

FALL • 2018

VOLUME 45

NORTH SHORE WOMEN'S CENTRE

ANNUAL REPORT

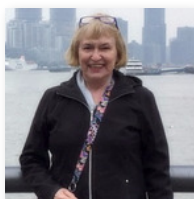
A PLACE FOR WOMEN | A VOICE FOR WOMEN



North Shore Women's Centre

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.

NSWC Board of Directors



Ray Boucher
Chair



Jessica McIlroy
Vice-Chair



Mariska Reinerink
Secretary



Helen Babalos
Member at Large



Rosemary Hundal
Treasurer



Zari Abtahi
Member at Large



Marga Hanna
Member at Large from
Sep 2017 - Mar 2018

Contact US

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

Contract Workers

Lisa Stuiblé
Accountant

Lindsay Lefebvre
Girls' Empowerment Camp Facilitator

Whitney McMillan
Separation Support Group Facilitator/
Interim Program Coordinator

Nancy Paterson
MSG Facilitator

Aimee LeSage
MSG Childminder

Sharareh Malayeri
MSG Childminder

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Staff

Michelle Dodds
Executive Director

Anouchka Nowicki
Program Coordinator

Maryam Saroei
Resource Centre Coordinator

Tania Bakas
Fund Development
& NS VAWIR Coordinator

Summer Students

Dor Tabi
Projects & Special Events Assistant

Emily Balzarini
Support & Community Outreach
Assistant

Message from

Board Chair & Executive Director

2018 marks the North Shore Women's Centre's 45th anniversary! If we think back 45 years to when the organization began, we can see what social changes have taken place in that time. For example, it was in 1973 that Irene Murdoch went to court to seek financial recognition in divorce for her contribution to operating the household farm. The Supreme Court ruled that the farm belonged to her husband. And yet, despite progress in so many ways, in 2018 there are still far too many remaining areas of gender inequity and social injustice affecting women. Whether it is regarding relationship breakdown and separation, equitable incomes, care-giving, safe and affordable housing or violence and harassment, to name a few, we see the impact of these inequities in the lives of women who access the Centre and its services daily. Moving forward, we clearly feel the need for our continued work on behalf of women and girls in the community.

This past year, we made several physical changes to our resource centre to increase accessibility and inclusion. Prime among these developments was the installation of a ramp to the front entrance of our building. This addition, made possible with the support of Government of Canada funding, now permits access to our space by women using scooters and mobility aids, as well as improves access for women with strollers and carts. Additionally, thanks to financial support from the Government of BC, we were able to install a washer/dryer to provide laundry service. We also added a reception desk to our front lobby and created a new children's corner in our resource room. Each of these projects took a great deal of time, effort and support from donors, volunteers and staff, and we would like to thank each of them for their commitment and generosity.

Throughout our annual report you will find reference to many other highlights of the year, including our International Women's Day Celebration and Benefit hosted by Michelle Elliot, and featuring Carmen Aguirre and Las Estrellas de Vancouver, our Separation Support Group pilot program, and our lively summertime teen Girls' Empowerment Camp, Fearless.

Unfortunately, 2018 also marked a departure for some dedicated staff and Board members. Longtime Program Coordinator, Anouchka Nowicki moved on from the organization to other pursuits after eleven plus years of service. Tania Bakas, Fund Development and Communications Coordinator, departed to pursue further studies. Both individuals gave generously of their time, energy and skills over the years, and helped shape the direction of the North Shore Women's Centre. We thank them greatly for their contributions and wish them the best. We also send a tremendous thank you to out-going Board members Marga Hanna and Zari Abtahi.

The front cover of this year's annual report, created by Tania Bakas, shows the best reason to celebrate the North Shore Women's Centre's 45th anniversary: it is the people of the North Shore who have come together time and time again to help create this place and voice for women and girls in our community. This year's celebration belongs to us all!

In appreciation,
Ray Boucher, Board Chair
Michelle Dodds, Executive Director



RAY BOUCHER
Board Chair



MICHELLE DODDS
Executive Director

A YEAR IN REVIEW

INTERNATIONAL WOMEN'S DAY

Celebrated at Gleneagles Golf Course Clubhouse with emcee Michelle Elliot of CBC and special guests: author, Carmen Aguirre and band, Las Estrellas de Vancouver. Raised over \$15,000!

COMMUNITY EVENTS

West Vancouver Community Day
Shipyards Night Market
Canada Day at Waterfront Park
Pride at the Pier
North Shore Connect Day

GIRLS' CAMP

Fearless, teen girls' empowerment camp in July and August. Highlights included Safeteen workshops and hikes in Lynn Canyon. Camps had wait lists this year due to popularity!

WORKSHOPS

We offered 14 free workshops this year! Many were in high demand, with full registration and long wait lists. The Know Your Car workshop was offered twice in August.

FUNDRAISING

2018 International Women's Day Celebration & Benefit
Summer & Winter Online Auctions
Yard Sale
Third Party Fundraising

ACCESSIBLE SPACE

Thanks to financial support from the Government of Canada, we have installed a new accessibility ramp to the front door of the centre.

