



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.

16 Days of Activism

against Gender-based Violence

November 25 - December 10

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

16 Days of Activism against Gender-Based Violence

November is the month when women's anti-violence advocates engage in **16 Days of Activism** (Nov. 25 - Dec. 10) to end gender-based violence. This campaign started in 1991 to call out and speak up on gender-based violence, and to renew our commitment to ending violence against women, girls, and 2SLGBTQI+ individuals.

Check out **past campaigns** on our NOWC website and follow our **"What's New"** blog this month for posts discussing initiatives, events, resources, and more relating to 16 Days of Activism!

Events & Programming updates from NWOC

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 CATERED BY NORTEÑOS CANTINA
(VEGAN & VEGETARIAN OPTIONS AVAILABLE)

NOWC AGM: RSVP to join us

Our Annual General Meeting is coming up on **Wednesday, November 26th from 6-8pm** at the NOWC Offices (278 Bay Street, Suite 201 - first offices up the stairs). We will share a meal together and host a creative activity with Stacey Hare Hodgins.

RSVP by November 19th by filling out our [registration form](#).

For additional information, please email Lori at admin@nwowc.org

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:

- **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

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- 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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Craftivism at the Women's Centre

Stay tuned for programming in the new year!



GOOD FOOD BOX

November Monthly Box

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

[Order Online Today!](#)

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 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.

2025 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 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@mwowc.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!

Holiday Fundraiser Boxes

IN SUPPORT OF
THE THUNDER BAY



**GOOD
FOOD
BOX**



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 17th between 3-5pm at the Moose Hall.

Orders open November 7th!



Holiday Morning Box

\$62.00 each. Grab your coziest blanket, put on the kettle, and pre-heat the oven! This Holiday Morning box is a locally-sourced gift basket with all the fixings of a holiday morning treat

Order starting Nov 7th



12 Jars of Joy

\$102 each. No sneak peeks here! 👁️ 12 Jars of Joy is a locally-sourced gift basket featuring edible and non-edible products.

Order starting Nov 7th



Local Gift Box

\$62.00 each. The classic combination of treats and gifts, a perfect gift basket for anyone! 🎁 This Locally Made Gift Box features locally-sourced goodie and gift items

Order starting Nov 7th

Community Events & Resources

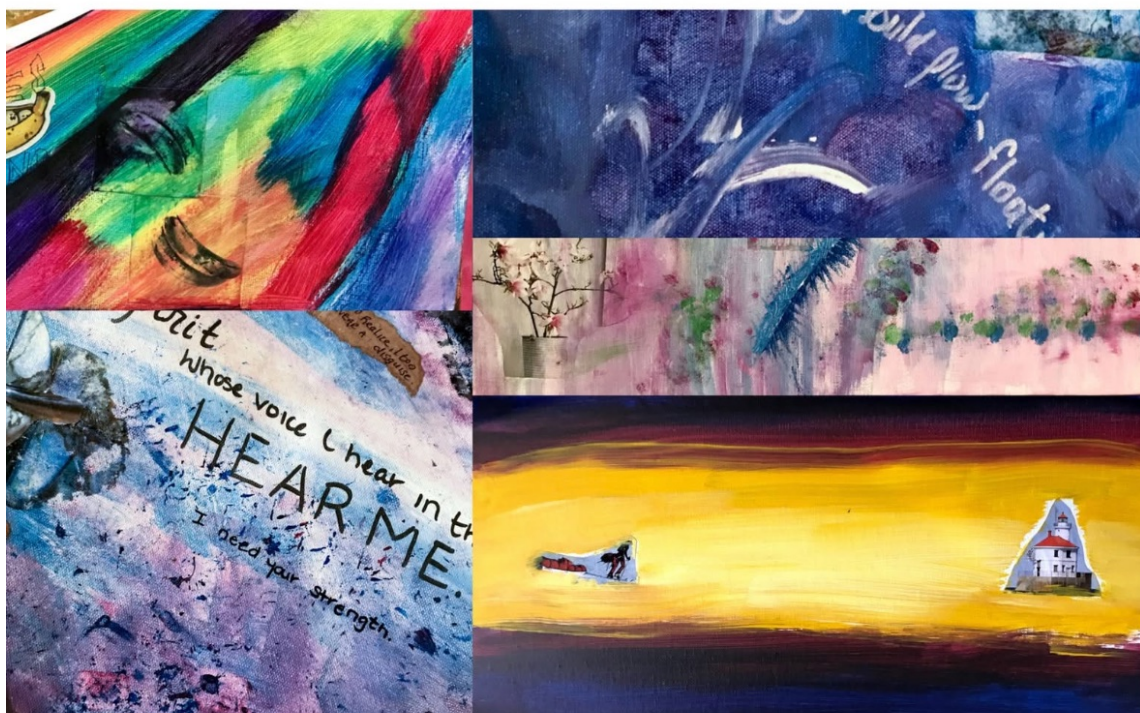
NOVEMBER is **Women Abuse Prevention Month** and **Financial Literacy Month**

