

NOW MORE THAN EVER



**OUT OF
BOUNDS**

As North America and the world experience paroxysms of protest and violence over issues stemming from poverty and racial inequality, Toronto's own Jane-Finch community is seeing better results from a different approach.

Working with and supported by the community including residents, businesses, police and other services, Out Of Bounds is focused on immediate, on-the-ground, here-and-now supports and services for families and the loved ones of those involved in violence with a focus on gun violence.

In-home visits, phone support, virtual supports, practical mental health training programs and encouraging community events like Fathers Across Cultures and the annual Interfaith Remembrance

Ceremony give professionals and volunteers structured opportunities to demonstrate caring, compassion, faith and love to human beings WHEN AND WHERE they need it most.

Immediately after a traumatic event such as a shooting, a death, a tragic accident or other incident which has the potential to create short-term or long-term a debilitating stress response, Out Of Bounds therapists and trained facilitators show up on site to offer comfort, care and practical supports.

"Baird MacGregor Hargraft was honoured to support [Out of Bounds 2019 Interfaith Remembrance ceremony and dinner](#). Witnessing the ocean of grief in that room, and the comfort and healing offered by everyone present for all of those suffering was a life-changing experience.

Being present to remember my own lost loved one and to realize how many families, and especially mothers, endure the same pain and share the same desire to honour the lives of their loved one is indescribably important.

God bless Rev. Sky and her team for the unsung, unspoken, crucially important work that they do."

Philomena Comerford, President
Baird MacGregor Hargraft Insurance Brokers





Out of Bounds is a unique organization offering a very special kind of help that benefits ALL OF US – our entire society:

- traumatized families receive grief counselling and support;
- communities receive help putting traumatic events in perspective;
- police and other first responders welcome supports outside their specific areas of expertise (crime fighting and physical injury);
- taxpayers and governments benefit when family members are able to resume working and caring for their families, rather than falling apart and relying on public systems to support them;
- siblings, cousins, and young people in the community can have HOPE once again that life is worth living and that their world is a caring place.

Nothing weakens a child, a youth, families or communities more than having to frequently, repeatedly bury what is considered its future.

"Recovery from gun violence trauma challenges normative assumptions of rapid healing, and seeks to provide fresh perspectives, ideas and customized care, on fulfilling collective obligations to survivors and care-giving. Meaningful supports to survivors are seen as morally imperative, and a fundamental human right."

(Buchanan, 2014)

WE NEED YOUR HELP

Increased funding to programs combating guns and gangs, while helpful, do not support traumatized families and communities in the aftermath of tragedy.

Your contribution to Out Of Bounds will help us to:

- Provide prevention intervention/education to minimize and avert violence including gun violence;
- Provide immediate, professional grief counselling support to families and communities in need;
- Provide follow-up in-person, onsite and telephone support;
- [Monthly meetings](#) to support mothers and families;
- [Provide training to community groups](#), individuals and businesses who can fan out and multiply the effects of positive supports exponentially;
- Support positive and encouraging [community programs](#) and events including [Fathers Across Cultures](#); the [Interfaith Remembrance Ceremony](#); the [OK Basketball Tournament](#); and other initiatives supported by Out of Bounds including [Make Your Future](#) (high school student job and career fair) and Junior Achievement (Rev. Sky was a founding co-lead mentor in the first Company Program to run in Jane-Finch).

Some media samples:

- 2019, December, Now Magazine, How to heal families should be part of the discussion on gun violence <https://nowtoronto.com/news/doug-ford-gun-violence/>
- 2019, September 17. Global News Morning: How Communities Heal After Gun Violence <https://globalnews.ca/video/5912565/how-communities-heal-after-gun-violence/>
- 2018, October 15. CBC After The Bullet Series <https://newsinteractives.cbc.ca/longform/toronto-gun-violence-survivor-trauma>

Out of Bounds is a registered charity (CRA Charitable # 84121 5262).

As a young non-governmental agency working in a relatively new field (mental health first aid) in a community which faces unique challenges that evolved over many decades of well-intentioned but questionably effective government policies, Rev. Sky and her team of supporters and volunteers break new ground almost every day. They are literally “writing the book” on how to deliver helpful community-based, trauma informed-interventions amid unprecedented circumstances.¹

YOU and YOUR CONTRIBUTION can be on the right side of history, supporting positive community interventions delivered by caring, compassionate adults whose mission is to help families heal from traumatic events so that they can go on to live healthy and productive lives.

PLEASE CONTACT US ABOUT CONTRIBUTING TODAY TO HELP OUT OF BOUNDS BUILD A BETTER TOMORROW.

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Published Book Chapters & Articles

1. Starr, S. & Bailey, A., (2016) Empowering Mothers of Murdered Children: A Community-Based Traumatic Grief Model (251-460). In Ardene Robinson Vollman, PhD RN
2. Starr, S. & Bailey, A., (2015). Interacting individual, social and cultural factors in black mothers' resilience-building following loss to gun violence in Canada (311-325). In N.
3. Starr, S. Bailey, A. et.al. (2015). Out of Bounds: *A Community-Based Innovative Model of Traumatic Grief Support*.

Work In Progress

4. Starr, S. (2021). Community Grief & Trauma, BIPOC WRITERS CONNECT Facilitating Mentorship, Creating Community, (under review – for press, 2021)
5. Starr, S. (2018). Mothers, Mothering and Gun Violence. DEMETER Press; Editors: Annette Bailey, PhD RN, Ryerson University & Rebecca Bromwich, PhD LLM LLB, Carleton University (under review – for press, 2021)
6. Starr, S. (2019). Communal Grief: Exploring the affects and effects of Community grief, loss and trauma (under review – for press, 2021)