SEPARATION SUPPORT GROUP

A new pilot program at the NSWC, launched in May of 2018 to help women navigate through the complicated process of separation.

NS VAWIR COMMITTEE

Men as Allies Forum planned for October 20, 2018 with keynote by former BC Lions player, JR LaRose. Strength and Remembrance Pole project started to remember missing and murdered Indigenous women.

LAUNDRY SERVICE

Installed new washer & dryer in resource centre to offer free laundry services to women in need.

PROGRAMS & SERVICES

Drop-In Resource Centre

DROP-IN CENTRE & LOUNGE

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.

Children are always welcome in the resource centre, and a collection of toys, games and children's books are provided. In 2018, we rearranged the drop in centre to include a new desk for computer access, and added a front desk to be occupied by volunteer greeters.

Coffee, tea and soup are available in our kitchen.



BUS TICKETS

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

SOUP OR PASTA & BREAD



Through a dedicated volunteer, hot soup and bread were made available to women once a week.

NEW ACCESSIBILITY RAMP



Thanks to a grant from the Government of Canada, we have installed a new accessibility ramp to the front door of the centre. This makes the resource centre accessible to those with wheelchairs, mobility challenges, and strollers.

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.

CLOTHING VOUCHERS



Since September 2017, our staff has helped 136 women and 25 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 \$8,025.

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 2017-September 2018 we supplied 139 bags of toiletries and 99 bags of food.

LAUNDRY SERVICE



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

Basic Computer Training



COURSE MODULES:
INTRODUCTION TO
COMPUTERS
BASIC BRUSH UP SKILLS
BASIC EXCEL
POWER POINT
SOCIAL MEDIA

OFFERED IN ENGLISH & FARSI

This year, we have restructured our Basic Computer Training Program. 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, with 14 students taking classes in English and 13 in Farsi. 6 students are currently enrolled in the program and have not yet graduated.

"My instructor was very patient and easy to understand. I will be able to use MS Word and the tools I have learned through the class at home." - 2017 - 2018 Computer Student

Family Law Clinic



DIVORCE
SEPARATION
PARENTING
SPOUSAL SUPPORT
CHILD SUPPORT

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. Twice a month, 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, parenting and division of assets. Since September 2017, 47 women received a private, 1-hour appointment with a lawyer, with over 150 women receiving substantial legal information, resources and referrals.

"Your help at this time was significant, I am able to move forward well equipped and well informed. I felt emotionally supported and acknowledged." - 2017 - 2018 FLC Participant

"Extremely helpful, and appreciative of the advice and resources given and how quickly it was available." - 2017 - 2018 FLC Participant

PROGRAMS & SERVICES

Health and Wellness Program

The goal of this program is 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. We hope to empower women to become active participants in their own care, and to reconnect with their own healing abilities. The program operates from a holistic health perspective, and provides a broad range of health and wellness services, such as information, advice and treatments.

In the last year 8 women graduated from the holistic treatment component of the program by completing 10 sessions each. 10 women were additionally receiving treatments (not yet graduated). The program has 9 regular volunteers who offer individual holistic treatments, yoga classes, Pilates classes, and haircuts.

Since September 2017, the program's weekly drop-in yoga classes had 274 participant visits, with 157 participant visits to our weekly drop-in Pilates classes. Also, 35 hair styling sessions were offered.



PROGRAM COMPONENTS

Individual Holistic Treatments
Online Health Resources
Flow Yoga Classes
Pilates
Health Library
Women's Health in Women's
Hands Workshops
Hair Styling

VOLUNTEERS & PRACTITIONERS

Serah Strandberg
Blanche Boyce
Jo-Ann Svensson
Erika Mayall
May Thouw
Jenny-Leigh Parmley
Jane Courtney
Dr. Judy Zhu
Azar Yetka

"My well being has changed dramatically. The services have been a tremendous help in my healing process." - 2017-2018 Holistic Health Treatment Recipient

"I look forward to these sessions so much. They take me out of the chaos that is happening in my life." - 2017-2018 Holistic Health Treatment Recipient

PROGRAMS & SERVICES

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 for a year. Participants engage in discussions and receive information, resources and peer support. The goal of this program is to offset feelings of isolation and provide a platform for women to connect, listen to other group participants' experiences, share challenges, offer options and brainstorm strategies. On-site childcare is provided. This year, 8 mothers participated and 8 children took part in the on-site childcare.

"This is the best place that you can assure yourself that you're not the only one." - 2017-2018 SMSG Participant

**THANK YOU TO ALL
WHO MAKE OUR SMSG
HAPPEN!**

Facilitator:

Nancy Paterson

Child Minding:

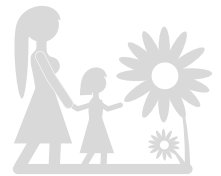
Aimee Le Sage

Sharareh Malayeri

Community Partner:

North Shore Neighbourhood House

Separation Support Group



As a new initiative put forward by the NSWC in May of 2018, the Separation Support Group aims to help women come together to navigate the complexities of separation. Over the course of 8 weeks, a closed group of women met to discuss issues pertinent to separation from a marriage or common law relationship, such as family law and financial matters. In 2018 the group was composed of 10 women, who met weekly.

