



Annual Report 2005/06



Quick Facts about the North Shore Women's



Centre

Thank you to our

NSWC BOARD MEMBERS

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CONTRACT WORKERS:

DANIELLE GAULD (Coordinator,

New Voices Research Project)

JOAN WRIGHT (Facilitator,
Lesbian and Bisexual Women's
Drop In and Coming Out Groups)

LISA STUIBLE (Bookkeeper),

MIRIAM MCLELLAN (Facilitator,

Single Mothers Support Group)

SURJEET SIDHU (Coordinator,

New Voices Research Project)

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

Last year, **over 2,000 women accessed our programs and services**. During the first half of 2006 over 1200 women have accessed the Centre through calls, e-mail or drop in. This signals a significant increase in women using the Centre.

The average wait time to get an appointment in our pro-bono Women's Legal Clinic is one month. In 2005, over 100 women utilized this **unique program offering 9 one-hour appointments a month with a female family law lawyer**. The most common issues women bring to the clinic include separation and divorce, child custody, child support and spousal maintenance.

In 2005, almost 100 women took part in our Support Groups. We provide a Lesbian and Bisexual Women's Support Group and a Single Mother's Support Group in cooperation with the North Shore Neighbourhood House. Our Support Groups provide **a way for women to connect to resources on the North Shore**, to share their experiences and to support each other in the challenges they face.

Last year 89 women gained crucial employment skills through our individual computer training program. **This program matches a volunteer computer trainer with a woman seeking basic computer skills for 6 one-hour appointments**. It is offered in several different languages and provides training in Internet use, email and word processing.

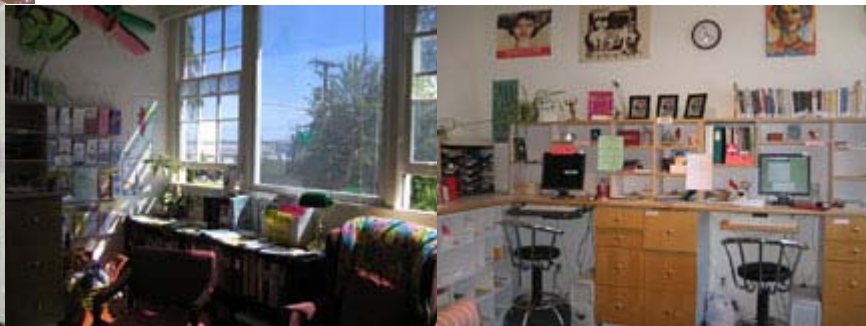
During the last year, over 130 women contacted the Centre looking for support and referrals because **either themselves or a friend/sister/daughter had experienced violence and abuse** or feared for their safety due to stalking or harassment. **The numbers of women accessing the Centre around issues of poverty are almost identical**, although as poverty is difficult to quantify it is suspected that the actual numbers are higher. This means that an average of one woman reports issues related to violence and poverty every day that the Centre is open. Other issues women commonly contact us about include employment, parenting, housing, and health.

In 2005, over 80 women **received training and gained knowledge and skills when they volunteered their time** to support the Centre's programs and services.

In 2005, over 100 women attended one of our **Women's Health in Women's Hands workshops**. Topics have included stress management, chemical toxins, sexual health, body awareness, menopause and perimenopause, and self-esteem for young women.

The North Shore Women's Centre was formed in 1973. We have **over 30 years of working with women across the North Shore**. On March 31st, 2004, the Centre received a 100% cut to our Provincial core operational funding. A donation of space from the City of North Vancouver allowed the Centre to keep its doors open to women, but our funding situation is still precarious.

YEAR in REVIEW



For more information on the R.E.A.L. Women campaign to disband Status of Women Canada and a sample letter to the Prime Minister regarding increased funding to Women's Equality-Seeking Groups please see:

Disabled Women's Network
<http://dawn.thot.net/sow.html>

To find your local MP's contact info at this link:
www.parl.gc.ca/information/about/people/house/mpscur.asp?Language=E

To contact Stephen Harper, Prime Minister:

- * Email: pm@pm.gc.ca
- * Address: Office of the Prime Minister
80 Wellington Street Ottawa K1A 0A2
- * Fax: 613-941-6900

To contact Bev Oda, Minister Responsible for Status of Women Canada:

- * Email: Oda.B@parl.gc.ca
- * Address: House of Commons
Ottawa, Ontario K1A 0A6
- * Fax: 613.992.2794

BC Coalition of Women's Centres Merchandise

F.A.K.E.

