

BE MORE THAN A BYSTANDER & THE HAMILTON BULLDOGS

As Fall settles in, thousands of families begin preparing for the hockey season. Hockey bags are crammed with a mixture of new jerseys, worn pads and skates with newly sharpened blades. Weekend schedules quickly fill with games, practices, road trips and tournaments; as children take to the ice and parents take to the stands, for another hockey season.

This is also the time when players from the Hamilton Bulldogs take to the ice with local PeeWee and Bantam hockey teams and bring Be More Than A Bystander to the rink. Before a team practice, Bulldog players and an Interval House of Hamilton staff member meet the team in the dressing room and talk about safe techniques they can draw on, if they see someone experiencing violence or abuse... then they join the team for a practice.



Above: Hamilton Bulldogs: Kade Landry #7, Navrin Mutter #15, Nathan Staios #44 and Reed Duthie. Stoney Creek Minor Hockey Association Head Coach Rick Muraca and the Rep PeeWee A team.

Through a partnership between Hamilton Bulldogs and Interval House of Hamilton, youth are learning ways to recognize unhealthy relationships and how they can intervene safely.



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16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

November 25, 2019 marks the beginning of the [16 Days of Activism Against Gender-Based Violence](#). This international campaign is organized annually and calls for the elimination of violence against women. Individuals and organizations are encouraged to strategize and organize to bring change.

DECEMBER 6 NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN

On December 6, 1989 – fourteen women lost their lives at Montreal's École Polytechnique, as a result of gender-based violence. Each year, communities come together to honour and remember the women whose lives ended in an act of merciless violence. This year, we call upon our male community members to teach our youth to end violence against women and to Be More Than A Bystander.



MentorAction continues their work without funding and requires your help – whether through financial donation or volunteer hours. Please contact Sue at: 905.522.0127 Ext. 204 or staylor@intervalhousehamilton.org