

2022/2023 ANNUAL REPORT

North Shore Women's Centre

The North Shore Women's Centre has been advocating for the safety, status, and wellness of women, girls, and gender-diverse members of the community since 1973.

Read our 2022-2023 Annual Report to see what we did in our 50th year.





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A MESSAGE FROM OUR EXECUTIVE DIRECTOR AND BOARD CHAIR

MICHELLE DODDS AND ROSEMARY HUNDAL

Dear friends,

In the early 1970's, women's centres began to rise up across BC. The federal government's Royal Commission on the Status of Women had been published containing 167 recommendations for change, and the UN's declaration of International Women's Year, 1975, was approaching. Policy and systems change was needed, and at the same time, women needed support and services. In this pivotal era of organizing and activism, the North Shore Women's Centre was born. Started in 1973 by a group of visionary women attending Capilano University, the Centre's purpose was to achieve equality for all women.

Fast forward to 2023, and it feels incredible that the organization has thrived for so many years. We can now proudly celebrate our 50th anniversary! Reaching this milestone is a triumph for our founding members who had the drive and foresight to start a grassroots women's organization, for the many staff members and volunteers over the years who devoted countless hours of time to ensuring that vital services were delivered, for the donors and funders who have given generously to continue the work of the organization, and importantly, to the women who have courageously shared their life stories and given us their trust as they sought support. The celebration of the NSWC's 50th anniversary truly is a celebration of community and of how our North Shore community has come together time and again to ensure that the safety, security and equality of women and gender-diverse members is paramount.

Within this 50th year of the NSWC, we have seen tremendous growth and development in our organization. We have continued to expand our Young Women's Empowerment programs by doubling the number of summer camps, adding after-school sessions, and delivering evidence-based sexual assault resistance training to female-identified youth aged 15+. We have introduced additional language-specific programs such as our Parenting Support Group in Farsi, and expanded our staff team. We are working to improve women's health outcomes with a recently added health and wellness support group. In addition, as the basic costs of living continue to rise, we are supporting the increased food security needs of marginalized women in our communities with a weekly distribution of approximately 125 bags of food and toiletries.

We invite you to read further into this year's annual report to learn more about the activities of our organization, the generous and dedicated staff, volunteers, donors, members and supporters who have made them happen, and the tremendous impact on those who have accessed our services. We couldn't be prouder of the work that we have accomplished together or more honoured to serve our community and advocate for gender equity and social justice. Thank you for your support!

In appreciation,
Rosemary Hundal
Chair, Board of Directors



Michelle Dodds
Executive Director



ABOUT US

WHO WE ARE

The North Shore Women's Centre is a non-profit and charity organization operating on the unceded Traditional Territories of the xʷməθkʷəy̓əm, sə́ilwətaʔt and Sk̓w̓x̓wú7mesh Nations. We offer a wide variety of programs and services out of our Drop-in Resource Centre to women, girls, and gender-diverse members of the North Shore Community. This year, we celebrated 50 years of service to the North Shore, a hard-won milestone we were thrilled to share with the community. Since 1973, the NSWC has been striving to listen to the community's needs and provide a comprehensive portfolio of programming to address a wide and complex variety of social issues facing women today.

OUR MISSION

WHAT WE DO

Our mission 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. With this mission, we advocate for the safety, security, status, and wellbeing of women and gender-diverse individuals on the North Shore. We offer a wide range of programs that are completely free to the community, and address crucial issues such as gender-based violence and abuse, young women's empowerment, food security, housing security, and more.



OUR BOARD OF DIRECTORS



Rosemary Hundal

Board Chair



Surjeet Sidhu

Vice Chair



Leslie Whittaker

Secretary



Lisa Paull

Treasurer



Ray Boucher

Member At Large



Kristin Shanski

Member At Large



PERMANENT STAFF

OUR TEAM



Michelle Dodds
Executive Director



Maryam Saroei
Resource Centre
Coordinator



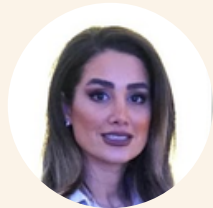
Golnaz Yazdi
Safety and Justice
Programs
Coordinator



Sydney Dawson
Fund Development
and Communications
Coordinator



Maria Teran
Health, Education,
and Volunteer
Programs
Coordinator (June
2022-June 2023)



Sara Nahri
Resource
Centre Assistant
(June 2022-
March 2023)



**Sheila
Prawirasoetisna**
Resource
Centre
Assistant (April
2023-Present)



Gabriela Ruzickova
Volunteer
Programs
Coordinator (July
2023-Present)

