



Hands of Hope

Boy's Program – Harmony House

2023

For the past two years, we have been fortunate enough to have started Harmony House's first male lead program. The goal was to create a healthy and safe space for young boys to have a positive male role model.

In 2023, we hope to expand the Boy's Program, promoting more opportunities for the boys and girls at the shelter to be exposed to positive male role models and mentors. Also, we want to take the boy's program out into the community and be able to present more positive role models to the young boys of Harmony House.

The Reason

There is a worldwide consensus: men must join the fight against domestic and intimate partner violence. They must join the fight for their health, stability and families and set an example of healthy masculinity for other men and boys in their community.

In other agencies and institutions there are currently a multitude of programs designed for boys covering a variety of topics, including:

- WISE Ottawa's - Tomorrow's Heros
- Promundo – Program H, now running in 35 countries
- Prerna School- an International School the requires feminist programs for all students
- The White Ribbon Campaign (International)
- United States: Men of Strength (MOST) Clubs

These programs were primarily short-term and based in classroom settings intended for the general population. The proposed Harmony House program is a long-term, residential-based program for boys and young men who have witnessed or experienced domestic violence directly.

This program could allow the recruiting of male volunteers/donors to spend time with the boys of Harmony House and build an emotional attachment and sense of fulfillment due to the organization.

Activities and benefits

Keeping with Harmony House's tradition of hiring past residents, the group leader is a young man who once resided in a domestic violence shelter. Someone with lived experience understands the struggles of resident boys while still being able to model healthy masculinity for those who may be missing a healthy male role model in their life.

In addition to the weekly activities, the boys and girls will have the opportunity to learn from:

- Hands of Hope – Brother/Sister edition – Big Brothers, Big Sisters Canada
- Hands of Hope - Father edition – Harmony House Volunteer
- Hands of Hope - Teacher edition – We have different teachers and professionals as community partners: Chefs, Martial Arts Teachers, Sports coaches, and others. If you have any ideas or want to participate in this program, please get in touch with Francesca at fundraising@harmonyhousews.com.
- Hands of Hope - Mentor edition – Solomon Comissiong

The group leader would report to the Family Support Worker.

Outcomes

We anticipate that the boys who participate in the program will gain a better sense of stability and strong emotional ties to the mentors of this program. We also expect the mentors to gain a sense of fulfillment by leading others who are in similar situations to what they have experienced.

We hope that new skills could also be learned along the way, which would be a bonus to the more important outcome of helping to break the cycle of violence.

Many outcomes from the program would be long-lasting, including:

- Increased emotional stability
- Improved problem-solving ability
- Increased ability to recognize mental health issues and respond appropriately
- A new ability to name and understand types of conflict
- Decrease in violence within participants' life
- Increased ability to deescalate during a conflict
- Ability to recognize positive self traits
- High self-esteem
- Healthier romantic & familial relationships as adults

Ideally, we would see positive behavioural changes in the boys – less acting out or violent or reclusive actions. We would also like to see them begin to shine at the shelter and feel more secure and supported.

For the mentors, we hope to see greater confidence and initiation of various outings. In addition, they would hopefully experience a positive leadership role and incent them to take on other community roles.

For more information about how to support or volunteer for this program, please contact Francesca Davila at fundraising@harmonyhousews.com or call 613-608-3199

Thanks to your generosity, Harmony House is able to inspire and empower women and their children so they can live a life free of violence!



