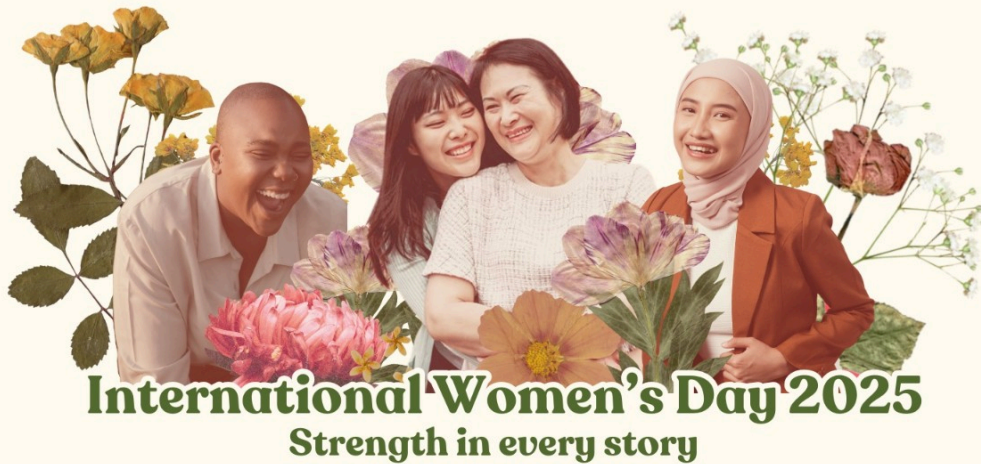




NORTHWESTERN ONTARIO WOMEN'S CENTRE
EMPOWERING WOMEN BY PROVIDING A SAFE AND SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS

feminist DISPATCH



Canada

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.

Happy International Women's Day!

March 8 is **International Women's Day (IWD)**. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to highlight the progress made in advancing women's rights and the ongoing efforts needed to ensure their full participation in all aspects of society.

Wondering what can you do to celebrate March 8th? Some possibilities:

- Make time for rest, resistance, dancing, joy and solidarity
- Join us at City Hall for the **annual IWD Flag Raising** (poster below)
- Learn about the history of **International Women's Day**
- Thank an advocate for their essential and meaningful work
- Learn about some of the **Women of Impact in Canada**
- Learn from and support BIPOC and 2SLGBTQIA+ feminist writers, artists, makers

- Check out the City of Thunder Bay [Women's History Month online exhibit](#) to learn more about contributions and accomplishments by local women (including your very own Women's Centre) - stay tuned for the 2025 update this October!
- Explore [RiseUp!](#): a digital archive of feminist activism (including digitized issues of the Northern Woman Journal)
- Tell stories with another woman, non-binary or Two-Spirit person in your life
- Tell stories with the kids and elders in your life
- Join in a community artwork project at Picking up the Pieces (poster details below)
- Reflect on and celebrate collective opportunities and actions
- Seek out and amplify the voices and stories we rarely get to hear
- Actively support your local women's and equity-seeking organizations (e.g: [Beendigen](#), [Centr'Elles](#), [Elizabeth Fry Society NWO](#), [Faye Peterson House](#), [ONWA](#), [Northwestern Ontario Women's Centre](#))
- Keep reading our monthly Feminist Dispatch e-newsletter to find new perspectives and resources

Below is a list of community events happening this week for IWD:

IWD Community Events & Programming

RAISE THE FLAG

**March 7th
10AM @ CITY HALL**

**ANNUAL FLAG RAISING FOR
INTERNATIONAL WOMEN'S DAY**

GUEST SPEAKER: KAREN SLOMKE

PROCLAMATION READING, COFFEE & CUPCAKES



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International Women's Day Flag raising **Friday, March 7th @ 10am**

Join us at City Hall on **Friday, March 7th** to raise the flag! Opening remarks at 10am, with our featured speaker, Karen Slomke; the flag will be raised around 10:30am. Please feel welcome to stay for light refreshments following the flag raising.

ABOUT OUR SPEAKER: Karen Slomke, MSW, RSW has worked in the community of Thunder Bay in her capacity as a social worker for the past 30 years. This time has been spent learning and offering services to address counselling needs of youth and adults in our community. Karen will draw from her own understanding of how trauma informs and impacts our community on an individual and collective basis in this time of technology with an emphasis on the recent local event where citizens of Thunder Bay were charged with exploiting other citizens through the sharing of intimate, stolen images of local women.

#StrengthInOurStories with Lakehead International

Join Lakehead International on **March 7th 11am to 4pm** at the Chancellor Paterson Library (ground floor) to celebrate the important women in our lives, to learn about influential Canadian women and to find #StrengthInOurStories.

All students, staff, and faculty are invited to celebrate International Women's Day in the International Centre Lounge.

