children?

13. Do you have any comments about programs & services to employ women on the LNS?

ECONOMIC STATUS:

14. According to last year's taxes, what was your income in your household?

- | | | |
|---|---|--|
| <input type="checkbox"/> Under 10,000 | <input type="checkbox"/> 40,000 to 50,000 | <input type="checkbox"/> 80,000 to 100,000 |
| <input type="checkbox"/> 10,000 to 20,000 | <input type="checkbox"/> 50,000 to 60,000 | |
| <input type="checkbox"/> 20,000 to 30,000 | <input type="checkbox"/> 60,000 to 70,000 | |
| <input type="checkbox"/> 30,000 to 40,000 | <input type="checkbox"/> 70,000 to 80,000 | |

15. a) If you are not employed at the moment, what employment opportunities do you believe could be developed in your community for long term (3-5 years)? Please check all that apply.

- | | | |
|--|--|---|
| <input type="checkbox"/> Domestic Services
(House cleaning, etc.) | <input type="checkbox"/> Home care for elderly | <input type="checkbox"/> Advertising Service |
| <input type="checkbox"/> Telemarketing Service | <input type="checkbox"/> Recycling | <input type="checkbox"/> Composting |
| <input type="checkbox"/> Day care services | <input type="checkbox"/> Arts and Crafts | <input type="checkbox"/> Carpentry |
| <input type="checkbox"/> Tourism | <input type="checkbox"/> Translation services | <input type="checkbox"/> Transportation Service (local) |
| <input type="checkbox"/> Seamstress | <input type="checkbox"/> Wild berries | <input type="checkbox"/> Fishery |
| <input type="checkbox"/> Entertainment (plays, music, dinner theater, etc) | <input type="checkbox"/> Food service (catering, restaurant, canning, etc) | |

- Other: _____
- Other: _____
- Other: _____

b) If you believe that small enterprises such as Tourism, Wild berries, and Fishery can be developed for long term, please give comments?

Tourism: _____

Wild berries: _____

Fishery: _____

16. a) Are you interested in starting a business? " YES " NO

b) What do you believe are the possible advantages and/ or disadvantages of starting a business on the Lower North Shore? Please check all that apply:

Possible Advantages:

- you are your own boss
- you are doing something that you like

Possible Disadvantages:

- not enough population
- no convenient access to outside markets

- increase the economy
- employment
- local organizations can provide support
- you can decide your own work schedule
- too much competition
- lack of skills needed
- too many decisions to make
- not enough monetary support to start
- Other: _____

17. Do you have any other comments about economic status of women on the Lower North Shore?

FAMILY VIOLENCE

18. a) Have you ever been confronted with family violence? " YES " NO

b) If yes, please check the ones that apply:

- Verbal & Psychological Abuse: such as, insults, put-downs, threats to harm, or to kill, or to commit suicide, undermining self-esteem, accusations of unfaithfulness, excessive suspiciousness and degrading language.
- Physical Abuse: such as, hitting, slapping, pushing, beating, assault with a weapon.
- Sexual abuse: such as, rape, forcing sexual participation

c) If yes, please elaborate? _____

d) How often does family violence occur in your household? _____

19. If you have been confronted with family violence, did you report it? " YES " NO

a) If you did not report it, why not?

- Afraid of possible consequences
- No place to report it
- Did not think it was important
- Not my place to interfere
- Did not know how to report it

Other: _____

20. What do you believe are the main causes for family violence?

Please check all that apply:

- Alcohol
- Stress
- Being isolated
- Heredity
- Lack of support

28. How often do you inquire about your health?

- " Regularly (at least once a month)
- " Rarely (once a year)

- " Occasionally (every 6 months)
- " Never

29. Are you aware of programs and services available to women on the LNS?

Please check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> Gynecological services | <input type="checkbox"/> Breast (exams, risk evaluations, mammograms, etc.) |
| <input type="checkbox"/> Pregnancy issues/assistance | <input type="checkbox"/> Diet and Nutrition |
| <input type="checkbox"/> Homecare for Elderly | <input type="checkbox"/> Sexual Health |
| <input type="checkbox"/> High blood pressure Information | <input type="checkbox"/> Information about Menopause |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Social Workers |

30. If these services & programs were available on the LNS would you like to participate in them?

Please check all that apply:

- | | |
|--|--|
| <input type="checkbox"/> Parenting workshops | <input type="checkbox"/> A.A.A (Alcoholics Rehabilitation) |
| <input type="checkbox"/> Anger Management training | <input type="checkbox"/> Abuse Awareness Programs |
| <input type="checkbox"/> Family Counseling | <input type="checkbox"/> Parenting Support Groups |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Diabetic Workshops |
| | <input type="checkbox"/> Ovarian Cancer awareness programs |

