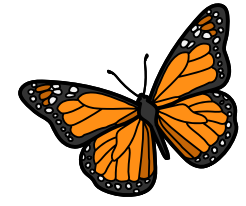




Windsor Essex Child/Youth Advocacy Centre



NEWSLETTER

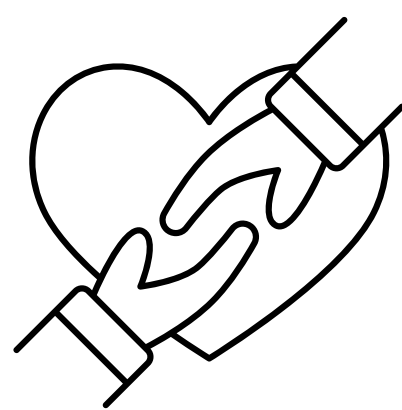


In this Issue:

- Topic: Trauma Responses
- Mentorship
- HWOW
- Community Events
- Quarterly Statistics Summary

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

WECYAC is pleased to announce the pilot phase of our youth mentorship program. The initial mentor training was completed in September and mentor-mentee matches were established in October 2025.



The Youth Mentorship Program is a community-based mentorship program. Community mentoring matches children and youth with a trained mentor who meet once a week in the community. Mentoring is a great opportunity to learn new skills, form meaningful relationships, and have fun!

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 WECYAC  @we_cyac

Windsor Essex Child/Youth Advocacy Centre



Department of Justice
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Mission:

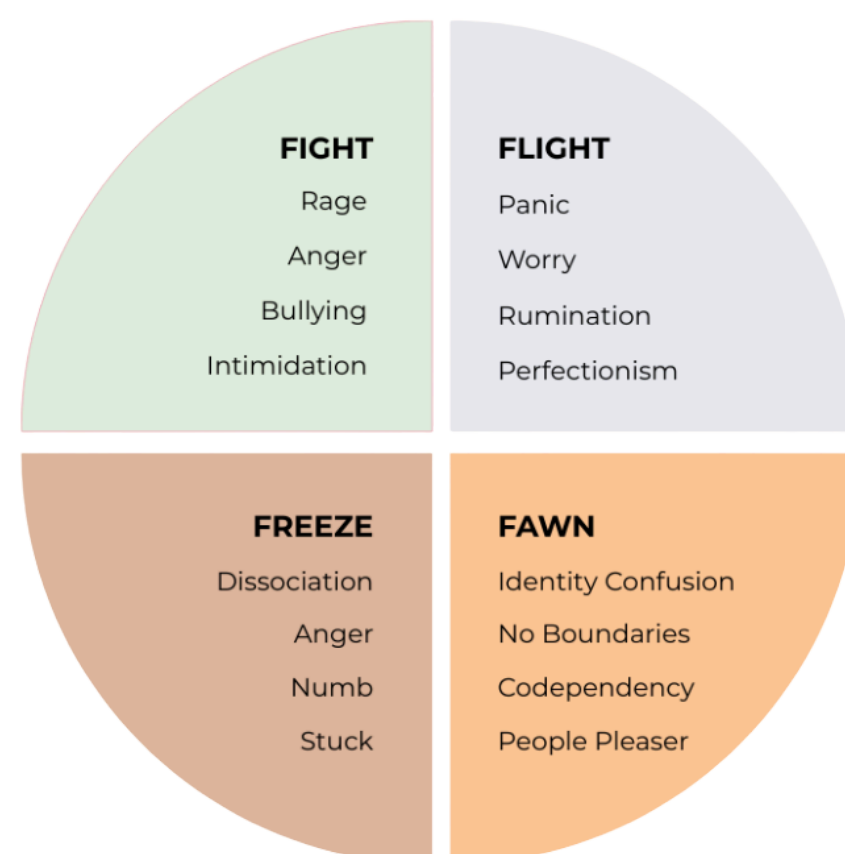
A community-based response focused on supporting victims of child/youth abuse through investigative and collaborative excellence.

What is a Trauma Response?

- Trauma responses are natural reactions to distressing events, involving physical, emotional & psychological dimensions.
- Recognizing & understanding individual trauma responses is crucial for effective healing & recovery.
- Strategies like therapy, mindfulness & support networks can help individuals manage trauma, promoting resilience & wellbeing

Fight

The fight response arises when the body perceives a threat and reacts with aggression. Physiological changes include a rush of adrenaline, increased heart rate, shallow breathing, muscle tension, and an overwhelming urge to lash out. This can present as sudden anger, physical altercations, or verbal arguments.



