



North Shore
Women's Centre

ANNUAL REPORT

2018/2019 VOL 46

- A place for Women, A Voice For Women -

WWW.NORTHSHOREWOMEN.CA

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North Shore Women's Centre



- A place for Women,
A Voice For Women -

Contact Us

131 East 2nd Street,
North Vancouver, BC
(604) 984-6009
info@northshorewomen.ca
www.northshorewomen.ca

Who We Are

We are a non-profit women's organization offering a drop-in resource centre and a variety of programs and services. Located in North Vancouver on the unceded traditional territories of the Squamish and Tsleil-Waututh Nations, we have served the whole of the North Shore since 1973. The purpose of the NSWC is to improve the social, economic, legal and political status of women, and to encourage and support self-empowerment by acting as a resource and a catalyst for change, from feminist perspectives.

Our Mission

- To provide women with access to resources (information, referral, advocacy); to assist them 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 within the community
- To work towards the elimination of the feminization of poverty
- To operate from a feminist perspective

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 and
- Freedom from all forms of discrimination

Drop-In Resource Centre

This past year, we were able to make some changes in the Resource Centre, thanks to the help of some dedicated volunteers. We have added a reception desk in the front lobby of the Centre, and a Resource Centre volunteer role has been established to greet visitors and assist staff with the drop-in space. Additionally, we have been able to do some minor renovations in the drop-in space, including replacing the flooring, adding new furniture, and restructuring the space so it is most useful.



DROP-IN CENTRE

Our drop-in resource centre and lounge is available to all women from Monday-Thursday 9:30am—3pm. The resource centre offers a range of resources and information, including computers with internet access, WiFi, photocopier, a printer, fax machine and telephone, as well as a lending library. Coffee, tea and snacks are always available.



CHILD FRIENDLY SPACE

Children are always welcome in the resource centre, and a collection of toys, games and children's books are provided.



PEER SUPPORT

We provide extensive peer counselling and referrals on topics such as relationships, abuse, income support, housing, health, legal support, employment and training, parenting and more.



ACCESSIBILITY

Thanks in part to a grant from the Government of Canada, we have installed an accessibility ramp to the front door of the Centre. This makes the resource centre accessible to those with wheelchairs, mobility challenges, and strollers. The Centre is accessible to self-identified women and gender diverse individuals, including those who identify as trans, Two-Spirit, and/or non-binary.

Emergency & Crisis Support

FOOD & TOILETRIES



We provide emergency food and toiletry items for women in need or crisis. Items such as tuna, pasta, rice, tomato sauce, canned vegetables, beans, coffee and tea are some of the food items we help with. Toiletry items given out may include shampoo, toothpaste, diapers and feminine hygiene products. Between October 2018-September 2019 we supplied 177 bags of toiletries and 142 bags of food.

CLOTHING VOUCHERS



Since September 2018, our staff have helped 204 women and 35 children access clothing by offering vouchers to be redeemed at the Good Stuff Connection (run by the North Shore Crisis Services Society). The total redemption value of vouchers provided amounted to \$11,425.



BUS TICKETS

Thanks to our generous donors, we have been able to provide bus tickets for 63 women who need support getting out to job interviews, apartment searches, court dates, medical appointments and other responsibilities.

LAUNDRY SERVICE



Thanks to financial support from the Province of BC, we have installed a new washer and dryer so that we can provide free laundry access to women who are facing significant financial challenges or are homeless. This program helps to remove yet another barrier to living with dignity.

Space to Learn & Connect

The NSWC is a space for community, connection, and life long learning. In the drop-in centre, staff assist with using computers, filling out forms and applications, applying for jobs, scanning documents, and more. In addition, our Basic Computer Training Program and free public workshops provide an opportunity for ongoing learning, growth and development, as well as connection with other women in the community.



Basic Computer Training

Offered in English and Farsi, students may receive 7 private computer training sessions through a 7 week-long Introduction to Computers course. The course covers basic skills such as Internet search, email, and Microsoft Word. We have added an additional 3-session program, which includes 3 hours of training on specific skills, such as using social media, Power Point or Excel.

Volunteer instructors deliver lessons one-on-one to program participants based on a manual, but they mostly tailor and customize each lesson to suit the needs of their students. 27 students completed the program this year, and 6 students are currently enrolled in the program and have not yet graduated.

