

ANNUAL REPORT

North Shore Women's Centre

2021-2022

49



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 2021-2022 Annual Report to see what we did in our 49th year.



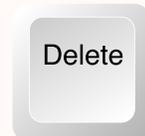
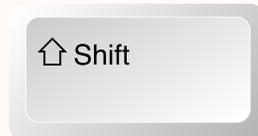
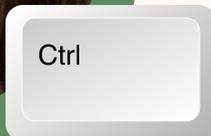
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ABOUT US

Who We Are

We are a non-profit and charity organization operating on the unceded Traditional Territories of the xʷməθkʷəy̓əm, səlilwətaʔt and Skwxwú7mesh 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. We have been operating since 1973, and the NSWC turns 50 next year!



Our Mission

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.



Welcome to the
North Shore
Women's Centre

[Read More](#)

OUR BOARD OF DIRECTORS



Rosemary Hundal
Board Chair



Surjeet Sidhu
Vice Chair



Ray Boucher
Treasurer



Leslie Whittaker
Secretary



Kristin Shanski
Member At Large



Jabeen Boga Jamal
Member At Large

2021/2022 PERMANENT STAFF



Michelle Dodds
Executive Director



Maryam Saroei
Resource Centre
Coordinator



Golnaz Yazdi
Safety and Justice
Programs Coordinator



Sydney Dawson
Fund Development &
Communications
Coordinator



Maria Teran
Health, Education, and
Volunteer Programs
Coordinator



Emily Balzarini
Fund Development and
Communications Coordinator
(until November 2021)



Emily Booker
Health, Education, and
Volunteer Programs
Coordinator (until May 2022)



TEMPORARY STAFF



Marissa Wong

Social Services Worker-
Canada Summer Jobs



Oreofeoluwa Adeyonu

Project Coordinator
Researcher



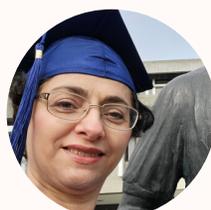
Sarah Nahri

Resource Centre
Assistant
July=September



Eleonora Joensuu

Separation Support Group
Facilitator (until December 2021)



Kiana Karimi

Single Moms' Support
Group Facilitator

CONTRACT WORKERS



Lisa Stuible

Accountant



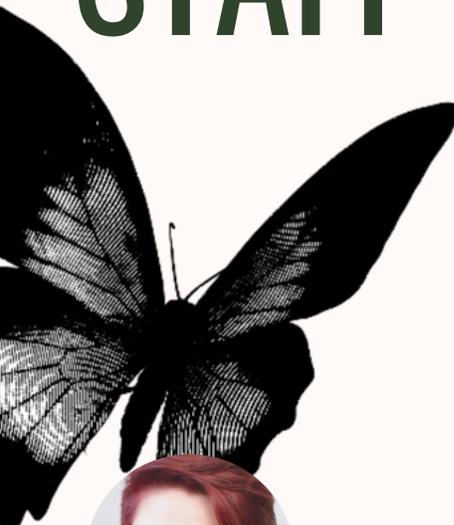
Maria Teran

Fearless Girls'
Camp Facilitator



Tania Bakas

Separation Support
Group Facilitator



AREAS OF IMPACT

2021-2022

Emergency and Crisis Support for Women

During the beginning of COVID-19, we saw how the pandemic intensified issues such as housing and food insecurity, intimate partner violence, un/underemployment, and lack of mobility and freedom. The initial stress of lockdown may have passed, but these issues remain a prominent in our community.

How we help:

To address issues such as intimate partner violence and housing insecurity, we frequently distribute resources and make personalized referrals, as well as running several programs like our Separation Support Group and Family Law Clinic. We strive to address food insecurity with our Emergency Food and Toiletry program and weekly Fresh Food program, and offered several workshops to meet other community needs.



Working to End the Feminization of Poverty

Alongside well-documented issues such as the gender pay gap, which sees women making 41-11 cents less per dollar than men ([Canadian Women's Foundation, 2022](#)), women often experience other barriers to financial security. For example, the heavy burden of unpaid care labour, the "Mommy tax" that sees working mothers' income decrease by 14% over their lifetime ([Kornbluh, 2012](#)), and the higher likelihood for women to work in part-time or precarious work ([OECD, 2021](#)). COVID-19 saw many women lose their employment while care needs skyrocketed, compounding many of these issues.

How we help:

The NSWC offers our entire programs and services portfolio free of cost to alleviate the financial stress and unequal access to resources that women may face. All of the donations we receive go directly back into these programs and services.



AREAS OF IMPACT

Working to End Violence Against Women And Girls

Intimate partner violence (IPV) and gender-based violence (GBV) are persistent and under-reported issues. Even with the low report rates, we have seen an increase in gendered and sexualized violence while all other forms of violent crime have decreased ([Canadian Women's Foundation, 2022](#)). Intersectional identities can put women further at risk, especially groups such as Indigenous women and Girls, 63% of whom will likely experience violent victimization in their lifetime ([Statistics Canada, 2022](#)). In fact, research shows that IPV onset has increased by 85% for Indigenous women during COVID-19 ([BWSS, 2022](#))

How we help:

With our awareness-raising campaigns, resources, and programs such as Flip The Script and youth empowerment aimed at increasing girls' awareness of violence and ability to defend themselves, we are working to empower women in our community to speak out against violence and feel empowered and safe. Our NS VAWIR committee also holds workshops and trainings throughout the year to work towards this goal.

Community Connection and Peer Support

In recent years, it has become both faster and easier than ever to make connections, but in many ways more difficult than ever. COVID-19 has caused many women in our community to feel unsupported and alone, through lack of access to resources and isolation.

How we help:

The NSWC offers several programs and services to help increase community connection and peer support, including our 10-week Single Moms' Support Groups and Separation Support Groups, both facilitated by experienced counsellors. We also hold many free public workshops and events to connect the community, such as our Mothers' Day In the Park event and screening of the documentary "Militant Mothers."



AREAS OF IMPACT

Teen Girls' Empowerment

Adolescence is a critical period for the mental health, self-esteem, and healthy development for girls, where issues such as bullying, body image, identity, safety, and gender roles can become an overwhelming force. The Canadian Women's Foundation has found that between Grade 7 and Grade 12, more than 25% of young women report being targeted by online harassment and cyberbullying; by Grade 10, less than 15% of girls identify as being self-confident ([Canadian Women's Foundation, 2017](#)).

How we help:

Our Teen Girls' Empowerment programming aims to support youth in developing healthy habits, self-esteem and confidence, emotional regulation, awareness of danger, online safety, and rewarding relationships with friends and partners.



