



**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.



## Events & Programming updates from NWOC

### **Book Launch with Pam Cross**

**Tues, January 21st @ 12pm**

The Northwestern Ontario Women's Centre and the Bora Laskin Faculty of Law are hosting a public talk with Pamela Cross in the Paterson Auditorium (3rd floor) at the Bora Laskin Faculty of Law – PACI Building (401 Red River Road). All are welcome to attend this talk! Copies of Pam's book will be available for purchase.

# “And Sometimes They Kill You: Confronting the Epidemic of Intimate Partner Violence”



## A Public Talk with **PAMELA CROSS**

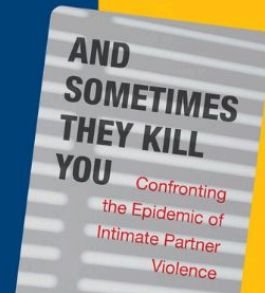
Feminist lawyer and renowned expert on gender-based violence, Pamela will share her insights and experiences. With over 30 years of advocacy, Pamela is a passionate voice for women’s rights and safety. Her book serves as a call to action for us all to respond to the epidemic of family violence and to foster communities that are safe and supportive for everyone.



**Tuesday, January 21st, 2025  
12:00pm - 1:30pm**

**Paterson Auditorium (3rd floor)**

Bora Laskin Faculty of Law - PACI Building,  
401 Red River Rd.



## ABOUT THE AUTHOR

Pamela Cross, feminist lawyer and renowned expert on gender-based violence, will share her insights and experiences during her 30 years of advocacy work. Her recent book serves as a call to action to respond to the epidemic of family violence and to foster communities that are safe and supportive for everyone.

## CALL FOR PARTICIPANTS

**Courting Change:  
An introduction to Feminist  
Strategic Litigation**

**Feb 11th | 1-3 pm @ Centre Francophone  
presented by**



**LEAF FAEJ**  
WOMEN'S LEGAL  
EDUCATION & ACTION FUND  
FONDS D'ACTION ET D'EDUCATION  
JURIDIQUE POUR LES FEMMES

## CALL FOR PARTICIPANTS

### for February Workshop

The NOWC is looking for interested participants to attend a Feminist Strategic Litigation workshop hosted by LEAF (Women’s Legal Education & Action Fund). This workshop will be held on **February 11<sup>th</sup> from 1-3pm at Centre Francophone**. Contact [ed@nwowc.org](mailto:ed@nwowc.org) to express your interest in participating and we will send registration details!

## ABOUT OUR PRESENTERS & THE WORKSHOP FOCUS

*Feminist strategic litigation* is feminist lawyering on feminist issues with feminist goals. While people usually engage in feminist strategic litigation through an individual court case, the *strategic* reason for getting involved is the potential to push for broader change that goes beyond that individual case – change to legislation, policies, and practices by centering and building on the expertise of communities.

Who is standing up for the rights of women in Canada? **The Women’s Legal Education and Action Fund**. Since 1985, LEAF has intervened in over 100 landmark legal cases that have advanced gender equality in Canada. Their work has resulted in various levels of court victories preventing violence against women and gender diverse people, eliminating discrimination in the workplace, allowing access to reproductive freedoms, and providing better maternity benefits, better spousal support, and the right to pay equity. *Charter* rights, in general, and section 15, in particular, have been tested, and strengthened, through the advocacy work of LEAF.



**We will return with some Craftivism sessions next month! Stay tuned for an update :)**



**GOOD FOOD BOX**

**2025 Order Schedule**

**FIND US ONLINE!**  
 Website: [www.goodfoodbox.org](http://www.goodfoodbox.org)  
 Facebook & Instagram: @goodfoodboxontario  
 Contact the Good Food Box Program  
 Call 800-563-9100 or email [info@goodfoodbox.org](mailto:info@goodfoodbox.org)

JANUARY					FEBRUARY					JULY					AUGUST												
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Order by May 12th to pick up your box on the 15th					Order by June 8th to pick up your box on the 15th					Order by Nov 10th to pick up your box on the 15th					Order by Dec 8th to pick up your box on the 15th												

With a new year ahead, we have the **2025 GFB Order schedule available!**

**Get your 2025 Order Schedule**



**COMING  
SOON!**

**HEADS UP! Survey  
time is coming**



**GOOD  
FOOD  
BOX**

## **NEXT MONTH: the GFB survey is back!**

It's time again for the Good Food Box Survey! This is our biennial evaluation to determine the impact we have on our community, track the changes and development of food security issues, and gather feedback on any areas we need to improve in to best deliver this program. We will be gathering feedback and information from our customers, our host sites, and our volunteers.