**Feminist Activists for Knowledge and
Equality**

The Real Women's Movement

available in White or Brown short-sleeved T-Shirt, \$25

*Sweatshop free. Made in Canada. Union printed.
Available in S, M, L, XL. Cash, cheque or visa
www.northshorewomen.ca/bccwcmmerchandise.html*



New North Shore Women's Centre Website

Thanks to Melissa Garcia and Katrina Gayday, interns with the Community Access Program, the North Shore Women's Centre website has a new look. Be sure to check it out!

www.northshorewomen.ca

3rd Annual North Shore Women's Centre
Garage Sale, BBQ and
Craft Fair Fundraiser

Saturday September 16th
9:00 a.m. - 3:00 pm
at the North Shore Women's Centre
Raised \$1100

5 WAYS THAT YOU CAN SUPPORT THE NSWC

- 1) Become an active participant in the continuation of our programs and services by donating monthly through a pre-authorized plan.
- 2) Hold a fundraising event at your home or work, and donate the proceeds to the NSWC. For example, host a potluck and ask your guests to contribute a designated amount—put the fun back in fundraising!
- 3) Check the donations page of our website at www.northshorewomen.ca and donate something off of our current wishlist.
- 4) Name the NSWC as a beneficiary in your Registered Plans--RRSP's and RRIF's-- or in your will.
- 5) Take advantage of our volunteer opportunities--training is provided and it's a great life experience.

North Shore Women's Centre Merchandise on Sale Now!

"Claim Your Voice" available in:
Raspberry or Olive short sleeved T-shirts, \$25
Navy Blue long-sleeved Hoodies, \$30



"Woman" available in:
Brown or Lavender short sleeved T-shirt, \$25
Navy Blue long-sleeved Hoodies, \$30



"I Love My Vagina" available in:
Aquamarine or Black Hotshorts, \$15

All items American Apparel. Sweatshop free. Sizes and colours vary according to availability. Cash, cheque or visa only please.

To see photos and the designs, please go to
www.northshorewomen.ca/merchandise.html

To order, please call 604.984.6009 or drop

Thank You To Our Dedicated Volunteers

Atoossa Bakhshaei * Ayumi Konnai * Brenda Dennis* Candy Lui*
 Carolyn O'Byrne * Chelsea Keays * Chloe Delany* Christine
 O'Byrne * Claudia Zuniga-Blaney* Elaine Carter* Elly Stonebrink*
 Eran Norton* Erin O'Byrne *Faranak Leilaby* Farideh Kamali*
 Gail Lewis * Heather Gunn * Helen Mole * Jinny Rodrigo* Kelly
 Knott* Kristina Vandervoot * Laura Fordyce * Lauren Schutte *
 Laurie Sluchinski * Leigh Green* Leila Karjalainen * Leyla
 Dadashzadeh * Liliana Lopez-Ruiz * Lisa Stuible * Lori Payne *
 Mary-Jean Chorzepa * Maureen Johnston * Menka Sull * Myriam
 Segovia * Nadia Grutter * Natalie Weiser * Petra Long * Robyn
 Carson * Rosanna Ng * Sara Jones * Surgeet Sidhu * Tina Parbhakar
 *Tina Powell * Weronika Lewczuk * Younghee Lee * Ziba Pouladin