"I was grateful to [my instructor] for her enthusiasm & knowledge and willingness to explore my different needs"

Course Modules:

Introduction to Computers
Basic Brush Up Skills
Basic Excel
Power Point
Social Media

Offered in English & Farsi



Public Workshops

We organize and host free, educational and interactive workshops on a monthly basis. Since September 2018, we've offered 16 free workshops focused on topics related to women's health and wellness and women connecting, including, "Powerful Presence with Confidence" "Money Transformations" Series, "Creative Compass Collage" and "Authenticity: A Connection to Self." In response to the large Farsi speaking community on the North Shore, this year we were also thrilled to be able to provide a mindfulness workshop in English and one in Farsi.



184 participants attended our public workshops this year!



Free Tax Clinic

In the spring of 2019, we offered a free tax clinic at the Centre as part of the 2019 Community Volunteer Income Tax Program. Trained volunteers from Canada Revenue Agency assisted those with a modest income and a simple tax situation in filing their income taxes. Over the span of 4 days, 15 women were able to file their taxes with volunteer assistance.

Focus on Health

At the NSWC, we are committed to encouraging women from all walks of life to approach health from a holistic perspective. From our past experiences, we have learned the power of introducing women to health treatments and related activities that they would not normally be able access, and how these experiences can not only improve health and wellbeing, but can be catalysts in developing confidence, relationships, and more.

Active Living Program

This program introduces a holistic approach to an active lifestyle through community building, by providing women with the opportunity to participate in various types of activity and active lifestyles that they would otherwise not participate in for personal, economic, or social reasons. These activities are intended primarily for women who are feeling isolated and/or marginalized due to living with low income, trauma, or other adverse life circumstances. In the past year, a group of 10 women met on a weekly basis from October 2018 to March 2019, to participate in health related activities, including movement workshops, gym circuits and art classes. A nutritious snack and time to socialize were provided after every session, to encourage community building. Additionally, as an initiative to make seasonal activities more accessible to women living with low income, we hosted a free kayaking excursion in the summer of 2019.

During the past year this program has been primarily funded through Vancouver Coastal Health. As we've seen how confidence and a sense of community can be built through physical activity, we see the value in offering women these kinds of opportunities on a regular basis.

"Emotionally, mentally, and physically, I learned some important tools, wisdom, and self-care"



Health and Wellness Program

Program Components:



Individual
Holistic Health
Treatments



Online Health
Resources



Flow Yoga
Classes



Pilates
Classes



Health
Library



Hair Styling



Health
Workshops

Through our Health and Wellness Program, we hope to profoundly improve the health of women on the North Shore, particularly women faced with financial, social and other barriers to accessing quality, holistic care. Many women who access this program experience significant stress in their lives, often due to violence, poverty, and/or chronic ill-health, and cannot afford the high costs of holistic health services. In response to this, the program provides a broad range of free health and wellness services, such as health information, drop-in fitness classes, holistic health treatments, and complimentary hair cuts. We hope that offering these services will empower women to become active participants in their own care, and to reconnect with their own healing abilities.

The program has 12 regular volunteers who offer individual holistic treatments, yoga classes, Pilates classes, and haircuts. In the last year, 7 women graduated from the holistic treatment component of the program by completing 10 sessions each, and 18 women additionally received health treatments. Since September 2018, the program's weekly drop-in yoga classes had 268 participant visits, with 136 participant visits to our weekly drop-in Pilates classes. Also, 54 free hair styling sessions were offered.

"These sessions made me feel valued. I have a lot of stress in my life and they helped me tremendously to relax and to have less anxiety. As I don't have many opportunities to give to myself, this is a way that I can receive care for myself."

"My sense of wellbeing is greatly enhanced after each session. I experience much needed sense of calm and relaxation."

“All the sessions were good but the energy healing sessions were amazing and life changing. [My practitioner] helped me to connect with some primary issues, helped me shift the emotions and as a result of her work I believe these resolutions have resulted in integration of previously divergent parts of me. I now feel more whole and complete.”

