

Fall 2021



WHAT'S NEW AT NOWC?

a quarterly update newsletter

(807)345-7802 - ed@nwowc.org - www.nwowomenscentre.org

- **The Women's Centre is open!** with staff working on site since August
- For face-to-face advocacy visits, please call before visiting and observe COVID safety measures
- Thanks to Canadian Women's Foundation and Dept of Women and Gender Equity, we have hired a GBV Navigator. Funding for this project also supports an additional office space for interviews, court or lawyer appointments, and use of our computers. Coming soon: Video Conferencing!
- High Risk Navigation protocol was developed with assistance of the Law Foundation of Ontario & HRN Coordinator Mehdiya Hassan.



- AAGBV website, developed by Communications Maven Mary Kita and AAGBV Coordinator Steph Simko, was launched end of May. This project also offered virtual training (Trauma-Informed Approaches, Anti-Racism/Anti-Oppression & Legal Accountability), and a virtual Think Tank this past spring.
- Virtual refresher training for Wen Do instructors held this summer

Legal Information Clinics

- We moved our Legal Information sessions online during the pandemic, and attendance increased!

Recent Sessions:

- Sexual Harassment in the Workplace
- Proposed Changes to the Criminal Code and their impact on women facing violence
- Coercive Control 7 Parental Alienation
- Changes to the Divorce Act.

FREE COMMUNITY LEGAL INFORMATION SESSION

Contact navigator@nwowc.org or 807-935-8042, or contact gfb@nwowc.org to get on the email list for Free Legal Information Sessions.



NOWC is a non-profit feminist organization that works within an Anti-Racism/Anti-Oppression framework that is both intersectional and trauma-informed. We welcome the participation of cis, trans, nonbinary women and all individuals who have a lived gender identity as women.



- **Good Food Box** provided a total of 5,313 free emergency boxes of produce during the pandemic (March - December 2020), including Seniors, Regional and Bridge programs. 4,265 boxes provided in 2021 so far, as GFB transitions back to regular operations.
- Hired an assistant for the GFB through the Canada Summer Jobs program



GFB outdoor packing and no-contact delivery, Summer 2020



an average monthly box

- Good Food Box continues to operate with limited number of volunteers, 2-day pack and delivery system, and single used cardboard boxes; transitioning back to re-usable totes by January.
- Good Food Coupons in \$5 and \$10 amounts can be purchased to support customers!

www.GoodFoodBoxTB.org

DEAR MEMBERS AND SUPPORTERS:

Since 1973 the Northwestern Ontario Women's Centre has worked to improve self identified women's access to justice and advocate for systemic change. We've launched numerous programs aimed at improving the lives and well-being of women and their families, including the Good Food Box, which has substantially improved food security in and around Thunder Bay. We have hosted many educational and re-centering events to empower women who are survivors of violence, such as the Honouring our Stories Digital Storytelling project and the Art of Resistance conference. Our free training and legal information sessions have provided critical strategic analysis on emerging legal issues such as Tech Facilitated Violence to service providers and women (who are their own best advocates). We continue to offer Women's Self Defense training by sponsoring ESD NOW! (Empowered Self Defense Northwestern Ontario) providing support and access to WenDo mentors for a group of dedicated local women trainers. In 2021, we hired a Gender Based Violence Navigator, a full time advocate to assist women escaping abusive partners, and will add another court based advocate this fall. We now have private office space and digital technology available for women needing to use computers or attend virtual appointments or hearings. Our Analysis to Action on Gender-Based Violence project has recently launched a new website covering a wide range of issues and feminist analysis on local cases of GBV.

We talk to women every day. The Women's Centre is often either the first contact or last resort for women experiencing violence. We support women to move from crisis to stability; our information clinics help them move from experience to analysis. We increase the safety of women experiencing violence and help them make informed choices in legal matters by explaining their rights and assisting with documentation. We assist women to become less vulnerable to poverty and involve women living on low income in food security efforts and skill building workshops. We work towards economic equality and prevention of gender-based violence by engaging women, local organizations and the public in education and systemic advocacy. Our work with women is guided by an anti-racist, anti-oppression, intersectional and trauma-informed framework.

FOR CLOSE TO 50 YEARS...

the Women's Centre has continued to act as a crucible/catalyst for feminist organizing and women-led efforts; providing action on women's issues, individual and community advocacy, referral, information and training, as well as a unique feminist non-fiction resource library and a safe space for all women to gather.

HERE IS WHERE YOU COME IN -- WE ARE SEEKING FUNDS TO CONTINUE TO DO THIS NECESSARY WORK.

YOUR DONATION CAN MAKE A BIG IMPACT!

\$25

- Bus Tickets to access counselling, legal assistance or other appointments
- Hygiene supplies for women facing housing insecurity
- Copier costs to provide resources and to assist women with forms and documents
- Assist with monthly overhead expenses, not covered by most funding sources

\$50

- Replace a woman's lost or stolen ID
- Contribute to costs of Legal Information Clinics, including presenter honoraria
- Support our Lakehead University Bursary fund for women students
- Grocery cards for women facing income and food insecurity

\$100

- Help with annual costs of hosting Gender-based Violence website
- Contribute to costs of ESD-NOW self-defence training session
- Provide clients with access to phone, fax and internet service, and private computer and resource area

HOW TO DONATE

Donations can be made by cheque, addressed to Northwestern Ontario Women's Centre,
73 Cumberland Street North, Thunder Bay, ON P7A 4L8

by E-transfer (contact admin@nwowc.org)

by Pre-Authorized Deposit (contact admin@nwowc.org)



through United Way Thunder Bay

through CanadaHelps



cash donations are also accepted in person at the Women's Centre (please call 807-345-7802 to arrange)

Please see form to make a one-time donation by cheque, and contact us at admin@nwowc.org to arrange an E-transfer or set up a monthly Pre-Authorized donation. Regularly scheduled donations can also be set up through United Way or CanadaHelps.

YES!

\$25

\$50

\$100

I would like to make a one-time donation of:

OTHER

I want to support a specific program

I want to donate monthly, please contact me to arrange

NAME
ADDRESS
PHONE
EMAIL

HOW TO KEEP UP TO DATE ON WOMEN'S CENTRE PROGRAMS & EVENTS

Visit our website: <https://nwowomenscentre.org/> or <https://analysistoactiongbv.org/>

Visit the Good Food Box website: <https://goodfoodboxtb.org/>

Follow us on social media: <https://www.facebook.com/nwowc/> and <https://twitter.com/nowc73>

Get on our Legal Information Session email list by contacting: gfb@nwowc.org OR navigator@nwowc.org OR 807-935-8042

Receive email updates and invitations to Annual General Meetings by becoming a member, or subscribe to our quarterly newsletter

Please see form to subscribe, become a member, and/or donate to the Women's Centre
Contact us at admin@nwowc.org or 807-935-8043 if you have any questions or comments.

I want to receive the quarterly newsletter:

YES!

**NOT NOW,
THANKS!**

Please send me a membership form:

YES!

**ALREADY A
MEMBER!**

**NOT NOW,
THANKS!**

NAME

ADDRESS

EMAIL

OUR FUNDERS:



NOWC is a non-profit feminist organization. We gratefully acknowledge the support of our funders, members and volunteers