The survey will be launched on our **NEXT PACK DAY (FEBRUARY 19TH)**. Please be prepared to take time at the February pick up to complete your Customer survey. Thanks in advance for your cooperation and participation!

## **GFB February Fundraiser Box COMING SOON**

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

We are curating a special **SHARE THE LOVE, SHARE GOOD FOOD** box for the next Fundraiser Box. We will announce more on our Instagram and Facebook pages, be sure to follow us there!

[Learn more about GFB Fundraisers!](#)

## **Community Events & Resources**

- **Thurs, January 16th** | [Northern Ontario School of Medicine](#) is hosting a talk, “The Rise and Fall of Métis-First Nations Relations” on Thursday, January 16th from 12 -1pm. The talk will be in-person at ATAC 6022 (NOSM U Thunder Bay) or online via [Webex](#). Lunch will be provided.
- **Jan 16th & 17th** | [OCASI](#) is hosting their 5th annual [Conference Pathways to Legacy](#) (available to attend virtually). This survivor-led event explores advocacy and collective healing to combat gender-based violence against non-status, refugee, and immigrant women across Canada. [Register](#) today!
- **Sat, January 18th** | Join [Story Time with Thunder Bay Drag Queens](#) and Crafting with Queens at the Mary J Black Library from 2:30-3:30pm
- **Thurs, January 30th** | Join for the opening reception of “[Into the Vault](#)”, an exhibition organized by the [Thunder Bay Art Gallery](#) and Grade 11 students from Dennis Franklin Cromarty High School in Thunder Bay. The exhibition night is from 6:30-8:30pm.
- **February 4th & 5th** | [Western University’s Centre for Research & Education on Violence against Women and Children](#) is hosting their Virtual Forum next month, entitled “Seeds of Possibility: Understanding Alternative Justice Practices in the Gender-Based Violence Sector”. This two-day Virtual Forum will take place on February 4th and 5th, 2025 from 1 - 4 pm Eastern Time. [Register](#) online and check out their [website](#) for more details

## RESOURCES

- [P.A.C.E. Warming Centre](#) is now open every day: weekdays from 7:30am - 7pm and weekends from 9am - 7pm.
- [Grace Place](#) is open 1-4pm on Mon, Tues, Wed for a hot meal in a warm place.
- Due to increasingly cold temperatures, the [Care Bus](#) is operating 7 days a week from 9am-9pm, following its usual route. Contact [807-630-8631](tel:807-630-8631) for more information or to reach a harm reduction outreach worker on the bus
- [CLEO](#) offers resources for [financial planning for separation](#) and is hosting a January 21 [webinar](#) for community workers to better understand the financial implications of separation and divorce
- “[A Brief overview of Femicide](#)” with [Dr. Myrna Dawson](#), a season 4 episode of the “[She’s Your Neighbour](#)” Podcast, a podcast and public education series focused on increasing awareness and understanding of domestic violence.

## 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](mailto:navigator@nwowc.org) or by phone (807) 935-8042.

## Sexual Violence Program: Supporting Survivors



### 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)



**NORTHWESTERN ONTARIO WOMEN'S CENTRE**  
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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.

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-

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.

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## Mutual Aid Opportunity

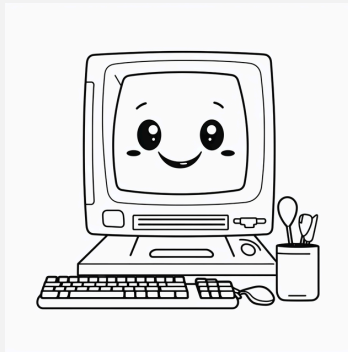


While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC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



Artwork by Bea Gural, age 16. "My Body, Their Choice" Multi-media art.

### ***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

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

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



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