



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

feminist DISPATCH



**WOMEN'S
HISTORY
MONTH
2025**

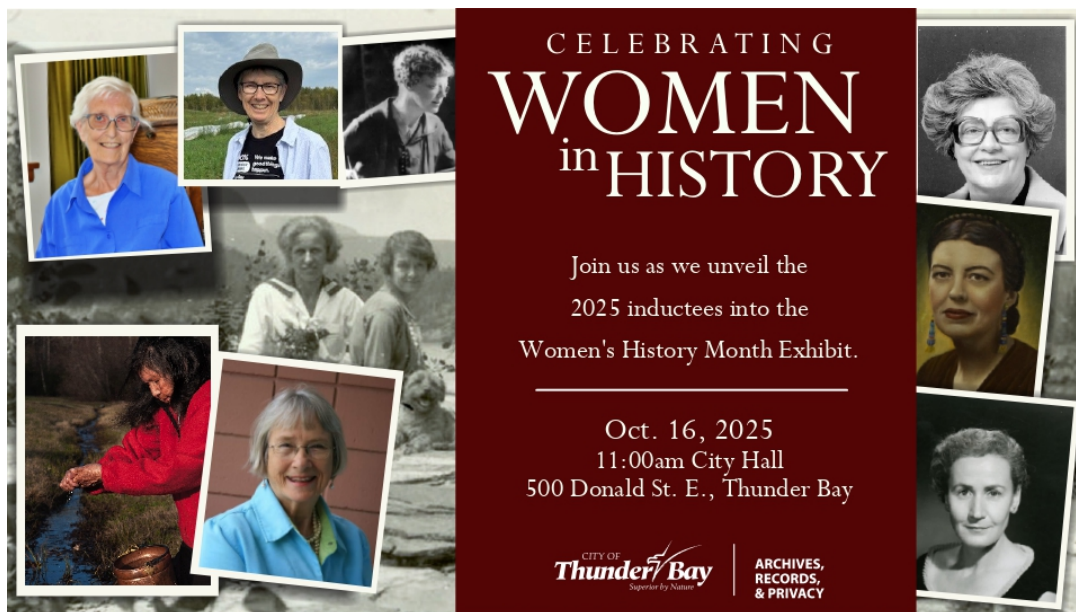
Canada

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.

We're back after a summer break with a small Dispatch Edition for October. If you're new to the Dispatch, or missed a few issues, past issues are archived on our [website](#).

October is Women's History Month

October is **Women's History Month** in Canada, a time to celebrate the women and girls from our past and our present, who are contributing to a better, more inclusive Canada. Women's History Month also shines a light on the inequalities women still face, such as wage gaps, underrepresentation in leadership, and barriers to entering and advancing in the workforce, and the need to work together toward lasting change.



We are happy to celebrate the induction of **Gwen O'Reilly, Executive Director of the Northwestern Ontario Women's Centre**, into the **2025 Women's History Month Exhibit**. Join the unveiling celebration on Thursday, October 16th at 11:00am at Thunder Bay City Hall. This is an ongoing, yearly project with new inductees added to this exhibit every October.

Events & Programming updates from NWOC

At the Northwestern Ontario Women's Centre, we believe survivors of sexual violence.

We are partnering with Faye Peterson House to offer a 6-part sexual violence education series. Sessions are open to self-identified women and girls (ages 18+) and will take place once a month from 6:30-8 pm at the Northwestern Ontario Women's Centre (278 Bay St, Suite #201). Dates and session information are listed below:

- **October 1, 2025 - How do you know if it is sexual violence?** - What is consent – what it means. How to give it and get it
- **November 5, 2025 - No, you didn't "deserve it": the myth of the perfect victim** - Challenging assumptions that reinforce stereotypes and victim-blaming
- **December 3, 2025 - Sexual Violence in the Workplace** - Employment rights, legal options, and supports
- **January 7, 2026 - Online sexual violence** - How to recognize, resist, and report tech-facilitated sexual violence
- **February 4, 2026 - Intimate Partner Sexual Violence** - Unpacking coercive sex and sexual violence in intimate relationships
- **March 4, 2026 - Trauma in your body** - Exploring mindful movement to foster acceptance and growth

Attendance at all sessions is not required. Bus tickets and light refreshments provided.