- November 8th is **Indigenous Veterans Day**
- November 11th is **Remembrance Day**
- **Trans Awareness Week** is November 13th to 19th (with **Transgender Day of Remembrance (TDoR)** on November 20th)
- November 25th is the **International Day for the Elimination of Violence against Women**



Shaping Stories Together

An exhibition of collective artwork exploring community connections and challenging the stigma around substance use through shared stories of resilience and healing.



Opening Reception: November 5

3pm to 5pm

Exhibition runs November 4-27

At The Thunder Bay Art Gallery

With support from:



"Shaping Stories Together" is an upcoming exhibit of collective artwork exploring community connections and challenging the stigma around substance use through shared stories of resilience and healing. The exhibit runs from November 4th to 27th. This exhibit was made possible by the **Thunder Bay Drug Awareness Committee** and the **Creaction Collective**

🎨 Art Opening Reception – November 5th, 3–5 PM 🎨

📍 Community Room at the **Thunder Bay Art Gallery**

Community Events

- **November 5th** | "Shaping Stories Together" Exhibit at the Thunder Bay Art Gallery (see above post for details)
- **November 6th, 20th, and 27th** | Join the **Thunder Bay Indigenous Friendship Centre** for **book club**, reading "Lost between the cracks: a tale of being Hardy"

by Mona Hardy. For more information & to register, please contact Jayal at BGDC@TBIFC.CA or by phone at 807-345-5840 ext. 9071

- **November 22nd | “Fall Seed Cleaning, Squash Tasting, and Pie Making”** at Roots Community Food Centre (450 Fort William Road) from 1-4pm. Join the Sustainable Food Systems Lab & Lakehead University Agriculture Research Station for this event, it is free to attend!

Resources

- **Ontario Association of Interval & Transition Houses** reviews mainstream media reports of femicides and shares a snapshot of their research monthly. You can read the September report and more on their [website](#)
- The **Centre for Research & Education on Violence Against Women & Children** (CREVAW) has released a new backgrounder documented entitled, “*Supporting Survivors of Intimate Partner Violence (IPV) in the Workplace*”. Access the backgrounder [here](#)
- **Respect at Work: National Survey from Western University** is a study examining workers’ experiences of harassment and violence at work. If you are 18 years of age or older and have been employed in the past 2 years, you are eligible to participate. Complete the survey before December 9th at bit.ly/natsurvey2025
- **“Who Cares? An ARAO Guide to Supporting Youth Mental Health”** is a free online curriculum from the [Canadian Women’s Foundation](#). This curriculum addresses challenges faced by youth workers in supporting the mental health needs of Black, Indigenous, and 2SLGBTQIA+ youth. It provides strategies that youth workers can implement to ensure their own wellbeing is taken into account. It is [free to enroll](#) and [modules](#) are self-directed.

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

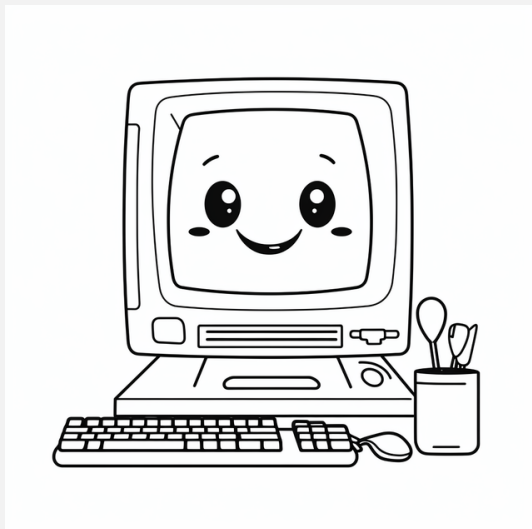


While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC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

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



Northwestern Ontario Women's Centre

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

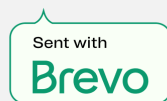
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