Women engaged in discussion and shared their experiences in a supportive environment, while receiving information from guest speakers about the legal, financial and child custody processes associated with separation. This allowed women to gain knowledge and make informed decisions throughout their separation process, in addition to receiving emotional support and wisdom from other women. Free childcare and light refreshments were provided during weekly sessions. Thank you to Whitney McMillan for facilitation!

"I have found separation to be a lonely and isolating experience. It is very helpful to talk to others going through the same process at the same time." - 2017-2018 SSG Participant

"We covered so many different topics. They were all very important and I got something out of each one." - 2017-2018 SSG Participant

PROGRAMS & SERVICES

"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 guided hiking excursion with Outdoor Explore Adventure Co. 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 20 girls took part in the summer camp this year. Thank you to Lindsay Lefebvre for facilitation!

THANK YOU TO OUR CATERING SPONSORS

Tao Cafe
Freshslice
Boston Pizza
Tour de Feast
The Pantry
Starbucks
Olde World Fudge Co.



North Shore Women's Centre
 Presents
Fearless
 2018 EMPOWERMENT CAMP
 for high school girls
<https://www.northshorewomen.ca/girls-empowerment-camp>
 10:30am - 4:30pm
 Group A: Monday July 16th - Friday July 20th
 Group B: Monday August 13th - Friday August 17th
 The Camp is Free of Charge!
 Lunch & Snacks Included
 Girls from Indigenous, LGBTQ2S*, and immigrant communities are encouraged to join



WORKSHOPS

We organize and host free, educational and interactive workshops on a monthly basis. Since September 2017, we've offered 14 workshops, focused on topics related to women's health and wellness, and women connecting while learning valuable skills. Some of the workshops offered this year focused on women gaining control of their own bodies and health, including "EFT - Emotional Freedom Techniques", and "Holistic Fitness: A Sustainable Approach to Building Your Healthy and Active Life". Other workshops focused on bringing women together to share information and demonstrate skills, including "Women With Drive: Know Your Car" and "Bike Maintenance 101".

Workshop attendance was high this year, with full registrations and long wait lists. Since September 2017, over 130 women have attended our workshops.

2018 WORKSHOP FACILITATORS

Mariska Reinerink
Phyllis Kenney
Kathy McLellan
Miriam McClellan
Ruth Peters/Robyn Mitchell
Dr. Rebecca Cobb
Blanche Boyce
Erika Mayall
Kimberley Gage
Patty Emery
Patricia Fentie
BJ Bruder c/o MEC
Leah Gillanders
Julia Seadon
Azar Ziamanesh

Workshops offered 2017 - 2018:

THE NORTH SHORE WOMEN'S CENTRE PRESENTS A FREE WORKSHOP FOR WOMEN

SEWING SKILLS: for fun and extra income

FACILITATED BY RUTH PETERS & ROBYN MITCHELL, SEAMSTRESS AND FASHION DESIGNER

Join Ruth and Robyn from Able (http://ablewear.com) for an engaging workshop geared to teaching you how to sew where you would like to sew for fun and recreation or even thinking about a way to create additional flexible income for yourself and your family. This workshop is for you. Learn at your own pace and build confidence to move forward with your sewing project.

THURSDAY, OCTOBER 17, 2017 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

North Shore Women's Centre

Free Workshop for Women

Building Intimacy

Effective Communication in Close Relationships

FACILITATED BY DR. REBECCA COBB

In this workshop participants will learn to bring up problems in their relationships, listen to understand, express emotions and thoughts constructively, and resolve problems effectively.

Date: Thursday, November 2nd, 2017
Time: 6:00pm - 8:00pm
Location: North Shore Women's Centre 131 East 2nd St. North Vancouver
To register please call 604-984-6009 or email info@northshorewomen.ca

A FREE WORKSHOP FOR WOMEN

SEW YOUR OWN HOLIDAY GIFTS & DECORATIONS

FACILITATED BY RUTH PETERS & ROBYN MITCHELL, SEAMSTRESS AND FASHION DESIGNER

Keep it affordable, local and creative this holiday season! Join Ruth and Robyn from Able (http://ablewear.com) for an engaging workshop geared to teaching you how to sew your own holiday gifts and decorations. Learn at your own pace and build confidence to move forward with your holiday sewing project!

THURSDAY, DECEMBER 7, 2017 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

North Shore Women's Centre Free Workshop Series for Women

Qi Self-Massage

FACILITATED BY BLANCHE BOYCE, BA, MMQ

Tuesday, January 23rd, 2018; 6:00-8:00pm

Qi Self-Massage is based on Chinese Medicine. It involves simple techniques to restore health to the organs and the body in general. It is an inexpensive way for people to take care of themselves. The techniques are easy to learn, simple to perform and very effective.

Qi Self-Massage works on multiple levels and allows people feeling neglected in body, mind and spirit. Proper posture into a healthier way of living in 2018!