TEMPORARY & CONTRACT STAFF

OUR TEAM



**Oreofeoluwa
Adeyonu**
Researcher and
Project
Coordinator



**Yasmin Vejs
Simsek**
Community
Research and
Engagement Project
Coordinator



**Adreanna
Cundiff**
Young Women's
Empowerment
Facilitator



Samantha Czulinski
Community and
Social Services
Worker



Kiana Karimi
Single Moms'
Support Group
Facilitator



Lisa Stuible
Bookkeeper



Huda Sajjad
Separation Support
Group Facilitator



Christina Casperson
Health and Wellness
Support Group
Facilitator

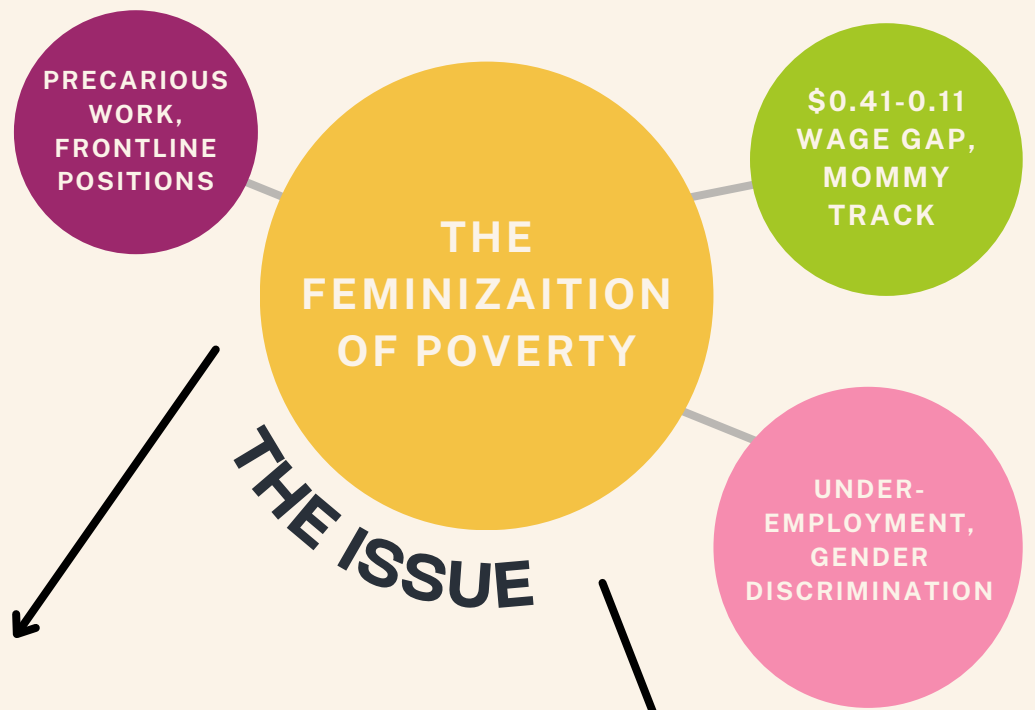


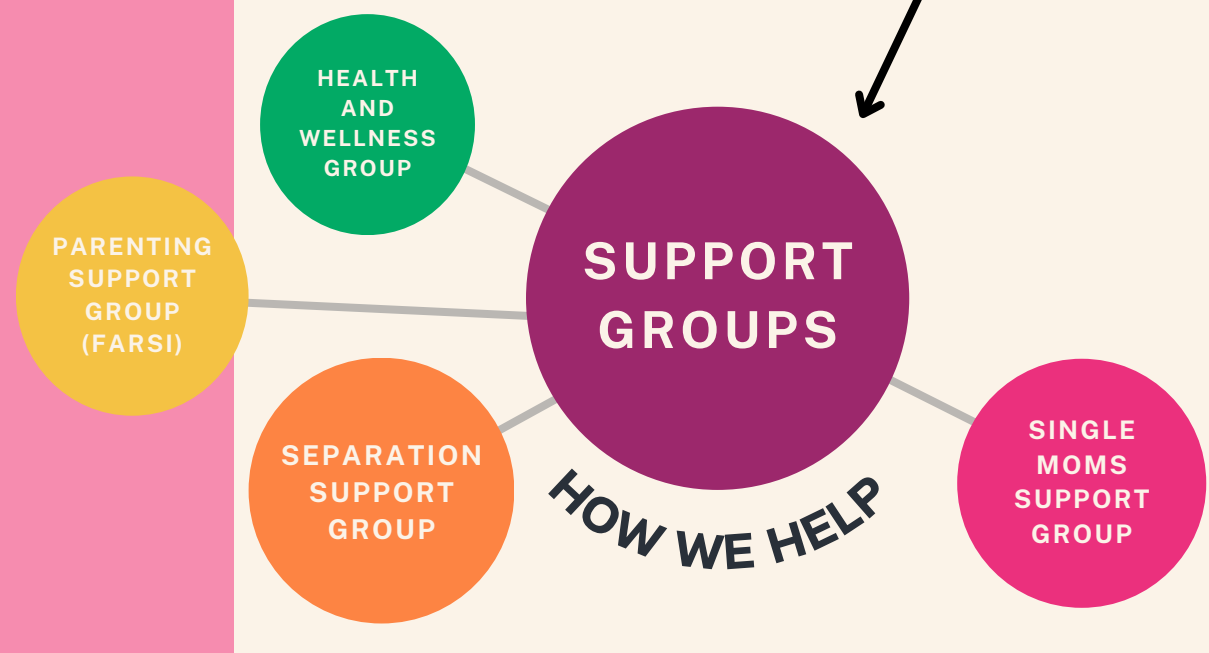
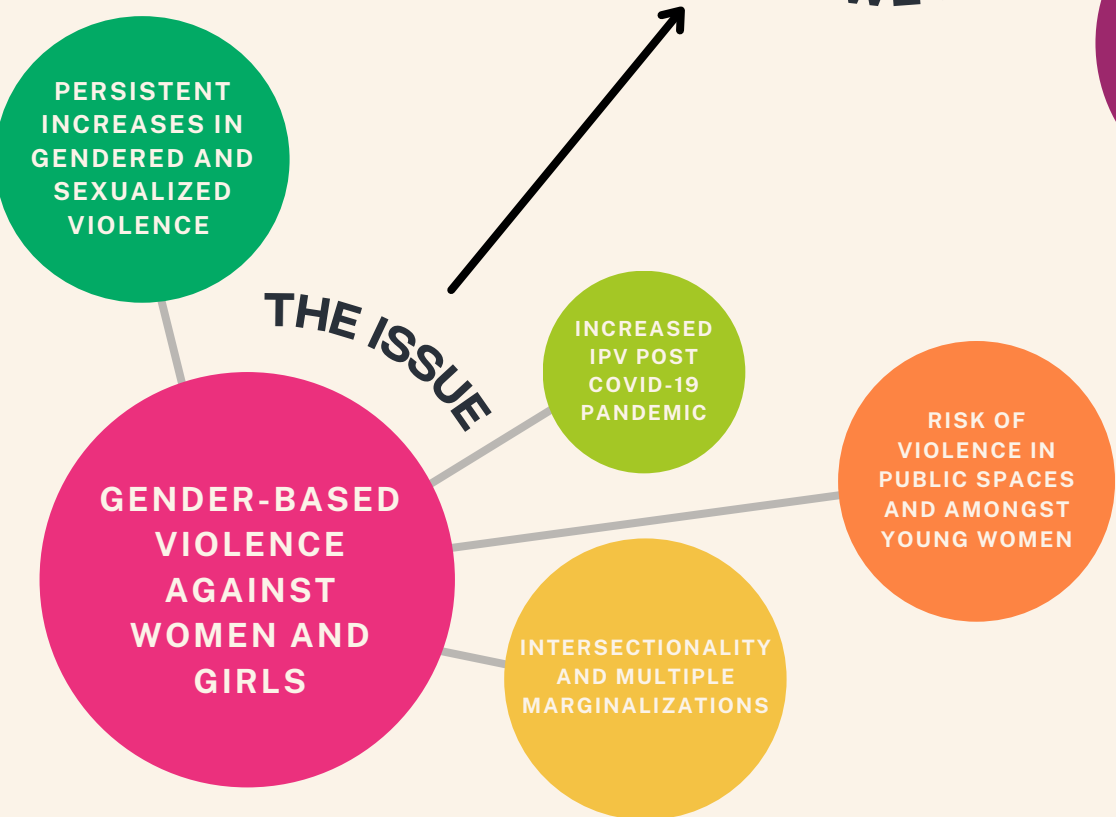
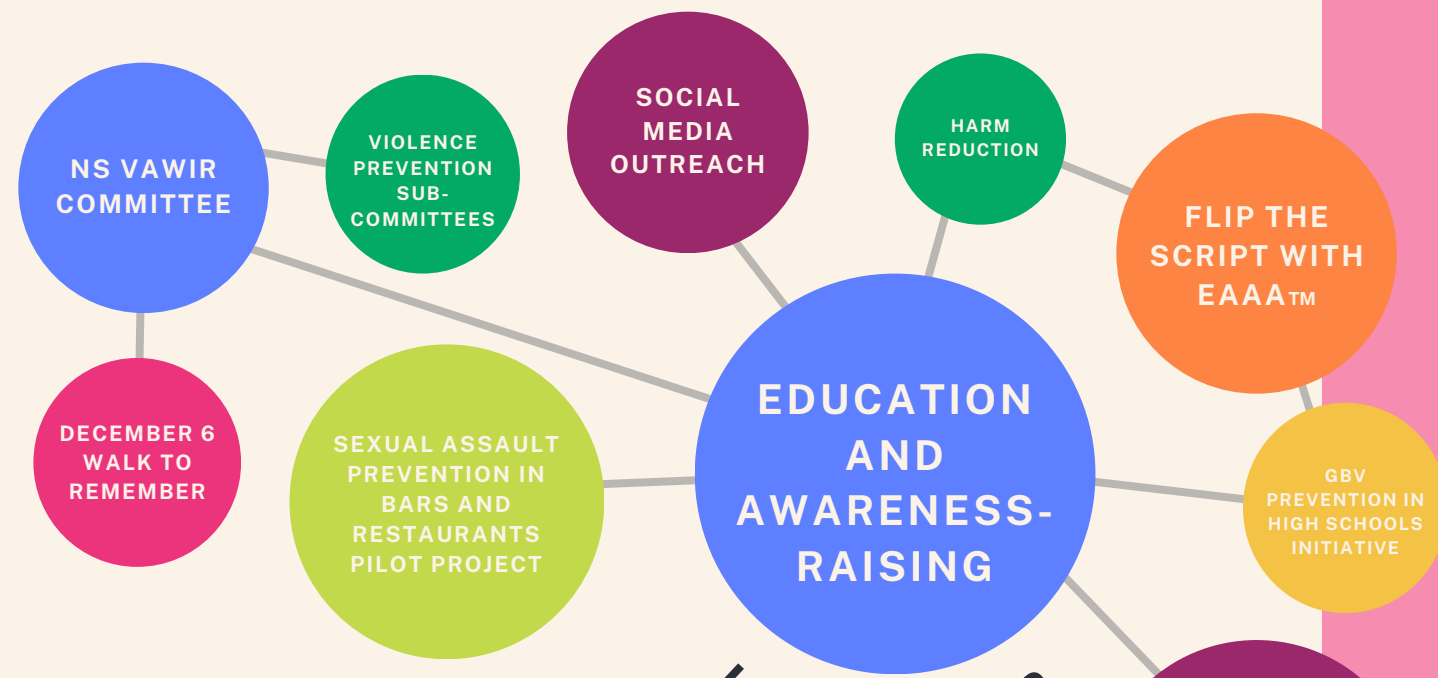
Tania Bakas
Separation
Support Group
Facilitator

AREAS OF IMPACT

2022-2023

The issues women face are often systemic and interconnected. So, the NSWC takes a coordinated response, addressing issues through tiered programming with overlapping, cooperative methods. See our following flow charts about our Areas of Impact to see our approach.