Flight

A flight response triggers the urge to run away from the threat to try to save yourself. Like “fight” mode, a flight response can lead to a rush of adrenaline and increased heart rate as your body prepares to get out of a situation by running away. You may have a sudden urge to flee, leave, or avoid the person or situation.

Freeze

While fight and flight are both active stress responses that increase the biological activity in your body, freezing is your body’s way of shutting down. Similar to an animal “playing dead,” freeze occurs when fighting or fleeing does not feel possible. The freeze response causes your body to decrease its heart rate, dissociate (i.e., feel detached from yourself and the environment), feel numb, hold your breath, and/or not be able to make a decision or an action. According to research, the freeze response is linked to high levels of anxiety and trauma. People who have experienced sexual assault and domestic violence commonly report resorting to the freeze response during a stressful event.

Fawn

The fawn response seems to be less well-known of the trauma responses. When it feels safer to be submissive and obedient than fight or flee, some traumatized people may turn to the fawn stress response. Most like the freeze response, “fawning” causes someone to please and appease the needs of someone else, instead of prioritizing their own well-being. The research says that this response is common in abusive situations. For example, a child with an emotionally abusive parent might find that being agreeable is safer than fighting back. Other signs that a fawn response is happening include being a people-pleaser, having a hard time saying “no”, not being able to set boundaries, and putting others’ needs before your own

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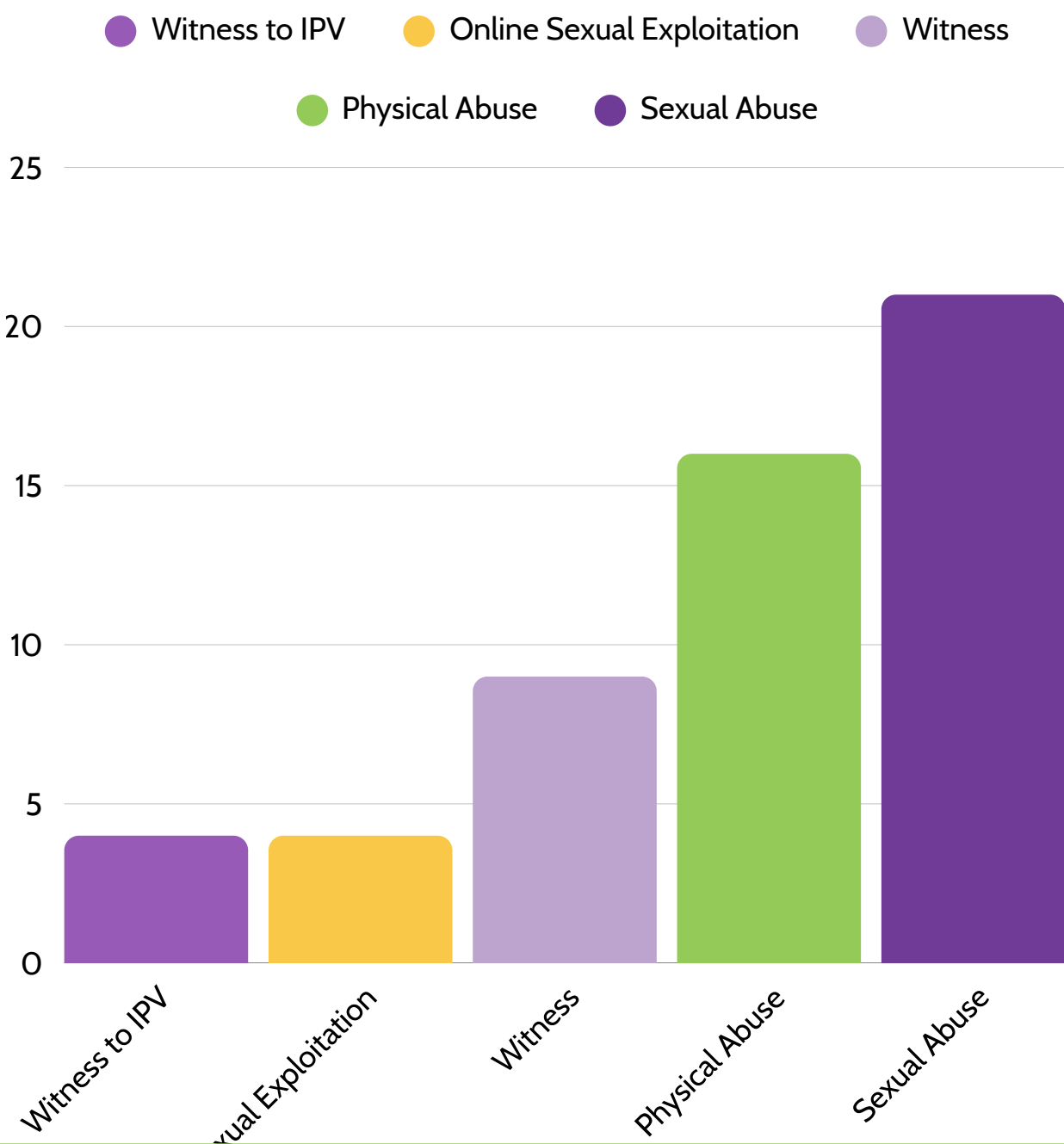
Windsor Essex Child/Youth Advocacy Centre

