

Annual Report 2006/07

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ANNA SOOLE
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DANIELLE GAULD
(New Voices Research Project Coordinator)

JOAN WRIGHT
(Lesbian and Bisexual Women's Group Facilitator)

KERRI WALL
(Single Mother's Support Group Facilitator)

LISA STUIBLE
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MARNIE THORP
(New Voices Project Manager)

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(New Voices Research Project Coordinator)

SUPRIYA RYAN
(Special Event Coordinator)



Strong Choices, Real Power!: A NSWC Group for Grrrls

"Every woman is an intricate weaving of these three characters [the Child, the Bitch and the Wise Woman], each with her own design. We are all woven with different colours, and materials from all over the world. Some of us have been misused and torn, and others have been cherished and protected. Together we bring life, joy and vibrancy to the world. All women are incredible and complex, and at our core—holding the weaving together..." - Group Participant, Summer 2007

In July and August of this year, the North Shore Women's Centre piloted a new program for young women aged 15 to 17 years old. "Strong Choices, Real Power!" was designed as a facilitated awareness group to provide information and resources, initiate discussion, and inspire leadership and action on issues of self-esteem, body image, media representation of women, assertiveness and boundary-setting, healthy relationships, feminism, oppression, power and privilege, gender socialization, and self-defense. For six weeks, the group used tools such as discussion, visual art, journaling, theatre, movement and games to pursue these topics. At the conclusion of the program, the participants had created a Zine that reflected their experiences in the group and beyond, as well as their feelings and insights on the issues that were raised. This publication will be distributed throughout their schools and community groups in order to reach larger numbers of youth and to encourage other young women to participate in the program.

Our organization was motivated to initiate such a program based on feedback from teachers, parents, community workers and, most importantly, from young women themselves, about the social pressures they face on a daily basis. Young women are more likely to experience intimate partner and sexual violence, for example, yet are less likely to have the support and mechanisms to report these experiences. Due partially to oppressive media representations of women, they are also at risk of experiencing low self-esteem, skewed body images, and serious eating disorders. As one group participant articulated in the Zine, "A woman needs to be toothpick thin, but needs to have massive breasts and a massive 'booty'". As a result, we wanted to offer a place where girls would have an opportunity to openly address these issues with their peers in a safe and non-judgmental environment. We wanted it to be a space where participants would define their own terms and assist in guiding content and process. The group's facilitator, Anna Soole, used her skills as a senior Facilitator with SafeTeen, an organization that offers workshops to youth in schools, and as a Theatre Troupe Coordinator at YouthCo. AIDS Society to make this a reality.

The participants themselves created all the rest and received much in return. As one person wrote, "For me, going to this group has taught me so much... We learned how to deal with pressure from boyfriends and friends, and a whole bunch of other stuff. The best part about going to this group is that you have a lot of fun, you learn loads of stuff, and you do activities that are really fun". Importantly, participants showed how they had incorporated their experiences in the group with their daily lives and acceptance of themselves as they are. Another participant expressed this viewpoint with her poem, "I am Enough". As she wrote, "I am enough. I do not need to Change my hair, Put on some make-up, Or lose some weight. The way I am Right now, I am great. No need for alterations – Healthy, Loving, Breathing, Enjoying life and its gifts. Just the way it should be, Because today I am enough".

We would like to thank the funders of this first pilot program, the Minerva Foundation, St. Christopher's Church in West Vancouver, and the out-going North Shore Women's Forum Coalition for providing the support to take on this initiative that had been waiting years for an opportunity to get off the ground. We are excited to begin the second phase of the pilot program this October 16th with funding from the City of North Vancouver, and are currently looking for participants for this season's group. Following an evaluation of the pilot program, we intend to search for funding to be able to offer the program on an on-going basis at the Centre. Even at this early stage, we have received much positive feedback from the participants and from some of their parents. Requests have been made to expand the program to include groups for younger teen girls. We are encouraged by this response and very much hope to continue in 2008.

