

Good Food Box

Thunder Bay Good Food Box (GFB) is a monthly fruit and vegetable distribution program that aims to increase access to fresh and affordable produce in neighbourhoods, housing buildings, organizations, and participating First Nations year-round. The Northwestern Ontario Women's Centre has administered this volunteer-powered, community-based food security initiative in Thunder Bay since 2005.



gfb@nwowc.org
goodfoodboxtb.org

Follow on FB or IG
[@goodfoodboxtbay](https://www.facebook.com/goodfoodboxtbay)

The Northwestern Ontario Women's Centre gratefully acknowledge the support of volunteers, donors, funders shown below and the Investing in Women's Futures Program of the Ministry of Children, Community and Social Services.



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD



Hours of Operation

MONDAY - THURSDAY

9:30am—5:00pm*

**Doors are sometimes locked during these times if staff have commitments outside of the office. Phone ahead!*

Contact Us

Phone
(807) 345-7802

Fax
(807) 345-9216

Website
www.nwowomenscentre.org

Facebook
[@nwowc](https://www.facebook.com/nwowc)

feminist DISPATCH

Want to receive news and updates from your small but mighty feminist non-profit? Sign up for our monthly newsletter to stay in the loop about events, projects, and resources.

Subscribe by scanning the QR code or email communications@nwowc.org



Northwestern Ontario Women's Centre



Empowering women by providing a safe and supportive environment to explore their needs

Run by and for the women of Thunder Bay and Northwestern Ontario

278 Bay St. Suite #201
Thunder Bay, ON. P7B 1R8

Information + Referral

We provide support, information about and referral to local and regional services. We also offer printed and online resources related to:

- Violence against women
- Family and criminal law
- Poverty law/social assistance
- Immigration
- Health/reproductive rights
- Landlord/Tenant rights
- Employment rights
- Sexual harassment
- 2SLGBTQ issues
- Discrimination and human rights

Public Education

We host legal clinics, information sessions and workshops on a variety of topics related to family and criminal law, economic issues, gender-based violence and women's safety. We also present talks and workshops on issues related to gender-based violence, anti-oppression/anti-racism, economic and food security, and access to justice.

Sexual Violence Program

In partnership with Faye Peterson House, the 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.

Faye Peterson House Crisis Number:
807-345-0450

What We Do

We are a non-profit, community-based feminist organization established in 1973 in Thunder Bay, Ontario. We provide frontline advocacy, support and information to local and regional women experiencing violence, poverty, human rights concerns or problems with legal (family, criminal) or administrative systems. We also provide public education and training on these issues.

Who We Serve

We serve self-identified women, trans and non-binary people of all ages, ethnicities, cultures, abilities, orientations, citizenship status and income levels from Thunder Bay and Region. A high proportion of women requesting our services identify as low income, survivors of violence, sole support mothers and/or Indigenous people.

How We Make a Difference

We are often either the first contact or last resort for women experiencing violence. We help women move from crisis to stability—we support them to navigate and access other services such as high-risk teams, shelters, income support, counselling, legal and human rights services so they can make informed and strategic choices. We work towards prevention of gender-based violence, as well as economic justice and food security, by engaging women, local organizations, and the public in education, programming and systemic advocacy.

Gender-Based Violence Advocacy

Navigation and Court Advocacy

The GBV Navigation Advocate provides support for women experiencing or at risk of experiencing physical and/or sexual violence or coercive control by a partner, family member or acquaintance. Women who are navigating various court systems can 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 VAW service providers to ensure that critical information is shared
- Assisting with preparing for court
- Ensuring coordination between various legal sectors (criminal, family, immigration etc.)
- Providing court accompaniment and emotional support
- Facilitating access to consults with family law lawyers through Luke's Place

(807) 935-8042 | navigator@nwowc.org

Gender-based violence is any form of abuse, assault or harassment against a person because of their gender; or violence that is connected to dominant societal norms around gender. Gender-based violence includes words, actions or attempts to degrade, control, humiliate, intimidate, coerce, deprive, threaten or harm another person. The violence is not always physical, but can include psychological, emotional, cultural, social, intellectual and financial abuse, or tech-facilitated violence and cybermisogyny to maintain and enforce oppression.

(Source: "What is gender-based violence?", OCTEVAW)