COVID-19

What's Changed Since 2020/2021?

While reported instances of intimate partner violence (IPV) had been decreasing for a number of years, research shows that violent crime, like IPV, increases after situations of disaster like the COVID-19 pandemic ([Canadian Women's Foundation, 2022](#)). Here are the changes to some key metrics about the status of women.



In 2020, 160 women and girls lost their lives due to IPV. In 2021, this increased by 8.1%, for one death every 6 days ([Canadian Women's Foundation, 2022](#))

Mothers were nearly 3x more likely to say they took on most or all COVID-related unpaid work ([OECD, 2021](#))

When COVID-19 began, women were the first to lose their jobs due to the gendered nature of part-time and irregular work. While the feminized unemployment gap has evened out slightly since then, women still face higher rates of COVID related unemployment than men.

And, nearly 10% of women who experience IPV lose their jobs as a result ([OECD, 2021](#); [Canadian Women's Foundation, 2022](#)).

83% of women in Canada have received two COVID-19 vaccination doses, and 52% have also received a booster ([Government of Canada, 2022](#))

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
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



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 also run our popular Emergency Food and Toiletry and weekly Fresh Food programs from this location, where we see upwards of 70 women receiving groceries and hygiene supplies per week.

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.



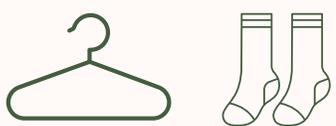
Drop-in Lounge

A comfortable and child-friendly drop-in space with access to computers, internet/wifi, printers, office supplies, and light refreshments



Peer Counselling, Resources, and Referrals

Staff provide one-on-one emotional and practical support, share information, make referrals, and offer resources. Our staff offer support in English, Farsi, French, and Spanish.



Clothing Vouchers

We offer clothing vouchers to women in need with a limited income that can be redeemed at The Good Stuff Connection Thrift Store. This year, we provided 201 women and 65 kids with vouchers, for a value of \$13,300.



Laundry Services

Our free in-house washer and dryer can be accessed twice a month by women in the community. This year, 65 women have accessed laundry services.



Bus Tickets

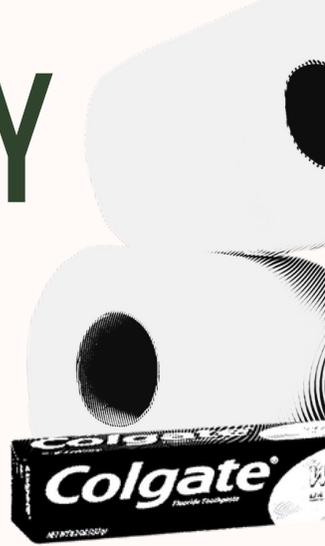
This year, we provided 59 bus tickets to women in need so that they could access vital programs and services.



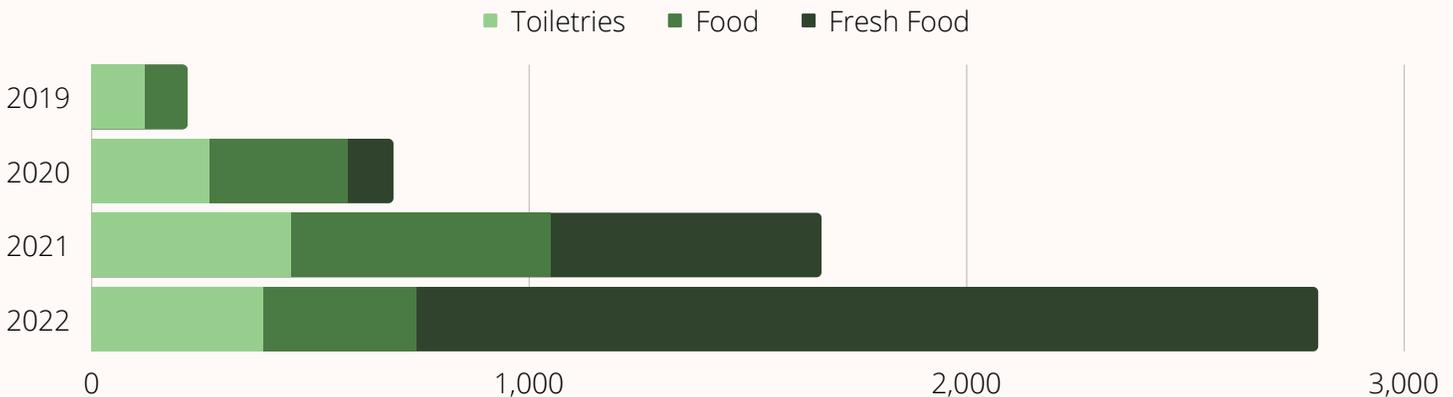
FRESH & EMERGENCY

Food and 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 20 bags of non-perishable food and up to 10 bags of toiletries, a 2/3 quantity increase number due to demand. And, with the help of Immigrant Link Centre Society, we now also offer weekly boxes of fresh groceries on Tuesdays.



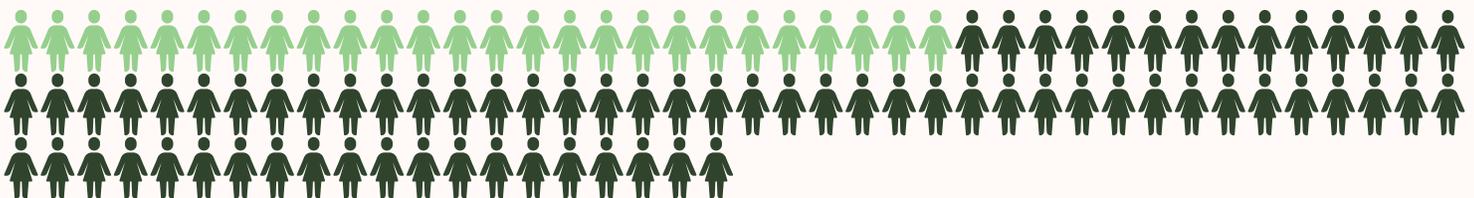
As you can see on the chart below, the need for our free food programming has massively increased[1]. Over COVID-19, we have seen a 226% increase in emergency toiletries, a 258% increase in emergency non-perishable food, a 1,863% increase in fresh food distributed. Compared to 2021 alone, the need for fresh food has increased by 233%.



