



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.

NOWC condemns the Parole Board of Canada's decision to grant Brayden Bushby full parole

The Northwestern Ontario Women's Centre stands in solidarity with our community, Barbara Kentner's loved ones, Nishnawbe Aski Nation, and the Ontario Native Women's Association. We condemn the Parole Board of Canada's decision to grant Brayden Bushby full parole.

As family and friends of Barbara Kentner, and First Nations leaders, [marched on Parliament Hill this week](#), you can add your voice to the many calling for justice and action - [write your letter today!](#)

[Read the full statement here](#)

The Northwestern Ontario Women's Centre recognizes our shared responsibility in continuing to address injustice, advocate for systemic change, and work to protect women in our region. We will continue to amplify the voices of those most harmed by failures in the system.



National Day for Truth and Reconciliation + Orange Shirt Day

September 30th is the **National Day for Truth and Reconciliation** (federal statutory holiday since 2021) and **Orange Shirt Day** (since 2013)

From the **Orange Shirt Society**:

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected. Every Child Matters, even if they are an adult, from now on.

From **Canadian Heritage**:

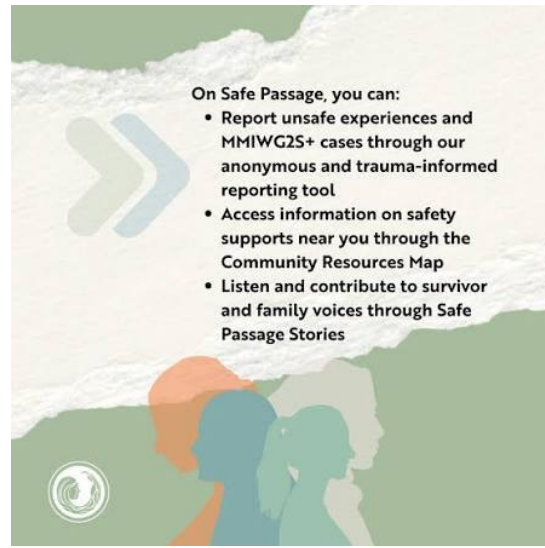
The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Resources for ongoing & independent learning:

- ***Calls to Action Accountability: A 2023 Status Update on Reconciliation***, special report by the Yellowhead Institute (2023)
- **Story of Orange Shirt Day** and **Phyllis (Jack) Webstad's story** in her own words (via the Orange Shirt Society)
- **Stolen (Season 2): Surviving St. Michael's**, a Pulitzer Prize winning podcast by investigative journalist Connie Walker about her family's experience of the residential school system
- **National Truth and Reconciliation Centre** offers teaching resources across all grade levels, as well independent e-learning modules such as **ReconciliACTION**
- Learn more about treaties and traditional lands on an international level with **Native-Land** interactive map

Safe Passage Initiative

Safe Passage is a community-driven, trauma-informed, and survivor centered initiative created by (NWAC) that tracks cases of MMIWG2S+, monitors ongoing safety concerns, provides distinctions-based safety resources, educates the public and media about the MMIWG2S+ genocide, and commemorates and honours stolen loved ones



Save the Date: MMIWG Pow Wow

The Ontario Native Women's Association invites you to join them in honouring and remembering Missing and Murdered Indigenous Women and Girls.

- Saturday, October 3, 2026
- Mountain Bingo, 400 Anemki Dr, Fort William First Nation

[Learn more here!](#)

Events & Programming updates from NOWC



From the Desk of the Executive Director

Our Executive Director, Katie Bortolin, shares **some words from the "Desk of the ED"** as we head into the fall season:

As the new(ish) ED at the Northwestern Ontario Women's Centre, I get asked often about what we do. I tell people that we help women with whatever they are facing. Sometimes women come in with a tangle of issues and concerns and we do our best to pull at threads to create safety, empowerment, and connection... As I reflect on it, our work encompasses so much: we hold space, we host programs, we attend court, we make art, we celebrate the wins, and we smash the patriarchy.

[Read the full post here!](#)



Peer Advocacy Series starting this fall

At NOWC, we know self-identifying women, non-binary, trans, and 2-Spirit folks often speak with their informal supports (friends, family, colleagues) before talking or seeking formal supports. We will be hosting an education series this fall that focuses on providing information to community members to know how to support folks in their lives who are experiencing GBV or IPV

Follow our "Upcoming Events" page or our socials for more details!



Thank you for joining us for the "Second Nature" film screening!

Thanks to all who joined our film screening last week. Big thanks to May from Thunder Bay Counselling for leading our post-viewing discussion!

