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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.

November is Women Abuse Prevention Month



November is Women Abuse Prevention Month in Ontario. While this is a recognition designated to one month on the calendar, this work must be engaged with every day for change. It is essential that the strength of an entire community is put toward ending to violence against women, girls, 2-Spirit, trans and non-binary folks.

WHY IT MATTERS:

🔴 Gender-based violence continues to affect women, girls, and 2SLGBTQI+ communities at alarming rates across this country:

- Every 2.5 days in Canada, a woman or girl is killed in an act of gender-based violence
- In 2025, 148 women and girls were killed by violence
- 41% of women who were killed in 2025 were murdered by their spouse or partner

🔴 Victims and survivors of GBV often face lasting personal, social, and economic impacts with consequences that can echo across generations

🔴 GBV carries a high economic cost, with Canadian governments spending billions annually on healthcare, justice, and social services to respond to it

16 Days of Activism against Gender-Based Violence

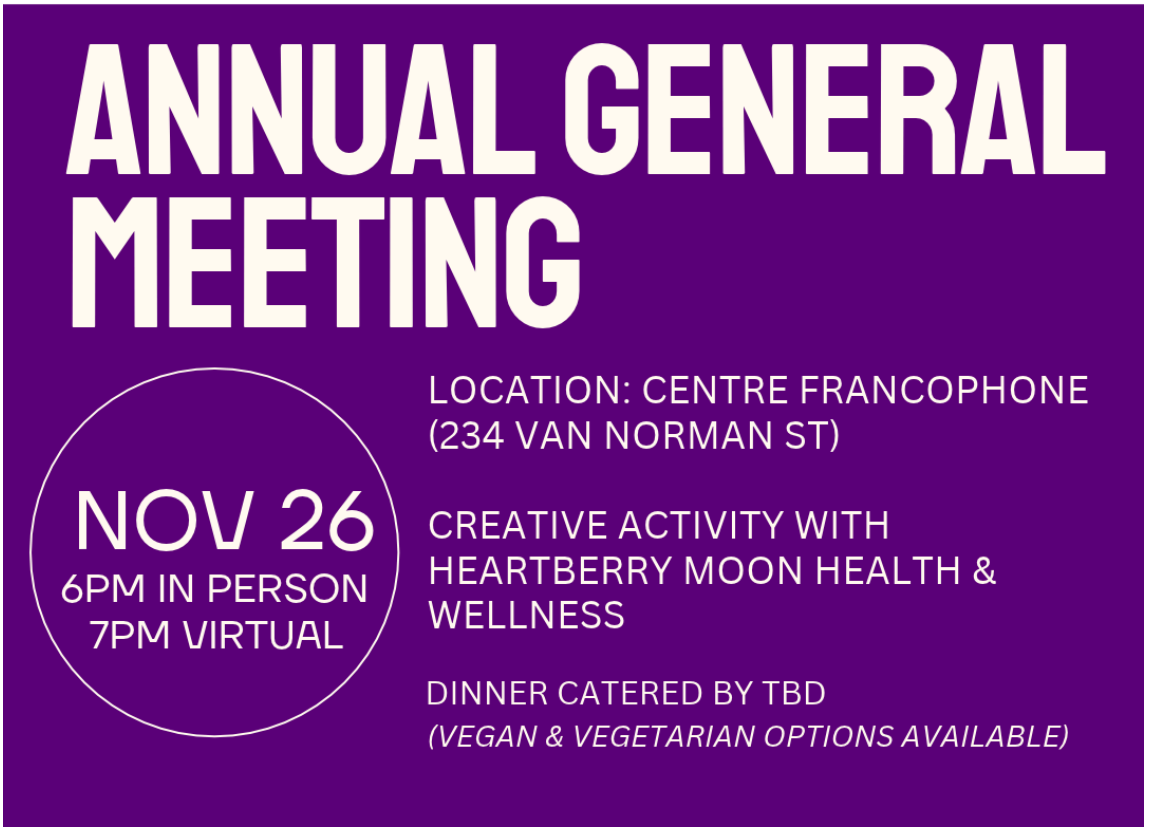
November is the month when women's anti-violence advocates engage in 16 Days of Activism (Nov. 25 - Dec. 10) to end gender-based violence. This campaign started in 1991 to call out and speak up on gender-based violence, and to renew our commitment to ending violence against women, girls, and 2SLGBTQI+ individuals. It begins on November 25th, the International Day for the Elimination of Violence Against Women, includes The National Day of Remembrance and Action on Violence Against Women on December 6th, and ends on December 10th: Human Rights Day.

The United Nations 2026 theme of its UNiTE Campaign is "*UNiTE to End Violence Against Women and Girls: Ensure justice, protect survivors, end impunity*".

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

Events & Programming updates from NWOC





NOWC AGM: RSVP to join us

Our Annual General Meeting is coming up on **Wednesday, November 26th from 6-8pm** at the Centre Francophone (234 Van Norman St). In-person and virtual attendance options are available.