FAMILY LAW CLINIC

The Family Law system can be daunting, confusing, and expensive. With the pro-bono help of Family Lawyers from North Shore Law and YLaw, we are able to help women in our community familiarize themselves with the system, receive one-on-one time with a lawyer to ask questions, and access information, resources, and referrals from NSWC staff.

This year, 30 women completed detailed program intakes and 26 women were able to have one-on-one sessions with female family lawyers. NSWC staff provided extensive legal information, resources, and referrals to a further 100+ women in the community.



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

[1] Emergency Food numbers for 2021/2022 reflect a programming change where distributed food was limited to 20 bags per person; the number reflects our efforts to adapt to the growing number of individuals accessing this program

SEPARATION SUPPORT GROUP



Our Separation Support Group is offered in three 10-week sessions, and this group offers an opportunity to gain legal and financial information, emotional support, and peer connection, and is facilitated by an experienced counsellor. Over the course of group meetings, there will be guest speakers including a financial planner and family lawyer to cover pertinent financial and family law information. This closed group has hosted 29 participants and offered them emotional support, peer connection, respite, and information while they considered or underwent separation or divorce.



SINGLE MOMS' SUPPORT GROUP

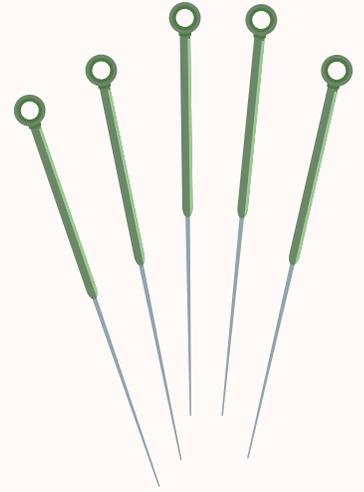


Our Single Moms' Support Group is a 10-week closed group that runs in several sessions throughout the year. Between September 2021 and August 2022, this program had 11 participants. While the past number of sessions had been held virtually due to COVID-19 safety measures, in September 2022 we began holding this group in an alternating hybrid-online format, with free professional on-site childcare on weeks where sessions were held in-person at our drop-in resource centre.



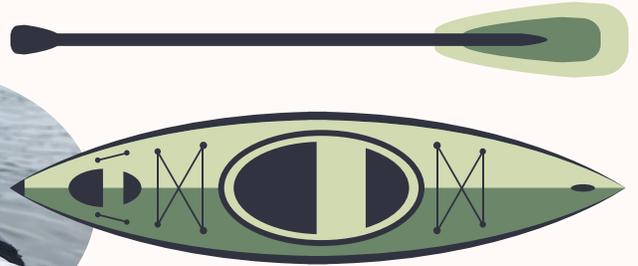
HEALTH AND WELLNESS

Our Health and Wellness Program is one of our most popular, where eligible community members with financial barriers can access appointments with practitioners geared towards holistic health. Thanks to a grant from the West Vancouver Foundation and the Bonnie J McLaren Fund, this program facilitated 39 appointments with experienced practitioners in areas like reflexology, acupuncture, reiki, somatic stress relief, and nutrition since this program restarted in April, 2022.



Active Living

The Active Living program, funded by Vancouver Coastal Health, is another element of our Health and Wellness Portfolio. This year, we provided summer and winter gear lending programs, and went on several out-trips including Kayaking in Deep Cove.



Free Public Workshops

Our Free Public Workshops are gearing up again after COVID-19, and we have proudly offered 5 workshops this year, as we make efforts to revitalize this program according to COVID-19 safety measures. These included a Grit Meditation Workshop, a Cacao Ceremony, an Adult Art Therapy Workshop, an Edible Garden workshop, and more, funded by the West Vancouver Foundation.



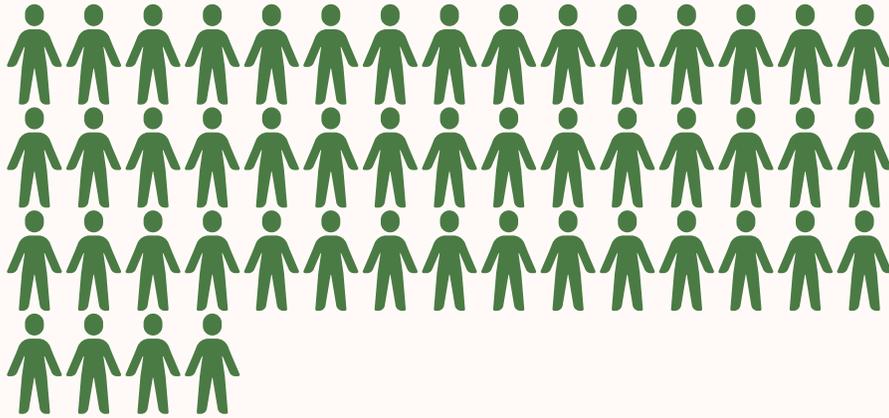
**WEST VANCOUVER
FOUNDATION**



INCOME TAX CLINIC

Our free year-long income tax clinic offers support solving simple tax questions to women with moderate incomes.

This year, we assisted 49 women with tax questions.



TECH SUPPORT PROGRAM

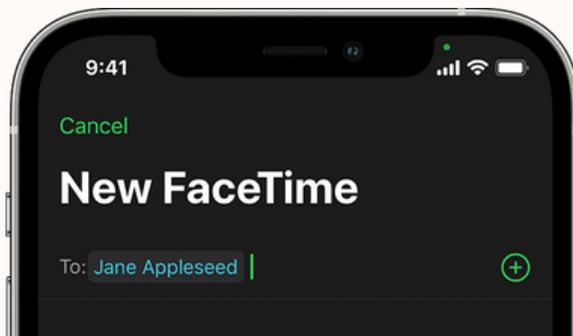
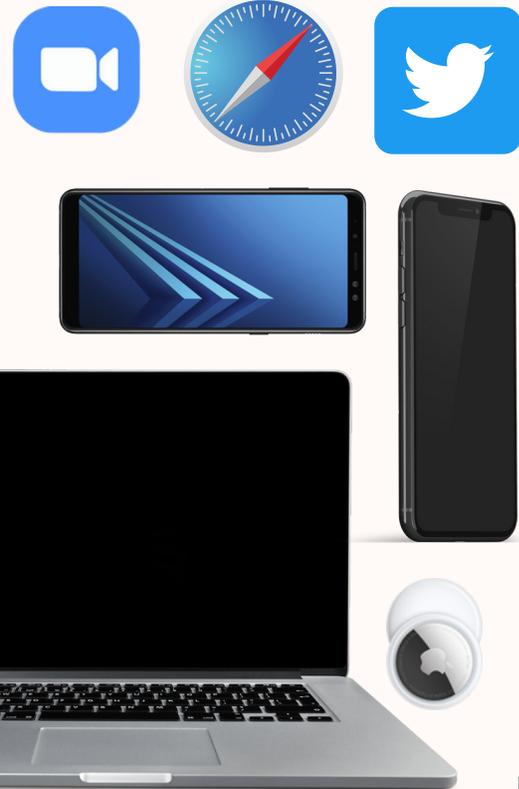


**WEST VANCOUVER
FOUNDATION**

The NSWC Tech Support Program Launched in July of 2021, and has continued to offer virtual support for women across the North Shore with tech questions, issues, and troubleshooting.