Interested in joining for future events? Stay tuned for more info for events this fall!

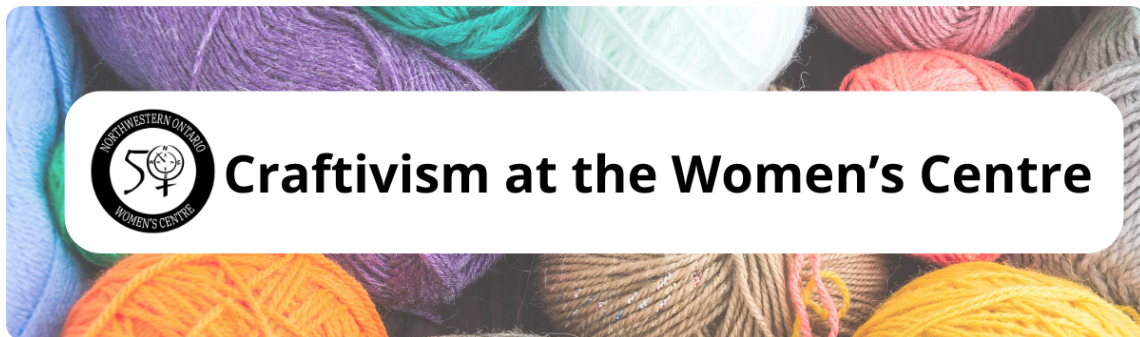
[Read more about upcoming events](#)

Join us for a Fall Equinox Feminist Potluck!

Join the NOWC and community at a Fall Equinox Potluck!

Monday, October 5th at 6PM at the NOWC office

Contributions to the meal are welcome. RSVP not required, just drop in!



We will be hosting an Autumn Craftivism session on **Thursday, October 15th from 1-4pm**. We will be crocheting Emotional Support Chickens!

SAVE THE DATE and stay tuned for details to register (spots may be limited). To be added to our Craftivism mail list, contact Lori at admin@nowc.org



Become a NOWC Sustaining Donor

For 2026, the NOWC has a goal of securing 10 new monthly donors! The first ten new monthly donors will receive a beautiful pin hand-crafted by local artisan Feral Wife (featured in the photo!)

Become a Sustaining Donor today!

Why consider becoming a monthly or sustaining donor?

By giving a small amount each month, you help create a consistent source of revenue that allows us to respond quickly to requests from women using the Centre, such as hygiene supplies, water bottles, bus passes, grocery cards, Good Food Coupons, winter gloves/hats. Monthly support also allows us

to meet our increased rent expense and other costs associated with moving, plan specific programs, keep our resource centre updated, and build our LU Bursary fund.

For more information on how to set up a monthly Donation through Canada Helps or by PAD through your financial institution, visit our ['Donate' page](#) or contact Lori at admin@nwowc.org to arrange



GOOD FOOD BOX

September Orders

ORDER your GFB from your host site by **September 7th**

PICK UP from your host site on **September 16th**

[Order Online](#)

Monthly Locally Grown Fundraising Boxes

The **Locally Grown Good Food Fundraiser Boxes** are now available to order!

Local fundraiser boxes are available monthly from July to December and are \$62 each. 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.

[Learn more about our Fundraisers!](#)

2026



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 15th | August 19th | September 16th |
October 21st | November 18th | December 16th

LIMITED QUANTITIES AVAILABLE

Order online at www.goodfoodtb.org in our 'Fundraiser' tab

For more information, email gfb@nwowc.org

We packed the 100,000th GFB packed!

During our August Pack Day, the GFB Program recognized the milestone of packing **the 100,000th Good Food Box!**

While there is still much work to be done to eliminate food insecurity, we chose to recognize the community commitment and volunteer contributions that makes the GFB Program possible.

We are aiming to reach a total of 100 MONTHLY DONORS to help keep the program running



Read more about our 100 for 100,000th here!

Become a
Sustaining Donor today!



Community Events & Resources

Commemorations and Days of Recognition for this month:

- September is **Fetal Alcohol Spectrum Disorder (FASD) Awareness Month**
- September 7th is **Labour Day**, a public holiday honoring workers and the labor movement
- September 9 is **FAS Disorder Awareness Day**
- September 10 is **World Suicide Prevention Day**
- September 21 is **World Alzheimer's Day**
- The fourth week of September (21st to 25th) is **Gender Equality Week in Canada**
- September 23 is **Bi Visibility Day**

- September 30th is **National Day for Truth and Reconciliation / Orange Shirt Day**

Community Events

- **September 7th** | Join the **Thunder Bay & District Labour Council** for their **Annual Labour Day Picnic** at Current River Park from 12-3PM
- **September 26th** | **13th Annual Rockin Recovery** from 1 - 4PM at the CLE Coliseum Building, free to attend and organized by a coalition of community organizations and led by the **Thunder Bay Drug Awareness Committee (DAC)**
- **September 26th** | Join an upcoming community training opportunity on **Overdose Response** on **September 26th 5-6:30pm** at Elevate NWO. This is a free information and training session, nalaxone kits provided.

