



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.

ENDING GENDER-BASED VIOLENCE
IS A SHARED RESPONSIBILITY

**NOVEMBER IS
WOMAN ABUSE
PREVENTION
MONTH**

BELIEVE SURVIVORS

We're coming back with the Feminist Dispatch! With a new Coordinator in the Communications & Education role, the November and December newsletters will offer small update of all NWOC programs, events, and resources. We will have a more fulsome e-offering of feminist analyses, program updates, event announcements, and resources starting in the new year.

If you want to catch up on past issues or are new to the Dispatch, check out the archive on our [website](#).

P.S. If you find that the images in this newsletter don't load, try clicking on 'view in browser' at the top of the email.

A quote to share hope

”Your opponents would love you to believe that it’s hopeless, that you have no power, that there is no reason to act, that you can’t win. Hope is a gift that you don’t have to surrender, a power that you don’t have to throw away....



Optimists and pessimists both excuse themselves from acting. Hope is the belief that what we do matters even though how and when it might matter, who and what it may impact, are not things we can know beforehand. We may not, in fact, know them afterward either, but they matter all the same - history is full of people whose influence was most powerful after they were gone.”

- Quote by Rebecca Solnit

16 Days of Activism Against Gender-based Violence 2024

November is Woman Abuse Prevention Month, which includes the [16 Days of Activism against Gender-Based Violence](#), a global campaign calling for an end to gender-based violence. It begins on November 25th, the [International Day for the Elimination of Violence Against Women](#), includes [The National Day of Remembrance and Action on Violence Against Women](#) on December 6th, and ends on December 10th: [Human Rights Day](#).

The United Nations 2024 theme of its [UNiTE campaign](#) is “Towards Beijing +30: UNiTE to End Violence Against Women and Girls.” In 2025, the global community marks the 30th anniversary review of the implementation of the [Beijing Declaration and Platform for Action](#).

The Government of Canada’s theme for 2024 is [Come Together, Act Now](#). It emphasizes how crucial it is to involve everyone in Canada – particularly men and boys – in changing social norms, attitudes and behaviours that contribute to gender-based violence.

Here are a few ways to raise awareness, push for prevention, and demand accountability to end violence against women and girls:

- Learn about **16 accountable ways** you can help disrupt the stereotypes and stigma surround gender-based violence
- **UNSILENCED: Stories of Survival, Hope and Activism**, is a docuseries by UN Women, which aims to shed light on the continued magnitude of different forms of violence against women and girls, while also presenting solutions and advocating for more action
- Join the YWCA Canada in taking action and **calling on elected officials to declare GBV and IPV an epidemic**
- Explore the use of art in communicating your ideas with this **free illustration toolkit** from Fine Acts Co (free use and adapt, but never use them for commercial purposes)
- Prolonged and intense conflicts around the world are increasing the risk of violence for millions of women and girls. Listen to the story of Dala, in this WHO Health for All Film, **Dalal's Story**
- Start a conversation about recognizing signs of abuse and unhealthy relationships with **One Love's resources**

November Commemorations & Dates of Significance

- Women Abuse Prevention Month
- **Financial Literacy Month**
- **Indigenous Veterans Day** - Nov 8th
- Remembrance Day - Nov 11th
- Trans Awareness Week - Nov 13th to 19th (with **Transgender Day of Remembrance** (TDoR) on November 20th)
- International Day for the Elimination of Violence against Women - Nov 25th
- **Giving Tuesday** (global generosity movement) - Nov 28th

Events & Programming updates from NWOC



**ANNUAL
GENERAL
MEETING**

NOV 13
6PM

LOCATION: CENTRE FRANCOPHONE
234 VAN NORMAN ST.

SPEAKER: LINDSAY MARTIN
Elizabeth Fry Society, NWO
light dinner provided (caterer tbd)

RSVP: admin@nwowc.org or 807-935-8043

Upcoming AGM

November 13 @ 6pm

The Women's Centre Annual General Meeting on November 13, 2024 at 6pm at the Centre Francophone (234 Van Norman St)

If you are interested in attending, please contact Lori at 807-345-7802 or admin@nwowc.org before Nov 8th



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Craftivism at the Women's Centre

Exploring a Woolly World of Needle Felting

Join us *THURSDAY, NOVEMBER 21st from 1 - 4 pm @ NWOC*
to learn the basics of needle felting with Pam Cain, Artist Educator

Drop in or contact Lori admin@nwowc.org or 345-7802 to register!