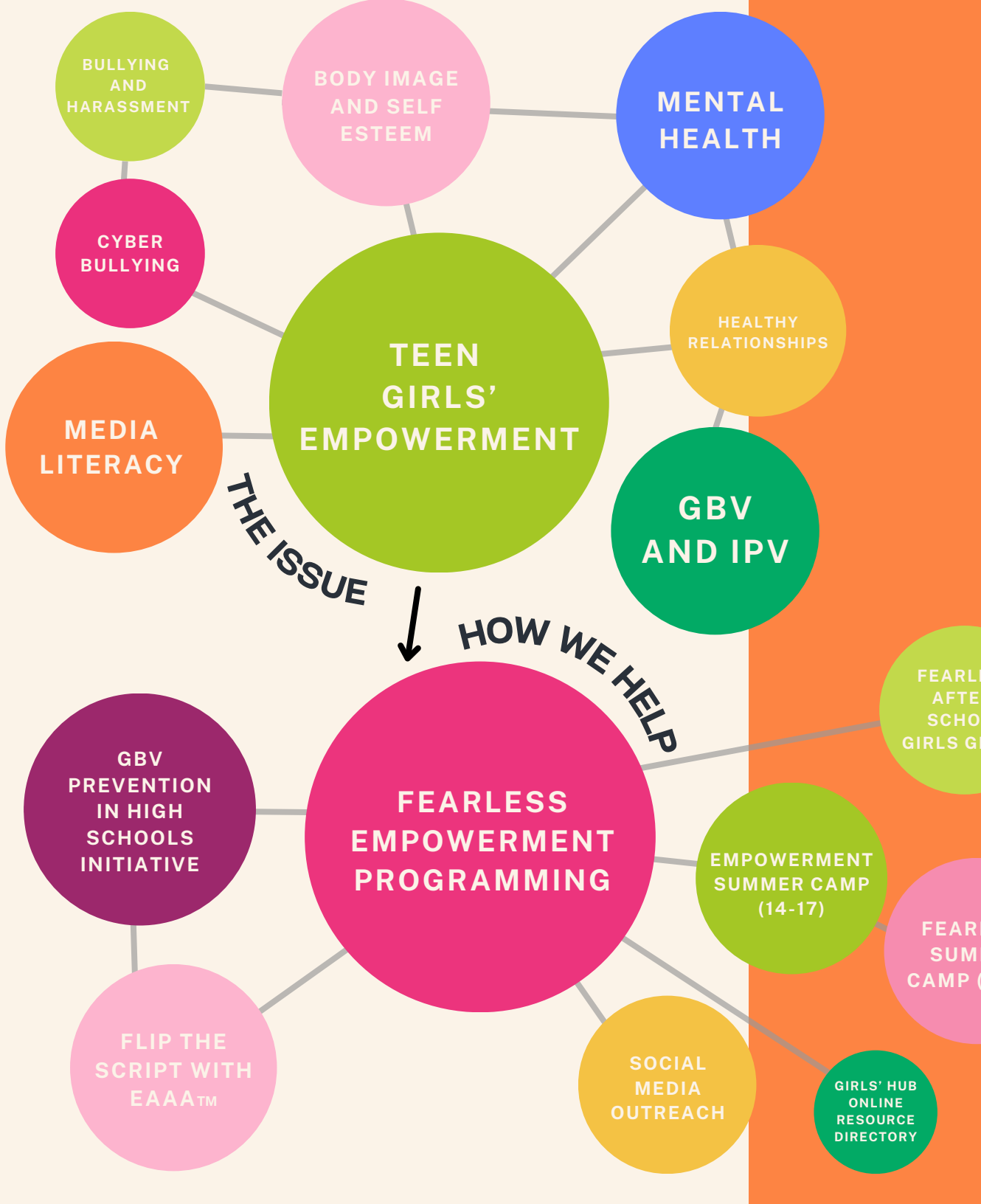




PROGRAMS OVERVIEW

WHAT WE OFFER

- Drop-in Resource Centre
- Single Mom's Support Group
- Separation Support Group
- Family Law Clinic
- Health and Wellness Program
- Flip The Script with EAAA™
- Tech Support Program
- Income Tax Clinic
- NS VAWIR Committee
- Fearless Girls' Empowerment Camps
- Free Public Workshops
- Fresh and Emergency Food and Toiletries





DROP-IN RESOURCE CENTRE

2022-2023

Our Drop-in Resource Centre is the heart of our operations at the NSWC, located conveniently in Lower Lonsdale where it is accessible by public transit.

We run the majority of our programs and services out of our drop in, where community members can come and connect with staff, view our community events and resource walls, use the computers, make phone calls, print and photocopy. We offer a **drop-in lounge, peer counselling, resources, referrals, clothing vouchers, in-house laundry facilities (washer, dryer, supplies), bus tickets, and more.**

The Drop-in Resource Centre is a welcoming space where women come to connect with resources offered by the NSWC and our various community partners, open and staffed 20 hours per week.

**236
WOMEN**

RECEIVED
CLOTHING
VOUCHERS FOR A
VALUE OF
\$11,800*

≈ 85

SESSIONS OF IN-
HOUSE LAUNDRY
SERVICES WITH
ACCESS TO FREE
DETERGENT

\$2,000

OF FREE HAIRCUTS
OFFERED THROUGH
THE HEALTH AND
WELLNESS
PROGRAM

58

CARE PACKAGES
DISTRIBUTED TO
WOMEN, SINGLE
MOTHERS, AND
CHILDREN*

7

LANGUAGES

SPOKEN BY OUR
DROP-IN STAFF
AND VOLUNTEERS

*Thank you to The Good Stuff Connection and North Shore Crisis Services Society for providing clothing vouchers, and to The Shoe Box Project and Cause We Care for their donation of gifts and care packages to be distributed



A MESSAGE FROM OUR RESOURCE CENTRE COORDINATOR

MARYAM SAROEI

I think what we do at the Centre is unique in some ways.

We don't put pressure on women, even if they are not able to do "simple" tasks like sending a fax, filling out a form, calling an agency, or attaching their resume. They can easily ask for help without the fear of being judged of being incapable. We empower them at the same time.

We are a place that they feel they are listened to and can be understood; the place that they turn to in times of desperation. It's so great see a smile or tears of joy.

It makes all the hard work worth it.



A MESSAGE FROM OUR RESOURCE CENTRE ASSISTANT

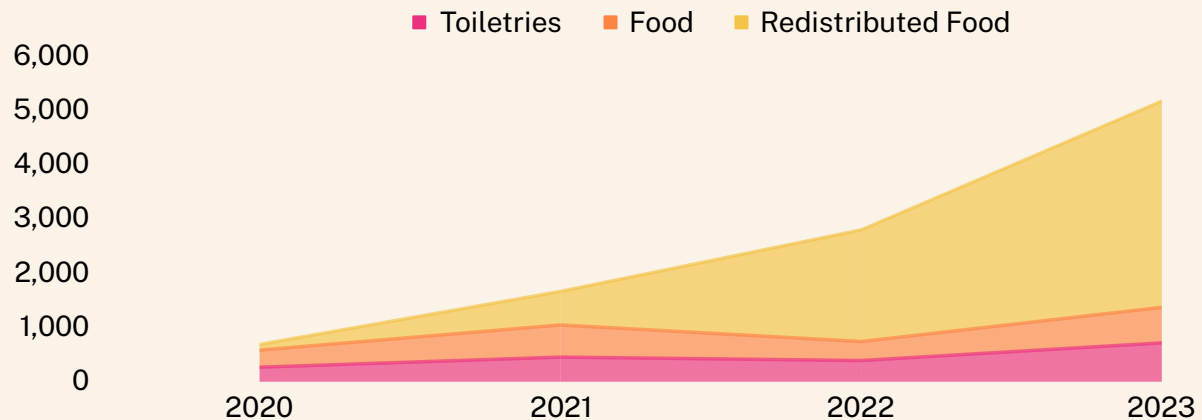
SHEILA PRAWIRASOETISNA



Working at an organization that plays a significant role in the community is a privilege. We help our clients resolve their problems, great and small, and consequently their families. A typical instance is helping a client fill out a BC subsidized housing application. It may seem like we're just helping them fill out a simple form, but successfully submitting that application can alter a client's life. It might decrease their likeliness of experiencing homelessness or allow them to flee an abusive relationship sooner.

Even in cases where we can't directly help them with an issue, we ensure that our clients are connected to the correct resources. Navigating through the resources within the community alone can be draining and add extra burden to their already stressful lives.

Recently, the Centre has undoubtedly felt the effects of the increasingly expensive living cost on individuals living on the North Shore. The number of clients accessing our Emergency Food & Toiletries program and our Food Re-Distribution program is currently at a record high, and continues to increase exponentially. Unfortunately, while we do as much as we can to alleviate the situation, the necessary solution is larger than even our work.



SINCE OUR LAST ANNUAL REPORT, WE HAVE SEEN AN 83% INCREASE IN EMERGENCY FOOD, AN 87% INCREASE IN TOILETRIES, AND A 85% INCREASE IN SURPLUS FOOD DISTRIBUTED.

SINCE JUST 2020, WE HAVE SEEN A 167% INCREASE IN EMERGENCY FOOD NEED, A 108% INCREASE IN TOILETRY NEED, AND A 3529% INCREASE IN SURPLUS FOOD NEED.

**11
MILLION
TONNES**

OF AVOIDABLE
FOOD WASTE IN
CANADA

3,696%

INCREASE IN NEED
FOR FOOD SECURITY
PROGRAMMING AT
THE NSWC SINCE
2020

FOOD SECURITY PROGRAMMING

FOOD REDISTRIBUTION AND EMERGENCY FOOD & TOILETRIES

Our Emergency Food and Toiletry program allows eligible community members to alleviate the financial barriers of rising food costs and high cost of living on the North Shore with up to 12 bags of non-perishable food and up to 12 bags of toiletries. And, with the help of [Immigrant Link Centre Society](#), we have expanded our Food Redistribution program, formerly called "Fresh Food."

