



NORTHWESTERN ONTARIO WOMEN'S CENTRE  
EMPOWERING WOMEN BY PROVIDING A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS

## feminist DISPATCH

The Northwestern Ontario Women's Centre is a non-profit, community-based feminist organization in Thunder Bay, Ontario.

We work with self-identified women to increase their access to knowledge, skills and resources so they can make informed choices.



### From our Summer Legal Student

Hello everyone!

My name is Erika and I have been working with the NOWC for the past summer and have volunteered since the fall of 2022. I am a second-year law student attending the Bora Laskin Faculty of Law here in Thunder Bay. I am from Sault Ste. Marie and understand the need for more lawyers within Northwestern Ontario as a whole. I came to the NOWC in hopes of learning more about women's rights, especially in the area of family law. The exposure and experience I have gained is immeasurable, and highly recommended for those wanting to learn more about intimate partner violence, gender-based violence, women's rights/advocacy and the family/criminal court system.

In my time at NOWC I have been watching bail court almost every day for the past couple of months. There are days when you feel the 'justice' system is failing and there are days when you see individuals who give GBV-informed responses that give you hope on what's to come. The current bail court has such a high threshold to be detained so individuals who commit egregious crimes of IPV are still considered releasable. This fails to consider the safety concerns of the woman and her children. Continuous breaches show that these measures are not working.

On a more enlightened note, during my time here it is uplifting to see service providers across the Thunder Bay region who are working towards change. I have gotten to meet many people who are not just theorizing about how to make the system better but are working with the individuals who are directly affected by the system. There is no better place than the NOWC to be exposed to REAL social justice.



## Financial Literacy Sessions

In June, we hosted three lunchtime drop-in sessions called **Money Matters: an informal learning circle for women** with Heather McLeod, a local Certified Financial Planner. Heather shared stories, information and strategies, in response to what the women in attendance wanted to talk about. As a result, we talked about our relationships with money, 'good' vs. 'bad' debt, how to start investing as a beginner, why an emergency fund is important, and what to focus on when saving just isn't an option.

Do you have financial questions but don't know where to look for answers? Do you find money stuff hard to understand or talk about, especially these past few years? Would you like to meet up with some like-minded women to chat about money issues and strategies in a comfortable setting? (No need to share details about your personal finances!)

### We're doing some planning for the fall...

Is there a specific financial topic you'd like to learn more about?

If there's interest, Heather is happy to spend some time with us again. We can offer drop-in style sessions, or we could host a session on a topic that a few women would like to explore together. If you have an idea for a future session or a couple of friends who'd like a comfortable space to chat with an expert over coffee, reply to this newsletter or send an email to Stacey at [communications@nwowc.org](mailto:communications@nwowc.org) to let us know and we'll make it happen!



**GOOD  
FOOD  
BOX**

Thanks to new funding from TBDSSAB's Homeless Prevention Program, we are able to add healthy, protein-rich legumes and grains to your Good Food Box! The newsletter accompanying your box includes delicious recipes with the box contents in mind.

Boxes remain \$22 each.

**BIG NEWS:** You can now **place your order online** for six of our public host-sites!

ORDER your August GFB from your host site by **August 8**  
PICK UP from your host site on **THURSDAY, August 17**

Learn more about the GFB

## 2023 LOCALLY GROWN GOOD FOOD FUNDRAISER BOXES



Our **LOCALLY GROWN BOXES** are packed with a sampling of the best & freshest locally grown & produced goods from a number of local farms & producers, including: Sleepy G Farms, Root Cellar Gardens, Jenn's Strawberries, Veg-o-tate, Bear's Bees & Honey, Thunder Oak Cheese Farm, The Squash Queen, Mountain Stream Orchard, Vanderwees Greenhouses, Pitch Creek Farm, B&B Farm, Morning Moon Farm, Bill Hunt Farms, Belluz Farms, Brule Creek Farms, Hanna Road Produce, Roots to Herbs, and more!

Boxes available July through December:  
Pick Up Dates—3rd Wed. of the month\*:  
July 19th | \*\*Thurs. August 17th | September 20th  
October 18th | November 15th | December 20th

Limited quantities available  
To purchase a box please visit  
[www.goodfoodboxtb.org](http://www.goodfoodboxtb.org)  
For more information email: [gfb@rwowc.org](mailto:gfb@rwowc.org)

## It's Locally Grown Good Food Box Season!

To raise funds in support of our GFB program operations, the Women's Centre sells fundraiser boxes of local goods several times a year.

Boxes are \$60 each, and include a \$20 charitable donation to the Good Food Box Program. July's pick up is on the 19th at the Moose Hall on Fort William Rd.

And guess what?! You can now order our fundraiser boxes on our brand new website designed by Sociable thanks to funding from the Ontario Trillium Foundation!