A poster for a pop-up clinic. At the top left is the NorWest Community Health Centres logo. At the top right is the Kam and Talbot Health logo. The text 'In Celebration Of International Women's Day' is written in a blue script font. Below this is a heart-shaped logo with a woman's profile. The text 'POP-UP CLINIC FOR WOMEN AND NON-BINARY PEOPLE' is written in bold. Below this is a list of services available. At the bottom, there are three sections: 'Need a ride?', 'Date:', and 'Location:'.

NorWest Community Health Centres
Centres de santé communautaire NorWest

Kam and Talbot Health

In Celebration Of International Women's Day

POP-UP CLINIC FOR WOMEN AND NON-BINARY PEOPLE

SERVICES AVAILABLE:

- ☑ Hot Meal
- ☑ Indigenous Dot Art Activity
- ☑ Contraception Information and Counselling
- ☑ Walk- In NP Services
- ☑ Free Women's Hygiene Products
- ☑ Women's Preventative health education
- ☑ STI Testing
- ☑ Drop-In Movie and Snacks

Need a ride? 🚌 Care Bus, 807.630.8631

Date: 📅 Friday, March 07, 2025, 1PM-4PM

Location: 📍 NorWest Community Health Centre, Kam and Talbot Room

Norwest Care Bus Pop-Up Clinic for IWD

NorWest Community Health Centres will be hosting Pop-Up Clinic for Women and Non-Binary People on **Friday, March 7th from 1 to 4 pm at our 525 Simpson Street site**. The event will have a drop-in movie, snacks, and Indigenous Dot Art using different textiles; the clinic will also offer a hot meal, contraceptive info and counselling, walk-in NP services, women's preventative health education, STI testing, and free hygiene products.

The Care Bus will be available to transport people.

Picking up the Pieces

Friday March 7th

7pm to 9pm

Join us for a community art workshop held in honor of International Women's Day, with a focus on highlighting violence against women.

Led by Anna from Teatime Mosaics with support from Dorset Pier Mental Health, attendees will piece together a community mosaic.

Let's come together and heal through art as we create an empowering project of resilience and radical love.

This is a free event to be held after hours at the Loud Women Collective.



Picking up the Pieces: Community Art Gathering

Join Anna from **Tea Time Mosaics** for a community art project in honour of International Women's Day, with a focus on highlighting violence against women. The community is invited to join in the creation of a mosaic artwork, a practice centering on broken pieces coming together to create something new. Mental health support from Dorset Pier will be in attendance.

This is a free event to attend. Join Anna on **Friday, March 7th from 7pm-9pm** in Goods and Co (251 Red River Rd) in front of the Loud Women Collective.

Prizes!

Dame Más Dance presents:

In support of:

FIESTA de Mujeres
A Celebration of International Women's Day For Everyone

SALSA BACHATA

MERENGUE KIZOMBA

S B M K

Norteños Taqueria 19+
698 Arthur St. W.

\$10 in advance

Saturday, March 8, 2025

\$15 at the door

10:00 PM - 10:30 | LATIN DANCE LESSON
10:30 PM - 2:00 AM | SOCIAL DANCE

DJ EZ Eddie & Shari B

Fiesta de Mujeres: Celebrating International Women's Day

Join Dame Mas Dance on **SATURDAY, MARCH 8th** for Fiesta de Mujeres, a celebration of International Women's Day (IWD) in support of the Northwestern Ontario Women's Centre! The

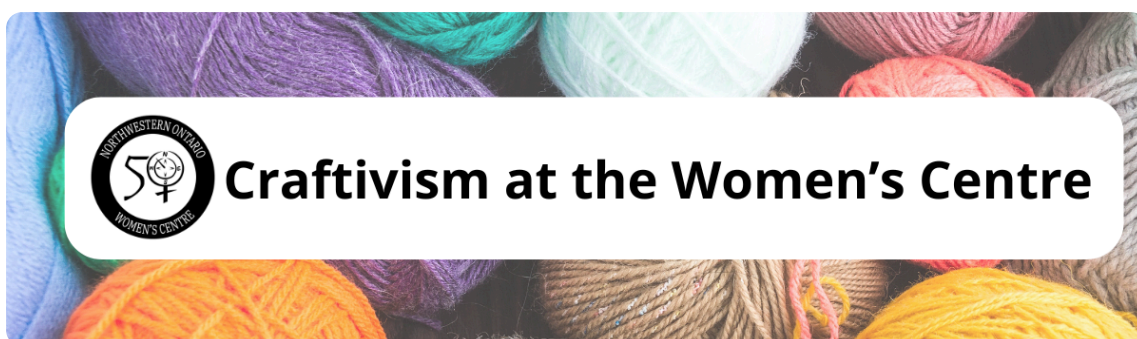
event begins at 10:00 pm with a Latin dance lesson, followed by a social dance for the rest of the night. [Get your tickets](#) in advance or \$15 at the door.