Families In Transition

In response to the need for comprehensive, personalized, and accessible legal support for women undergoing life transitions such as separation or divorce, our Family Law Program was developed to provide critical support to women in navigating their family law matters. Our holistic program offers free legal information, resources and referrals to lower-income women, breaking down financial and social barriers to make information on family law matters more accessible. Furthermore, our Separation Workshops provide legal, financial and emotional information and support about the separation process. This depth of support is particularly necessary due to the complex and on-going nature of many family law cases, the high degree of emotion and stress related to relationship breakdown, parenting and re-building families and individual lives, and the considerable financial costs involved.



**DIVORCE
SEPARATION
PARENTING
SPOUSAL SUPPORT
CHILD SUPPORT**

Family Law Clinic

Through our Family Law Clinic, we are working toward establishing a more comprehensive legal centre in family law for women on the North Shore. Through this program, low-income women receive legal information, resources and referrals, as well as emotional and practical support, and are then given the opportunity to meet with a lawyer for pro bono summary advice. This past year, practicing female family lawyers - Phyllis Kenney, and a roster of lawyers from North Shore Law - volunteered their time to provide one-hour consultations on issues such as separation, divorce, child support, parenting and division of assets. Since September 2018, 38 women received a private, 1-hour appointment with a lawyer, with over 100 women receiving substantial legal information, resources and referrals.

38 women received 1 hour of private legal advice from a lawyer

100+ women received substantial legal information, resources & referrals

"[The lawyer] made me feel very comfortable and at ease. I feel she gave me great instructions on what the next steps I need to take are, and what my best options would be."

"[The lawyer] took her time and answered most of my questions. She made me feel calm and gave great advice."



Separation Workshop

On September 19th, 2019, we hosted a half-day separation workshop, for women who had questions related to separation but were not yet ready to schedule a one-on-one appointment with a lawyer in our Family Law Program. In attendance were a tripartite panel of experts, including a family lawyer, a holistic financial advisor, and a clinical counsellor, who presented information on the legal, financial, and emotional implications of separation. The workshop addressed common questions, as well as some very specific concerns.

Seventeen women attended, and appreciation for the knowledge and confidence gained through this workshop was palpable. A benefit of the group experience for the participants was knowing that they were not alone in their experiences and that community resources were out there. This workshop acted as a jumping off point for our Separation Support Group, and women who attended the session were offered the chance to register in the group as well for additional ongoing support.

How has this workshop helped you?

"Knowing I'm not alone. Gathering essential information, knowing where to look for help and support"

Ongoing Support for Families

Our support groups offer ongoing, weekly community connection, networking, and personal development as well as access to information and educational resources, on unique issues that affect single moms and those in the process of separation. Each group is a safe space for women to explore issues that may be impacting them, such as self-esteem, parenting, anger, abusive relationships and safety planning, legal issues, and financial management. Participants create community through mutual support and develop connections that continue after involvement with the group, and the benefits of support and knowledge gained will spread through their children, families and social networks.



Single Mothers' Support Group

This weekly facilitated support group for North Shore single mothers is one of the oldest programs that we offer. It is a closed group that runs three times a year, once in the fall from September - December, once from January - March and again in April - June.

Participants engage in discussions on a weekly basis and receive information, resources and peer support. This program intends to provide a platform for women to connect, listen to other group participants' experiences, share challenges, offer options and brainstorm strategies. As being a lone parent is often isolating, participants create community through mutual support and develop connections that continue after involvement with the group. On-site childcare is provided, as a respite for moms who are sole caregivers of their children. This year, 8 mothers participated and 8 children took part in the on-site childcare. Thank you to Kiana Karimi for facilitation!

“I feel very isolated sometimes because of my financial and social issues, and it's comforting to be surrounded by other moms in similar situations”

“In addition to emotional support, meeting with other moms and learning about the available resources and support, I have come to see new possibilities for growth. Now I feel my goal is not to help my kids and myself survive, but to thrive.”



Separation Support Group

The Separation Support Group aims to help women come together to navigate the complexities of separation. Over the course of 10 weeks, women engage in discussion and share their experiences in a supportive environment, while receiving information from guest speakers about the legal, financial and child custody processes associated with separation. This structure allows women to gain knowledge and make informed decisions throughout their separation process, while also receiving emotional support and wisdom from other women.

