



JEWISH FAMILY AND CHILD SERVICE: WOMAN ABUSE PROGRAM

AN UPDATE ON YOUR FAMILY'S SUPPORT

Your generosity continues to make a profound difference through the Woman Abuse Program at UJA's funded partner agency, Jewish Family and Child Service (JF&CS). Thanks to your support, Jewish women and children affected by intimate partner violence (IPV) can access compassionate, culturally responsive care when they need it most. JF&CS provides both immediate assistance and long-term support, helping families move toward safety, healing, and stability.

Your gift has helped sustain the only program of its kind in the Greater Toronto Area offering evidence-based, trauma-informed assessment, and treatment services in Russian and Hebrew for women experiencing IPV. Women and children who have immigrated to Canada from Ukraine, Israel, and other countries of the Former Soviet Union (FSU) are able to receive critical support as they rebuild their lives free from violence.

2025: BY THE NUMBERS

54 cases

managed by two JF&CS social workers*

24 children

supported by two JF&CS social workers*

36 women

have participated in group therapy sessions

12-14 participants

per session of New Horizon, offered three times in 2025

**Both social workers are fluent in Russian and Hebrew.*

"Thank you for this opportunity and for this rare format that allows us to speak in my own language. You don't have to pretend to be someone else. It's honest and deeply enriching. This is a space where you can pause and reflect. It came into my life at exactly the right time. I felt like I could fall apart and then gently reassemble myself from a stronger place."

— JF&CS Woman Abuse Program participant

PROVIDING SAFETY, STABILITY, AND SUPPORT IN CLIENTS' NATIVE LANGUAGES

Navigating Isolation and Vulnerability

Women who have immigrated from Israel, Ukraine, and other countries of the FSU often face significant barriers when trying to access support or leave situations of IPV. Limited English-language skills, combined with the challenges of adjusting to a new country, leave many women feeling isolated and uncertain about where to turn. The pressures of immigration—including financial strain, emotional stress, and parenting in an unfamiliar environment—place enormous burdens on women experiencing abuse. For many, fears related to immigration status, deportation, or the possibility of losing custody of their children make it even more difficult to seek safety. Limited shelter availability, especially for women with children, further restricts their options.

In these moments of crisis, JF&CS provides critical, culturally responsive support in both Hebrew and Russian. Thanks to your generosity, two multilingual social workers provided essential educational, therapeutic, and emotional support to women and children through the Woman Abuse Program last year.

A Welcoming, Safe Space

Newcomers to Canada accessing services through JF&CS are met by compassionate professionals who not only speak their language, but also understand many of the cultural challenges that accompany immigration and resettlement. Hebrew- and Russian-speaking social workers and language specialists share similar lived experiences, allowing them to serve as trusted guides for women during a deeply vulnerable time. JF&CS staff help women understand legal, healthcare, and educational systems, which can be especially overwhelming in the early years of integration. Furthermore, with rising antisemitism and anti-Israel sentiment becoming more overt, many clients have expressed deep appreciation for having a safe and welcoming place to turn. **From the moment they set foot in the door, women are connected with warm, knowledgeable staff who offer expert support as they begin to move toward safety, healing, and stability.**

2025 Group Therapies: When Relationships Hurt and New Horizon

The Woman Abuse Program offers specialized psycho-educational and therapeutic group support to clients who have experienced IPV. Last year, predominantly Hebrew-speaking clients participated in When Relationships Hurt, a psycho-educational group that provided women with a safe space in which to better understand and respond to unhealthy relationships. A language specialist was there to offer translation services to help women integrate within the group. New Horizon, a 10-week program in York Region, was offered to women in the early stages of their immigration journey. Delivered in English, Russian, and Hebrew, the group was offered three times throughout the year, and was at full capacity with 12-14 women attending every session. Participants explored topics such as emotional well-being, healthy family relationships, conflict resolution, positive parenting, mindfulness, resilience, and creating safe spaces. New Horizon has since become a cornerstone program, helping women build meaningful connections and lasting support networks.

"It made me stronger...it's incredible that you can come to this safe and private space. Every week there was something new, and it was exactly what I needed."

— New Horizon participant

THANK YOU

Your ongoing support of the Woman Abuse Program at JF&CS is a lifeline for women escaping family violence who are new to Canada. Thank you for ensuring these women—and their children—can access safe spaces and receive help in their native language, so they can lead more resilient lives.



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of Greater Toronto