Attendees are encouraged to dress in purple, the official colour of IWD which represents dignity, justice and loyalty to the cause of gender equality. There will be door prizes to win and local artist, Feral Wife, will be set up selling handstitched creations! Feral Wife will be donating proceeds from her Feminist and GFB pins to the Northwestern Ontario Women's Centre

[Get your tickets!](#)

Events & Programming updates from NWOC



CHECK BACK NEXT MONTH FOR MORE CRAFTIVISM NEWS!

PERIOD PROMISE Collection Drive

No one should have to choose between buying menstrual products and other basic necessities. For the month of March, various organizations are collecting feminine hygiene products; please consider purchasing an extra box of product to add to a community collection bin - like ours at the Women's Centre!

CANDYGRAM FUNDRAISER

In February, the Women and Gender Studies Student Association (WGSSA) hosted a Valentine's Day candy-gram fundraiser on the main campus to benefit the Northwestern Ontario Women's Centre (NOWC). Through this initiative, they raised **\$76**, supporting the NOWC's important work in the community. Thank you!!

WGSSA at Lakehead University is a welcoming, inclusive, and intersectional organization committed to fostering a safe and supportive environment for all students.



Wednesday, February 12 --- 1-5pm
In front of Main Cafeteria
\$2 per candy gram and donations accepted
E-transfer and cash

All donations will be given to the
Northwestern Ontario Women's Centre



GOOD FOOD BOX

March Orders

Order your GFB from your host site by **March 10th**
PICK UP from your host site on **March 19th**

[Order Online](#)

Fill up your **GAS TANK** in support of the



GOOD FOOD BOX

K & A Variety
GAS BAR

Penny-A-Litre Days with
K&A Variety

*March
2nd, 5th,
9th, & 12th*



Fill up the tank in support of food security! K&A Variety & Gas Bar will be donating a penny for every litre sold on **MARCH 2ND, 5TH, 9TH, and 12th** to the Good Food Box Program! Come on down and grab your gas to help support local food security program! K&A Variety is located at 684 City Road, Fort William First Nation. Thank you K&A for your support!

SEED SALE

**POPPY -
PURPLE FRILLY**
showy flowers | big pods



**ROOT
CELLAR
GARDENS**



regionally
adapted organic
seed for
short growing
seasons

*in partnership with
**Root Cellar
Gardens** in
support of the*



**GOOD
FOOD** BOX

Do you grow flowers, or looking to begin growing?

We are selling packets of seeds in partnership with Root Cellar Gardens! All proceeds support the GFB Program!

If you are interested in more organic seeds and vegetable offerings, check out **Root Cellar Gardens!**

Order your SEEDS today

Community Events & Resources

MARCH 8 - International Women's Day

MARCH 21 - International Day for the Elimination of Racial Discrimination

MARCH 28 - International Women in Music Day

MARCH 31 - International Transgender Day of Visibility

EVENTS

- **March 6th | Artist Talk with Rebecca Belmore** 6-8pm at the Thunder Bay Art Gallery. This talk coincides with the 206th anniversary of the event depicted by Belmore in her piece: [March 5, 1819](#). This event is free and open to all
- **March 7th | #StrengthInOurStories** Join Lakehead International on March 7th 11am to 4pm at the Chancellor Paterson Library (ground floor) to celebrate the important women in our lives, to learn about influential Canadian women and to find #StrengthInOurStories. All students, staff, and faculty are invited to celebrate International Women's Day in the International Centre Lounge.
- **March 7th | Picking up the Pieces Community Art Project** (see details & poster below!)
- **March 7th | Care Bus Pop-Up Clinic** at Norwest Health Centre (details and poster above!)
- **March 8th | Fiesta de Mujeres: Celebrating International Women's Day Dance Fundraiser** (see details & poster above!)
- **March 23rd | Earth Hour** 8:30-9:30pm: [What can you do for Earth hour?](#)

RESOURCES

- [Where to Get Food in Thunder Bay: A List of Programs and Services](#) (updated)
- [Independent Living Resource Centre](#) (ILRC) has launched a Community Lending Library of free rentals of air-purifying equipment to help make public events safer and more accessible. See their [full poster](#) for details!

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



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

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



In partnership with:
Northwestern Ontario Women's Centre

www.nwowomenscentre.org



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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) 620-9156 or 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

Mutual Aid Opportunity

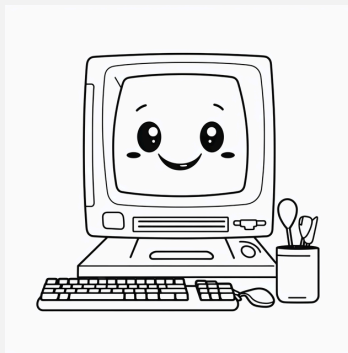


While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC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

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

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.

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

www.nwowomenscentre.org



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