Needle felting (poking a needle into wool to attach it to a felt background) is a rewarding and accessible craft. We will use this technique to create a decorative piece that can enhance a flat, functional

Bring an item you wish to felt on (a fleece scarf or mitts); felting needles, roving, pieces of felt, and bead supplies are available at the Centre for a decorating. An optional \$5 donation to cover material costs is also welcome.

Pam has over four decades of facilitating community arts education in Thunder Bay and the region and enjoys exploring a variety of art and craft forms.



GOOD FOOD BOX

November Orders

ORDER your GFB from your host site by **November 11th**

PICK UP from your host site on **November 20th**

[Order Online](#)



TIME! TO UPDATE!

Temporary Relocation
for **NOVEMBER**



GOOD FOOD BOX

Temporary Relocation for November!

Due to the closure of the Moose Hall, our packing of Good Food Boxes is being temporarily relocated to The Heritage Building (**on the CLE grounds**) located **425 Northern Avenue**. This means all boxes usually picked up at the Moose Hall **MUST BE PICKED UP** at the Heritage Building. Please read our update on our website for more information! Thank you for your patience and support as we navigate these changes.

[Read more here!](#)

2024
LOCALLY GROWN
GOOD FOOD FUNDRAISER BOXES



**Annual fundraiser
in support of the
Thunder Bay
Good Food Box program**

Local Fundraiser Boxes are \$60 each
Price includes any applicable taxes as well as
a \$20 donation to Thunder Bay Good Food Box.
Charitable receipts issued.

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:
Morning Moon Farm, Root Cellar Gardens, Veg-e-tate, Sleepy G Farms, Pitch Creek Farm, Bears' Bees & Honey, Brule Creek Farms, Thunder Oak Cheese Farm, Mountain Stream Orchard, Vanderwees Greenhouses, B&B Farm, Bill Hunt Farms, Belluz Farms, and more!

Boxes available July through December;
Pick Up Dates—3rd Wed. of the month*:
July 17th | August 21st | September 18th
October 16th | November 20th | December 18th

Limited quantities available
To purchase a box please visit
www.goodfoodboxtb.org
For more information e-mail: gfb@nwoww.org

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

There are just TWO months left in the season: order your **NOVEMBER** Local Box GFB by November 11th.

Boxes are \$60 each and include a \$20 charitable donation to the Good Food Box Program. This month's pick up is on November 20th (3:30-5pm) at the Moose Hall on Fort William Rd. Order your Local Box on our website today!

[Order Online](#)

Looking to stock up on storage crops for the winter? This is your chance to load up your pantry with Good Food! We are offering the **WINTER STORAGE BOX** once again.

The Winter Storage Box will contain a mix of locally grown and locally sourced goods from Sleepy G Farms, B&B Farms, Westfort Foods and other local providers. Each box includes 10 lbs of potatoes, 5 lbs of carrots, 5 lbs of onions, and much more! We will also provide information on how to store your veggies along with hearty recipes too.

Orders open **NOVEMBER 1ST**; you can order through your neighborhood host-site, or via our webstore. WSBs available for pickup along with the regular GFBs on December 18th.

Winter Storage Box is back!



[Order Online](#)

Holiday Fundraiser Boxes  **IN SUPPORT OF THE THUNDER BAY** 

Tis the Season for Fundraising!

To raise funds in support of our GFB program operations, we sell fundraiser boxes of locally grown or produced goods several times a year. These delightful holiday fundraiser boxes will be available to order from our website starting November 7th, and ready for pick up on December 18th (pick up location TBD!)

- ☕ Holiday Morning Box (\$60 each)
- 🎁 Local Gift Box (\$60 each)
- 🌟 12 Jars of Joy (\$100 each)

As always, a portion of each box is a direct donation to the Good Food Box Programs and charitable receipts are provided. Why not get some of your holiday shopping done while supporting the Good Food Box Program and local producers/makers at the same time?

Orders open November 7th!

Gender Based Violence: 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 at navigator@nwowc.org or by phone (807) 935-8042.