To register, please contact **Jen Hastings** - navigator@nwowc.org / 807-935-8042 or **Stacey Hare Hodgins** - sharehodgins@fayepeterson.org / 807-620-9156

WE BELIEVE SURVIVORS



Sexual Violence Education Group for Self-Identified Women



Join us for a free 6-part sexual violence education series.

October 1, 2025 - How do you know if it is sexual violence?

- What is consent – what it means. How to give it and get it

November 5, 2025 - No, you didn't "deserve it": the myth of the perfect victim

- Challenging assumptions that reinforce stereotypes and victim-blaming

December 3, 2025 - Sexual Violence in the Workplace

- Employment rights, legal options, and supports

January 7, 2026 - Online sexual violence

- How to recognize, resist, and report tech-facilitated sexual violence

February 4, 2026 - Intimate Partner Sexual Violence

- Unpacking coercive sex and sexual violence in intimate relationships

March 4, 2026 - Trauma in your body

- Exploring mindful movement to foster acceptance and growth

6:30 pm - 8:00 pm



**Northwestern Ontario Women's Centre
278 Bay St. Suite #201**

**Attendance for all sessions is not required.
Bus Tickets and Light Refreshments Provided.**

To register, please contact:

Jen - navigator@nwowc.org / 807-935-8042

Stacey - sharehodgins@fayepeterson.org / 807-620-9156



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NOWC AGM: Save the Date!

Our Annual General Meeting will be coming up in November! Save the date:
Wednesday, November 26th at 6pm.

More details coming soon online and in the November Feminist Dispatch.

SAVE THE DATE FOR THE



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ANNUAL GENERAL MEETING

NOV 26
6PM IN PERSON

LOCATION: NOWC OFFICE
278 BAY STREET

CREATIVE ACTIVITY WITH
STACEY HARE HODGINS

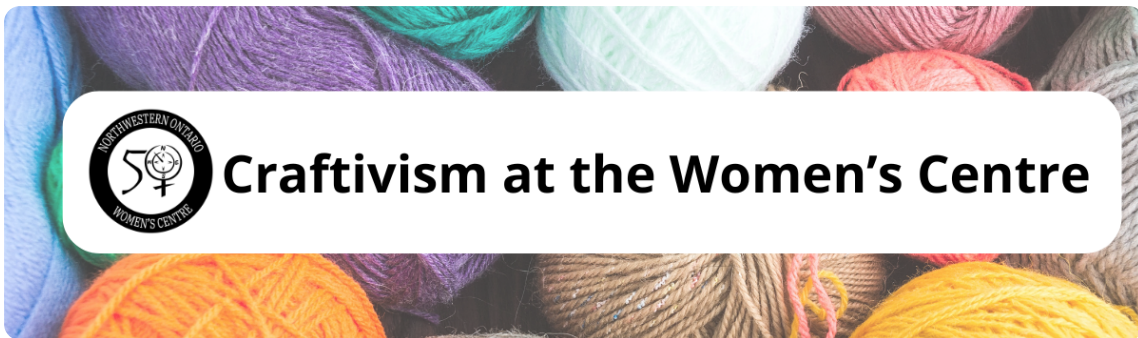
DINNER INCLUDED (CATERER TBD)



Thank you to all our moving volunteers!

Thank you to everyone who assisted with our office move back in June!

Thank you to all NOWC staff, Jayal Chung, Jennifer Chisholm, Emily Brooks, Sara Williamson, Bev Cadene, Lisbeth Espinoza and family, and Iris Johnson for your assistance with packing, moving, and painting in the new space!



Stay tuned for programming in the fall!



