

Good Food Box

Thunder Bay Good Food Box (GFB) is a monthly fruit and vegetable distribution program that aims to increase access to fresh and affordable produce in neighbourhoods, housing buildings, organizations, and participating First Nations year-round. The Northwestern Ontario Women's Centre has administered this volunteer-powered, community-based food security initiative in Thunder Bay since 2005.



gfb@nwowc.org
goodfoodboxtb.org

The Northwestern Ontario Women's Centre gratefully acknowledge the support of volunteers, donors, and the Investing in Women's Futures Program of the Ministry of Children, Community and Social Services.



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

Canada



Hours of Operation

MONDAY - THURSDAY

9:30am—5:00pm *

*Doors are sometimes locked during these times if staff have commitments outside of the office.

Phone ahead!

Contact Us

Phone

(807) 345-7802

Fax

(807) 345-9216

Website

www.nwowomenscentre.org

Facebook

<https://www.facebook.com/nwowc/>

feminist
DISPATCH

Want to receive news and updates from your small but mighty feminist non-profit? Sign up for our monthly newsletter to stay in the loop about events, projects, and resources. Sign up on the What's New page of our website or email us to get on the list: communications@nwowc.org

Northwestern Ontario Women's Centre



Run by and for the women
of Thunder Bay and
Northwestern Ontario

73 Cumberland St. N
Thunder Bay, Ontario
P7A 4L8

Information + Referral

We provide support, information about and referral to local and regional services. We also offer printed and online resources related to:

- Violence against women
- Family and criminal law
- Poverty law/social assistance
- Immigration
- Health/reproductive rights
- Landlord/Tenant rights
- Employment rights
- Sexual harassment
- 2SLGBTQ issues
- Discrimination and human rights

Public Education

We host legal clinics, information sessions and workshops on a variety of topics related to family and criminal law, economic issues, gender-based violence and women’s safety. We also present talks and workshops on issues related to gender-based violence, anti-oppression/anti-racism, economic and food security, and access to justice.

Analysis to Action on Gender-Based Violence

This project aims to increase the capacity of our Centre, and other regional women’s organizations, to continue promoting social and systemic change towards gender equality.

gbvproject@nwowc.org
analysisistoactiongbv.org

What We Do

We are a non-profit, community-based feminist organization established in 1973 in Thunder Bay, Ontario. We provide frontline advocacy, support and information to local and regional women experiencing violence, poverty, human rights concerns or problems with legal (family, criminal) or administrative systems. We also provide public education and training on these issues.

Who We Serve

We serve self-identified women, trans and non-binary people of all ages, ethnicities, cultures, abilities, orientations, citizenship status and income levels from Thunder Bay and Region. A high proportion of women requesting our services identify as low income, survivors of violence, sole support mothers and/or Indigenous people.

How We Make a Difference

We are often either the first contact or last resort for women experiencing violence. We help women move from crisis to stability—we support them to navigate and access other services such as high-risk teams, shelters, income support, counselling, legal and human rights services so they can make informed and strategic choices. We work towards prevention of gender-based violence, as well as economic justice and food security, by engaging women, local organizations, and the public in education, programming and systemic advocacy.

Gender-Based Violence Advocacy

Navigation Advocacy

The GBV Navigation Advocate provides support to women who are experiencing or are at risk of experiencing violence by:

- ensuring they have access to ongoing and appropriate support and referrals
- coordinating with Violence Against Women service providers to ensure that critical information is shared

(807) 935-8042 | navigator@nwowc.org

Court Advocacy

The GBV Court Advocate supports women who are navigating various court systems by:

- assisting with court preparation
- ensuring coordination between legal sectors (criminal, family, immigration, etc.)
- Providing court accompaniment and emotional support

(807) 935-8599 | gbvcourt@nwowc.org

Gender-based violence is any form of abuse, assault or harassment against a person because of their gender; or violence that is connected to dominant societal norms around gender. Gender-based violence includes words, actions or attempts to degrade, control, humiliate, intimidate, coerce, deprive, threaten or harm another person. (Source: "What is gender-based violence?", OCTEVAW)

The violence is not always physical, but can include psychological, emotional, cultural, social, intellectual and financial abuse, or tech-facilitated violence and cybermisogyny to maintain and enforce oppression.