For those who are unable to make an appointment, our staff and volunteers also put together online booklets on a variety of tech topics. For example, this year we released an online safety and privacy booklet detailing private browsing, deleting your search history, app privacy, GPS safety, and more.

We also run a popular Basic Computer Training Course, and this year women completed 43 sessions of the training in topics like Microsoft Office, using email and the internet, social media, and more



FEARLESS GIRLS' EMPOWERMENT CAMPS

July Session

Our July Camp ran from the 18th-22nd, and our facilitators Marissa and Maria took the youth on a trip the ecology centre, did self-defence and meditation workshops, and enjoyed arts and crafts in-between delicious donated meals and snacks from local businesses.



August Session

Between August 8th-12th, Maria and Marissa made sure our second camp cohort had fun with activities such as kayaking in Deep Cove, spending time outside, and made sure all the youth had a chance to express themselves creatively with workshops on topics like embroidery.

Once again, we were able to offer the participants two healthy meals and snacks throughout the day thanks to the generosity of local businesses.

This year, we hosted a total of 21 youth, who each received a free breakfast, lunch, snacks, and transportation to out-trips.!



FACT SHEET

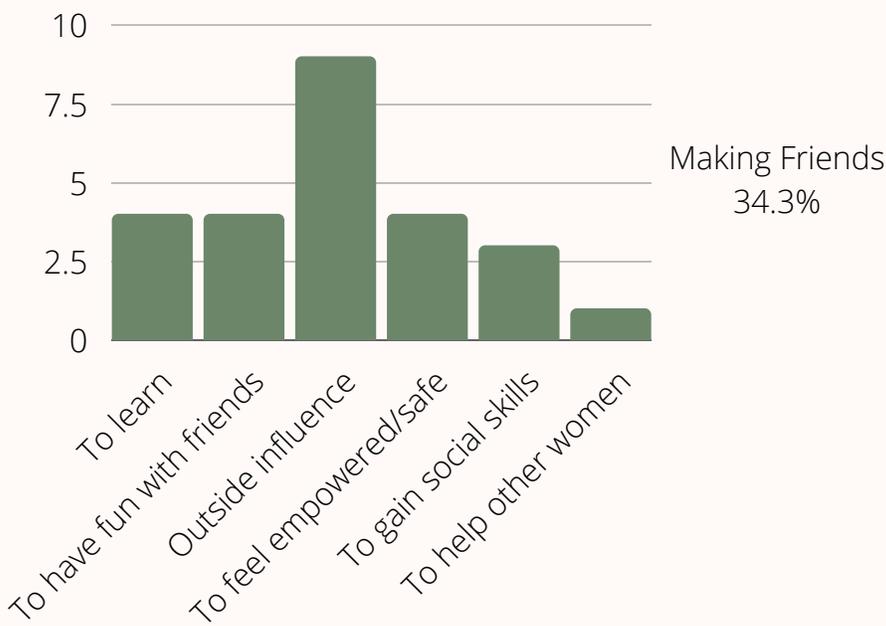
Here's what the youth had to say:

"I feel like I can defend myself against things now"

"It made me feel stronger as a woman"

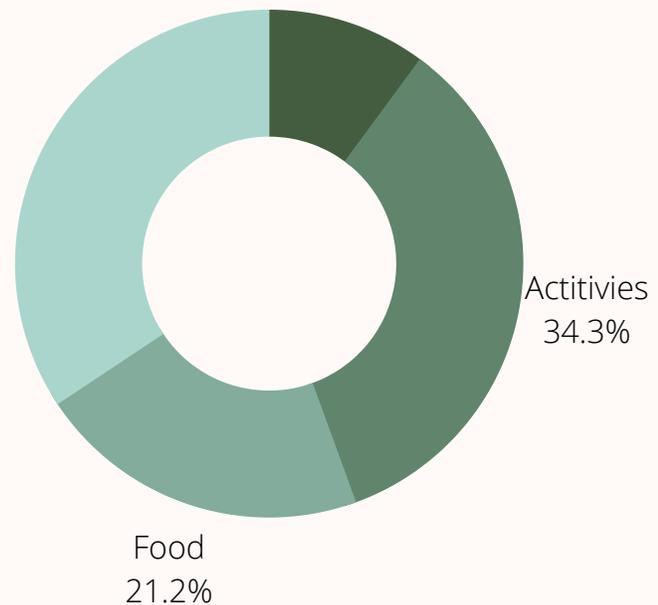
"[This camp empowered us by] knowing that you're not alone"

Why youth attended



What youth enjoyed

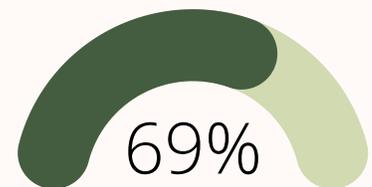
Support, Empowerment, Learning
10.1%



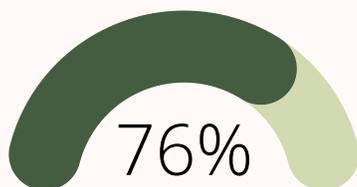
Youth felt they learned some new information about identifying health and unhealthy relationships



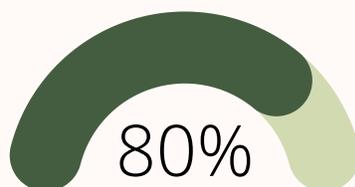
Youth felt they learned a lot of new information about asserting themselves in unsafe situations



Youth felt they learned a lot of new information about mental health awareness for themselves and others



Youth felt they learned a lot of new information about discrimination, oppression, and empowerment



Youth felt they learned a lot of new information about emotional regulation and self-care