31. Do you believe Health and Social Services can be improved for women on the L.N.S.?

- "YES
- "NO

a) If yes, how can it be improved for women? Check all that apply

- | | |
|---|--|
| <input type="checkbox"/> Better access to services | <input type="checkbox"/> Better services in English |
| <input type="checkbox"/> More funding to support services | <input type="checkbox"/> More awareness of Health Issues |
| <input type="checkbox"/> Other: _____ | |

32. Do you have any other comments about Health and Social Services for women on the Lower North Shore?

JUSTICE SYSTEM

In Quebec, the justice system is the set of Laws governing relations between persons. The Laws are created to protect rights and address responsibilities of persons. A court of Law is where parties who have a dispute can go to find a resolution in a court of law, according to the laws stated by the government of Quebec. The judicial system is the system of police, lawyers, courts, and municipalities working together to offer services where people can find justice for crimes and disputes.

33. Do you believe the justice system can be improved? "YES "NO

- If yes, how? Check all that apply:
- increased awareness
 - better services offered in English
 - increased funding to support the services needed
 - increased access to services

Other comments: _____

34. Are you aware of programs & services to assist women in the legal system?

- Check all that apply:
- Access to Information about the Justice system (www.educaloi.qc.ca)
 - Legal Financial Aid programs
 - Municipality Services
 - Police Services
 - Restraining orders

Other: _____

35. Do you have any other comments about the programs & services in the justice system for women?

MOTHERS and YOUNG CHILDREN

Please answer this section if you have children or your about to have children, or if someone in your household has children or is about to have children.

36. Do you believe there is a lack of programs and services available for mothers and children? "YES "NO

37. How many children do you have under the age of 4 years old? _____

38. How many children do you have between the ages of 4 and 15? _____

39. How many children do you have over the age of 15 years old? _____

40. Is someone in your household pregnant right now? "YES "NO

41. Are you aware of programs and services available to mothers and young children on the Lower North Shore?

- a) Check all that apply:
- Breast feeding support
 - Day Care Centers (community)
 - Day Care Centers (through the school)
 - In-family child care services
 - Youth Groups
 - S.O.S. Pregnancy Help Line 1-877- 662-9666
 - O.L.O. (Eggs, Milk, Oranges)
 - P.A.C.E. Program
 - Parent Help Line 1-888-603-9100
 - Pre-natal Care Workshops
 - Social Activities for youth
 - Youth Centers
 - Nutrition for pregnant Mothers

b) Please circle, any of the above programs if you have participated in them.

c) Do you know of any other programs & services not already mentioned?

d) What other programs & services would you like to see implemented for mothers and young children on the LNS?

42. If these services were available on the LNS would you like to participate in them? Check which ones you believe are most needed.

- | | |
|--|--|
| <input type="checkbox"/> Family-Time Management Information | <input type="checkbox"/> Support group for moms and moms to be |
| <input type="checkbox"/> Fitness & Health for (Pregnant mothers) | <input type="checkbox"/> Support group for new women in the area |
| <input type="checkbox"/> Support while Nursing | <input type="checkbox"/> Mentoring programs for young girls |
| <input type="checkbox"/> Support for Parents and Teens | <input type="checkbox"/> Moms and Tots Program |
| <input type="checkbox"/> Social Activities for Youth | <input type="checkbox"/> Mothers and young child support groups |
| <input type="checkbox"/> Lamaze Classes- (Labor breathing classes) | <input type="checkbox"/> Rental or Exchange of Baby Equipment |

Other comments: _____

43. Do you have any other comments about programs and services for mothers and young children on the Lower North Shore?

Do you have any other comments and issues concerning services for women's on the Lower North Shore of Quebec?

Please, return the questionnaire in the self addressed envelope enclosed on/or before Friday, November 11th, 2005, or fax your questionnaire to the Coasters Association at (418) 379-2621, giving you about three (3) weeks to respond. Should you require any additional information, call 379-2356 or 1-877-447-2006 and speak to Melody Weller.

Please, it is so important for you to take your time to fill out the question in order to help us help you!

THANK YOU !