Resources

- Join **CLEO Connect** for an upcoming webinar, "*Supporting clients with Canadian Human Rights Act complaints*" on September 15th 12 - 1:30PM EST. [Register today!](#)
- The **Learning Network & Knowledge Hub** has three webinars upcoming in September: "*Beyond Bill C-16: Turning Legislative Reform into Survivor Safety*" (Sept 15th), "*Online Gaming, Online Harms: Supportive Strategies for Building Resilience*" (Sept 22nd), and "*Meeting Youth Where They Are: Engaging Boys and Young Men in Digital Spaces to Prevent Gender-Based Violence*" (Sept 29th). Each even requires separate registration, all details in the links above
- The **Ending Sexual Violence Association (ESVA)** of Canada recently released a report: "*Stronger Workers, Stronger Survivors: A Strategy to Strengthen the Gender-Based Violence Workforce in Canada*"
- **Making Gay History** is an oral history podcast hosted by journalist Eric Marcus that brings LGBTQ+ history to life using rare archival interviews
- **Talk4Healing (Beendigen)**: 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario
- **Ontario Association of Interval & Transition Houses** reviews mainstream media reports of femicides and shares a snapshot of their research monthly. The recently shared their **July Femicide Snapshot**, additional insights can be found on their [website](#)

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 Caro 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 is currently one Sexual Violence Counsellor working out of Faye Peterson offering a 20-week individual counselling program.

To access counselling for any kind of sexual violence (recent or past), you can call Faye Peterson House's 24/7 Crisis Line: (807) 345-045. **You do not need to access shelter services or report to police to access counselling.**



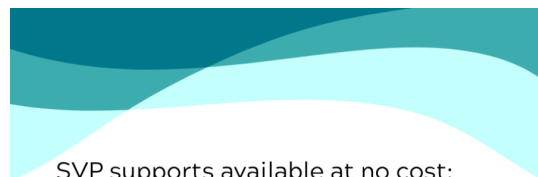
Sexual Violence Program

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

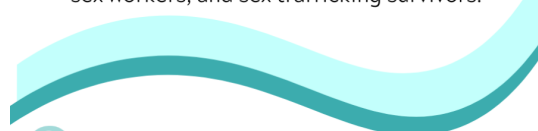
www.fayepeterson.org



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

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



MUTUAL AID OPPORTUNITIES

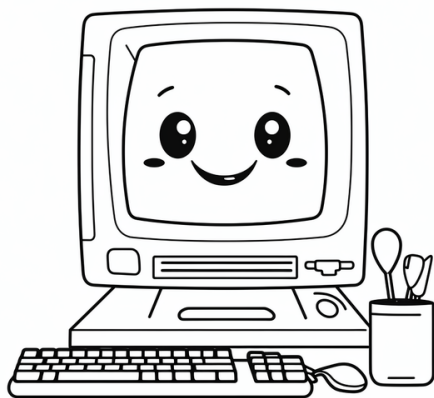


While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC 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, we share a monthly list of mutual aid items and ask our community to help us bring our new walk-in space to life through community donation requests:

- Packs of new underwear & new socks
- Gently used seasonal clothing (sweater, tshirts, pants) **we have limited capacity for clothing, no large drop offs please**
- Laundry detergent sheets/pods for women seeking aid for laundry
- Personal hygiene/toiletries items (travel size lotion, lip chap, sunscreen, toothpaste, deodorant)
- Rain poncho, umbrellas
- Large Ziploc or other reusable bags, for carrying and storing to-go items
- Matches
- Cell phone charging chords
- Nonperishable snack & to-go items (juice boxes, soft granola bars, oatmeal, crystal light)

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 Lori to make alternate arrangements at admin@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 Clinics
- Lawyer's Appointments
- Virtual Court Matters

To book an appointment, please contact Caro at 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, The United Way Thunder Bay, the City of Thunder Bay, the District of Thunder Bay Social Services Administration Board (TBSSAB), the Hydro One Energizing Community Grant, and the Houssian Foundation's Daylight Fund Grant.

Support Our Work

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



Northwestern Ontario Women's Centre

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www.nwowomenscentre.org



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