For more information about the program, or for registration, please contact the North Shore Women's Centre at 604.984.6009 or info@northshorewomen.ca

NSWC Highlights: 2006-2007

We like to say that there is never a dull moment at the North Shore Women's Centre, and this last year has proved no exception. What with holding three new fundraising events, initiating a new program, and addressing yet further changes to government policy on and funding for women's equality, the year has been full of activity, growth and outreach. The following are some highlights:

The Hope Garden - A beautiful and symbolic spring bulb garden outside the North Shore Women's Centre was created in partnership with Amnesty International to represent a collective vision of ending violence against women in our communities and around the world. The garden is housed in planters built by volunteers from North Shore branches of Scotiabank. Bulbs were planted in fall 2006 and flowers bloomed in abundance in the spring of 2007. Members of the public supported the initiative by purchasing bulbs to plant in the garden or in their own homes and by attending a speaker's forum. Proceeds raised funds for North Shore Women's Centre programs and services, as well as other local and international anti-violence work.

Review of the Family Relations Act - In June 2007, the North Shore Women's Centre participated in the Provincial Government's review of the Family Relations Act through The Social Planning and Research Council of BC. SPARC held a workshop at the North Shore Women's Centre for women who were open to sharing their experiences with separation and divorce, child custody and access, family violence and other issues related to family break-up. The Centre also completed a survey designed by SPARC to gather similar information from non-profit service providers. All information gathered by SPARC will be compiled as part of a report submitted to the Provincial Government.

Sutherland Practicum Students - This year, two practicum students from Sutherland Secondary School's 'Explorer Program' volunteered at the North Shore Women's Centre. They were fabulous assets to the Centre in helping us to create a youth resource binder, organize the resource centre, and research summer camps for low-income families. We look forward to working with students from this program again next year.

Charity of the Year - Over the summer, we were extremely excited to hear that the North Shore Women's Centre tied for third position as best in the "Charity Organization" category in the North Shore Outlook's Online Reader Poll, "Best of the North Shore". Following notice of this success, the Centre placed an ad in the newspaper to thank the people of the North Shore communities for their continued support. Congratulations to all of our founders, volunteers, Board members, staff, contract workers, and supporters for helping the Centre to

receive this distinction. The North Shore Women's Centre turns 35 years old in 2008, and is clearly as relevant to the community as ever!

Hot Lips Fundraiser - Once again the Centre's signature fundraiser of the year was a great artistic success. Following two years of "The Vagina Monologues", the production of "Hot Lips" changed gears slightly to offer a high-energy variety show featuring a diverse and incredible group of local women singers, dancers, comedians, musicians, and all around performers. Held at North Vancouver's Centennial Theatre, the event attracted a wide range of people from the community. This cabaret-style production will take place again next year, on February 2nd, 2008, with a new and exciting line-up.

Pasparos Dinner Fundraiser - In July, Pasparos Restaurant helped to bolster the North Shore Women's Centre's fundraising efforts for the year by offering to host a buffet dinner for the community to celebrate the City of North Vancouver's Centennial year in combination with the restaurant's on-going success and new ownership. Participants made a donation of \$10 for an all-you-can-eat Greek buffet dinner. Greek music, DJs and dancers were part of the featured entertainment. The event was attended by City of North Vancouver Mayor, Darrell Mussatto, and North Vancouver MP Don Bell, who presented a plaque of recognition to Pasparos' owner and her daughter who now run the restaurant. All proceeds of the event went to the North Shore Women's Centre. Thank you Pasparos!

North Shore Festival of Volunteers - This event organized by North Shore Community Resources - Volunteer North Shore program, was held for the first time at Park Royal Shopping Centre. The North Shore Women's Centre had a table at the event, for which we received an Honorable Mention Award for our design and information content. Many new volunteers were recruited and we will join again in 2008.