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(418) 379-2006/2356
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*Survey to Institutions and Organizations
on the Lower North Shore*

To: (organization)

The purpose of this survey is to collect information about women's topics SUCH AS: employment and economic status, mothers and young children, education, health and social services, family violence, justice system, women's groups, and day cares in your municipality. This information is being collected and prepared for discussion with focus group sessions. The more information we can gather about the programs and services offered to women within your institution or organization the better decisions can be made about how to assist women on the Lower North Shore. The goal of this project is to get women involved and to talk about the issues facing them and to identify opportunities, and lasting solutions.

We greatly appreciate your participation and cooperation in helping improve the living situation for women on the Lower North Shore.

1. What do you believe are some of the needs of women within your community? Please rate in order of importance (#1 being the most important)

- Better health care services for women
- Increased employment for women
- Education & Training for women
- More programs and services about Family Violence
- Better access to the Justice System
- More police protection services
- More services for Mothers and Young Children
- More Day Care services
- More Community activities
- More Community infrastructures (youth center, center for disabled people, seniors home, friendship home, etc.)

EMPLOYMENT STATUS

2. In your organization, or institution are there any positions open to hire new women employees?

9 YES 9 NO

If yes, could you please describe the position(s): _____

3. Your organization or institution, what is a rough estimate of the percentage of women working?

- 0 - 10% women working
- 11- 25% women working
- 26 - 50% women working
- 51 - 75% women working
- 76 - 80% women working
- 81 - 99% women working
- 100% women working

4. What type of position do women typically occupy within your organization, or institution? Please check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Administrative | <input type="checkbox"/> Human Relations Agent |
| <input type="checkbox"/> Administrative assistant | <input type="checkbox"/> Information & Technology Professional |
| <input type="checkbox"/> Book keeper | <input type="checkbox"/> Janitorial |
| <input type="checkbox"/> Business planning developer | <input type="checkbox"/> Labor |
| <input type="checkbox"/> Community Development Agent | <input type="checkbox"/> Maintenance worker |
| <input type="checkbox"/> Community Development Agent | <input type="checkbox"/> Mayors |
| <input type="checkbox"/> Cooks | <input type="checkbox"/> Municipal councilors |
| <input type="checkbox"/> Customer service agents | <input type="checkbox"/> Nurses |
| <input type="checkbox"/> Day care worker | <input type="checkbox"/> Office Manager |
| <input type="checkbox"/> Day Care worker | <input type="checkbox"/> Pharmacist |
| <input type="checkbox"/> Delivery / Transportation | <input type="checkbox"/> Principals |
| <input type="checkbox"/> Dental Assistant | <input type="checkbox"/> Psychologists |
| <input type="checkbox"/> Dentist | <input type="checkbox"/> Secretarial |
| <input type="checkbox"/> Doctors | <input type="checkbox"/> Social workers |
| <input type="checkbox"/> Executive Director | <input type="checkbox"/> Teachers/ Educators |
| <input type="checkbox"/> Field workers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Finance officer | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fishery Manager | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fishery Officer | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Health care worker | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Home Care giver | <input type="checkbox"/> _____ |

5. Does your institution or organization offer any programs or services to assist women into the workforce?

- YES NO N/A

If yes, could you please describe the program or service: _____

6. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) available to help women enter into the work force?

- YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

7. Do you have any comments regarding employment of women in your institution or organization?

MOTHERS AND YOUNG CHILDREN

8. Does your institution or organization offer any programs and / or services to assist mothers and young children?

- YES NO N/A

If yes, could you please describe the program or service: _____

9. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) available to assist mothers and young children?

- YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

10. Please check off the programs & services that are available to mothers and young children within your organization or institution? Check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> P.A.C.E. Program | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent Help Line 1-888-603-9100 |
| <input type="checkbox"/> Pre-natal care workshops | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> S.O.S. Pregnancy Help Line 1-877-662-9666 |
| <input type="checkbox"/> <input type="checkbox"/> Breast feeding support | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Youth Centers |
| <input type="checkbox"/> <input type="checkbox"/> Day Care Centers (community) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Youth groups |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Day Care Centers (through the school) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> O.L.O (Eggs, Milk, Oranges) Nutrition for pregnant |

Mothers

- Other programs & services

offered: _____

11. What other programs & services would you like to see implemented for mothers and young children in your origination or institution? Check all that apply:

- | | |
|--|--|
| <input type="checkbox"/> <input type="checkbox"/> Time Management workshops | <input type="checkbox"/> <input type="checkbox"/> Rental & Exchange of Baby Equipment |
| <input type="checkbox"/> <input type="checkbox"/> Fitness & Health Programs & Services | <input type="checkbox"/> <input type="checkbox"/> Support groups for Moms & Moms to be |
| <input type="checkbox"/> <input type="checkbox"/> Moms and Tots Program | <input type="checkbox"/> <input type="checkbox"/> Social Activities of Moms |
| <input type="checkbox"/> <input type="checkbox"/> Workshops about talking to teens | <input type="checkbox"/> <input type="checkbox"/> Mentoring Programs for young girls |
| <input type="checkbox"/> Other: _____ | |

12. Any comments regarding programs and services for mothers and young children within your organization or institution?

EDUCATION AND TRAINING

13. Does your institution or organization offer any programs and/ or services to assist women with training and education?