Our Vision

A safe, responsive environment providing advocacy and healing to children/youth victims of abuse.

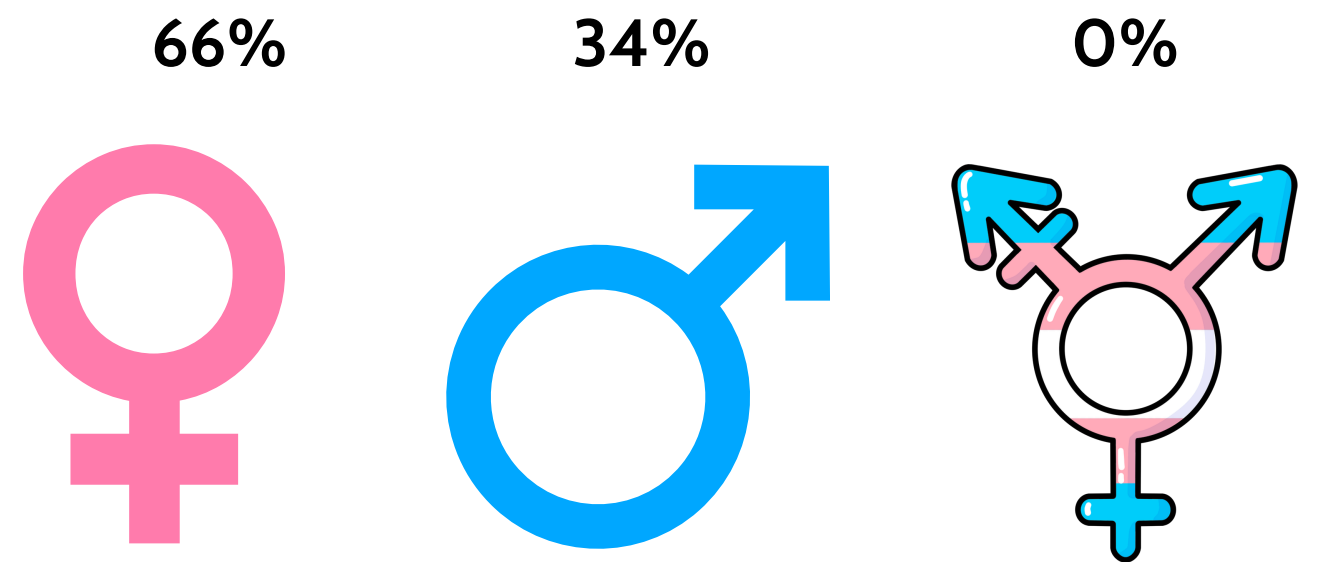
This Quarter

Types of Abuse Investigated



46 CHARGES LAID

Total Clients Served



Hub Without Walls Project



Youth System Navigator

Olivia Castro

As our Youth System Navigator, Olivia attends various community locations to engage with youth, educate, and spread awareness. She completed a Teen dating workshop at WEST and continues to do outreach at the Homelessness and Housing Help Hub (H4), Community Housing Location's (CHC), and the South Essex Community Council (SECC) in Leamington.

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Community Events



Windsor Essex
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WECYAC attended 16 days of Activism events, the Crime Prevention Safety Walk in Lasalle and the Crime Prevention Week Devonshire Mall!!



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