Sexual Violence Program: Supporting Survivors




**RECLAIMING
OUR POWER:**
SUPPORT GROUP FOR
SURVIVORS OF SEXUAL
VIOLENCE

We are offering an 8 week support group for women and gender-diverse people who have experienced any form of sexual violence. This is a supportive space to learn and heal together.

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**JAN 2025 • DATES TBD**  
NORTHWESTERN ONTARIO WOMEN'S CENTRE  
73 CUMBERLAND ST N SUITE #101

18+ | Coffee & Snacks | Bus Tickets



For more information or to register, please email  
Stacey at [sharehodgins@fayepeterson.org](mailto:sharehodgins@fayepeterson.org)

To help meet the needs of survivors since the Thunder Bay Sexual Abuse Centre closed, Faye Peterson House has developed a Sexual Violence Program. There are three Sexual Violence Counsellors offering a 20-week individual counselling program. Two counsellors are based at the shelter, and one is based here at the Northwestern Ontario Women's Centre where there is now a private counselling room for this purpose.

Starting January 2025, we are offering an 8 session weekly support group for women and gender-diverse people who have experienced any form of sexual violence. This is a supportive space to learn and heal together. Dates are still being determined, but you can still register.

If you're interested in counselling at the Women's Centre location or the Support Group meetings, you can reach Stacey Hare Hodgins (BA, HBSW, MA, RSW) directly at (807) 620-9156 or [sharehodgins@fayepeterson.org](mailto:sharehodgins@fayepeterson.org).

To access counselling for any kind of sexual violence (recent or past), you can call Faye Peterson House's 24/7 Crisis Line: (807) 345-0450. You do not need to reside at the shelter to access support from Faye Peterson House.



## Sexual Violence Program

Our Sexual Violence Program supports self-identified women aged 16+ who have experienced any form of sexual violence in person or online: sexual abuse, sexual assault, sexual harassment, non-consensual distribution of intimate images, stalking or sex trafficking.

We aim to provide survivors with:

- a space to be heard, believed, and supported
- legal and systems advocacy, when appropriate
- free supportive counselling and other resources to rebuild their lives from the negative impacts of sexual violence

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

SVP supports available at no cost:

- 24/7 crisis line: (807) 345-0450
- 10-week support groups
- Accompaniments (hospital, police, court), where appropriate
- Advocacy
- Referrals
- Public education
- 20-week individual counselling offered at two locations:
  - Faye Peterson House (807) 345-0450
  - Northwestern Ontario Women's Centre (807) 620-9156

Our SVP is designed to serve the diverse experiences of members of our communities, including, but not limited to, Indigenous/Metis/Inuit, 2-Spirited, non-binary, LGBTQ, Black/racialized, disabled, sex workers, and sex trafficking survivors.



For more details about all of our programs and services, please visit:

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



In partnership with:  
Northwestern Ontario Women's Centre

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



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## Mutual Aid Opportunity



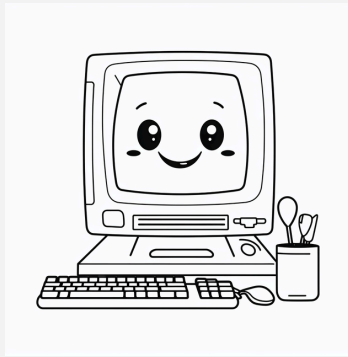
While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC 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**
- new socks



- Fresh Co. or Tim Hortons gift cards
- mini first aid kits (or packs of Band-Aids)
- toothbrushes, toothpaste, floss, lip balm
- 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 Steph to make alternate arrangements: [communications@nwowc.org](mailto:communications@nwowc.org).



## Computer Resources Available

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

- Printing forms
- Job Interviews
- Virtual Legal Clinic
- Lawyer's Appointments
- Virtual Court Matters

To book an appointment, please contact Jennifer at 935-8042 or [navigator@nwowc.org](mailto:navigator@nwowc.org)

## 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 [communications@nwowc.org](mailto:communications@nwowc.org).



*A snapshot of the fall colours, sunset sky, and full moon*

### ***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](#)

[AAGBV](#) [Advocacy](#) [Good Food Box](#) [Public Education](#) [What's New](#)



## Northwestern Ontario Women's Centre

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

(807) 345-7802 | [ed@nwowc.org](mailto:ed@nwowc.org)

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



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