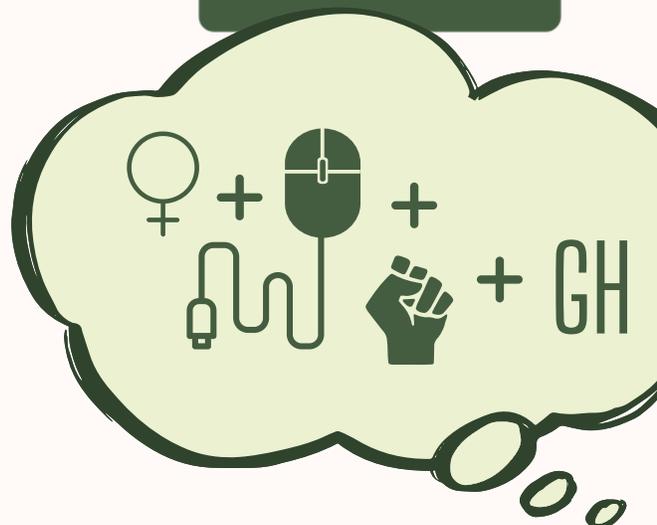
GIRLS' HUB



In June of 2022, the NSWC received \$50,000 from the North Shore Community Foundation, the proceeds of the 15th Annual Mayor's Golf Tournament, towards the expansion of our Girls' Empowerment Programming.

With these generous funds, we aim to create the "Girls' Hub," an online one-stop-shop resource where teen girls can find information about empowerment and wellness-related programs and services on the North Shore.

Our expanded portfolio will also include the re-launch of our Flip The Script program, and extended after-school and summer programming for girls and gender-diverse youth



The Girls' Hub Logo is meant to represent the mission of our programming: connecting young women to the community through technology, and empowering them with resources; plugging girls into the North Shore. It was designed by Sydney Dawson.



FLIP THE SCRIPT

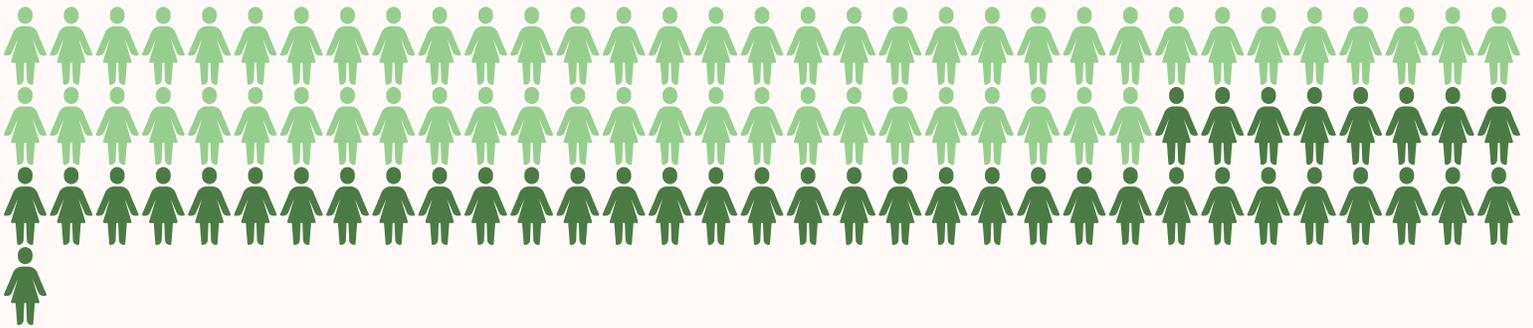
One in five young women will experience rape or attempted rape while in post-secondary school.

The University of Windsor created Flip The Script as an evidence-based sexual assault education and prevention program.

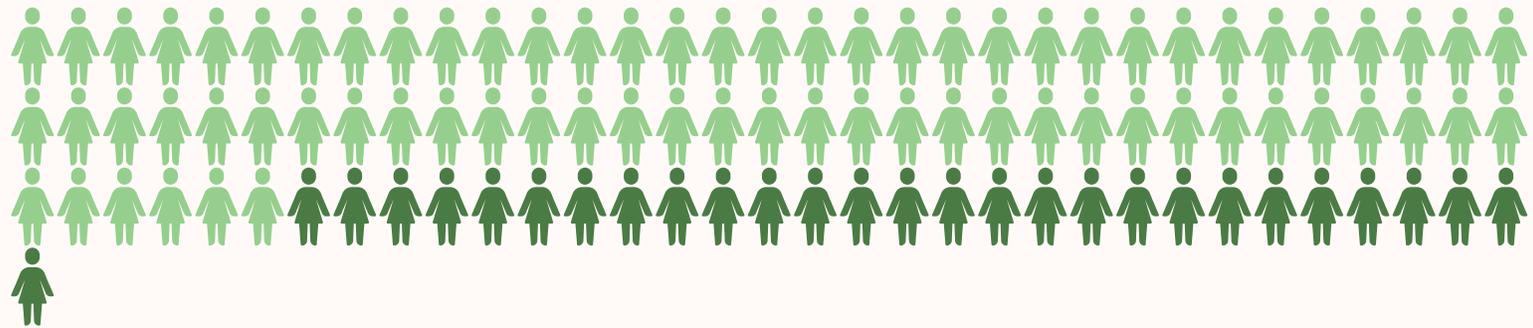


In July of 2022, the NSWC sent two staff to Windsor to be trained as program facilitators to administer the EAAA curriculum from our centre to expand the program from its previous capacity. Here are the results we can expect to see as we begin offering Flip The Script workshops in the coming years:

After 6 months, the program saw a 58.2% reduced incidence of completed rape ([Senn et al., 2017](#)).



After 24 months, participants reduced their chances of attempted rape by up to 71.8% ([Senn et al., 2017](#)).



Evidence-based harm reduction programming like this is a vital part of preventing sexual violence in our community. Statistics Canada state that 80% of sexual assaults are perpetrated by someone who is known to the victim/survivor, such as an acquaintance or friend.