We will share a meal together and host a creative activity with Heartberry Moon Health & Wellness, in addition to reviewing our last fiscal year and presenting staff reports.

RSVP by November 19th by filling out our registration form
For additional information, please email Lori at admin@nwowc.org



Thank you to all who joined for our "Crochet an Emotional Support Chicken" session in October!

Stay tuned for programming in the new year!



NOWC Online Auction Fundraiser

The NOWC Fundraising Committee is hosting an online auction in support of the Northwestern Ontario Women's Centre!

Auction begins **November 25th and runs until December 10th**. Watch our socials for some sneak peeks at auction items!

View the ONLINE AUCTION here

6th Annual Ornament Fundraiser with the Clay Collective

The 6th Annual Ornament Fundraiser with the **Clay Collective NWO** kicks off on November 12th! A portion of proceeds from ornament sales will be donated to the Northwestern Ontario Women's Centre

Visit the Clay Collective in Goods & Co Market to see all the wonderful ornaments!





Thank you to the Law Student Society!

Thank you to the Law Student Society at the LU Faculty of Law for hosting a bake sale and fundraising earlier this year in support of the Northwestern Ontario Women's Centre!

GOOD FOOD BOX

November Monthly Box

Order your GFB from your host site by **November 9th**
PICK UP from your host site on **November 18th**

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 7th! You can order through select Host Sites, or via our webstore. WSBs available for pickup along with the regular GFBs on December 16th.



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!



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 6th**, and ready for pick up on **December 16th** between **3-5pm at the Moose Hall (434 Fort William Road)**

Orders open November 6th!



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 6th



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 6th



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 6th



Host Site Location Update

On October 14th, workers at the Thunder Bay Public Library began a legal strike action. As this impacted two Good Food Box Host Site locations, efforts were made ahead of the strike to ensure GFB customers could receive their boxes.

The GFB and NOWC support the library workers and staff of CUPE Locals 3120 and 87 and will not cross the picket lines. We will provide updates for these Host Sites when possible.

Visit our website here for more info

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**



The Sugar & Sound series is back at Black Pirates Pub for its 3rd installment — **Sugar & Sound: MIXTAPE**.

- 📅 Sugar & Sound: Mixtape
- 🕑 Friday, November | 9 PM
- 📍 Black Pirates Pub (215 Red River Rd)
- 💵 $10 cover at the door | 19+ show

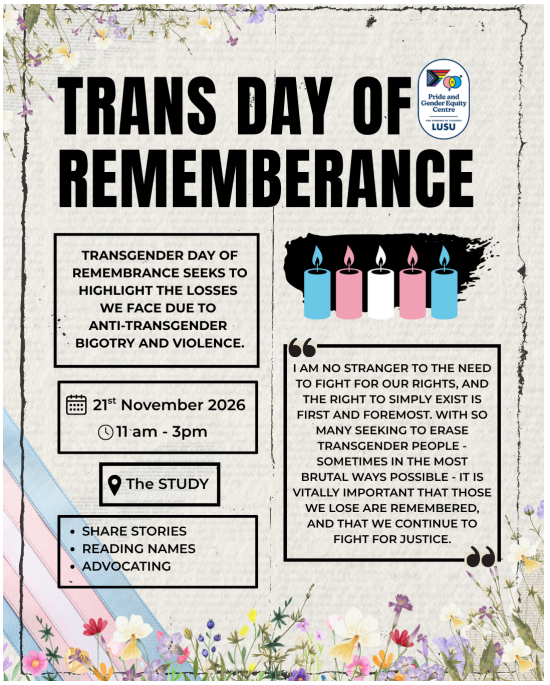
Sugar & Sound has always been about creating paid performance opportunities for female and queer artists in our local music scene, and this time we're taking it a step further by using the show to give back to the women in our community, too. **50% of all door sales will be donated to the Northwestern Ontario Women's Centre.** Come hang out, hear a variety of genres and voices, and support the women in our community while you're at it.



Fragments, Forms, and Community: Stories of Recovery, Resilience, and Connection Art Exhibition

Join for an exhibition honouring the creativity, voices, and experiences of everyone who took part in our recent workshop series. The exhibit runs from November 3rd to 29th. This exhibit was made possible by the Thunder Bay Drug Awareness Committee and the Creaction Collective

🎨 Art Opening Reception – November 5th, 5-7 PM
📍 Community Room at the Thunder Bay Art Gallery



Trans Day of Remembrance

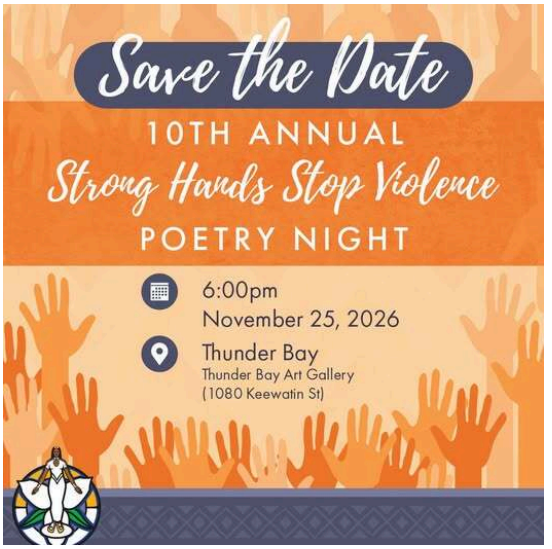
🕓 Join LUSU Pride Central for a local Trans Day of Remembrance event. Share stories, listen to advocates, and join in the reading of the names of trans folks lost this year. Equality Rocks! Choir will also be performing