More information: 604-984-6009 or info@northshorewomen.ca - registration required.

THE NORTH SHORE WOMEN'S CENTRE PRESENTS A FREE WORKSHOP FOR WOMEN

BUILDING CORE STRENGTH:

FACILITATED BY ERIKA MAYALL, MPT, HSC(CIKI), CPTI, CCMPT, PHYSIOTHERAPIST

Join registered physiotherapist Erika Mayall to learn about building your strength from the inside out. In this engaging and interactive workshop you will receive information about the anatomy of the human body, become aware of basic Pilates principles, watch demonstrations, and get a chance to try some exercises too! Please wear comfortable clothing.

THURSDAY, FEBRUARY 15, 2018 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

A FREE WORKSHOP FOR WOMEN

"IT TAKES A SENSE OF HUMOUR"

A BOOK READING AND DISCUSSION WITH PATTY O'LEARY EMERY, AUTHOR, WELLNESS FACILITATOR, INSPIRATIONAL SPEAKER

"When you look closely at the personal, professional, spiritual, and emotional parts of your life, can you answer the question, 'What holds me back from meeting my challenges?'"

Patty can help you create a custom road map and inspire a greater belief in yourself to help you focus on achieving your goals.

Patty also will share her story of becoming a "wonder woman" and facing daily difficulties that many could consider discouraging. Patty shared and cultivated a robust and courageous approach to life that has seen her through over twenty years engaged in her lifetime. She will talk about the transformative power of laughter and positivity in every circumstance.

THURSDAY, MARCH 22, 2018 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

A FREE WORKSHOP FOR WOMEN

HOLISTIC FITNESS: A Sustainable Approach to Building Your Healthy and Active Life

FACILITATED BY KIMBERLEY GAGE, NSCA CERTIFIED TRAINER

Join us to learn about how you can get started with your 2018 fitness routine. From a holistic fitness perspective. Learn about physical activity guidelines, the benefits of an active lifestyle, and the risks associated with inactivity. This workshop will explain fitness myths and facts, mind-body wellness, correct posture as well as diet and exercise!

WEDNESDAY, FEBRUARY 28, 2018 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

North Shore Women's Centre presents a free workshop for women

EFT-EMOTIONAL FREEDOM TECHNIQUES

with Patricia Fentie, certified EFT Practitioner

- Help reduce stress, tension & negativity from the body
- Can help with addictions & unwanted habits
- Create a calm & harmonious state in the body & mind
- Help the body intuitively begin to heal

THURSDAY, APRIL 5, 2018 @ 6-8 PM
131 EAST 2ND STREET, NORTH VANCOUVER
REGISTRATION REQUIRED: 604-984-6009 OR info@northshorewomen.ca

North Shore Women's Centre presents a free workshop for women

SEPARATION WORKSHOP

Navigating through the Emotional, Financial and Legal Implications of Ending a Marriage or Common Law Relationship

Tuesday, April 24, 2018 10:00am - 1:00pm

Five Children Provided "Light" Lunch

Workshop Facilitators:
• Phyllis Kenney, B.Sc., Family Lawyer
• Mariska Reinerink, Holistic Financial Planner
• Kathy McLellan, B.Ed., Director of Client Programs - Family Services of the North Shore

Learn about separation agreements, division of assets, parenting arrangements, family orders, financial planning and budgeting, emotional and practical coping techniques for you and your children and how to access other supports and services in our community.

Join us to gain knowledge about different aspects of separation to help yourself or a friend who might be at a crossroad in their relationship.

Registration Required For This Workshop:

Register on Eventbrite: <https://www.eventbrite.ca/separation-workshop>
Registration: 4480000000

For more information call: 604-984-6009

Workshop Location:
Baldwin Community Recreation Centre 1760 South 101 W. Quayside Road, North Vancouver

NORTH SHORE WOMEN'S CENTRE PRESENTS

A FREE Workshop for Women

BIKE MAINTENANCE 101 FOR BEGINNERS

FACILITATED BY MEC

- Learn How to Fix a Flat
- Assembling your Bike
- Basic Bike Maintenance

WED JULY 25, 2018 6:00-7:30 PM
LOCATION: MEC NORTH VANCOUVER 400 HURSTVILLE AVENUE NORTH VANCOUVER BC

Register Online Here: <http://www.mec.ca/events/bike-maintenance-101>

NORTH SHORE WOMEN'S CENTRE PRESENTS

WOMEN WITH DRIVE Know Your Car

A FREE WORKSHOP FOR WOMEN

THURSDAY, AUGUST 16TH, 2018 6:00PM - 8:00PM
LOCATION: 131 EAST 2ND STREET

THIS WORKSHOP WILL COVER:

- BASIC PREVENTION
- CHECKING OIL
- WIPERS
- BATTERY POWER
- FLUID CHECKS
- SPARK PLUGS
- TIRE TIPS
- TOP 10 WARNING SIGNS
- BRAKE EDUCATION
- SUSPENSION