- YES NO N/A

If yes, could you please describe the program or service: _____

14. In your institution or organization are there any areas open to involve women volunteers who would like to learn more about the job, as a way accessing training, or just improving themselves?

- YES NO N/A

If yes, please indicated which areas _____

15. Do you believe that there is a need for programs and / or services to help women on the L.N.S. to further women's education?

- YES NO

If yes, check all the programs & services that you believe are needed:

- | | |
|---|--|
| <input type="checkbox"/> Adult Education (getting a high school leaving) | <input type="checkbox"/> Trade Courses |
| <input type="checkbox"/> Distance Education Courses (by mail) | <input type="checkbox"/> French Language Courses |
| <input type="checkbox"/> Availability of Daycares in order to take training | <input type="checkbox"/> On-line Courses |
| <input type="checkbox"/> Other: _____ | |

9. a) Does your institution or organization offer workshops, and/or training sessions for women employees?

YES NO

b) If yes, how often does your organization or institution offer training for your women employees?

Once a year Every 6 months Once a month Never have

Only when needed

c) If yes, please list some of the training activities that you did?	d) Rate the level of satisfaction? 1 (Low) to 5 (High)	d) Do you have any comments about the training activities
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	

10. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) available to assist women with education and training?

YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

11. Do you have any comments about education and training offered to women?

HEALTH AND SOCIAL SERVICES

12. a) Does your institution or organization offer programs and / or services to assist women in the health and social services on the LNS?

- YES NO N/A

b) If yes, please check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> A.A.A (Alcoholics Rehabilitation) | <input type="checkbox"/> Homecare for Elderly |
| <input type="checkbox"/> Abuse Awareness Programs | <input type="checkbox"/> Information about Menopause |
| <input type="checkbox"/> Anger Management training | <input type="checkbox"/> Ovarian Cancer awareness programs |
| <input type="checkbox"/> Breast (exams, risk evaluations, mammograms, etc.) | <input type="checkbox"/> Parenting Support Groups |
| <input type="checkbox"/> Diabetic Workshops | <input type="checkbox"/> Parenting workshops |
| <input type="checkbox"/> Diet and Nutrition | <input type="checkbox"/> Pregnancy issues/assistance |
| <input type="checkbox"/> Family Counseling | <input type="checkbox"/> Sexual Health |
| <input type="checkbox"/> Gynecological services | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> High blood pressure Information | |

c) Are there any programs or services not already on the list above that your organization or institution would like to see implemented for women?

13. Do you believe that your institution or organization can improve its Health and Social Services offered to women?

- YES NO N/A

a) If yes, how can it be improved for women? Check all that apply

- | | |
|---|--|
| <input type="checkbox"/> Better access to services | <input type="checkbox"/> Better services in English |
| <input type="checkbox"/> More funding to support services | <input type="checkbox"/> More awareness of Health Issues |
| <input type="checkbox"/> Other: _____ | |

14. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) available to assist in health and social services for women?

- YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

15. Do you have any comments about programs and services in health and social services for women?

Family Violence

16. Does your institution or organization offer programs and / or services to assist in women who are or have been victims of family violence?

- YES NO N/A

If yes, please describe the programs and / or services below:

17. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) available to assist victims of family violence?

- YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

18. Do you have any comments about programs and services for women who are or were victims of family violence?

JUSTICE ISSUES

In Quebec, the justice system is the set of Laws governing relations between persons. The Laws are created to protect rights and address responsibilities of persons. A court of Law is where parties who have a dispute can go to find a resolution in a court of law, according to the laws stated by the government of Quebec. The judicial system is the system of police, lawyers, courts, and municipalities working together to offer services where people can find justice for crimes and disputes.

19. Does your institution or organization offer programs and services regarding justice issues geared to women?

- YES NO N/A

If yes, please describe the programs and / or services below. _____

20. Are you aware of any programs and services (i.e. municipal, regional, provincial, and federal) regarding justice issues for women?