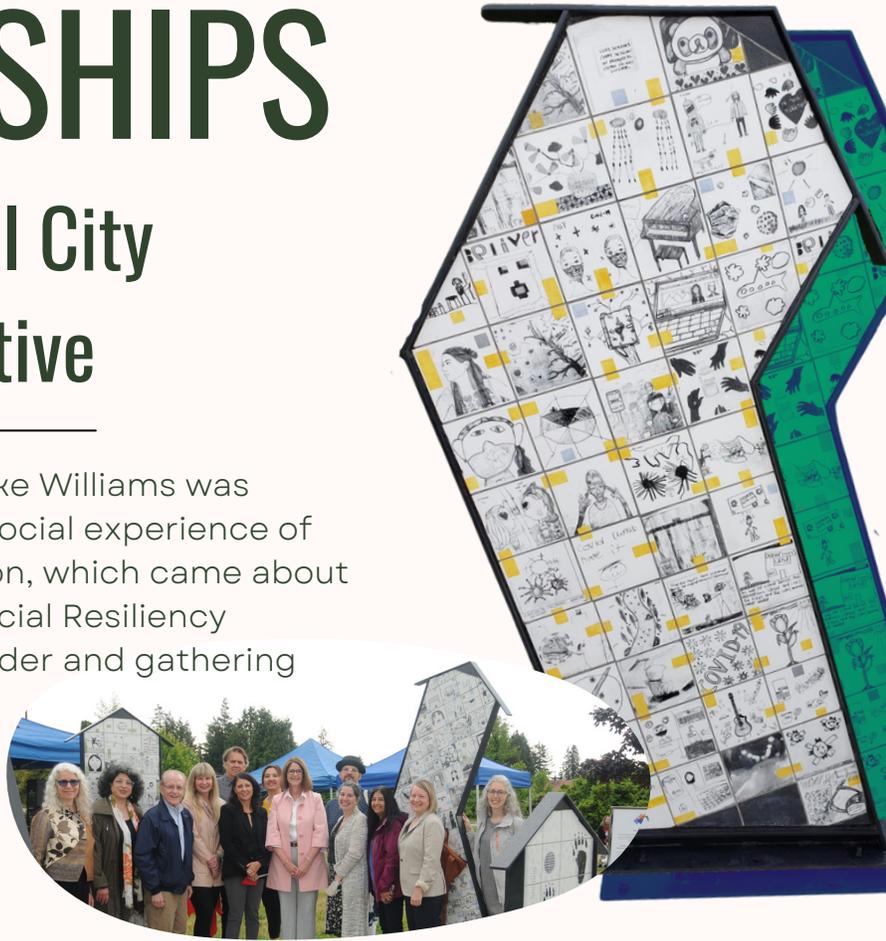
The North Shore Women's Centre is, to date, the only licensed administrator of Flip the Script in B.C. In 2022, we ran our first session since COVID-19!

COMMUNITY ENGAGEMENT & PARTNERSHIPS

Mayor's Healthiest Small City Social Resiliency Collective

In July 2022, a new public art piece by Blake Williams was unveiled to document the North Shore's social experience of the COVID-19 Pandemic. The art installation, which came about from The Mayor's Healthiest Small City Social Resiliency Collective, is intended to serve as a reminder and gathering place for future generations to connect.

You can visit "At Home" on Grand Boulevard and 15th Street.



Modern Niagara

This year, Modern Niagara once again showed their support on Community Day for our organization by organizing a food drive at the NSWC. On September 23, community members from all over the North Shore showed their commitment to women's food security by donating non-perishables for our Emergency Food and Toiletry Program.



Studio in the City

In August, the NSWC was also lucky to attend the final concert of the Studio in the City Youth Musicians, who selected our organization to receive the raised funds from their summer busking during their Civic Plaza performance.

Single Mother's Day in the Park

In May, we hosted a single mother's day at Moodyville Park, where JUNO-nominated musician Will's Jams performed, professional estheticians gave manicures, and local Girl Guides helped with crafts. We also gave our snacks, gifts, and made happy memories!

NS VAWIR



The North Shore Coordinating Committee to End Violence Against Women in Relationships

For 20 years the North Shore Women's Centre has 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. Strength and Remembrance pole outside the North Vancouver RCMP honours Missing and Murdered Indigenous Women and Girls.

On February 14, Golnaz became the NS VAWIR Committee Coordinator. On March 29th our meeting topic was Immigration and Domestic Violence for Immigrant, Refugee, and Non-status Women and Their Children, and how COVID has affected their lives. We also discussed our Safer and Stronger Grant through the Canadian Women's Foundation that is funding the "Make It Our Business" campaign, educating on what employers can do to be more aware of their employees' experiences with domestic violence and abuse. Co-workers are often the first people to know about a victim's abuse, and Make It Our Business workshops will help managers, co-workers and the general public to recognize domestic violence and know where help is available.

NS VAWIR Sub-committees:

- Domestic 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

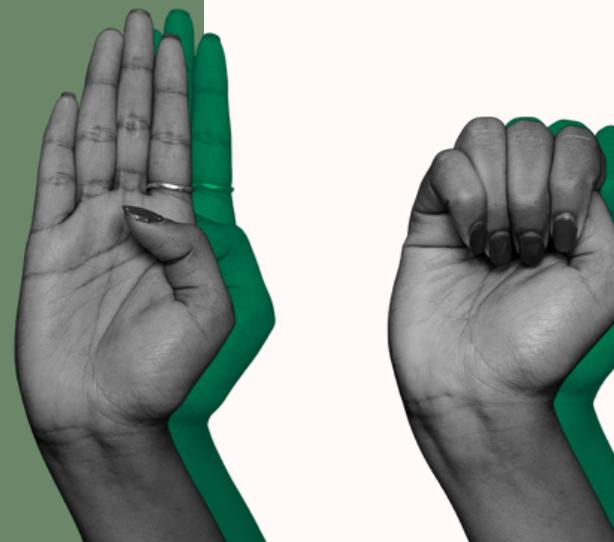
To address the significance of MMIWG and GBV and coordinate initiatives

- 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



NS VAWIR

As COVID was still part of our daily lives, our committee meetings stayed online until July 2022. On September 27th, 2021, committee members witnessed a Sacred Burning Ceremony at the Squamish Shaker Church, led by Squamish Nation Elder Eugene Harry (XiQuelem) and Doris Paul (Xelemilh). The Sacred Burning honored residential school survivors, and the many children who did not make it home. On September 30th, 2021, committee members joined Squamish Nation members, West Vancouver Police, RCMP, municipal and federal government officials, and other partnering agencies in celebrating the first ever National Day of Truth and Reconciliation at the Strength and Remembrance Pole.

On December 2nd, 2021, committee members witnessed a Sacred Burning Ceremony to honor the 14 victims killed at L'ecole Polytechnique and the Missing and Murdered Indigenous Women and Girls led by XiQuelem and Xelemilh at the Squamish Shaker Church. On December 6th, committee members joined in on the Walk to Remember. Participants walked down St. George's Street with placards of remembrance and anti-hate messages, before arriving at the Strength and Remembrance Pole where a ceremony was held to commemorate the National Day of Remembrance and Action on Violence Against Women and the Missing and Murdered Indigenous Women and Girls.