NORTH SHORE WOMEN'S CENTRE PRESENTS

WOMEN WITH DRIVE Know Your Car

A FREE WORKSHOP FOR WOMEN

TUESDAY, AUGUST 21ST, 2018 6:00PM - 8:00PM
LOCATION: 131 EAST 2ND STREET

THIS WORKSHOP WILL COVER:

- BASIC PREVENTION
- CHECKING OIL
- WIPERS
- BATTERY POWER
- FLUID CHECKS
- SPARK PLUGS
- TIRE TIPS
- TOP 10 WARNING SIGNS
- BRAKE EDUCATION
- SUSPENSION

Mindful Moments: Simple Mindfulness Practices to Bring Calm To Your Day

A FREE Workshop for women

Facilitated by Julia Seadon

THURSDAY, SEPTEMBER 27 2018 6:30-8:30PM

Where: North Shore Women's Centre 131 East 2nd St., North Vancouver

REGISTRATION REQUIRED: <https://www.eventbrite.ca/mindful-moments>

Mindfulness doesn't have to be difficult or time-consuming. Learn easy tools to bring mindfulness into your daily life, calm, peace and gratitude to moments in your day.

Mindfulness and the Effects on Mental Health

A FREE workshop for Farsi-speaking women

Wednesday, September 26th 2018 6:30pm - 7:30pm

North Shore Women's Centre 131 East 2nd St., North Vancouver

To Register:

Phone Call: 604-984-6009 or email: marzban@northshorewomen.ca

مراجعات نام خود را در وبسایت ثبت کنید

گروه با اقبال برید

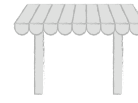
این کارگاه به منظور آشنایی با مفاهیم و تکنیک‌های تمرین ذهن‌آگاهی و تأثیرات آن بر سلامت روان برگزار می‌گردد. این کارگاه برای زنان فارسی‌زبان و مبتدیان مناسب است. در این کارگاه به شما آموزش داده می‌شود که چگونه با تمرین ذهن‌آگاهی، استرس، اضطراب و نگرانی‌های روزمره خود را کاهش دهید و به آرامش و تعادل ذهنی خود برسید.

فرستاده توسط: گروه زنان سلامت روان

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.

We enjoy the opportunities to meet with various individuals and increase our presence in the community. This year, we participated in many community events on the North Shore, such as Canada Day at Waterfront Park, Pride on the Pier, West Vancouver Community Day, and Shipyards Night Market.



**West Vancouver
Community Day**



Pride on the Pier



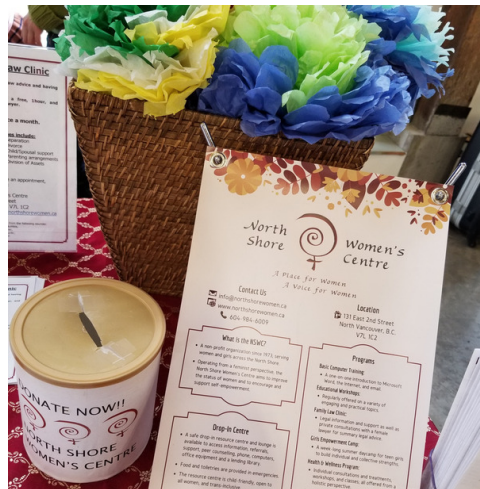
**Canada Day at
Waterfront Park**



**North Shore
Connect Day**



**Shipyards Night
Market**



NS VAWIR COMMITTEE



North Shore VAWIR
Coordinating Committee to End Violence Against Women

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.

2017-2018 Highlights

- A paid NS VAWIR Committee Coordinator was hired for 5 hours/week thanks to funding from the three North Shore municipalities.
- Bi-monthly meetings with guest presentations including: "Intimate Partner Violence in the Clinical Counselling Context", "Creating a Culture of Consent", "An Overview of the North Shore Branch of the Ministry of Children and Family Development", "Hollyburn Family Services Victim Services and Family Support Program" and "Women's Housing and Homelessness Roundtable".
- Re-development and hosting of A Walk Through the Justice System event, where community members and service providers get a first-hand insight into the criminal justice system response to relationship violence through visits to the police station and courthouse.
- Strength and Remembrance Pole initiative launched with a public ground blessing ceremony held on the National Day of Remembrance and Action on Violence Against Women. The project will continue through December 2019, when the pole is to be raised. The pole will feature a 360-degree design including 3 figures: top - Women wrapped in a blanket, whom are our life-givers, care-takers, mothers, grandmothers, aunties and matriarchs; middle - the majestic Eagle, representing the soaring guiding spirit, the one that is able to carry prayers to the Spirit world; bottom - Bear, representing Strength and Family Unity.
- Men as Allies forum, whose origins began in 2017, will take place in on October 20, 2018. The focus is a community dialogue about how men can be allies in ending violence against women. It will feature a keynote address by JR LaRose, a former member of the BC Lions, a panel presentation on key issues, a live hip hop performance, and information tables.
- Launch of a quarterly NS VAWIR E-newsletter to disseminate information about Committee projects and events.
- Sexual Assault sub-committee developed to pursue the availability of sexual assault examination (SANE) kits at Lion's Gate Hospital.