Surplus food redistribution is a sustainable way to combat food insecurity, an issue that 14.9% of British Columbians experience mildly, moderately, or severely, while reducing food waste. 20% of food produced in Canada becomes food waste annually, and 12% of this waste happens at the retail stage, which means food that is overstocked, past its sell-by date, or cosmetically imperfect and is discarded instead of sold. The NSWC's Food Redistribution program redirects this food, which is safe and edible, to **support an average of 81 women per week in 2022/2023.**

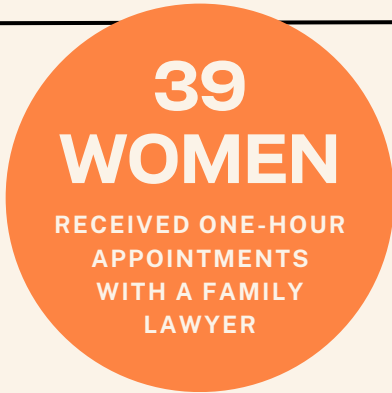


FAMILY LAW CLINIC

PRO BONO SUMMARY FAMILY LAW ADVICE

The Family Law Clinic is a program for eligible community members making a personal income of \$50,000 or less to access a one-hour appointment with a female family lawyer.

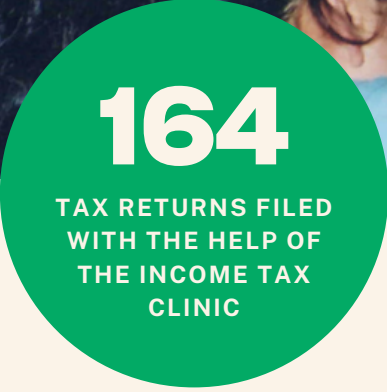
Thanks to our dedicated volunteers at North Shore Law, who provided nearly 40 hours of pro bono summary advice in the past 12 months, we have been able to support 39 low income women with questions about separation and divorce, child and spousal support, division of assets and debt, and more. And, our NSWC staff provided extensive legal information, resources, and referrals to more than 100 additional women through this program.



*using the Legal Aid BC Family Law Tariff Guide rate of \$125.25 hourly for service dates on or after April 1, 2023



Green: women who got one-on-one appointments
Total: women who received legal advice, referrals, info, and resources

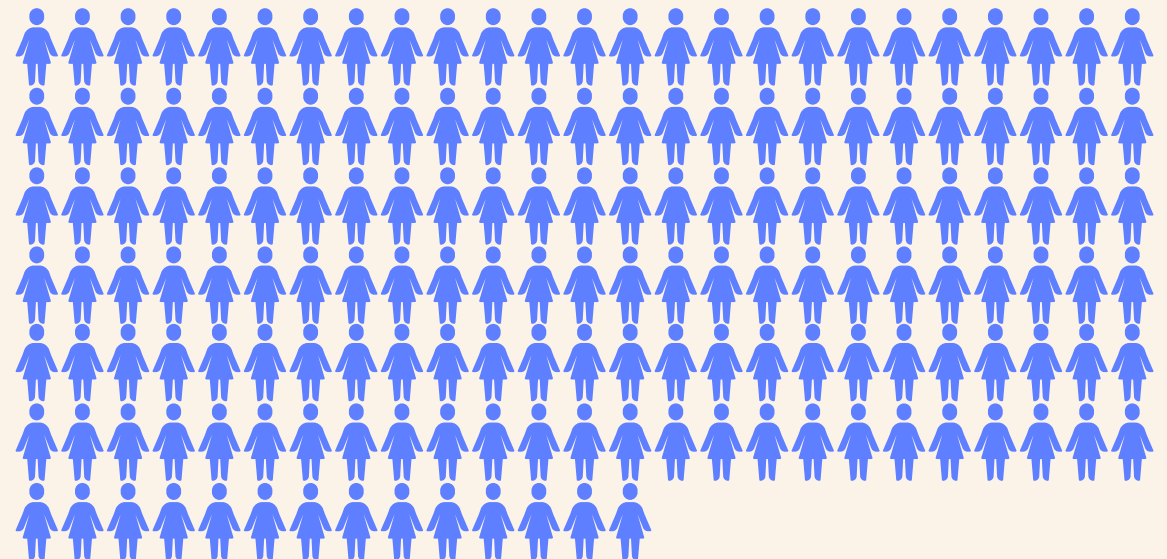


INCOME TAX CLINIC

FREE SUPPORT FOR SIMPLE TAX QUESTIONS

Our Income Tax Clinic is a program run in conjunction with the Canada Revenue Agency's Community Volunteer Income Tax Program that was created to help low income women on the North Shore with simple tax questions. Our CRA volunteers meet with eligible community members and are able to assist them with simple inquiries.

This year, we assisted many women in our community with appointments to discuss their tax concerns and seek solutions, and ultimately filed 164 tax returns for clients participating in this program.





**22
WOMEN**
ATTENDED OUR
SEPARATION
SUPPORT GROUPS

**27
WOMEN**
ATTENDED OUR
SINGLE MOMS'
SUPPORT GROUPS

**120
HOURS**
OF SINGLE MOMS'
AND SEPARATION
SUPPORT GROUP
SESSIONS

2
NEW SUPPORT
GROUPS OFFERED
IN 2022/2023

SUPPORT GROUPS

FINDING SUPPORT AND COMMUNITY

The North Shore Women's Centre is proud to offer a variety of support groups for women and gender-diverse individuals who are seeking community support, connection, information, and resources.

For more than 30 years, we have hosted our Single Moms' Support Group, the only group of its kind on the North Shore, and since 2018 we have proudly offered a Separation Support Group to assist women considering or undergoing separation or divorce during what can often be an emotionally and practically challenging process. These two groups meet for two hours weekly, and run in 10-week closed sessions in order to facilitate trust, bonding, and familiarity amongst participants. We host three sessions of each group, in the Fall, Winter, and Spring. In the past 12 months, our Single Moms' Support Group, facilitated by Kiana Karimi, hosted 27 participants in hybrid sessions with free childcare when offered in-person. Our Separation Support Group, facilitated by experienced counsellors Huda Sajjad and Tania Bakas, hosted 22 participants.

“LEAVING A PARTNER CAN BE A STRESSFUL AND HECTIC TIME; THIS IS GROUP HELPED GUIDE ME THROUGH IT.”

-SEPARATION SUPPORT GROUP PARTICIPANT, 2023

This year, we expanded our offerings of support groups to include a Parenting Support Group, facilitated by Golnaz Yazdi and Dina Amouzgar from Family Services of the North Shore, in Farsi. This group had 12 participants, and offered a workshop attended by 16 mothers and 19 children. And, facilitated by Christina Casperson, we offered a 10-week Health and Wellness Support Group designed to empower women and gender-diverse individuals who are facing ongoing health challenges and are committed to improving their overall well-being. The 8 participants discussed essential topics such as core belief exploration, setting SMART Goals, injury prevention, and nutrition, and hosted a retreat at the end of the session.

\$10,700

APPROXIMATE
VALUE OF HEALTH
AND WELLNESS
SERVICES
OFFERED

174%

INCREASE IN
APPOINTMENTS
OFFERED IN
2022/2023

HEALTH AND WELLNESS

HOLISTIC HEALTH SUPPORT

Our Health and Wellness Program has been supporting low-income women on the North Shore to access holistic health and wellness treatments provided by experienced volunteer practitioners since 2012. Running now for more than a decade, this program offers 6 free one-hour sessions to each program participant. Our wide variety of services offered through this program have included practices such as hair styling (40 appointments offered this year), reiki and energy healing, reflexology, sonic stress relief, quantum massage, nutrition, naturopathy, and more.

In the past 12 months, the Health and Wellness program has hosted 19 women with a personal income under \$50,000, providing 107 hours of holistic health appointments, marking a 41% increase in appointments since our last annual report.

***I AM SO APPRECIATIVE I FOUND THE NSWC;
IT IS HELPING SUPPORT ME TO GET SOME
BASIC CARE AND NEEDS WHILE I TRY TO
GET BACK ON MY FEET AGAIN...***

-HEALTH AND WELLNESS PARTICIPANT, 2022

FREE PUBLIC WORKSHOPS

EDUCATIONAL OUTREACH

Our Free Public Workshops program is a community-driven educational program that offers participatory opportunities for community members to learn about topics of interest to them and their neighbours, facilitated by experienced professionals who volunteer their time to the program. In the past year, we have hosted workshops on topics such as art therapy, yoga, yoga for the nervous system, storytelling, and parenting (hosted in Farsi). Thanks to our dedicated community members, we also completed preparatory work for a birthing empowerment workshop with a doula, which may be used in a future free offering.

Thanks to volunteer yoga instructors, Artemis Cologeros and Mandana Neshat, we host an average of four women per week for our free yoga classes since April, 2023.

6

FREE PUBLIC
WORKSHOPS
COORDINATED
FOR THE
COMMUNITY

BASIC COMPUTER TRAINING

TECHNOLOGICAL LITERACY SUPPORT

Our Basic Computer Training Program allows community members to learn or brush up on existing skills in technology and software. Paired with a volunteer trainer in English or Farsi, participants explore topics such as sending emails, using Microsoft Office Suite, completing internet searches, and social media competency.

This program offers life skills not only on a personal level, allowing women the tools to take on tasks like managing their finances or making spreadsheets, staying connected with family and the community via their computers and smartphones, and learning how to access the world of information that exists online, but also professional skills that will strengthen their employability and confidence in the workforce.