In 2019 the group was composed of 12 women, who will meet weekly for 10 weeks. Free childcare and light refreshments are provided during weekly sessions. Thank you to Caroline DeMoraes for facilitation!

“Seeing that everyone is at different stages in the separation process helped me understand that there is an end to this phase in our lives.”

“I have been needing emotional support to get rough a very difficult separation. I was feeling alone and like I needed to meet people who were having a similar experience.”

"Fearless" Girls' Empowerment Camp

Each summer, teen girls participate in an interactive empowerment day-camp through our Centre. This year, the camp was offered to high school girls entering grades 8-11. During the two 1-week camps, girls learned about healthy relationships/friendships, body image, (cyber)bullying, boundary-setting, self-esteem, sexual health, etc. These topics were addressed through discussion, exercises, art, movement, video, journaling and other creative tools. Participants also took part in a workshop facilitated by the Safeteen program, and joined a facilitated nature excursion with Thriving Roots Nature School. We had an amazing number of girls interested in registering for camp this year, and attendance for both weeks was high, with participants on the wait list. A total of 22 girls took part in the summer camp this year. Thank you to Lindsay Lefebvre for facilitation!

"[The camp] was very useful, (especially self-defence) because it was like a week of preparation for the real world."



"I got to meet so many new people and I made 3 new friends. I also learned self-defence and yoga!"
"I liked the talks we had because it was nice to hear a different side of the world/society we live in."



Flip the Script Peer Facilitators

Flip the Script

This past year, we have obtained the license to deliver Flip The Script, an empirically-based 12-hour sexual assault resistance education program. Flip the Script was created in Canada, and is the only program proven to reduce the risk of sexual assault for young women aged 16-19. It educates young women on the realities of sexual assault, teaching them the best available knowledge and skills so they can go into the future with greater confidence.

This two day program is delivered in small groups of up to 20 girls, led by 2 peer facilitators. We successfully delivered a pilot session of Flip The Script in June of 2019 to girls aged 16-19, and look forward to providing more sessions into 2020. We are currently the only licensed Flip the Script provider in BC.

Thank You

to our dedicated volunteers
for their invaluable contribution!

Resource Centre Volunteers

Janet Murray Bartosch
Leila Karjalainen
Shamira Jetha
Fereshteh Nourbakhsh
Pamela Sadler
Deborah Hall
Farzaneh Tabanfar
Jamie Hutton
Lise Sauvee
Taylor Jurik

Lorie Barton
Flip The Script Volunteer

Sandra Rooney
*Single Moms' Support Group
Volunteer*

Health & Wellness Program Volunteers

Serah Strandberg
Blanche Boyce
Jo-Ann Svensson
Erika Mayall
May Thouw
Dr. Judy Zhu
Azar Yetka
Kyla White
Karen Woodfield
Natalia Ytsma
April Chen
Rojin Darvish
Jenny-Leigh Parmley

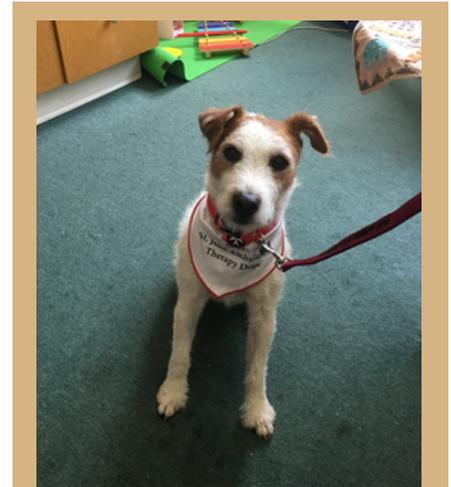
Family Law Clinic Phyllis Kenney QC

North Shore Law:

Lara Branson
Bahareh Danaei
Kate Lawrence
Betty Lin
Kelly Simington
Sheilagh Sparks
Ludmila Marenco

Computer Training Volunteers

Maryam Rezaei
Rita Patterson
Ella Chen
Halleh Noor Salehi
Sahar Banisoltan
Kimia Kamelian
Nazanin Zarei



Introducing volunteer
Ron Weasley! A trained
professional as part of the
Saint John's Ambulance
Therapy Dog Team. We
appreciate weekly visits
from him and owner
Claire Stedman!

