



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.

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, girls, 2-Spirit, trans and non-binary folks in our community - 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 still faced, such as wage gaps, underrepresentation in leadership, gender-based and sexual violence, barriers to entering and advancing in the workforce, and the need to work together toward lasting change.

[Read more about NOWC & Women's History Month here!](#)

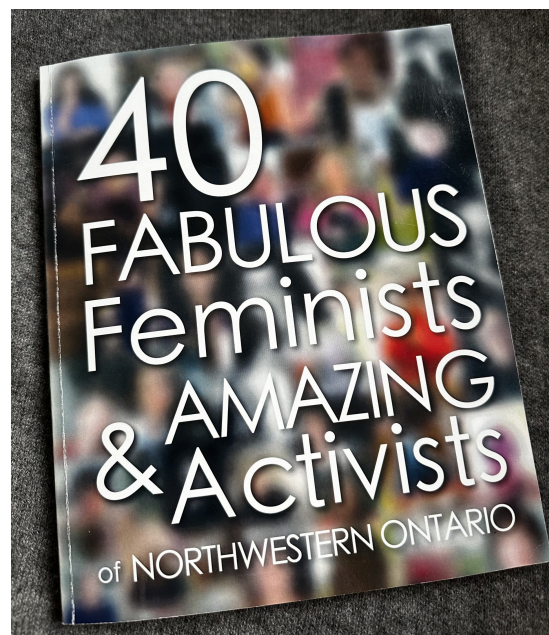


The Thunder Bay City Archives hosts the online **Women's History Month exhibit**, a celebration of the contributions of notable women to Thunder Bay's history. This is an ongoing, yearly project with new inductees added to this exhibit every October. We were happy to celebrate the induction of **Gwen O'Reilly, former NOWC Executive Director, in 2025.**

New inductees will be unveiled on **Thursday, October 29th at 11am at the Harry Kirk Archives & Records Centre (235 Vickers St N).** Community members are welcome to attend!

In March 2016, the Northwestern Ontario Women's Centre self-published **"40 Fabulous Feminists and Amazing Activists of Northwestern Ontario"**, a book featuring women who have played a significant role in the women's movement and women's issues in Thunder Bay and our region over the last 40 years.

We will be featuring different profiles from the book throughout the month of October, be sure to revisit the NOWC weekly for a new profile featurette!



[Check out the NOWC blog here!](#)

Events & Programming updates from NOWC



The Northwestern Ontario Women's Centre will begin hosting a Survivor Series this month. Join us **October 14th & 28th from 2-4pm at the NOWC offices**. Watch our social media and website for more upcoming details.

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!



Join us for an upcoming film screening: Oct 28th

Join the Northwestern Ontario Women's Centre and Thunder Bay Counselling for a screening of the documentary, **The Burning Times**

Wednesday, October 28th from 6pm-9pm at the Northwestern Ontario Women's Centre (278 Bay St, Suite 201)

PWYC donations accepted at the door

Join the post-film discussion

RSVP to communications@nwowc.org, drop-ins welcome!



[Read more about upcoming events](#)



Craftivism at the Women's Centre



**CROCHETING AN
EMOTIONAL SUPPORT**

CHICKEN



Thursday, October 29th

***Supplies and instruction provided**

*** RSVP to save your spot!**



Autumn Craftivism

We will be hosting an Autumn Craftivism session on **Thursday, October 29th from 1-4pm at the NOWC office**. We will be crocheting Emotional Support Chickens!

Please RSVP in advance to ensure we have adequate supplies and resources available.

To be added to our Craftivism email list, contact Lori at admin@nwowc.org

Register for a Craftivism spot!



GOOD FOOD BOX

September Orders

ORDER your GFB from your host site by **October 12th**

PICK UP from your host site on **October 21st**

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

Food Security in our Hands
since 2005



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 18th

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

Looking to stock up on storage crops for the winter? Looking to stretch your food dollars over the holiday season?

We are offering the WINTER STORAGE BOX once again! Orders open **October 21st**, deadline to order is December 7th.

The Winter Storage Box (WSB) will contain a mix of locally grown and locally sourced goods from local farms and producers. This box includes potatoes, carrots, onions, and more! We will also provide information on how to store your veggies along with hearty recipes too



Read more about WSB here!

Thanks for an Annual Gleaning Trip!



Thank you to **Sleepy G Farm** and the **Thunder Bay District Health Unit** for organizing a Gleaning Trip with some of our GFB volunteers! 🍅🍅 Gleaning is the traditional practice of gathering leftover crops from fields after harvest to help individuals who may not have access to fresh produce. It was a beautiful day to be out at the farm and our GFB volunteers each left with a hearty bag of vegetables to prepare and cook healthy meals in the days to come!