In the 2022/2023 year, our dedicated volunteers trained 21 people, in two languages (English and Farsi), for a total of 109 one-hour sessions.

MANY OF THE WOMEN WHO COME TO OUR CENTER HAVE FACED VARIOUS CHALLENGES, AND LEARNING COMPUTER SKILLS OPENS NEW AVENUES FOR THEM. IT'S INCREDIBLY REWARDING TO ... ENABLE THEM TO ACCESS EDUCATIONAL RESOURCES, EXPLORE JOB OPPORTUNITIES, AND CONNECT WITH OTHERS IN WAYS THEY HADN'T PREVIOUSLY IMAGINED.

-BASIC COMPUTER TRAINING VOLUNTEER, 2023

**109
HOURS**

**OF ONE-ON-ONE
COMPUTER
TRAINING
LESSONS**

12

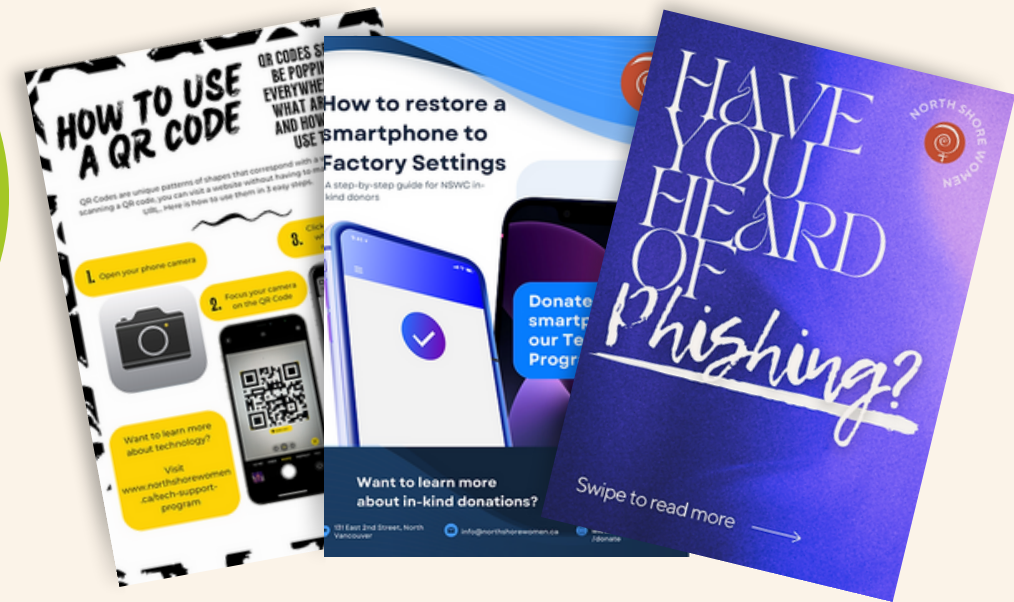
**NEW PAGES OF EASY-
TO-READ AND
ACCESSIBLE TECH
SUPPORT MATERIALS
CREATED**



TECH SUPPORT PROGRAM

AN ONLINE RESOURCE COLLECTION

In 2020, in response to the COVID-19 pandemic and increasing needs for technological literacy to facilitate social participation, we began offering a virtual tech support program. This program currently operates as an online resource for individuals to access educational and informative documents on issues relating to the nature and use of technology. In the past year, we have added several documents to this resource, including a guide on how to use a QR code, how to restore a variety of smartphone models to factory settings, and how to identify and avoid phishing and other technology-facilitated scams.





YOUNG WOMEN'S EMPOWERMENT PROGRAMS

AN EXPANDED PORTFOLIO



At the NSWC, our Young Women’s Empowerment Programming aims to teach and remind young women and gender-diverse youth that they are capable of great things, and that they have a supportive community where they can express themselves and make connections.

Founded in 2007, this program has supported nearly 200 youth at our Fearless Summer Camps in the last decade. This year, we met our goal of doubling the amount of camps offered in the summer as a response to firsthand need from the community, offering three “Empowerment” sessions for high-school aged youth and one “Fearless” camp for pre-teen girls. Thanks to funding from WAGE Canada, we have been working hard to offer regular community sessions of our evidence-based sexual assault prevention workshops, Flip the Script with EAAA™, and to establish the NSWC’s facilitation of this curriculum as a presence in North Vancouver high schools. Additionally, this year we created a new after-school group for high-school girls, thanks to the hard work of Maria Teran.

Our Young Women’s Empowerment Portfolio has grown significantly since 2021/2022 thanks to our community’s interest and funding from the North Shore Community Foundation. With our goal to launch Girls’ Hub, an online resource directory for youth, we plan to continue expanding our offerings in the coming year.

FEMINISM
INTERSECTIONALITY
ASSERTIVENESS
PATRIARCHY

CORE SUMMER CAMP LEARNING OUTCOMES IDENTIFIED BY YOUTH



EMPOWERMENT CAMPS

SUMMER CAMPS FOR YOUTH AGED 14-17

This year, the we offered 3 Empowerment camp sessions for young women aged 14-17. With high registration, we included a session of Flip the Script with EAAA™ in the last Empowerment session. Organizationally, adjusting to doubling the amount of summer camp sessions offered posed some challenges, including onboarding and final camp attendance, but youth who participated in these sessions participated in self-defense trainings, kayaking, outdoor excursions, arts and crafys, and more. Here is what they had to say:

39
YOUNG
WOMEN
REGISTERED FOR
EMPOWERMENT
STREAM CAMPS



FELT THEY LEARNED ABOUT HEALTHY RELATIONSHIPS



WOULD RECOMMEND THE CAMP AND ITS CURRICULUM TO THEIR FRIENDS



NOW HAVE A BETTER AWARENESS OF RESOURCES AVAILABLE TO THEM WHEN THEY NEED SUPPORT

"EVERYONE HAD STORIES TO SHARE... NO ONE JUDGED EACH OTHER AND [THEY] WERE VERY KIND AND HELPFUL WHEN OTHERS NEEDED IT..."

-SUMMER CAMP PARTICIPANT, 2023

14
GIRLS
ATTENDED THE
FEARLESS
STREAM CAMP

"THE CAMP DEFINITELY FELT WELCOMING TO EVERYONE... THEY ASKED WHAT OUR PRONOUNS WERE AND ALWAYS ASKED OUR OPINIONS"

-SUMMER CAMP PARTICIPANT, 2023

FEARLESS CAMPS

SUMMER CAMPS FOR YOUTH AGED 10-13

This summer, the we offered one Fearless camp session for young women aged 10-13. This was our first year expanding the age range of our Young Women's Empowerment Programming to include pre-teen girls entering grades 5-8.

We were blown away by the amount of interest we saw in the community for this camp session, ultimately opening additional seats for registration beyond those typically offered for and still being left with a large interest list and waitlist following our maximum capacity for enrolments. This is valuable information for our future programming efforts, and, paired with our reflections on registration and attendance of the Empowerment sessions, it tells us that the North Shore is eagerly seeking free summer programming options for pre-teen girls.

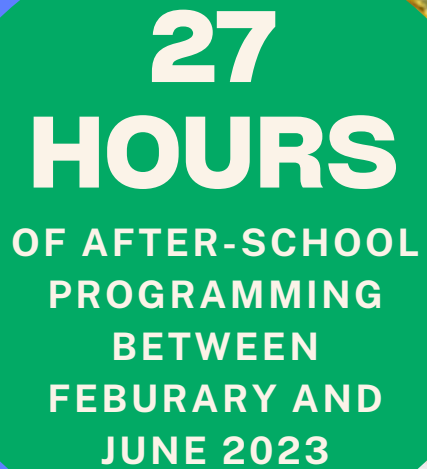
AFTER SCHOOL GROUP

A GROUP FOR YOUTH

The After-School Group represented an opportunity for youth to build relationships while exploring social issues that affect their lives as teenagers. The 1.5-hour group met on Tuesdays, starting on February 14th, and continuing weekly until June 13th. During this time, participants explored themes like body image, assertive communication, self-discovery, bullying, and social media. Facilitators used a variety of activities to create “Brave Spaces” where participants could ask questions, discuss and learn from each other, while making sure they feel safe and supported. For example, one of the activities was the creation of a fictional character (using wood and clay) with characteristics that represent participants’ qualities. This activity encouraged participants to look beyond superficial characteristics and to make sure they identify and remember the personal qualities that make each of them unique and special.

One of the main goals of the program was to make sure participants have autonomy in deciding the agenda of the group meetings. This encouraged participants to bring their interests and concerns to the table. One of the topics that was consistently addressed was the use of media, and that is why we have decided to expand the After-School program by offering a group focused on media and activism.

The first session we hosted had four weekly participants, with others dropping in as they were available.