📅 Saturday, November 21st
🕓 11am - 3pm
📍 The Study Coffeehouse on LU campus

10th Annual Strong Hands Stop Violence Poetry Night

Join ONWA for their 10th Annual "Strong Hands Stop Violence" Poetry Night. This event is held in support of the UN Orange the World campaign for the International Day for the Elimination of Violence Against Women, raising awareness through cultural teachings, art, readings, and performances

- 🕑 **Wed, November 25th @ 6pm**
- 📍 Thunder Bay Art Gallery (1080 Keewatin Street)



Community Events

- **November 5th | "Fragments, Forms, and Community: Stories of Recovery, Resilience, and Connection"** Art Exhibit at the Thunder Bay Art Gallery (full details above) Free to attend!
- **November 6th | Sugar & Sound: MIXTAPE** (full details shared above)
- **November 7th | "Fall Seed Cleaning, Squash Tasting, and Pie Making"** at Roots Community Food Centre (450 Fort William Road) from 1-4pm. Co-hosted by Lakehead University's Sustainable Food Systems Lab, Superior Seed Producers, and the Food Action Network of Northwestern Ontario. Free to attend!
- **November 12th | The Clay Collective Ornament Fundraiser** in support of the NOWC begins!
- **November 21st | Trans Day of Remembrance Event,** hosted by LUSU Pride Central from 11am-3pm at the Study Coffeehouse
- **November 24th | Women's Full Moon Ceremony - Freezing Moon** hosted by ONWA from 5-8pm. Feel free to bring your bundles or sacred items with you. Please bring your skirt if that is what you practice. No registration required.
- **November 25th | 10th annual Strong Hands Stop Violence** Poetry Night hosted by ONWA (more details above) Free to attend!
- **November 25th |** start of the **NOWC Online Auction Fundraiser** (more details above)
- **November 26th | NOWC Annual General Meeting** (details & registration link above)

Resources, Trainings

- Join the **Chanterelle Alliance** for a webinar, "*Employment Insurance: Responding to the Realities of Economic Abuse*" on **Tuesday, November 10th from 12-1pm EST**. Register today!
- Join **CLEO** on **Thursday, November 12 from 12 - 1:30 pm EST** for a webinar, "*Policed while Black: Recognizing, proving, and challenging racial profiling*" Register today!
- Join **CREVAW** for an upcoming webinar, "*From Red Dresses to Memory Stones: Multimedia Activism and Gender-Based Violence in Canada*" on **Tuesday, November 17 from 1pm - 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. You can read the September Femicide Report and more 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.**

FAYE
PETERSON HOUSE

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.

FAYE
PETERSON HOUSE

For more details about all of our programs and services, please visit:

www.fayepeterson.org

MUTUAL AID OPPORTUNITIES



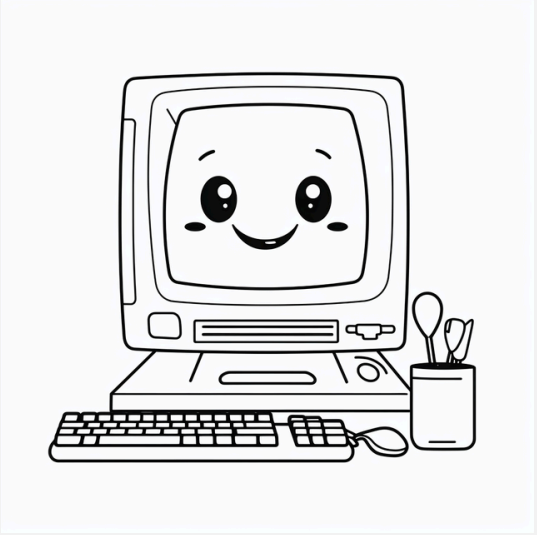
While we continue to advocate for changes to policies and practices that make women disproportionately vulnerable to violence and poverty, we know that access to some basic material items can still be helpful. We also recognize the importance of taking care of one another, and we know that many NOWC 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 chords
- Nonperishable snack & to-go items (juice boxes, soft granola bars, oatmeal, Mio or 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 Clinic
- Lawyer's Appointments
- Virtual Court Matters

To book an appointment, please contact Caro 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, 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

Northwestern Ontario Women's Centre
278 Bay Street, Suite 201, Thunder Bay, ON P7B 1R8 4L8
(807) 345-7802 | ed@nwowc.org
www.nwowomenscentre.org

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