Meetings with Federal MPs - During the last year, the North Shore Women's Centre, on behalf of the BC Coalition of Women's Centres, participated in meetings between BC women's organizations and Opposition MPs to discuss current issues affecting women and the dismantling of Federal structures designed to promote women's equality, such as Status of Women Canada. Meetings were held with Opposition Leader Stephane Dion, as well as Anita Neville, and Maria Minna. A meeting was also held with former Government Minister responsible for Status of Women Canada, Bev Oda.

Women of Excellence Awards Luncheon - Thank you to the North Shore Outlook and Successful Women Always Network (SWAN) for their recognition of the North Shore Women's Centre and for their donations to the Centre at this year's engaging event with guest speaker Pamela Martin from CTV News.

NSWC Programs and Services: 2006-2007

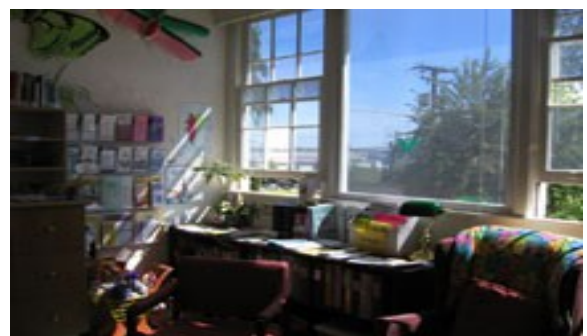
- Information, Referrals and Support:** Confidential support and peer counseling offered by phone, email or in-person. Assistance finding information and resources, and referrals to other community organizations are provided.
- Drop-In Resource Centre:** Safe space to meet other women, access information and resources and use office equipment.
- Multi-Media Lending Library:** Women's issues books, journals, articles, reports and video/audio materials are available.
- Public Access Computer Terminals:** Computers are available on a drop-in basis for writing letters and resumes, checking email, conducting Internet searches and learning touch-typing. Support is provided.
- Basic Computer Training:** A personalized introduction to computers, word processing and the Internet. 6 one-hour lessons are provided.
- Women's Legal Clinic:** A woman family law lawyer provides private legal information and advice appointments for one hour about issues such as separation, divorce and child custody and access.
- Single Mom's Support Group:** A weekly, facilitated support group for North Shore single mothers includes discussions, information and networking. On-site childcare is provided.
- Young Women's Group:** A six-week (3 hours/week) facilitated awareness-raising group for 15-17 year old girls. Discussion, theatre, visual art, movement and journaling are used to address issues such as self-esteem, body image, healthy relationships, personal safety and more.
- Lesbian and Bisexual Women's Support Group:** A weekly, facilitated support group for lesbians, bisexual women and women questioning their sexual identity includes discussions, information and networking.
- Volunteer Opportunities:** Volunteer positions with training are available to support Centre programs and services.
- Forums and Workshops:** Educational information sessions on women's issues are scheduled regularly through our "Women Connecting" and "Women's Health in Women's Hands" workshop series.
- Community Development:** Speakers available for groups or events. Special community events organized to recognize the National Day of Remembrance and Action on Violence Against Women, International Women's Day, and other occasions. Representatives sit on community committees and coalitions to represent issues of concern to North Shore women. The Centre hosts the North Shore Coordinating Committee to End Violence Against Women in Relationships.

Workshops: 2006-2007

- October 2006:** MindBodySpirit Medicine, Part 2
- November 2006:** The Hidden Job Market, Parts 1 & 2
- May 2007:** Financial Literacy for Women, Parts 1 & 2 and Naturopathic Approach to a Healthy Menstrual Cycle
- June 2007:** Financial Literacy for Women, Part 3 and Building Confidence for Your Job Search
- September 2007:** Anxiety: Common and Uncommon Varieties

Thank you to all the workshop facilitators for their time, energy and enthusiasm:

Kelly Gordon
Shelly Sage-Ricci
Jennie Weisenburger
Jodi Meacher
Khadijah Suleman
Janice Zlatarits
Beth Helsley



Up-Coming Calendar of Events

***Single Mother's Support Group:** Begins September 15th, 2007
Weekly facilitated support group for single mothers with on-site childcare.