Place your order  
online now

## Community Events + Additional Resources

### EVENTS

- Aug. 10th | 1-4:30pm EST (zoom/facebook live) **Celebrating Youth Success Through Pow Wow and Healing through the Grandfather Drum** (for Indigenous youth ages 13-25)
- Sept. 6th | 5-8pm | Marina Park -- Festival Area: **Rockin' Recovery**

### NEWS + RESOURCES

- Thunder Bay & District **Mental Health Walk-In/Talk-In Clinics Schedule**
- **New CRA tax benefits and credits** (dental, grocery, worker, etc.)
- **Black Women Under State** (E. Taylor, *Herizons*, Summer 2023 | Vol. 37 No. 2)
- **Canada lacks data on how wildfire smoke affects minority communities, experts say** (S. Austin, *The Narwhal*, July 27, 2023)
- **Inquiry must assess how Canada's fragmented COVID-19 response lost the public's trust** (Bubela et al., *The Conversation*, July 28, 2023)
- **New professional league for women's hockey a reminder of NHL's uncertain beginnings** (R. Field, *The Conversation*, July 30, 2023)
- **Migraine: A common headache disorder that is underdiagnosed and undertreated** (M. Albanese, *The Conversation*, August 1, 2023)
- **Ontario's Medical Expense and Seniors Care at Home Tax Credits** (related resources)
- **No More Kiyam: How to speak up as a medical patient** (elder abuse

prevention)

- YWCA Canada's National Research Report "**What We Heard: Survivor-Led Strategies to Inform the National Action Plan to End Gender-Based Violence**" (June 2023)

#### PODCASTS:

- *All My Relations*: **Native Women Are Funny**
- *Secret Feminist Agenda*: Ep 4.30 **Thinking Intergenerationally Toward a Future with Eugenia Zuroski**

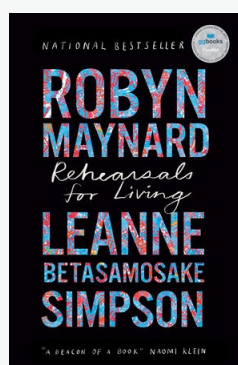


## Mutual Aid Opportunity

While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC supporters might appreciate an opportunity to extend support to women in our community in other ways. Informed by our conversations with women who visit the Centre, these items would be especially helpful lately:

- **adult monthly bus pass**
- reusable water bottles
- new socks
- grocery or Tim Hortons gift cards
- prepaid phone cards
- mini first aid kits (or packs of Band-Aids)
- toothbrushes, toothpaste, floss
- sunscreen
- sun hats
- menstrual pads (light or regular)
- Poise pads (for incontinence)

If you'd like to donate any of these items, please drop by the Women's Centre (M-Th between 9:30am and 5pm) or get in touch with Stacey at [communications@nwowc.org](mailto:communications@nwowc.org) to make alternate arrangements. Thank you to our supporters who have made donations!



## Loud Women Book Club

The Loud Women Collective's monthly book club reads exclusively feminist non-fiction covering a wide range of topics, encouraging learning, personal growth, and allyship. Thunder Bay chapter typically meets the 3rd Wednesday of every month in store at Goods & Co Market. The book for August is *Rehearsals for Living* by Robyn Maynard & Leanne Betasamosake Simpson. Check out the LWC for availability.

[Find out more](#)

## From the Feminist Archives

**Rise Up!** is a digital archive of feminist activism in Canada from the 1970s to the 1990s

- **Women Unite!: An Anthology of the Canadian Women's Movement**
- 48 years ago: *Branching Out* – Vol. 2, No. 4 – July/August 1975
- 38 years ago: *Northern Woman Journal* – Vol, 9, No. 2 – August 1985

# Gender Based Violence: How we can help

**Our Gender Based Violence Navigation Advocate provides support for women who are experiencing (or at risk of experiencing) physical and/or sexual violence or coercive control by a partner, family member or acquaintance. Women navigating various court systems may also access court advocacy.**

We can help by:

- Ensuring that women who are experiencing or at high risk of gender-based violence have access to ongoing and appropriate support and referrals
- Coordinating with Violence Against Women service providers to ensure that critical information is shared
- Assisting with preparing for court
- Ensuring coordination between legal sectors (criminal, family, immigration etc.)
- Providing court accompaniment and emotional support

This service is intended to enhance the effectiveness of the existing VAW response, not duplicate or replace it. For more information or to make a referral, contact Jennifer:

Email: [navigator@nwowc.org](mailto:navigator@nwowc.org) Phone: (807) 935-8042



## Computer Space Available

Women can access a computer or video conferencing in a private space at the Women's Centre for:

- Counselling or Healthcare Appointments
- Job Interviews
- Virtual Legal Clinic
- Lawyer's Appointments
- Virtual Court Matters

[Find out more](#)

## Contribute to the Feminist Dispatch!

Submit a photo of your original artwork, a short piece of writing, a helpful resource, or a link to a community event that aligns with our **mission**! All newsletter-related inquiries and submissions can be directed to Stacey at [communications@nwowc.org](mailto:communications@nwowc.org).



Bruley wondering why he can't play fetch with his human's fishing lures!

***Helping Women Find Their Way Since 1973!***

The Northwestern Ontario Women's Centre relies on government funding and

private donations to continue our work. We gratefully acknowledge the support of volunteers, donors, and the Investing in Women's Future Program of the Ontario Ministry of Children, Community and Social Services, Women and Gender Equality (WAGE) Canada, Canadian Women's Foundation, and the Johnson Scholarship Foundation.

Support Our Work

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[www.nwowomenscentre.org](http://www.nwowomenscentre.org)



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