



Windsor Essex Child/Youth Advocacy Centre

NEWSLETTER



IN THIS ISSUE:

- What are Protective Factors?
- Quarterly Statistics
- Awareness Initiatives
- Welcome Back & Thank You

Kids should **ONLY** have to tell their story **ONCE!**

What are Protective Factors and Why Are They Important?

Protective factors are individual or environmental conditions that increase the well-being of children and families, and decrease risk. They can act as supporters to child outcomes following trauma.

When protective factors outweigh risk factors, children can *thrive in the face of adversity!*

Check out these 4 examples of protective factors and how you can incorporate them into your home.

1. Self Regulation
 - Stop and take a deep breath when feeling upset
2. Supportive Family and Friends
 - Surround yourself with those who listen with a non-judgmental ear
3. Strong Communication
 - Be present when your child talks
4. Opportunity to Express Feelings
 - Provide a non-verbal outlet for communication (e.g., journaling, drawing or colouring)

Written by: Alicia Sleiman, BSW Student

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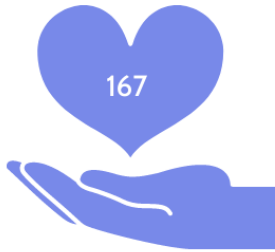
Quarterly Statistics



Welcome Back & Thank You!



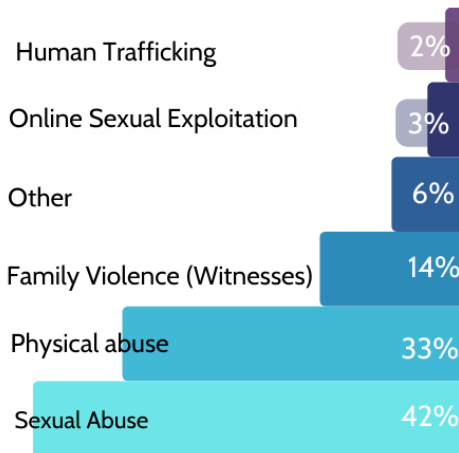
Clients Served



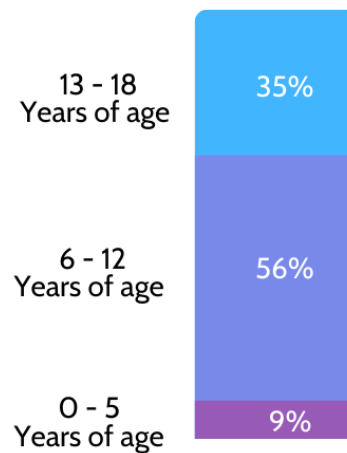
Gender of Child/Youth Victims Served



Types of Alleged Abuse



Age of Clients Served



WECYAC offers a heartfelt thank you to Interim Executive Director, Nila Das



WECYAC welcomes back Executive Director, Michelle Oake



Awareness Initiatives, Fundraisers, & Donations



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WECYAC acknowledges financial support from



Department of Justice Canada

Ministère de la Justice Canada

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