***NSWC AGM:** September 27th, 2007
Yearly membership meeting at the North Shore Women's Centre.

***Bullying Workshop:** October 16th, 2007
Facilitated by School Counsellor and Educator Jan Bryant, this workshop will provide strategies to help your child in dealing with bullying and teasing.

***Young Women's Group:** Begins October 16th, 2007
The 2nd phase of the program, "Strong Choices, Real Power!" for 15-17 year old girls.

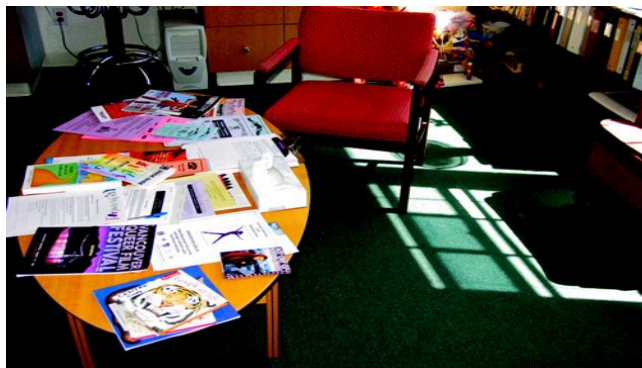
***A Yoga Journey for Women Fundraiser:** November 4th, 2007
Hosted by Sat Nam Kundalini Yoga Centre and the NSWC, this fundraiser includes the opportunity to learn about and practice two different forms of yoga, participate in a meditation and watch a film about women's empowerment through yoga practice.

***Arts and Creative Writing Workshops:** November 2007
These workshops will help to stimulate creative juices for those who would like to submit a piece of writing to our December 6th booklet on violence against women - personal and systemic issues – or for those who would just like an opportunity to be inspired.

***Depression Workshop:** November 22nd, 2007
Strategies for coping with depression facilitated by a woman who has experienced depression herself and found some successful ways to address it.

***December 6th Vigil Event:** December 6th, 2007
On this National Day of Remembrance and Action on Violence Against Women, the NSWC and the John Braithwaite Community Centre will host a candlelight vigil and reception featuring the launch of a writing/art booklet about violence against women.

***Crimson Cabaret Fundraiser:** February 2nd, 2008
Annual signature fundraiser at Centennial Theatre. This year's cabaret event will be the most exciting yet – don't miss out!



Merchandise

North Shore Women Centre t-shirts are on sale featuring woman-positive designs.

To see photos and ordering information please see:

www.northshorewomen.ca/merchandise.html



5 WAYS THAT YOU CAN SUPPORT THE NORTH SHORE WOMEN'S CENTRE

1) Become an active participant in the continuation of our programs and services by donating monthly through a pre-authorized plan.

2) Hold a fundraising event at your home or work, and donate the proceeds to the NSWC. For example, host a potluck and ask your guests to contribute a designated amount—put the fun back in fundraising!

3) Check the donations page of our website at <http://www.northshorewomen.ca/donations.html> and donate something from our current wish list.

4) Name the NSWC as a beneficiary in your Registered Plans—RRSP's and RRIF's— or in your will.

5) Take advantage of our volunteer opportunities—training is provided and it's a great life experience.