Over

1,200

Hours of volunteer
time donated since
September 2018!

“By greeting people who come in and helping on the phones, I
feel like I am helping to improve people's lives.”
- Resource Centre Volunteer



Capilano Students
Union Expo



Shipyards Night
Market



Canada Day at
Waterfront Park



Pride on the Pier

Community Engagement

Over the years, the North Shore Women’s Centre has been involved with a number of community groups, coalitions and committees advocating on behalf of women on the North Shore. We often have information tables at community events with pamphlets and information about our programs and services, as well as those in the broader community. By working outside the doors of the organization, we are able to reach women who would not ordinarily have been able to participate in our programming.

We enjoy these opportunities to meet with various individuals and increase our presence in the community. This year, we participated in various community events on the North Shore, including Canada Day at Waterfront Park, Pride on the Pier, Shipyards Night Market, and Capilano Students' Union Expo. We also hosted an information session to raise awareness about pilot program Flip The Script at Sutherland Secondary School in June of 2019.





NS VAWIR Committee

For over seventeen years, the North Shore Women's Centre has been the host agency for the North Shore's Violence Against Women in Relationships Committee (NS VAWIR - www.northshorevawir.com), which creates a forum for service providers and representatives from the many sectors involved in preventing and responding to violence against women to network and plan around the areas of service delivery, education and systemic response.

2018-2019 Highlights

- **Men as Allies Forum:** On October 20th, 2018, the Committee hosted and coordinated a special community forum on the topic of men as allies in ending violence against women. The keynote speech was delivered by JR LaRose, former BC Lions Player and spokesperson for Be More Than a Bystander Campaign. Our panel included leaders from Warriors Against Violence, Family Services of the North Shore, Ending Violence Association of BC, Saleema Noon Sexual Health Educators, and youth from the community. Over 80 guests attended, including youth local MLAs, service providers, families, and community members.
- **Strength and Remembrance Totem Pole:** In 2019, the Strength and Remembrance Totem Pole at Stella Jo Dean Plaza was completed honouring Missing and Murdered Indigenous Women and Girls. At the top of the carved red cedar pole is a woman wrapped in a blanket with eyes closed in peace to honour all the loved ones who have suffered. Below her is an eagle imparted with the power to carry prayers to the creator. The pole was carved by Squamish Nation member Jody Broomfield in traditional Salish style. To celebrate the Pole, a ceremony was held and attended by members of the community including local politicians, Indigenous leaders, and members of the public.
- **Strengthening Responses Project:** In 2019 with funding from the Province of BC, the committee launched a statistical gathering project counting disclosures of domestic violence and sexual assault to mandated and non-mandated service providers. The project addresses the lack of an accurate picture of the types of violence being reported, and where survivors are seeking support. In 2020, an educational forum for local service providers will be held and a report on findings will be available to the public.
- **A Walk to Remember:** On December 6th 2018, a march was organized by the Committee to commemorate the National Day of Remembrance and Action on Violence Against Women in Canada. Dozens of supporters joined the march which was followed by speeches given by local MLAs, members of the community, and the North Vancouver RCMP. The march was led by drummers of the Squamish nation and the event was covered on CTV News and North Shore News. In 2019, the march will end at the Strength and Remembrance Pole where Squamish Nation Elder Doris Paul will relay the significance and symbolism of the Pole, and invite all nationalities to draw from its strength and stand together to end violence against all persons.
- **Guest Presentations:** The Committee was pleased to welcome guest presentations from key community members at our bi-monthly meetings including MLA Jane Thornthwaite & MLA Bowinn Ma; Administrative Crown Counsel Adrienne Lee; PeerNetBC; and Family Information Liaison Unit (FILU).
- **Sexual Assault Subcommittee:** The subcommittee continues to pursue the availability of sexual assault nurse examiners at Lion's Gate Hospital.



Strength and Remembrance Pole Ceremony. Photo Brent Richter North Shore News



Men As Allies Forum



A Walk to Remember 2018. Photo Mike Wakefield North Shore News

Thank you to Cobs Bread Park & Tilford for your generous in-kind contributions to NS VAWIR meetings!