27
HOURS
OF AFTER-SCHOOL
PROGRAMMING
BETWEEN
FEBRUARY AND
JUNE 2023



4
WEEKLY
PARTICIPANTS



**MEDIA &
ACTIVISM**

WERE KEY AREAS OF
YOUTH INTEREST
THAT WILL GUIDE
OUR FUTURE
PROGRAMMING



FLIP THE SCRIPT WITH EAAA™

AN EVIDENCE-BASED SEXUAL ASSAULT PREVENTION CURRICULUM

1 IN 5

YOUNG WOMEN WILL EXPERIENCE RAPE OR ATTEMPTED RAPE WHILE IN POST-SECONDARY SCHOOL.

71.8%

REDUCTION IN ATTEMPTED SEXUAL ASSAULTS FOR PARTICIPANTS IN THE FOLLOWING 24 MONTHS*

Flip the Script with EAAA™ is an evidence-based sexual assault prevention curriculum developed over a decade of research at the Sexual Assault Resistance Education (SARE) Centre. This uniquely effective curriculum is proven to reduce the instances of completed and attempted sexual assault for young women who both have prior experience with sexual violence and those without because it emphasizes the role of coercion in sexual assault, and works to dispel rape myths that suggest assaults happen most frequently with strangers, in unusual places, and more; in fact, **80% of perpetrators are known to the victim/survivor**, such as classmates, friends, and acquaintances, and the majority of sexual assaults take place in social situations we might not consider dangerous.

The North Shore Women's Centre is currently the only organization in British Columbia to offer Flip the Script with EAAA™, and the only organization to offer an extended age range for high-school aged girls as young as 15 years. In 2022 we received a grant from Women and Gender Equality (WAGE) Canada for Sexual Assault and Gender Based Violence Prevention in High Schools. Our ambitious goal for this grant is to coordinate with local high-schools and implement Flip the Script with EAAA™ as a feature of their curriculums in order to reduce harm and empower young women with skills they can use to feel safer and better understand the signs of healthy relationships. Our project coordinators have been hard at work to this end, and the NSWC is currently in talks with 6 high schools high schools on the North Shore and Vancouver Island about Flip the Script with EAAA™.

5

NEW FACILITATORS TRAINED

18

YOUNG WOMEN PARTICIPATED IN FLIP THE SCRIPT WITH EAAA™ TRAININGS



*Senn, C. Y., Eliasziw, M., Hobden, K. L., Newby-Clark, I. R., Barata, P. C., Radtke, H. L., & Thurston, W. E. (2017). Secondary and 2-Year Outcomes of a Sexual Assault Resistance Program for University Women. *Psychology of Women Quarterly*, 41(2), 147-162. <https://doi.org/10.1177/0361684317690119>



A MESSAGE FROM OUR YOUNG WOMEN'S EMPOWERMENT FACILITATOR

MARIA TERAN

I have had the honor of participating in the Youth Empowerment Programs for more than a year. As a facilitator, I have seen first-hand the impact that the program has on participants and their daily lives. One of the most tangible outcomes is building community. In the first weeks of the program, the youth are hesitant to start new friendships.

Nevertheless, a few weeks into the program, the scenario changes completely. They start sharing their thoughts and feelings, and begin to realize that they have so much in common with others, regardless of their background. By the end of the program, participants will not only meet at the center, but they often plan activities outside of the program. **The Youth Empowerment Program provides a space where being yourself is the only requirement.** It encourages authenticity, building meaningful connections, respect for others, and themselves. I am confident that the program encourages participants to build hard and soft skills that will be part of their “toolkit” for life.



A MESSAGE FROM OUR PROJECT COORDINATORS FOR GENDER BASED VIOLENCE PREVENTION IN HIGH SCHOOLS

OREOFEOLUWA ADEYONU AND
YASMIN VEJS SIMSEK

The NSWC has always been committed to promoting gender equality through delivering programs that support girls, and ensuring girls have access to the right opportunities that can enable them to reach their full potential. Flip The Script with EAAA™ is one of these programs; it empowers girls, gives them a toolbox of knowledge, and fortifies them with confidence to be able to confront possibly dangerous situations that they might be faced with.

Flip The Script with EAAA™ is an extremely important program that gives girls the opportunity to challenge social norms and unlearn dangerous rhetoric that they have been socialized to believe. Through their engagement in the program, they leave with more awareness about their own strength in the face of potentially unpleasant situations, and a newly-rooted understanding of their own capacity to defend themselves. Every girl deserves to know the full extent of her own ability, and deserves an opportunity to learn about her capacity and how to take action. Flip The Script with EAAA™ allows us to help every girl that we can reach to meet these potentials.



COMMUNITY ENGAGEMENTS AND PARTNERSHIPS

CONNECTING WITH THE NORTH SHORE

The NSWC is proud to participate in many community outreach initiatives, events, and partnerships annually. Some highlights from this year included the December 6th Strength and Remembrance Walk, the May 5th Red Dress Day MMIWG Honouring Ceremony, Single Mother's Day in the Park, the North Vancouver City Library's Celebration of Coast Salish weaving, Innovative Fitness North Vancouver's Train the Trainer fundraiser, Connect Day, the Shipyards Christmas Artisan Market, the Harvest Project's Shipyards pop-up community thrift fair, Pride at the Pier, the Lynn Valley Community Association's Parade of Trees (sponsored by North Shore Orthodontics), and more.



NVCL CELEBRATION



MMIWG HONOURING CEREMONY



SINGLE MOTHERS DAY IN THE PARK



TRAIN THE TRAINER

COMMUNITY ENGAGEMENTS AND PARTNERSHIPS

CONTINUED



PRIDE AT THE PIER

PARADE OF TREES



PRIDE AT THE PIER



NS VAWIR

THE NORTH SHORE COORDINATING COMMITTEE TO END VIOLENCE AGAINST WOMEN IN RELATIONSHIPS

For 20 years we have been the host agency for the NS VAWIR Coordinating Committee of service agencies providing an integrated response to ending violence against women on the North Shore. 18 different agencies and organizations are currently represented on the committee.

In December, 2022, NS VAWIR published the final report on the Strengthening Responses on Domestic Violence and Sexual Assault on the North Shore project. This 40-page report summarizes the findings of the associated survey collected in 2019, and is available on the NS VAWIR website. This year, the Safer and Stronger Subcommittee started working on a series of video interviews with partnering agencies on intimate partner violence, its effects, and how survivors can access services on the North Shore. Intimate Partner Violence Unit Subcommittee is stronger than ever, helping and guiding many women and children who have survived intimate partner violence.

And, after 10+ years of ongoing research, documentation, meetings, negotiations, and tireless volunteer work by Committee members expressing a dire need for North-Shore-specific services, an opportunity to bring a SANE (Sexual Assault Nurse Examiner) program with forensic sampling for survivors of sexual assault and intimate partner violence to Lions Gate Hospital has recently emerged.



5

COMPREHENSIVE
SUB-COMMITTEES

NS VAWIR SUBCOMMITTEES

A COMMUNITY NETWORK TO END IPV

Intimate Partner Violence Unit Subcommittee

Providing resources to the highest-risk victims/survivors of domestic violence to remove barriers to their exit

Sexual Assault Subcommittee

To ensure that the North Shore has a coordinated sexual assault response

December 6th Subcommittee

To address the significance of MMIWG and GBV and coordinate initiatives

Strengthening Responses Subcommittee

Aims to understand violence in our community reported to service providers

Safer and Stronger Subcommittee

Hosting "Make it Our Business: Domestic Violence and the Workplace" workshops

40

PAGES PUBLISHED IN
THE DECEMBER 2022
STRENGTHENING
RESPONSES REPORT



NS VAWIR MEMBERS

A COMMUNITY NETWORK TO END IPV

NS VAWIR is made up of 18 North Shore Service agencies who meet regularly:

- Canadian Mental Health Association
- District of North Vancouver
- Family Services of the North Shore
- Hollyburn Family Services
- Impact North Shore (formerly North Shore Multicultural Society)
- Ministry of Children and Family Development
- North Shore Community Corrections
- North Shore Community Resources
- North Shore Crisis Services Society
- North Shore Women's Centre
- North Vancouver Family Justice Centre
- North Vancouver RCMP
- North Vancouver RCMP Crisis Intervention Unit
- Spectrum Mothers Support Society
- Tsleil-Waututh Nation
- Victim Services and Crime Prevention, Ministry of Justice
- West Vancouver Police Department
- Work BC

18
 LOCAL
 ORGANIZATIONS
 REPRESENTED IN
 NS VAWIR



A MESSAGE FROM OUR SAFETY AND JUSTICE PROGRAMS COORDINATOR

GOLNAZ YAZDI



For the past year and half, I have had the honor of coordinating the Committee of Ending Violence Against Women in Relationships of North Shore. To me this is more than my work; the North Shore is my home and community. NS VAWIR helps make it a safer and more inclusive place for all self-identifying women and children to live. Coordinating NS VAWIR gives me a unique chance to work with service providers, and I also get to know the survivors as well.