GOOD FOOD BOX

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 (WSB) contains a mix of locally grown and. Box includes potatoes, carrots, onions, and much more! We will also provide information on how to store your veggies along with hearty recipes too!



Order your Winter Storage Box today!

Orders open October 15th until December 8th! You can order through your neighborhood host-site, or via our webstore. WSBs available for pickup along with the regular GFBs on December 17th.

Thank you for supporting Leeks in the Boat during UWAY Lighthouse Rescue 2025

The Good Food Box Program participated in the the 3rd annual **United Way** Great Lighthouse Rescue in July and we are happy to report **\$14,564.14** was raised in support of the GFB Program!

Thank you to all for your support of the program!



2025 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 and producers, including: Morning Moon Farm, Root Cellar Gardens, Veg-e-tate Garden Market, Sleepy G Farms, Pitch Creek Farm, Bears' Bees & Honey, Brule Creek Farms, Thunder Oak Cheese Farm, Vanderwees Greenhouses, B&B Farms, Belluz Farms, and more.

Boxes available July through December
Pick up Dates - 3rd Wednesday of the month:
July 16th | August 20th | September 17th |
October 15th | November 19th | December 17th

LIMITED QUANTITIES AVAILABLE
Order online at www.goodfoodtb.org
in our 'Fundraiser' tab
For more information, email gfb@nwowc.org

It's that time of the year again! The **Locally Grown Good Food Fundraiser Boxes** are returning!

Local fundraiser boxes are available monthly from July to December and are \$62 each (this new pricing includes a \$2 online processing fee). Included in the cost of the Locally Grown Fundraising Box is a \$20.00 donation.

Our Locally Grown Boxes are packed with a sampling of the best & freshest locally grown & produced goods from a number of local farms and producers.

Our November and December Boxes are currently available to order!

Order your Fundraising Box today!

Community Events & Resources

JUNE is host to **Women's History Month, Breast Cancer Awareness Month, & Queer History Month**

- October 4th is **Sisters in Spirit Day**
- October 11th is **National Coming Out Day** and **International Day of the Girl Child**
- October 15th is **Pregnancy and Infant Loss Awareness Day**
- October 16th is **World Food Day**
- October 17th is **International Day for the Eradication of Poverty**
- October 18th is **Persons Day**

October is Breast Cancer Awareness Month

The Ontario Breast Screening Program (OBSP) recommends regular mammograms for most women, Two-Spirit, trans and non-binary people ages 40 to 74. This Breast Cancer Awareness Month, stay on top of your health by scheduling your screening.

Visit tbrhsc.net/cancerscreening to learn more



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

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.



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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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 access support from Faye Peterson House.

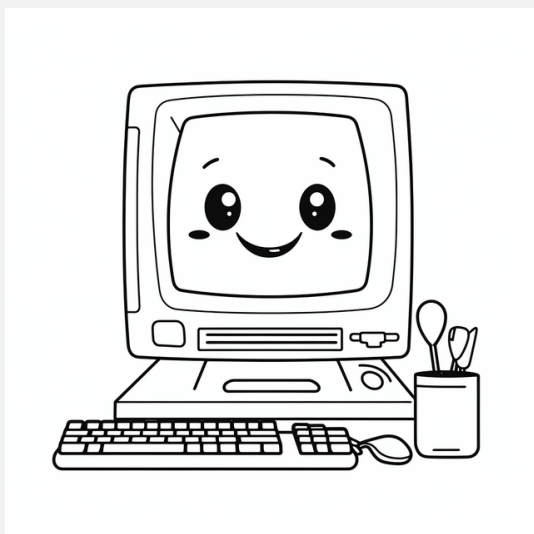
Mutual Aid Opportunity



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:

- Bus tickets, such as a [10 Ride Multipass](#)
- new socks
- Fresh Co. or Tim Hortons gift cards
- mini first aid kits (or packs of Band-Aids)
- toothbrushes, toothpaste, floss, lip balm
- 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



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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