Community Events & Resources

Commemorations and Days of Recognition for October:

- October is host to **Women's History Month, Breast Cancer Awareness Month, & Queer History Month**
- October 1st is **National Seniors Day**
- October 4th is **Sisters in Spirit Day**
- October 10th is **World Mental Health 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**



Sisters in Spirit MMIWG Pow Wow: October 3rd

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

- **Saturday, October 3rd, 2026 10am - 4pm**
- Mountain Bingo, 400 Anemki Dr, Fort William First Nation
- 7:30am Sunrise ceremony

Pow Wow includes invited drums, and all dancers are welcome to share their steps. Together, gather in strength, remembrance, and healing.

Love Is Who I Am: Ma-Nee Chacaby Exhibition Opening Reception

Join for a special exhibit called *Love Is Who I Am* Ma-Nee Chacaby's artwork hosted by Thunder Bay Art Gallery, with support of Thunder Bay Indigenous Friendship Centre and Building Gender Diverse Communities.

- October 7 | 2:30 PM to 4:30 PM
- in the Public Programming Studio, Thunder Bay Art Gallery

Exhibition Dates: October 7 to 29, 2026



**LOVE
IS WHO
I AM**

MA-NEE CHACABY

Opening Reception
October 7 | 2:30-4:30pm
Location: Public Programming Studio | Thunder Bay Art Gallery
1080 Keewatin Street

View exhibition during regular gallery hours
October 7-29, 2026; Tues to Thurs: 12-8 pm, Fri to Sun: 12-5 pm

HOSTED BY:  THUNDER BAY
ART GALLERY

WITH SUPPORT FROM:  Thunder Bay Indigenous
Friendship Centre

The exhibition explores identity, resilience, connection, and lived experience through powerful artistic expression.

Community Events

- **October 3rd | Sisters In Spirit MMIWG Pow Wow**, hosted by ONWA (details shared above)
- **October 7th | Love Is Who I Am** Ma-Nee Chacaby's artwork opening reception (details shared above)
- **October 14th | At-Large Candidate's Meet and Greet**, 6-8pm at Waverly Library. An opportunity to meet Thunder Bay's At Large candidates for the 2026 Municipal election and ask questions face-to-face
- **October 26th | Women's Full Moon Ceremony**, hosted by ONWA 5-8pm. Gather for an in-person full moon ceremony, bring your bundles or sacred items with you. Please bring your skirt if that is what you practice.
- **October 28th | Film Screening** at NOWC, "The Burning Times" (details above)
- **October 29th | Women's History Month 2026 inductee unveiling**, 11am (details shared above) and **Craftivism** at NOWC, 1-4pm (more details above)
- **October 31st | Trick or Treating in the Library** from 10:00am - 2:00pm, free for families to attend. Get an early start to trick-or-treating fun this Halloween: come dressed in your costume, and visit the staff for some special treats

Resources

- Join **CLEO Connect** for an upcoming webinar, "*Addressing Discrimination: the Indigenous Human Rights Program*" on **Wednesday, October 7th** from 12 - 1:30 pm EST. [Register today!](#)
- Join **Learning Network & Knowledge Hub** for an upcoming webinar, "*Gender-Based Violence in a Migration and Refugee Context: Forms, Impacts, Barriers and Responses*" on **Wednesday, October 6th** from 1 - 2:30pm EST. [Register today!](#)
- **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 **August 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
- *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 cords
- 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.



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!)

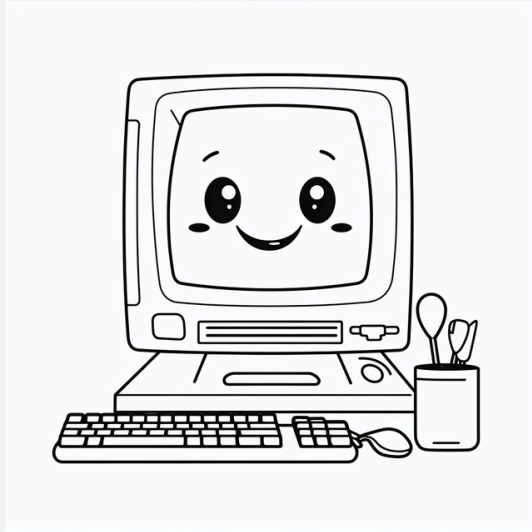
Become a Sustaining Donor today!

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



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

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Northwestern Ontario Women's Centre

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