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



FUNDRAISING INITIATIVES

2018 International Women's Day Celebration and Benefit



Our 2018 International Women's Day Celebration and Benefit at Gleneagles Golf Course Clubhouse was a resounding success raising over \$15,500 to contribute to this year's programs and services. Emceed by Michelle Eliot from CBC Radio, other special guests included Carmen Aguirre, Vancouver-based author, actor, and playwright, and Las Estrellas de Vancouver, an all-female Mariachi band. Fantastic catering by a local restaurant and a silent auction rounded out the evening. We look forward to another lively and engaging evening to recognize women's achievements next year!

Summer Yard & Bake Sale
Raised **\$500**



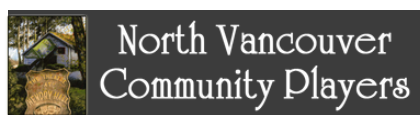
2017 Winter Wishes
Auction
Raised **\$3,048**



2018 Celebrating Summer
Auction
Raised **\$3,479**



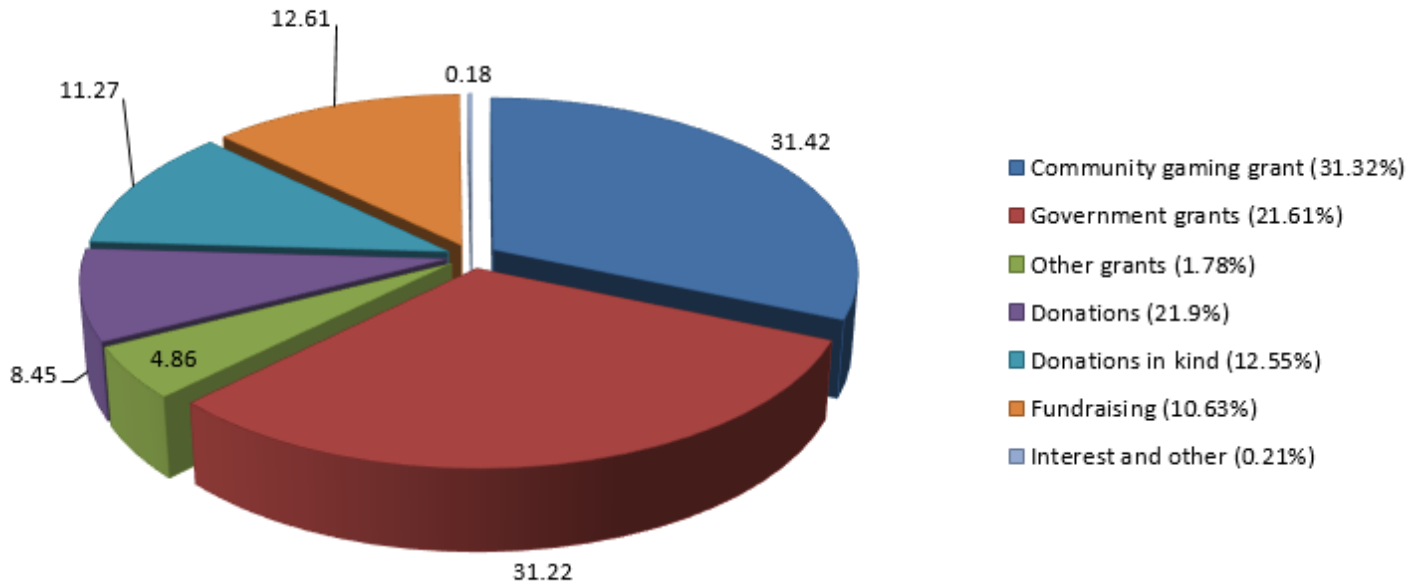
Third Party Fundraising Initiatives:



