



BEST WISHES TO KATHY FINUCANE

As many of you know, COPKA's Board member/Treasurer Kathy Finucane is taking several months off for health reasons. Kathy, we miss your no-nonsense business sense, your strong sense of justice, your cookies and most of all, your sense of humour. We look forward to you coming back when you are strong again.

COPKA Needs Your Help to produce these events:

- **COPKA SOCIAL:** COPKA members gather to share experiences and talk about policing issues.
- **PUBLIC INFORMATION NIGHT:** a facilitated forum to introduce COPKA's work, listen to the community and sell memberships.
- **FUNDRAISER:** A fun activity to raise money for COPKA operations and projects.



Remember: "many hands make light work"!

FEATURE: COPKA's Community Support Services

COPKA was founded on two goals: to call for positive changes in local policing and to support people harmed by police in our community. COPKA's community support services have evolved over the years based on research into best practices in helping victims. Today, COPKA services include:

Contact record pad: We developed this notepad form for traffic stops, but you can keep it in your car, bag or purse to record the details of any interaction with a police officer. Details like the officer's name, badge number, the reason the officer gave for approaching you, witness names and phone numbers, and other relevant information can be useful if you choose to pursue a complaint or law suit. The contact record form is available on our website or by calling the office.

FEATURE continues...

NEW: Your Case Notes: It can be difficult for victims of police abuse to manage details and information, especially when they are upset, shocked, and/or traumatized. COPKA support workers encourage people to keep their own case notes. We now offer a folder of helpful forms to record the details of the incident and keep a running log of what happened afterwards (calls, meetings, further incidents). People can also use this folder to store witness statements, pictures, video and audio evidence, contact information of everyone involved and related documents. Your Case Notes can be very useful, not only for personal peace of mind, but also in the event that the victim chooses to lay a formal complaint or go to court against the police.

Listening: People calling COPKA for help have often tried to resolve their problem with the police already. We receive frequent reports of police responding to complaints with rudeness, denial, and/or intimidation. COPKA community support workers are trained to listen respectfully. We encourage the victim to talk about what happened to them, before beginning to help them explore what they need to find a good way forward.

Exploring Options: COPKA community support workers help the person harmed by police explore their options. We act as a resource, not as a guide. For example, we don't give legal advice; instead, we provide information on legal resources. We respect victims' decisions, and we support them. This can mean helping with forms, going with the victim to meet with police or go to court, and providing resource information.

“...victims tell us over and over again: how we listened and cared for them, how we stood by them, and the information we shared with them was a big help.”

-Genevieve Way

“When I witness the suffering of people harmed by police in our community, I often feel frustrated that we cannot do more for them. But victims tell us over and over again: how we listened and cared for them, how we stood by them, and the information we shared with them was a big help.”

Genevieve Way, Community Service Worker, COPKA.

Project Idea: Contact every community service agency in our community and ask them, “What supports can you offer to people who have been harmed by police?” Create a comprehensive resource list for the community support team.

Members like you make these projects happen. Give the office a call to lend a hand.

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

Martin Luther King Jr.