Thank You To Our Dedicated Volunteers

* Zhara Beigi * Lotte Belle * Joan Blakeman * Ella Chen * Mary-Jean Chorzepa * Assunta De Ciantis * Nahaal Fadaeian * Celine Gilmore * Shamira Jetha * Leila Karjalainen * Phyllis Kenny * Kelly Knott * Liliana Lopez-Ruiz * Hailey Mathiesen * Helen Mole * Mimi Seculles * Menka Sull * Kerry Strongman * Poupak Toutanian *

"Hot Lips: A Celebration of Women" Event

* Heidi Chan * Heather Gunn * Julia Hewko * Maureen Johnston * Sara Jones * Kelly Knott * Weronika Lewczuk * Miriam McClellan * Carolyn O'Byrne * Christine O'Byrne * Sital Parmar * Mimi Seculles * Cazz Turner
* Monica Hepburn * Tracy Mamajaguy*

We offer many volunteer positions at the Centre:

- * Resource centre assistant
- * Library assistant
- * Computer trainer
- * Workshop facilitator
- * Special events helper



Thank You To NSWC In-Kind, Cash and Event Donors for 2006/2007 (Oct. 06 – Sept. 07)

Amnesty International North Shore Action Circle; Aphrodite Harris; Blanche Howard; Brigitte Sofianos; C.D. ('Lyn) Anglin; Carol McQuarrie; Carol Slight; Charmaine Mayes; CUPE - Local 389; Darlene Jacobi; Donna Stewart; Doris Dungey; Dorothy Wolf; Elizabeth Gibbs; Faranak Leilaby; Georgina Brabner; Gina Subido; H.M. Todd; Ingibergur Kristinsson; Isobelle Houston; Jean Macintyre; Joan Blakeman; Joan P. Fleischer; Karin Holm-Pederson; Kelly Bishop; Kelly Knott; Kelson Technologies Corp.; Lee Grills; Lorraine Gordon; M.A. Coates; Margaret Morgan; Margaret Ramsay; Margot & Martin Meissner; Mary Bellerby; Maureen Johnston; Menka Sull; North Shore Outlook; Olympic Meats; Pamela Clarke; Paspas Taverna; Pat Heal; Patricia Mitchell; Phyllis Kenney; Rhonda Spence; Sara Jones; Scotiabank (North Shore); Shandon Sims; Shirley Freund; Shirley Friend; Soroptimist International of North and West Vancouver; St. Christopher's Anglican Church (West Vancouver); Successful Women Always Network (SWAN); Susan Stout; Telus Community Engagement Program; North Shore Unitarian Church; Urban Yarns

"Hot Lips: A Celebration of Women" - 32 Books Co.; Academy of Learning Career and Business College (North Vancouver); Active Life Health Clinic - Dr. Melissa Carr; Amici Restaurant; Angela Mahler Jewelry; Arthur Davies; Bee Inspired Jewelry Designs; Bellevue Natural Health Clinic - Dr. Jennie Weisenburger; Best Western Carleton Plaza Hotel (Victoria) - Zack Bhatia; Bloom Family Wellness Centre - Dr. Jodi Meacher; Brioche Urban Baking and Catering; Broken by Design Mosaic Studio; Canadian Outback Adventures; Canadian Tire (Main Street, North Vancouver); Capilano Suspension Bridge; Carol's Costume Corner; Cathi Jefferson - Potter; Centennial Theatre Centre; Cheers Restaurant; Cinnamon's Chocolates; Darbari Lal Sharma; Darrell Mussatto; Deep Cove Canoe & Kayak Centre; Escape Hair and Body; Favourite Unique Gifts and Accessories; Fitness World (North Shore); GardenWorks (North Vancouver - Capilano); Genesis Athletic Club; Giving Within Holistic Healing - Tania Bakas; Hilary Mackey, Body Psychotherapist; Holistically Yours - Bobbi Casey; Hudson's Bay Company (Park Royal Shopping Centre); Inner Focus Holistic Healing - Barb Weston; Kidd Bros. Honey; Le Bistro Chez Michel; Lonsdale Quay Market and Shops; Loren & Company Certified General Accountants; Love Nest Romantic Accessories (North Vancouver); lululemon athletica (West Vancouver); Margitta's Flowers; Maria Domenici; Marietta & Gordon Dodds; Millennium Tattoo Studio; Mineral Services Inc. Canada; Netzwerk Records; Northlands Golf Course; North Shore Outlook; Obsession: Bikes; Park Royal Shopping Centre; Paws in the Woods Dog Adventures; Petra LaMadrid Schafer, RE/MAX Sales Associate; Phyllis Kenney, Family Law Lawyers; Presentation House Theatre; Queens Cross Neighbourhood Pub; Red Tom-Bo Japanese Restaurant; Sacred Stone Astrology; Simplicity Life Coaching - Emma-Louise Elsey; Soulution Coaching - Shauna Mokelki; The Art of Loving; The Katwalk Salon; The Mortgage Centre - Mortgage Evolution West - Ronda Walker; Tomahawk Restaurant; Universal Records; Vira Yoga - Jocelyn Jaia La Ferme