International Women's Day 2019

On March 7th, 2019, friends of the North Shore Women's Centre gathered at Anatoli Souvlaki in North Vancouver for a lively celebration to honour International Women's Day. The evening featured drinks and appetizers, a silent auction and live entertainment by Zougla The Greek Band.

Our celebration benefited our Centre by raising approximately \$13,000 for this year's Programs and Services! This generosity expressed by our donors and supporters will go a long way in helping our programming continue to support women and girls on the North Shore. Thank you to all who made this event a successful fundraiser and touching celebration! We look forward to another engaging evening to recognize women's achievements next year!



Online Fundraising Auctions



2018 Winter Wishes Auction
Raised **\$2,823**



2019 Celebrating Summer Auction
Raised **\$3,605**

Third-Party Fundraising Initiatives:

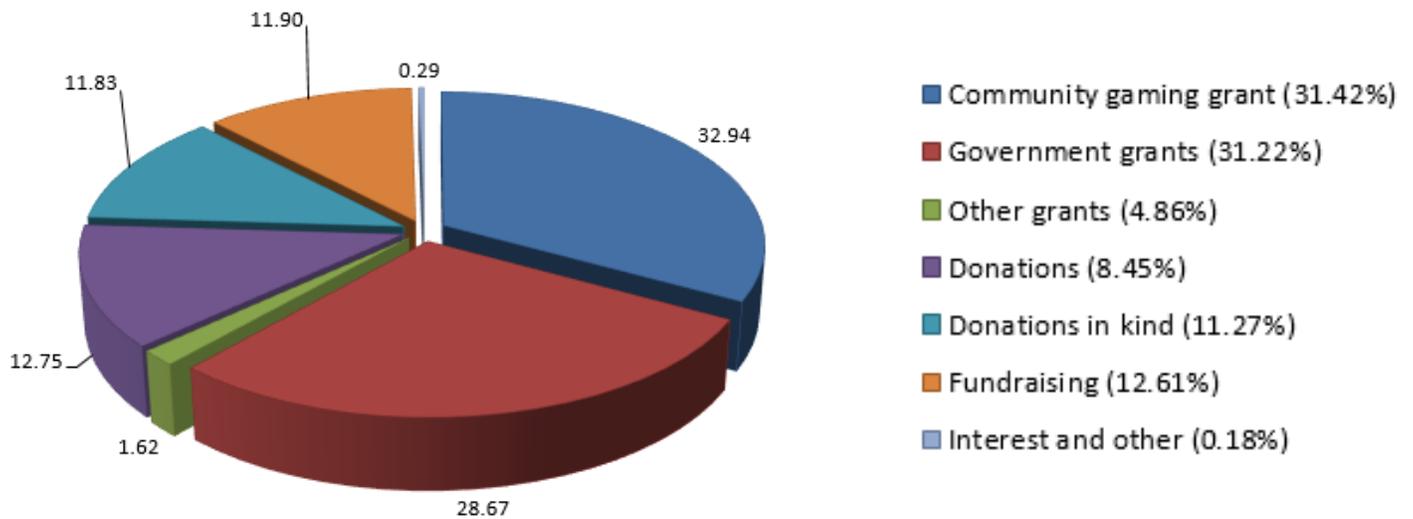


North Vancouver Community Players

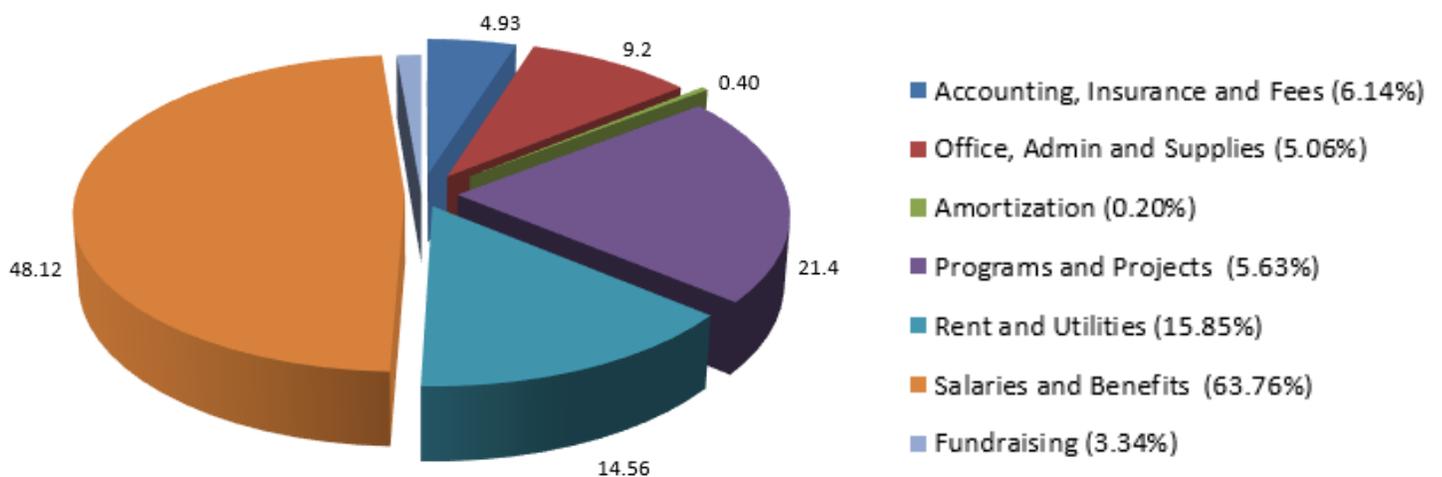
FINANCIAL OVERVIEW

Fiscal Year Ending March 31, 2019

REVENUES \$215,524



EXPENSES \$216,338



Thank You

TO OUR GENEROUS FUNDERS & DONORS



\$1,000 - \$15,000



> \$1,000

Ahlia Moussa
 Aileen Green
 Alan Toft
 Amanda Gamage
 Amer Sports Canada
 Andrea Jensen
 Andrew & Aylish Dorey
 Angela Otto
 Angela Wong
 Annie Sung
 Ashley Ander
 Audrey Dewan
 Azmina Jiwa
 Barry Goff