SOCIAL MEDIA

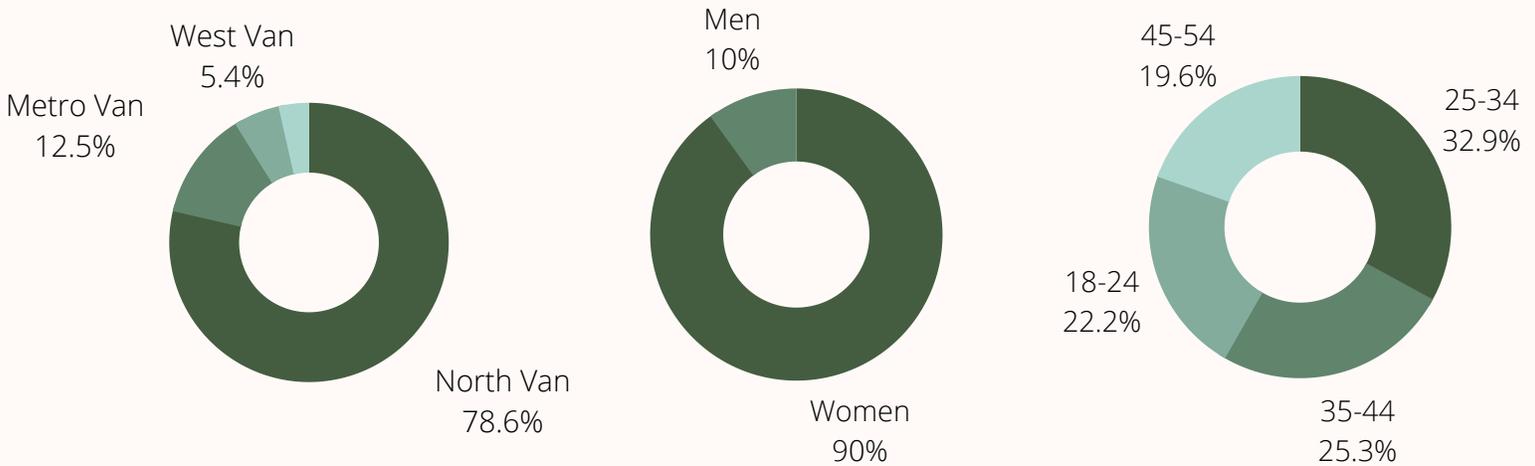
Engagement Breakdown



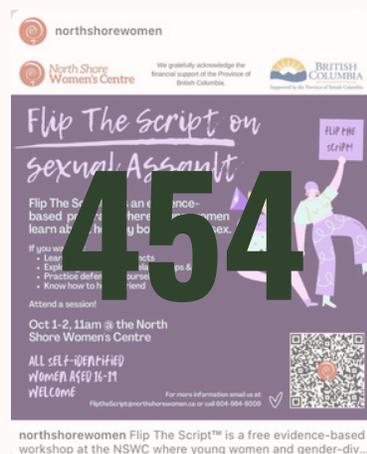
Nowadays, social media is one of the most accessible ways to share information and connect. Engagement means how many people opened, clicked, liked, commented, saved, or shared our content.

Our Monthly Newsletter saw a mean increase of 4.37% opens, for an average of 30.1 open rate. We saw an average of 400% subscribe rate, and a 0.3% average unsubscribe rate. As of August 2022 we have 972 Subscribers!

In the last year, our Instagram saw a follower growth of 514%, an Account Reach increase of 35%, an account engagement increase of 10.5%, a story interaction increase of 162%, and a non-follower engagement increase of 168% between May and August 2022. As of August 2022, we have 1,674 followers!



We strive to make our online presence a welcoming, accessible, educational, and inspirational landing-place for people seeking information about the NSWC on social media. Here are our posts that reached the most people this year:



FUNDRAISING

International Women's Day

Due to COVID-19, our International Women's Day Celebration and Benefit in 2022 had to be held virtually for the second consecutive year.

But, with the generous support of Anatoli Souvlaki, we were able to make the event engaging, fun, and aligned with the events of our 'regular' years!

Community members purchased tickets and were able to take a warm meal to the comfort of their own homes, where they could then browse our silent auction and support our organization's work to make the North Shore a more equitable and safe place for women!

Our thoughtful auction donors contributed items such as hand-made jewelry, fine art, and even a team jersey! Thanks to you all, we were able to raise approximately \$5,000 to go towards our organization's grassroots work in the community!



IN-KIND DONATIONS

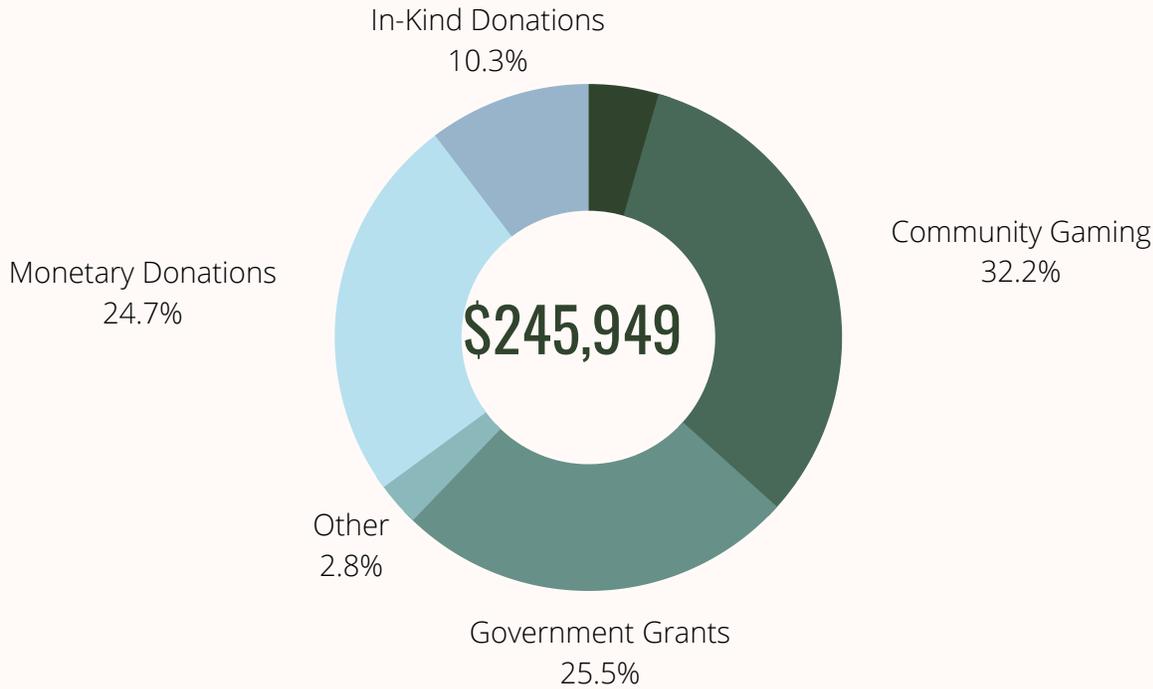
Thank you to all of our generous in-kind donors in 2021 and 2022, including F45 Training North Vancouver, LUSH Park Royal, Anatoli Souvlaki, and Riversol Skincare!



