



fred victor

Helping people find place & purpose

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**Fred Victor announces the
Women with Purpose –
2013 Mary Sheffield Award winners!**

**AWARD PRESENTATION
Thursday, March 7, 2013
at The Berkeley (315 Queen Street East)
during Fred Victor's
Women Strut for Women event in support of
Women's Shelter and Services**

Winner of the 26 years+ category: Vicky Stergiopoulos

Vicky Stergiopoulos is a clinician scientist and the Psychiatrist-In-Chief at St. Michael's Hospital. She is also the Director of the Division of Adult Psychiatry and Health Systems in the Department of Psychiatry at the University of Toronto. Her clinical, education and research activities focus on the development and evaluation of community based interventions to address the needs of people who are homeless and of those who are frequent users of mental health services. She is a member of the Board of Directors of Inner City Health Associates, an organization she led until 2011.

"My work, over the past 10 years, has focused on helping some of our community's most disadvantaged have healthier lives, housing, support, a chance for recovery and community integration. I have learned a lot from and been inspired by many of my clients and frontline staff over the years. I am grateful for this recognition, as it highlights a need for more of us to reach out with our talents and passion, to make this a more just and compassionate society. Working together, inspiring and supporting each other, we can do it."

Winner of the Fred Victor category: Sandra Jones

Sandra has been attending and volunteering at Fred Victor Women's Day Program for the past four years. She has 19 volunteer years of experience coordinating and choreographing Black History Month events and specializes in helping senior women and women with severe disabilities. One of her favourite volunteer jobs involved helping a woman at the March of Dimes who powered her wheelchair by blowing into a straw.

"As a single mom I knew what it was like to be on your own with no one to turn to. Helping these women allows me to give back all the assistance I got over the years when times were tough. Fred Victor allows me to enjoy the camaraderie of women, sharing and learning. The spirit of Fred Victor is all about giving and receiving and I am so happy to be able to be a part of their work."

The Women with Purpose - Mary Sheffield Award is presented annually to recognize the outstanding work of women in our community who have provided exceptional service, achievement and leadership in addressing homelessness and poverty in Toronto.

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