Survivors entrust us with their most intimate and difficult experiences. I do my best to connect them to the right resources and agencies that are members of NS VAWIR. Through this process, I learn about their daily struggles, their parenting needs, and also in some cases, I get to know the little ones who are affected by IPV. NS VAWIR takes this responsibility very seriously, and we always do our best to stay beside them while they navigate their challenges. I love the fact that at NS VAWIR we help console the women and children of our community and help hold their hands (physically and emotionally) when they must go through some of the most challenging human experiences.

A MESSAGE FROM OUR COMMUNICATIONS COORDINATOR

SYDNEY DAWSON



Social media has become an integral part of many people's lives, and while it can be a valuable tool for connecting with others, it also comes with risks and responsibilities.

Over the last year, it has been important to me to create materials that not only educate, but also improve digital and media literacy.

I want to empower women with the information they need to understand the issues present on the North Shore, by researching topics such as housing and food insecurity, gender-based violence, and more, in order to make that information easily accessible to folks who want to learn more. By including citations to reliable sources on every educational post we make, those who would like to continue exploring the information they learn on the NSWC's social media page can find a safe, evidence-based place to start.

From tips and tricks on how to avoid phishing to online safety and privacy demonstrations, the North Shore Women's Centre will continue to emphasize the importance of technology and social media, both to enjoy and to empower women to protect themselves online.

SOCIAL MEDIA

ENGAGEMENT BREAKDOWN



1,926
INSTAGRAM FOLLOWERS,
MARKING A 15% INCREASE

1,145
MONTHLY NEWSLETTER SUBSCRIBERS,
MARKING A 17.7% INCREASE





**\$25,000
RAISED**
TO SUPPORT OUR
PROGRAMS AND
SERVICES

150
IWD EVENT
TICKETS SOLD

26
SILENT AUCTION
DONORS

FUNDRAISING: IWD

COMMUNITY SUPPORT IN 2022-2023

Every year, the NSWC hosts an International Women’s Day Celebration and Benefit-- our largest annual fundraising event. This year, to celebrate our 50th Anniversary as an organization, we planned a very special event for IWD.

Hosted at the beautiful Polygon Gallery on March 1st, we were thrilled to offer an exciting night with delicious food provided by A Moveable Feast Catering, a silent auction, a live painting by talented artist Linda Sharp, and a captivating dance performance by Sariah Jacobs (pictured above) from the Squamish Nation, whose mother, Shayla Jacobs, facilitated the event’s community opening. The celebration was expertly Emceed by Holly Conway from Holly & Nira on 94.5 Virgin Radio, and the night wrapped up with a live auction and amazing performance by local Juno Award winning artist Angela Kelman and her talented group of advanced singing students. Throughout the evening, guests heard greetings and congratulations from guest speakers such as Linda Buchanan (Mayor, City of North Vancouver), Bowinn Ma (MLA, North Vancouver-Lonsdale; Virtual), Kulvir Mann (NVSD Board Chair), and The 'F' Group of the NSWC's founding members! See our Thank You page for more acknowledgements.

The night was one to remember, and we are thrilled to announce that our 2023 IWD fundraiser was the most successful in NSWC history, raising \$25,000 to go towards our free programs and services for women on the North Shore. We would like to thank everybody who attended the event, all of the local businesses who purchased tables, our silent and live auction donors, our community partners and skilled entertainers, and our staff and board members for making this night an unforgettable celebration of our 50 years of service.

50TH ANNIVERSARY CELEBRATIONS

A PLACE FOR WOMEN, A VOICE FOR WOMEN,
SINCE 1973

We were thrilled to offer several events throughout 2023 to share our achievement of half a century of service to the community, and reflect on the past 50 years.

We planned a very special iteration of our annual IWD Celebration and Benefit, where we explored the birth of our organization through an event inspired by elements of the 1970s. Keeping in mind our goal of ensuring that we can help to counteract the feminization of poverty by eliminating financial barriers to participating in our programming, we also ensured that there was a free celebratory event that more than 115 community members of all genders enjoyed, offering a Community Picnic and Open house with free food, drinks, tours, and activities.



Photo credit: Sarah Duggan (photographer) and The City of North Vancouver, CNV Play Program

IN-KIND DONATIONS

THANK YOU TO OUR DONORS!

Donations are a crucial component of our ability to provide non-perishable food items and toiletries to women in urgent need.

Whether a single toothbrush or an entire grocery list, we are grateful beyond words for every community member and donor who supported our distribution programming by donating goods in-kind to the NSWC. We continue to be humbled by the community's generosity and willingness to support their neighbours through this invaluable form of donation, businesses, schools, individuals, and families alike.

In-kind donations come in many forms, all of which make a huge impact on our ability to operate our programs smoothly. We are grateful to organizations such as (but not limited to): Modern Niagara for their continued dedication on their team Community Days; to Carina Organics for their multiple large donations of high quality hair products; to Cause We Care and the Shoe Box Project for providing gifts to distribute during the holiday season; to the Immigrant Link Centre Society for coordinating food donations every Tuesday; to the United Way (Lower Mainland) for the many menstrual products; and to all organizations who have supported us throughout the year.

For privacy purposes, individual donors have not been named in this report without prior permission, but we thank each and every one of you for your support, both in-kind and monetary!



\$35.9K

OF TOILETRIES
DISTRIBUTED AT AN
APPROXIMATE
VALUE OF \$50 PER
BAG

\$32.8K

OF NON-PERISHABLE
GROCERIES
DISTRIBUTED AT AN
APPROXIMATE VALUE
OF \$50 PER BAG



VOLUNTEERS

THANK YOU TO OUR TIRELESS VOLUNTEERS!

The NSWC would not be able to offer our wide range of programs without the support of our community, and our dedicated team of volunteers is a massive component of how we can continue to serve the North Shore. While not all volunteers may be comfortable having their names shared, we would like to extend a most heartfelt thank you to every person who has donated their time to our services, including:

Our Basic Computer trainers, Ella Chen, Zahra Ahmadi Firouz Jaee, Halleh Nook-Salehi, and Noami Suaeldo; our Food Redistribution volunteers, Erina Jamile, Marylee Stephenson, Sharon Alexander, Lorraine Elliott, and Sharon Lisette; our Health and Wellness practitioners, Kathleen Pare, Jackie O'Connell, Wendy McPherson, Fabricia (Fabi) Magalhaes, Natalia Ytsma, Christine Kadykalo, Artemis Cologeros, Mandana Neshat, Veronique Duande, and Monica Samiefard; our Family Law Clinic volunteers, Katherine Lam, Rachel Ingram, Sheilagh Sparks, Bahareh Danaei, and Kelly Smington; our Resource Center Volunteers, Elena Eslampur, Sandy Branning, Rosalind Enktaiya, Torkan Behnam Mojtahedi, Bethmi Imiya, Emma Ewing-Nagy, and Shamira Jetha; our Sewing Support facilitator, Monir Pashaee; our Flip The Script with EAAA™ volunteer, Lorie Barton; our Separation Support Group volunteers, Madhu Kanwar and Jasmeet Mangat; and, our Tax Clinic volunteers, Fatima and Elaine Carter.

We would also like to thank any and all volunteers not mentioned above for their hard work!



A MESSAGE FROM OUR VOLUNTEER PROGRAM COORDINATOR

GABRIELA RUZICKOVA

"Volunteering is the ultimate exercise in Democracy. We vote in elections, but when we volunteer, we vote every day about the kind of community we want to live in."

As a small organization with limited staff, incorporating volunteers can be a powerful asset bringing diverse skills, passion, and energy to our mission. A dedicated team of volunteers can tremendously expand our essential programs and services, build meaningful connections with donors, and create a sense of community and belonging. These people come from all walks of life, are of all ages, and bring unique perspectives, dedication and personal connection to the cause.

Volunteer work is essential for our organization, and this year we were able to implement a new position of Volunteer Coordinator as a tool to better administer volunteers. The Volunteer Coordinator's responsibilities are to coordinate the development and delivery of a comprehensive volunteer program, including recruitment, screening, orientations training support, evaluation, and recognition, and maintain the diverse base of volunteers required to meet our service needs.