FISCAL OVERVIEW

Revenues

For Fiscal Year Ending March 31, 2022

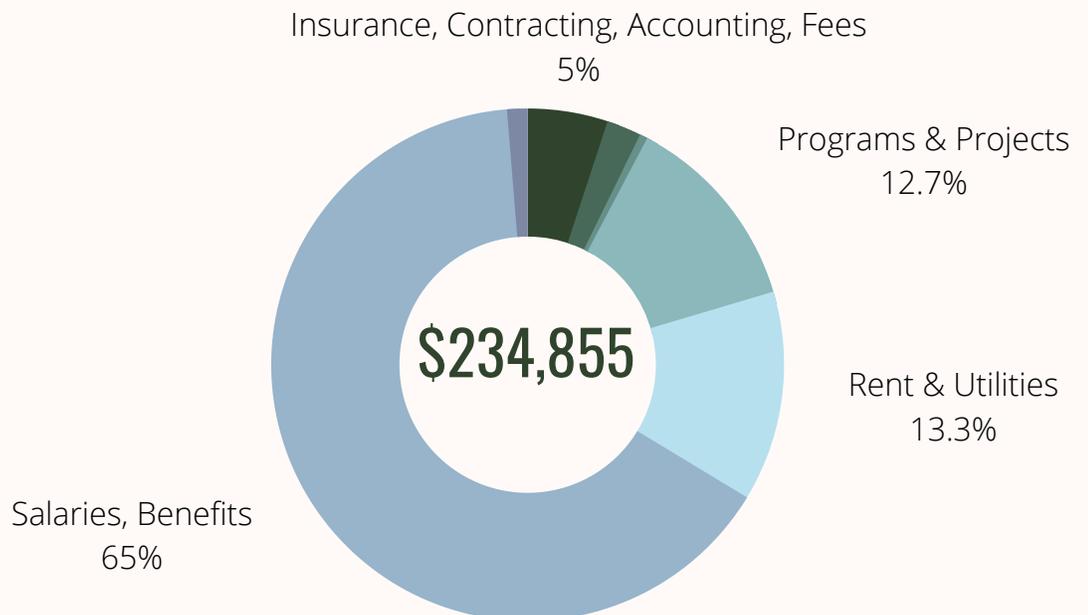


Fundraising: \$11,1068
Gov. Grants: \$63,273
Other Grants: \$6,475
Community Gaming Grant: \$77,800
Monetary Donations: \$61,439
In-Kind Donations: \$25,500
Interest/Other: \$394

Insurance, Contracting, Accounting, Fees: \$12,032
Office Admin, Supplies: \$5,101
Amortization: \$1,128
Programs and Projects: \$30,090
Rent and Utilities: \$31,500
Salaries and Benefits: \$152,035
Fundraising and Promotion: \$2,969

Expenditures

For Fiscal Year Ending March 31, 2022



THANK YOU

To our generous funders and donors

\$15,000



Status of Women
Canada



Women and Gender
Equality Canada



The
Wheelbarrow
Fund

\$1,000-\$15,000



WEST VANCOUVER
FOUNDATION

west vancouver



North Shore
Neighbourhood
House

- Bea O'Reilly
- Carol Howorth
- Layla Jaffer
- Rabab Khan
- Rino Murata
- Roderick Swenson
- Sabine Koren
- The Helpalittle Foundation

THANK YOU

To our generous funders and donors

> \$1,000

- Abegael Fisher-Lang
- Abigail Cave
- Alan Toft
- Anja Micevic
- Audrey Dewan
- Baha'i Community of Deep Cove and Seymour
- Bente Nielsen
- Brian Harvey
- Brittany Gould
- Brooke Caruth
- Brookside R&R
- Carter GM Northshore
- Catherine Jamieson
- Chandni Kher
- Charities Aid Foundation of Canada
- Chole Kopman
- Christine Carter
- Connie Bonsteel
- Daniel Merrell
- Danielle Macey
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- Ellen Mochizuki
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- Susan Stout
- Susan Wrobel
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- Tara Ghoddousi
- Tracey Lazenby
- Tricia McLaren
- Una Kerin
- Vancouver Brain Injury Association
- Virginia McKeown
- Wendy Matsubuchi-Bremner

THANK YOU

For supporting our fundraising

International Women's Day Celebration And Benefit Sponsor

- Anatoli Souvlaki; The Greek by Anatoli

Fearless Girls' Empowerment Camp Food Donors

- Cafe Artigiano
- Cobbs Bread Edgemont Village
- Freshslice Piza
- JJ Bean Park & Tilford
- La Galleria Fine Foods
- Meat at O'Neills
- Rosemary Rocksalt
- Starbucks Edgemont Village
- Starbucks Pemberton Plaza
- Stong's Market Northwoods

- Ashley
- Aslan Household
- Boga Jamal Household
- Brown Household
- Carson Graham Secondary
- Cheree Bacchus
- D
- Dorey Household
- F45 Training North Vancouver
- Hamilton Household
- Harbourside CPA

International Women's Day Celebration And Benefit Auction Donors

- Alchemy Hair Salon
- Claudia Wiebe
- Earnest Ice Cream
- Everything Wine
- Jeannie Brown
- Karim Chandani
- Kidsbooks
- Layla Jaffer
- Linda Sharp
- Lynn Valley Meats
- North Vancouver Community Players
- SAGE Empowerment
- Sally Day
- Stittgen Fine Jewelry
- The Gull Bar and Kitchen
- Welcome Parlour

In-Kind Donors

- Illuminate Counselling
- Jamal Household
- Javadi Household
- LUSH Park Royal
- Margaret Lee
- Riversol Skincare
- SAJE Park Royal
- Seymour Heights Elementary
- STIL Classics
- United Way of the Lower Mainland
- Wadam Household
- Welsh Household

And **thank you** to any kind donors not listed for supporting our programs and services this year!