- YES NO DON'T KNOW

If yes, please describe the programs and / or services below.

21. Do you have any comments about programs and services offered to women regarding justice issues?

WOMEN'S GROUPS

22. Are there women's working groups or committees established in your institution or organization?

- YES NO N/A

If yes, please list them and / or provide a person who we can contact?

SENIORS GROUPS

23. Are there seniors working groups or committees established in your institution or organization?

- YES NO N/A

If yes, please list them and / or provide a person who we can contact?

DISABLED POPULATION

24. Are there working groups or committees for disabled peoples in your institution or organization?

- YES NO N/A

If yes, please list them and / or provide a person who we can contact?

YOUTH POPULATION

25. Are there youth working group or youth committees established in your institution or organization?

- YES NO N/A

If yes, please list them and / or provide a person who we can contact?

DAY CARE SERVICES

26. Are there a day care service provide by your institution or organization?

- YES NO N/A

If yes, please list them and / or provide a person who we can contact?

27. Do you have any comments about day care services offered with in your institution or organization?

Do you have any other comments about the needs of women's within your institution or organization?

Please respond on or by next Friday, November 25th, 2005 either by fax (418) 379-2356 or by mail. If you have any further questions or comment please feel free to call and talk to Melody Weller at (418) 379-2006 or by E-mail: womensLNS@gmail.com

THANK YOU!



Lower North Shore Coalition for Women



Forum

Monday, March 27th, 2006
Municipal Hall, Lourdes de Blanc Sablon

Agenda

- | | |
|------|---------------------------------------|
| 4:30 | Welcome and Introductions |
| 4:45 | Objective of the forum |
| 5:00 | PowerPoint Presentation |
| 5:30 | Break for supper |
| 6:30 | Discussion Period |
| 7:30 | Break |
| 7:45 | Identifying Opportunities & Solutions |
| 9:00 | Closing remarks & Thank you |

Thank You!!



Coasters Association Inc.

Lower North Shore Women's Coalition
Participants

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Municipalité de Gros Mécatina				
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Genevieve Bolger	Blanc Sablon	H: 418-461-2671	Blanc Sablon, Quebec	

Coasters Association Inc.

Comité de soutien à l'accouchement et à la famille de la Bass-Côte-Nord
(Pregnancy Committee)

Members

Name	Community/Coordinates
Marie José Denis	Lourdes de Blanc Sablon, Quebec G0G-1W0 Phone : 461-3389 e-mail : marijodenis@hotmail.com
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Resource People	
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Coasters Association Inc.

Women's Coalition Steering Committee

Name	Municipality
Marcella Beaudoin	Blanc Sablon
Priscilla Fequet Griffin	Bonne Esperance
Shelley Fequet	St. Augustine
Jennifer Wellman	Gros Mécatina
Sharon Chubbs Ransom	Golfe St. Laurent

All members volunteered their time and services to be apart of the Steering Committee. It was in agreement by all the participants of the Women's Coalition Forum that these five (5) women represent their Municipalities. It was also decided by the participants that the members of the Steering Committee report back to the participants of the Coalition of all business concerning the Women's Coalition and/or the project in general.

Government Information

In January of 2006, as part of the project, a letter was drafted, completed and distributed to various government departments and organizations. Please note that with the new government situation, most departments could not answer as to the funding aspect of my letter of request, but did direct me to various websites and other sources of information, therefore the following were obtained:

The Women's Health Contribution Program: Advancing the Health of Women in Canada
http://hc-sc.gc.ca/ahc-asc/branch-dirgen/hpb-dgps/pppd-dppp/bwhga-bsfacs/index_e.html

The Bureau of Women's Health and Gender Analysis of Health Canada
http://hc-sc.gc.ca/hl-vs/women-femmes/contribution_e.html

Secrétariat à la condition féminine
www.scf.gouv.qc.ca
<http://www.scf.gouv.qc.ca/programme/programme.asp>

Council on the Status of Women
<http://www.csf.gouv.qc.ca/fr/accueil/>

Montreal's Information and Referral Center
www.info-reference.qc.ca

Human Resources and Skills Development, Côte-Nord
<http://www.hrsdc.gc.ca/en/epb/yi/yep/newprog/yesprograms.shtml>
http://hrsdc.gc.ca/en/epb/yi/yep/programs/scpp_qc.shtml

Furthermore, the time frame of the project, its objectives and activities, did not permit me to carry out an in-depth research of the programs and services available within the various government departments (i.e: federal, provincial, region and local). This initiative will be an important component of Phase 2 of the project.