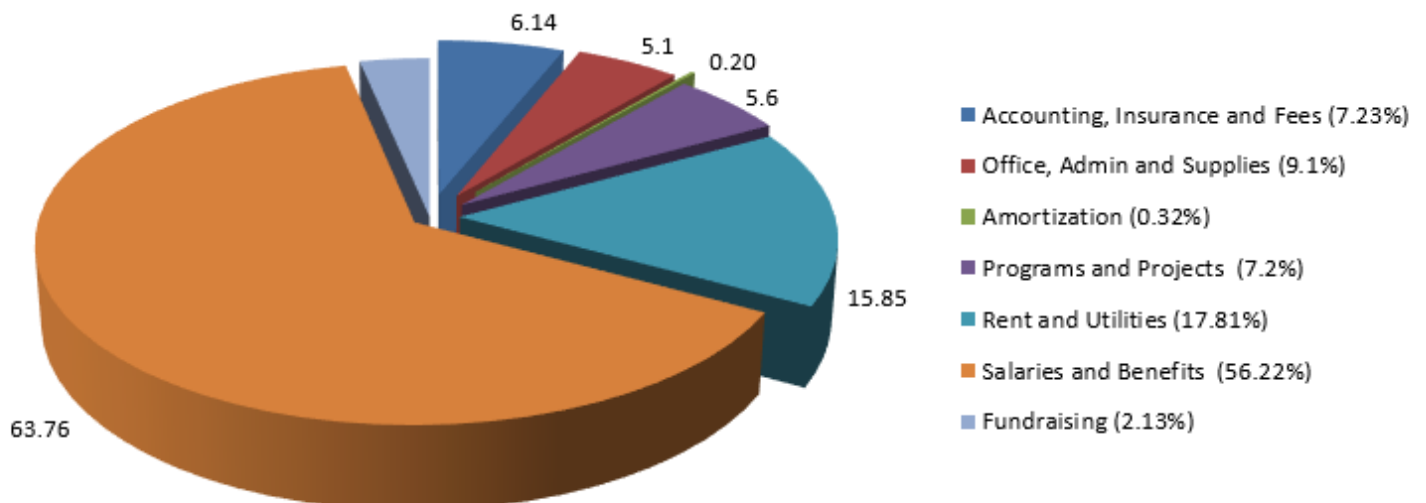
FINANCIAL OVERVIEW

Fiscal Year Ending March 31, 2018

REVENUES \$226,362



EXPENSES \$198,686



THE NSWCVOLUNTEERS

Thank you to our dedicated volunteers
for their invaluable contribution

RESOURCE CENTRE VOLUNTEERS

Janet Murray Bartosch
Leila Karjalainen
Sandra Rooney
Shamira Jetha
Whitney McMillan

SPECIAL PROJECT & EVENT VOLUNTEERS

Katia Kefalogianni
Julie Andrinopoulos
Kappa Alpha Theta - UBC
Calista, Mariah, Alex, Emma
Catherine Chartier
Lisa Stuibler
Marion Kirk
Atria Shenassa

COMPUTER TRAINING PROGRAM

Maryam Rezaei
Rita Patterson
Ella Chen
Halleh Noor Salehi
Nazanin Zarei
Mahsa Heydar

FAMILY LAW CLINIC

Phyllis Kenney QC

North Shore Law:

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

Pro Bono Student
Jeanna Kim

HEALTH & WELLNESS PROGRAM VOLUNTEERS

Serah Strandberg
Blanche Boyce
Jo-Ann Svensson
Erika Mayall
May Thouw
Jenny-Leigh Parmley
Jane Courtney
Dr. Judy Zhu
Azar Yetka
Jen Charles
Chris Jeffrey

THE NSWC SUPPORTERS

Thank you to our funders and donors

> \$1,000

Mariska Reinerink
Phyllis Kenney
United Way Toronto & York Region
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Margaret Taylor
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Papertech Inc
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North Shore Unitarian Church
Sandra Wilson
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Tara Ormiston
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Bev Russell
Karen Woodfield
Alan H Toft
Virginia McKeown
Hollyburn Country Club
Marzia Favaro
Hanneke Eyres
Ray Boucher
Rosemary Hundal

\$15,000+

District of North Vancouver
City of North Vancouver
Federal Government of Canada
The Province of British Columbia

Jessica McIlroy
Anne Wing
Chalsi Goetz
Una Kerin
Kay Stewart
Mary Ann Booth
Sandy Branning
Helen Babalos
Lourdes Rodriguez De Hall
Ashraf Amlani
Carolyn Cole
James Hanson
Michelle Christensen
Andrea Westcott
Margaret Roy
Anne Laird
Faye Cooper
Janet Worrow
Heather Walker
Gerry Parkinson
Robert Kinniburgh
Alan Berge
Lee Grills
Laura Reynolds
Rosalind Irving
Marion Kirk
Sharon Alexander
Surjeet Sidhu
Kelly McInerney
Faranak Leilaby
Marga Hanna
Sharon Alexander
Giselle Portenier
Patricia Lambert

\$1,000 - \$15,000

District of West Vancouver
Vancouver Coastal Health
Vancity
Papertech Inc
Sorooptimist International Of North
& West Vancouver
North Shore Unitarian Church
Tritek Business Solutions
The Notary Foundation of BC
North Shore Community
Foundation

United Way of the Lower Mainland
Richard DeFilippi
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Don and Lorraine Gordon
Marietta Dodds
Kathleen Butler
Jim C. Leedham
Deanna Ogle
Kelly Knott
Helen Babalos
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Amanda Gamage
Connie Bonsteel
Murielle Gauthier
Ruth Attfield
Bonni Devlin
Susan & Ronald Roy
Hyo hyun Hong
Helen Todd
Mary-Anne Telfer
Karen Harrison

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Thank you to our funders and donors