 Blanche Boyce
 Brad MacKenzie
 Bradley George
 Brenda Garrett
 Brooke Naito
 Bruce & Margaret Stuart
 Bruce Chan
 Camille Campbell
 Canadian Federation of University Women West Vancouver
 Carol Wishart
 Carolyn Anglin
 Chalsi Goetz
 Colleen Lunde
 Colleen Savage
 Connie Bonsteel
 Darlene Cathcart

Dodie St. Dennis
 Don and Lorraine Gordon
 Dorothy Sanders
 Dylan Rekart
 Eleanor Gill
 Elizabeth and Brian Fussell
 Elizabeth Kelley
 Gary Follman
 Gerry Parkinson
 Ginkym Production Services Inc.
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 Ian Read
 Ikuko Haraguchi
 J Palliardi
 J. F. Proulx
 Jane Thornthwaite
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 Jennifer Whittle
 Jennifer Woolcombe
 Jenny Manara
 Jessica Walker
 Jessie Hawkes
 Jim & Alisa Wilson
 Jindra Casperson
 Joanne Challenger
 Joanne Pugh
 Julia MacCallum
 Kahlena Movement Studio
 Kandice Moshansky

Karen Kobel
 Karen Woodfield
 Katarina Mikulich
 Kathleen Worthy
 Kathy Mann
 L Rodriguez de Hall
 Leslie Kinghorn
 Linda Hull
 Lisa Dooling
 Lisa Holland
 Lorie Barton
 Margaret Wright
 Mark Husken
 Marlene Allen
 Marlene Bailey
 Mary E Speck
 Mathew Clark
 Matthew Drinkwater
 Maurita Patterson
 Michelle Christensen
 Michelle Stefani
 Miriam McClellan
 Mona Walia
 Neighbours Thrift Store
 Nicole Cheffey
 Nicole Gowenberg
 Nigel Ball
 Norma Luccock
 North Vancouver Community Players
 Pamela Sadler
 Popeye's North Vancouver