35+

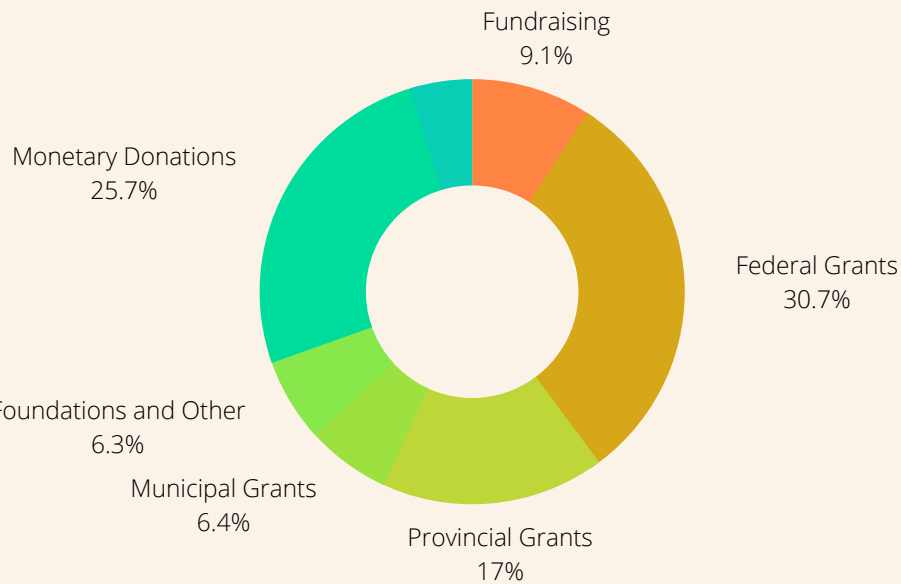
DEDICATED
REGULAR
VOLUNTEERS IN
THE PAST 12
MONTHS



FISCAL OVERVIEW

REVENUES AND EXPENDITURES

Revenues For Fiscal Year Ending March 31, 2023



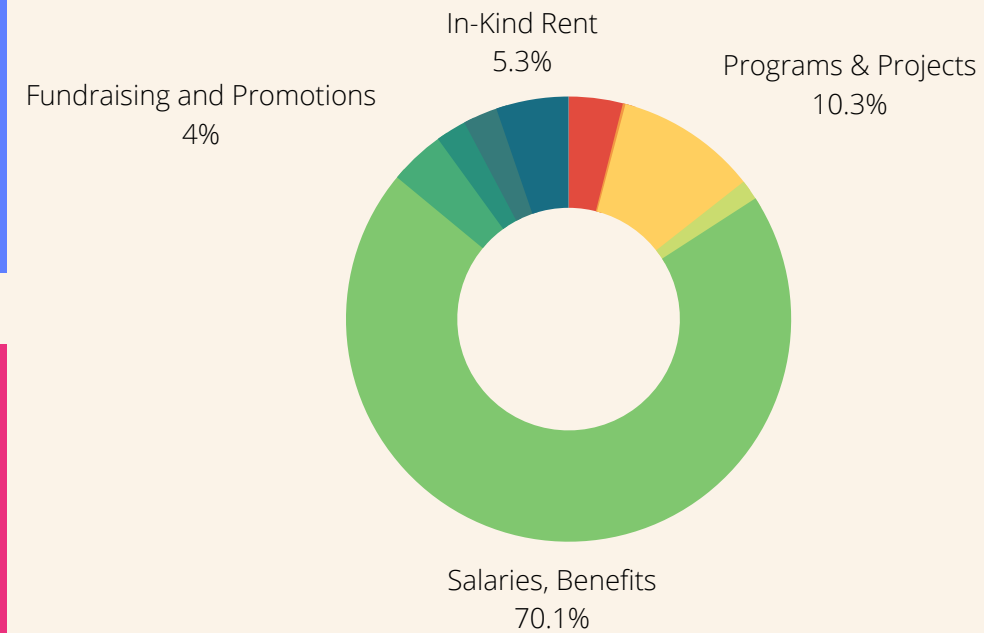
Revenues

Fundraising: \$41,621	Monetary
Fed. Grants: \$140,608	Donations: \$117,715
Prov. Grants: \$77,800	In-Kind Rent:
Mun. Grants: \$29,455	\$21,600
Foundations & Other:	Interest/Other: \$5
\$29,000	

Expenditures

Accounting: \$9,124	Facilities: \$6,000
Office: \$16,131	Salaries and
Amortization: \$769	Benefits: \$287,763
Programs and Projects:	Fundraising and
\$42,211	Promotion: \$16,512
Contractor Fees: \$10,250	In-Kind Rent: \$21,600

Expenditures For Fiscal Year Ending March 31, 2023



THANK YOU

THANK YOU TO OUR GENEROUS ORGANIZATIONAL FUNDERS AND DONORS

\$15,000+

Women And Gender Equality Canada (WAGE)
The Government of British Columbia
The District of North Vancouver
The City of North Vancouver
The North Shore Community Foundation
The Wheelbarrow Fund

\$1,000-\$15,000

Soroptimist International of North and West Vancouver
Tritek Business Solutions
The District of West Vancouver
Innovative Fitness
Optima Plumbing and Heating
Fraternal Order of the Eagles
Caulfeild Elementary School
The Helpalittle Foundation
Mountain Creations

Community Partners

Modern Niagara, United Way Lower Mainland, Anatoli Souvlaki, Panago Pizza, Starbucks (Edgemont), Nook (Shipyards), Stongs (Northwood), JJ Bean (Lonsdale, Park and Tilford), The Anchor Eatery, Orto Artisan Pasta, Mythos Taverna, Meat at O'Neills, Cream Pony, Andreas Catering, Tour de Feast.

THANK YOU

FOR SUPPORTING OUR FUNDRAISING

Innovative Fitness "Train The Trainer" Event Funds Raised: \$10,816

Thank you so much to Ben Carr, Heidi Kilham and the team at Innovative Fitness North Vancouver for supporting our work with their annual Train The Trainer event, where gym members can get back at their personal trainers in exchange for a donation.

We were blown away by the support shown to us by IF's gym members and sponsors, including Optima Plumbing and Heating, West Coast Oral & Maxillofacial Surgery, Seycove Dental, DB Perks Group, Nuraney Law Group, House of Funk, Outr Media, VELA Wealth, Joy Colour & Image, and A Moveable Feast Catering!

50th Anniversary International Women's Day Celebration and Benefit Funds Raised: \$25,000

Thank you so much to everybody who supported our largest annual fundraising event, where we were able to break our historical fundraising record! The NSWC would like to say a special thanks to our sponsors: No. 5 Lonsdale Investments LTD., Modern Niagara, North Shore Law, Anatoli Souvlaki, and Jim Pattison Developments.

We would also like to thank to our silent auction donors: Vancouver East Cultural Centre, Ballet BC, The PNE, BFit Fitness, The Vancouver Whitecaps FC, Home Depot (Park Royal), Grouse Mountain, Kidsbooks, Lynn Valley Meats, Cactus Club Cafe, Dave & Mel's Pizzeria, Earnest Ice Cream, Everything Wine, Innovative Fitness, Supernova Salon, Thomas Haas, Samco Beauty Supplies, Freshprep, Presentation House, Theatre West Van, Deep Cove Stage Society, West Vancouver Senior's Activity Centre, Linda Sharp, Jody's Maison and Catering, Jody's Fine Foods and Catering, the Gardiner Family, Red Wing Shoe Store, Gabriela Ruzickova, FirstMate Pet Foods, Blue Sky Clothing Limited, North Vancouver Community Players, The Stylewell, The Vancouver Canucks, and The BC Lions.

Thank you to our Community Partners: The Polygon Gallery, McHugh Productions Inc., Holly Conway from Holly & Nira on 94.5 Virgin Radio, A Moveable Feast Catering, and Juno Award winning performer Angela Kelman and her advanced singing ensemble.



50TH ANNIVERSARY

A RECAP

The North Shore Women's Centre was founded in 1973 by a group of female students at Capilano College, now Capilano University. Seeing a need in the community for a feminist presence beyond just the classroom, the NSWC was established as a place where women could seek resources, support, and connection in North Vancouver. Many of these founding "F" Group members remain active at the NSWC, and others will continue to be remembered with extreme gratitude and fondness, such as Rosalie "Lee" Grills, who passed away this year.

In the past 50 years, our organization has come a long way, and while many of the goals of feminism remain consistent, changing times means an ever-shifting environment with constantly evolving issues facing women. We are so proud and excited to reach this milestone-- one which few women's centres founded during the second wave of feminism have been able to achieve due to lack of funding and other challenges.

This anniversary highlights how the NSWC has been a reliable source of information, resources, support, connection, and community on the North Shore for half a century; we are incredibly proud to continue offering our extensive portfolio of free programs and services for women, girls, and gender-diverse individuals in North Vancouver, and will continue working hard to advocate for the safety, security, and wellbeing of women in our community for years to come.

A MESSAGE FROM OUR FOUNDERS

THE "F" GROUP

Congratulations to the membership, executives, and staff of the NSWC for another year of hard work and your many achievements, with particular notice of the gala event held to honour the fifty years of the Centre's history and unbroken activity.

The dinner celebration gave fresh encouragement to the organization from NSWC members and the large number of women and men from our community who attended and supported the gala. Most happy to be welcomed were several founding members of the Centre, now mainly octogenarians who still get together under the banner "F Group" (F=Feminist) to discuss women's issues and provide support. We F groupers could hardly believe our own math calculations about the incredible spirit that has enabled the Centre to continue and flourish (and perhaps sometimes wonder why women haven't made the gains that we hoped for in the early '70s). The gala showed that there is a great deal of mutual respect and delight at the continuing fight for equality and equity that so many people from the community, as well as the Centre, are waging. Thank you so much for the opportunity to thank the Centre and admire its work through the last year, and through the years that led up to it. Meanwhile whenever necessary, hark back to the words of Nellie McClung: "Never apologize, never retract, never explain-- get the thing done and let them how!"

Faye Cooper, Founding Member