2017 WINTER WISHES AUCTION

VIA Rail Canada	The Chan Centre for the	Richmond Olympic Oval
The Rio Theatre	Performing Arts	S'wich Cafe
Apex Adventure-plex	Chopra Yoga Center	Scandinave Spa Whistler
B-Fit Personal Training	Trevor Linden Fitness	Soulcycle
Bard on the Beach	Daniel - Le Chocolat Belge	Studio 202
Barre Fitness	Escape! Whistler	Terra Breads
BC Sports Hall of Fame	Exit West Broadway	The Cinematheque
Bella Ceramica	FlyOver Canada	The Keg Steakhouse
BLVD Bistro	Le Crocodile	BC Lions
Bridge Brewing	Lisa Lou's Chocolate Bar	UBC Botanical Gardens
Britannia Mine Museum	Meet	UBC Museum of Anthropology
Browns Socialhouse	Pasparos Taverna	Vancouver Christmas Market
Burdock & Co.	EZ Lay Flooring	Vancouver Circus School
Burgoo	Revelstoke Mountain Resort	Victor J. Harrison

2018 CELEBRATING SUMMER AUCTION

30 Minute Hit	The Old Spaghetti Factory
Art! Vancouver	Royal BC Museum
Balanced Roots Reflexology	Seaview Lodge
B-Fit Personal Training	Simply Drawing by Sandrine Pelissier
Beaty Biodiversity Museum	Tea Lani
Bluefish Bohemian	Cafe by Tao
Capilano Suspension Bridge Park	Skoah
Cactus Club Cafe	Studio 202
Chambar	The Buchart Gardens
Cutie Pie Wax Bar	The Comedy Mix
Dancehouse	The Contemporary Art Gallery
Earnest Ice Cream	The Craigdarroch Castle Historical
Everything Wine	Museum Society
Forbidden Vancouver Walking Tours	The Polygon Gallery
Harbour Dance Centre	The Presentation House Theatre
Health Works	Uclulet Aquarium
Hive Climbing Gym & Hive Yoga	The Yoga Root
Il Terrazzo Ristorante	Two Rivers Specialty Meats
It's Time! Fitness Results	Vancovuer Art Gallery
La Taqueria	Vancouver International Film Festival
Lonsdale Quay Hotel	Victor Harrison Pottery
Look Inside Studio	Vancouver Whitecaps FC
North Vancouver Recreation &	West Vancovuer Community Centre
Culutre Commission	Vosk Beeswax Products
The Lobby Restaurant at Pinnacle at	Yuk Yuk's Comedy Club
the Pier	Zazou Hair Salon & Academy
Rejuvenating Body Spa	

THE NSWC SUPPORTERS

Thank you to our funders and donors

IN-KIND DONATIONS

Bev Westia
 Pat Mitchell
 Ali White
 Kandice Moshansky
 Marietta Dodds
 Randal Cowen
 Rob Bloge
 Karen Evans
 Shideh Javadi
 Rogers' Chocolates
 Angela Otto
 Francine Legault
 Lily Foster
 Rachel Brett
 Marilyn Summersgill
 Dollarton Liquor Store
 Ray Boucher
 Alka Goel-Stevens
 Maryam Rezvan
 Carmen Prunianu
 North Shore Disability Resource Centre
 BC Public Interest Advocacy Centre
 Ginger Jar Furniture
 Victor J Harrison
 Harvest Project
 Cause We Care
 The Shoebox Project
 The Purse Project

INTERNATIONAL WOMEN'S DAY CELEBRATION & BENEFIT

PREMIER SPONSORS

No 5 Lonsdale Investments
 RONA North Vancouver
 Little Pink Door Boutique
 Sugar Bowl Holdings
 SKN Holistic Rejuvenation Clinic

BENEFACTOR SPONSORS

BA Blacktop
 Neptune Terminals
 Seaspam
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 Kit + Coop & Assoc.
 Anatoli Souvlaki
 The Greek by Anatoli

SUPPORTING SPONSORS

Lonsdale Quay Market
 Eurovia British Columbia
 Vibra-Sonic Control
 Caulfeild Village Medical Clinic
 - Dr. John Corey

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North Shore News

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 Three Sisters Winery
 Red Racer Brewing
 Bomber Brewing
 La Taqueria

SILENT AUCTION DONORS

Da Vinci's Home
 The Hundal Family
 Queensdale Market
 Leslie Jane
 Coach Diane Travis
 Mo's General Store
 Choices Markets
 Terra Breads
 Beach House Restaurant
 Thomas Haas
 Mariska Reinerink
 Everything Wine
 Colette's Frocks
 Lush
 Loblaw's
 Czechrose MediSpa
 Linda Sharpe Art
 North Vancouver Community Players
 Lynn Valley Meats Market
 Romance Jewellers
 Harley Cross Portrait Design
 Che Malambo Live
 Dr. Dalia Gottlieb Tanaka
 Bean Around the World Coffee
 Beth Austin
 The Flying Pig
 Indian Art From the Edge
 Real Canadian Superstore
 Westlynn Meats and Seafoods
 Helen Babalos
 32 Books
 MAC Cosmetics
 Alchemy Salon/Spa
 Black Bear Pub
 Innovative Fitness
 Little Pink Door
 Red Horses Gallery
 The Red Tulip Gift Gallery
 Victor J Harrison Pottery
 Cactus Club Cafe
 Lakes, Whyte LLP
 London Drugs
 Kidsbooks
 Mariska Reinerink
 Shoppers Drug Mart
 Skoah