Special Thanks To NSWC Funders for 2006/2007 (Oct. 06 – Sept. 07)

City of North Vancouver (Operating, Program, Facilities, and Events); District of North Vancouver (Operating and Program); District of West Vancouver (Operating and Program); BC Ministry of Public Safety and Solicitor General - Gaming Information and Services (Program); Status of Women Canada (Project); Industry Canada (Public Computer Access Program)

Mission Statement

The purpose of the North Shore Women’s Centre is to improve the social, economic and political status of women and to encourage and support self-empowerment by acting as a resource and a catalyst for change from a feminist perspective.

Philosophy

We believe that women have the right to:

- Self-determination in all aspects of our lives
- Equal access to society’s resources
- Safety and security of our person
- Fairness in the administration of justice
- Freedom from all forms of discrimination

Goals

- To provide women with access to resources (information, referral, advocacy) to assist with life choices.
- To actively address violence against women at all levels of the community.
- To challenge sexism and all other forms of discrimination against women at all levels of the community.
- To work towards the elimination of the feminization of poverty.

The NSWC is a non-profit registered charity. Income tax receipts will be issued for donations.

Membership with the North Shore Women’s Centre offers opportunities to be a part of a diverse network of women.

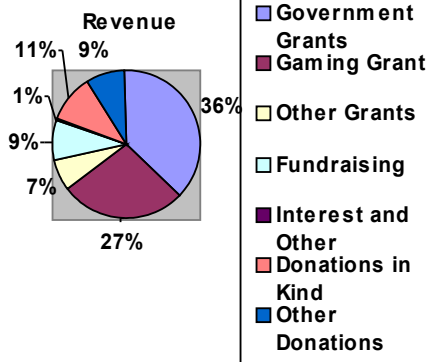
North Shore Women’s Centre

131 East 2nd Street
 North Vancouver, BC V7L 1C2
 Phone: 604.984.6009
 Fax: 604.980.4661
info@northshorewomen.ca
www.northshorewomen.ca

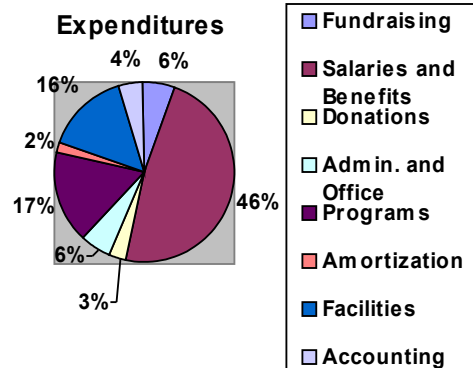
Hours of Operation:
Monday - Thursday
10:00 am - 5:00 pm

The North Shore Women’s Centre would like to acknowledge the Squamish and Tseil-Waututh Nations on whose territory the Centre is located. We would also like to acknowledge the Musqueam Nation.

Summary of Financial Statement



Total Revenue:
 \$158,408



Total Expenditures:
 \$168,917