Provincial Employees Community Services Fund
 Railtown Law Corp.
 Richard DeFilippi
 Robert & Beverley Gray
 Robert & Gail McQuarrie
 Robin Young
 Rosemary Hundal
 Sara Zadehdabbagh
 Scott Boucher
 Sea Dragon Charters Inc.
 Sharon Alexander
 Sharon Maher
 Sherri & Patrick McAndless
 Soroptimist International of North & West Vancouver
 Stephanie Reyes
 Sue Worrow
 Susan Roy
 Tara King
 Tara Malexis
 Tara Ormiston
 Tatiana Tavares
 Theresa & John Bishop
 Tony Power
 Trudy Jaskela
 Una Kerin
 Virginia McKeown
 Wesley McVey

Helen Babalos

Roderick Swenson

Thank You

TO OUR GENEROUS FUNDERS & DONORS

2018 Winter Wishes Online Auction

Arts Club Theatre Company
B Fit Personal Training
Bandidas Taqueria
Browns Socialhouse
BC Lions Football Club
Burgoo
Deep Cove Botanicals
EXIT West Broadway
Firehall Arts Centre
Fly Over Canada
La Mezcaleria
Le Crocodile
MeeT On Main
The Museum of Anthropology
Revelstoke Mountain Resort
Nikli Antica Pizzeria
Supernova Salon
The Keg Steakhouse + Bar
The Cinematheque
Chan Centre For The Performing
Arts
Vancouver Circus School
UBC Botanical Garden
Vancouver Christmas Market
Victor Harrison Pottery
VIA Rail Canada
Vancouver TheatreSports League

2019 Celebrating Summer Online Auction

Alchemy Hair & Salon
Bean Around The World Coffee
Black Bear Pub
Bridge Brewing
Buddha Full
Cafe by TAO
Capilano Suspension Bridge
Cartems Donuts
Centennial Theatre
Climb Base5
Club 16 Trevor Linden Fitness
Cutie Pie Wax Bar
Earnest Ice Cream
Forbidden Vancouver
Greater Vancouver Board of
Trade
Grouse Mountain
Hello Unicorn
Indian Art From The Edge
JW Marriott Parq Vancouver
La Taqueria
Le Petit Cafe
Lonsdale Quay Hotel
Modern Golf
Moja Coffee
Mount Seymour

North Vancouver Recreation
and Culture
Plenty
Rain or Shine Ice Cream
RJD Services
Royal BC Museum
Seymour's Pub
Simons
Skoah
Steamworks Brewing
Steve Nash Fitness World
Steveston Seafood House
The Fair at the PNE
Vancouver
The Hive Climbing
The Old Spaghetti Factory
The Raven Public House
Two Rivers Specialty Meats
Vancouver Aquarium
Vancouver Canucks
Vancouver Whitecaps
Westcoast Sightseeing
YYOGA
Zazou Salon

Thank You

TO OUR GENEROUS FUNDERS & DONORS

In-Kind Donations

10th Seymour Guides
1st Crown Sparks Lynn
Valley
Adrienne & Nadine
Barbara Mitcvhell
Beverley Westia
Church of Jesus Christ of
Latter Day Saints
Fiona Wright
Ginger Jar Furniture
Janice Foster
Joanne Fedora
Joanne Mulhall
Mary Bingeman
Method Indoor Cycling
Paperclip Law
Paulina Jaszczewska
Reuben Jones
Richard Willems
Sarah Wong
Sea Dragon Charters Inc.
XL Flooring Co. Ltd.

Fearless: Girls' Empowerment Camp

Meat At O'Neills
Murchie's Fine Tea & Coffee
Tap & Barrel
Waves Coffee House
The Pantry Restaurant
Starbucks
The Banqueting Table
Tao Organics
Tobys

Single Moms' Support Group

Cause We Care Foundation
The Purse Project North
Vancouver
North Shore Neighbourhood
House

2019 International Women's Day Celebration & Benefit

Premier Sponsors

Sugar Bowl Holdings
No 5 Lonsdale Investments Ltd.
SKN Holistic Rejuvenation Clinic

Benefactor Sponsors

Kit + Coop & Assoc.
BA Blacktop
Neptune Terminals
Heritage Circle Installations

Catering & Decor Sponsors

Anatoli Souvlaki North Vancouver
Margitta's Flowers
3 Sisters Winery
Sophie's Flower Pedals

2019 IWD Celebration & Benefit Silent Auction Donors

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