**We offer many
 volunteer positions at
 our Centre such as:**

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



Sandra Tortigoe/ Ina International Manila

Thank You To Our Generous Donors

AG Hair Cosmetics, Janet Appleton, the Art Express, The Art of Loving, Body Harmony Yoga, The Body Shop, Denny Boyd, Canadian Outback Adventure, Capers Community Market, Capilano Suspension Bridge, Carol's Costume Corner, Centennial Theatre, Chara Designs, Cheers Restaurant, Chris O'Byrne Graphics, Christine Designs Ltd., CIBC Park Royal, Cinnamon's Chocolates, Deep Cove Kayak, Deep Cove Market and Grill, Fairmont Chateau Whistler, Falcon International, Fitness World, Gold's Gym, Anne Junkin, Inessence Skin Synergies, International Arts Initiative, Holly Salons and Schools, Health E Now, Phyllis Kenney, Latin Organics, The Love Nest (North Vancouver), The Love Nest Home Parties, Lonsdale Rentals, Lunabar, Megahair Family, Darrell Mussatto, North Shore Outlook, Northlands Golf Course, Erin O'Byrne, Opus Framing and Art Supplies, Orquieda, Power of Affirmation, Purple Orange Arts, Raincoast Books, Seymour Art Gallery, 32 Books (Edgemont Village), Silk Purse Arts Centre, Sky Spirit Studios, Susan Stout, Sweet Cravings, True Colours, Van City (West Vancouver Community Branch), West Coast Mystic Arts, Whole Foods Market, Women in Film Film, www.vashomestay.com

Whole Foods, Safeway Westview, Save-On Foods Park and Tillford, Leslie Smith, Donna Stewart, Margaret Ramsay, Yvonne Perreault, Margaret Morgan, Shirley Freund, Lisa Stuible, Lee Grills, Pat Heal and Menka Sull, Bernadette Bryan, Shirley Freund, Lisa Stuible Jo Hinchliffe, Andrea Gauthier, Candice Asconi

Capilano College Womyn's Collective, Carol Slight, Christine O'Byrne, Darlene Hilden et al
 Darlene Jacobi, Denny Boyd, United Way, Janine Cross, Katherine Newman, Lorraine Douglas, Marian Shipley, Roberta Clark, Shan Sims, Tina Parbhakar, VanCity (West Vancouver Branch), Soroptomist International (North and West Vancouver Branch).

appreciations

Many thanks to all the dedicated volunteers and board members who donate their time and energy to the Centre.

Thank you also to all of our members who support the North Shore Women's Centre and to those individuals who have graciously made recent financial or in-kind contributions, including:

And thank you to all of our anonymous and garage sale donors. Our apologies to anyone we have missed.

1000 Flowers of Hope

... for women today, for women tomorrow

*The North Shore Women's Centre and Amnesty International
Are Working Together to End Violence Against Women*

Violence against women is a pervasive and complex issue that affects everyone and creates challenges in both our local and



I WISH TO BECOME A MEMBER (OR RENEW MY MEMBERSHIP):

Date: _____ Name: _____

Address: _____

City: Please check the appropriate box:

- City of North Vancouver District of North Vancouver
 District of West Vancouver Other: _____

Prov: _____ Postal Code: _____

Tel: (H) _____ (W) _____

Email: _____ Fax: _____

Subscribe this email to the NSWC Email News and E-Nellie List:

ANNUAL MEMBERSHIP FEE ENCLOSED

___ \$20 Individual

___ \$ 5 Senior/Un(der)employed/Student

global communities. This is why the North Shore Women's Centre and Amnesty International are working together on a significant new project called "The Hope Garden."

The Hope Garden will be a beautiful and symbolic spring bulb garden, in which 1,000 flowers-in full bloom-will represent our collective hope that together we can end the violence experienced by one in three women in our communities and around the world. The Hope Garden will raise awareness and funds for local and international anti-violence work, and will include public events during planting and blooming times: Fall 2006 and Spring 2007, respectively.

Bulbs will soon be on sale to plant in the hope garden or in personal gardens across the North Shore. Please check <http://northshorewomen.ca/fundraising.html> for updates.

Would you like to learn more, volunteer, or donate?

Phone: (604) 842-3251

Email: hope@gardener.com

I would like to make a donation in the amount of:

\$20 \$35 \$50 \$75 \$100

Other: _____

I would like to be contacted about making a monthly donation through pre-authorized payments.

I would **not** like my donation acknowledged in the North Shore Women's Centre Newsletter *the Nellie*.

Membership offers: Opportunities to be a part of a diverse network of women, a subscription to the *Nellie E-News* and our print newsletter *the Nellie*, library borrowing privileges and voting privileges at the Annual General Meeting. Please make your cheque payable to the North Shore Women's Centre and return it with this form. The NSWC is a non-profit registered charity. Income tax receipts will be issued for donations.

**NSWC 131 East 2nd Street, BC V7L 1C2
604.984.6009 info@northshorewomen.ca**