

The
Women's
Resource
Centre



Our Voice

Winter 2014

Our Mission

The Women's Resource Centre provides programs, services, and counseling on issues affecting women, including family violence, while encouraging respect, diversity and equality with a feminist perspective.

The Women's Resource Centre has new hours of operation in effect from February 1st, 2014 – June 1st, 2014

Our hours will be as follows:

Monday	10:00am – 4:30pm
Tuesday	10:00am – 4:30pm
Wednesday	10:00am – 7:00pm
Thursday	CLOSED*
Friday	10:00am – 3:00pm

*The Women's Resource Centre will be closed to the public on Thursdays until June 1st, as there will be private groups taking place.

Our Programs

Women's Wellness Program

The Women's Wellness Program will continue to present a variety of topics, such as Basics of Nutrition, and Dealing with Your Food Allergy or Intolerance.

In honor of Valentine's Day, February's Wellness workshop will focus on how to talk to teens and pre-teens about relationship related issues. On February 26th, (1:00-3:00) the workshop 'How to Talk to Your Teen about Healthy Relationships', will be facilitated by Ashley Heinrichs, TWRC Children's Counsellor.

Yoga will continue to be offered on the 1st and 3rd Wednesdays of the month from 2:00pm – 3:00pm. Space is limited and pre-registration is required. We would like to thank the Life Foundation, Healthy Brandon, and Healthy Together Now for supporting this program.

E.V.E.

Embracing Vitality & Empowerment (E.V.E.), is a Women's Self Esteem Group that begins on Thursday, February 6th and runs for 8 weeks. Advance registration is appreciated but not required by participants. This is an opportunity for women to work on their self-esteem in a positive and affirming environment. The group will be facilitated by TWRC staff: Kim Iwasiuk, Women's Counsellor, and Ashley Heinrichs, Children's Counsellor.

Stress Management

With the new extended hours on Wednesday evenings, the Centre will be offering a Stress Management Workshop Series. The workshops will run from 5:30-7:00pm on the 2nd and 4th Wednesday of every month. These workshops are for women looking to learn how to effectively deal with their stress. Participants will learn about what stress is, and different ways to cope with the symptoms and causes; a wonderful opportunity for women to come together to discuss something that affects us all. Please note that this is an informal group and that no professional counseling will be provided. For more information about mental health resources in our community please contact The Women's Resource Centre.

International Women's Day Celebration

On March 7th, from 12:00pm – 3:00pm, The Women's Resource Centre will be hosting an open house in honor of International Women's Day. Lunch will be provided, and there will be an opportunity to create a Unity Flag with our Children's Counsellor, Ashley Heinrichs. This event will be open to all ages and genders. Please join us at The Women's Resource Centre for this day of celebration!

Let's Draw About It!

Ashley Heinrichs, TWRC Children's Counsellor, has created a Domestic Violence Workbook for Children titled, 'Let's Draw About It!' which is a wonderful resource for children of all ages -- full of fun drawing and journaling activities. This resource is free to access but must be picked up at the Centre. Please call for more information.

SafeTALK

The Women's Resource Centre, in cooperation with the Suicide Prevention Implementation Network (S.P.I.N.), will be hosting a suicide prevention skills workshop, on Thursday, March 27th, from 9:00am – 12:00pm. SafeTALK is a free workshop that is intended for anyone looking to learn suicide prevention skills. Registration is required. Please call TWRC at 726-8632 to register, or for more information.

Get Involved

Volunteers play a very important role at The Women's Resource Centre. From providing leadership on our Board of Directors, to helping keep our Centre clean, to leading workshops for our clients, volunteers are critical to our success. We strive to create fulfilling and meaningful opportunities that allow our volunteers to share their passions, use their talents and build their skills. From several hours each week to just a few hours per year, we can find an opportunity that works with your schedule. There are several ways that you can use your talents to help serve the TWRC mission:

Become a Board Member: Help guide the future of the TWRC by overseeing programs, policy, personnel, finances, and fundraising.

Join a Committee: Use your skills in human resources, fundraising, grant writing, marketing, and event planning to support the work of our Board.

Chip in at an Event: Limited time to volunteer? No problem! We always need great volunteers for fundraising events or for special events like our International Women's Day events, or the December 6th Vigil.

Volunteer in the Centre: Volunteers are the heart of our Centre. A few ways you can participate:

- Work at our front desk providing clients with information and referrals and performing administrative duties.
- Help us to maintain a clean, safe, welcoming space by helping out with housekeeping or organizational tasks.
- Use your technical savvy to help us maintain our website.
- Contribute to our marketing and outreach efforts by helping create and distribute posters and other print materials.

Facilitate a Program or Workshop: Share your passion and talent with the women of Westman! Are you an expert resume writer? Got a green thumb? Budgeting whiz? Can you lead a drum circle? If you have a skill that you want to share, come in and talk to us about your ideas and we will work with you to make it happen!

"Volunteering at TWRC has given me a chance to give back to something that was there for me, at a time in my life when I needed help. It helps me to be a better person, a person that loves to help others, to learn, and have fun at the same time; and it gives me a certain strength that comes from belonging to something that I know is making a difference in so many lives." ~ Sheila, Volunteer

Ready to join our Volunteer team? Contact us at (204) 726-8632 or program.twc@wcgwave.ca

Donate

In order to offer our services for free, TWRC relies on donations from the community. We truly appreciate all contributions, big or small! Gifts of \$10 or higher will receive a charitable receipt.

Cash or Cheque:

731 Princess Ave.
Brandon, MB R7A 0P4

Credit Card:

Online via Canada Helps
www.thewomenscentrebrandon.com

Needed Items: Coffee, sugar, coffee creamer / whitener, coffee filters, bread, juice boxes, fruit, muffins, granola bars, healthy snacks, cleaning products, toilet paper, hand soap, office supplies.

Thank You

TWRC's supporters – government agencies and national foundations, local businesses and community organizations, and individual donors alike – inspire us to do more through their generous donations of time and money. From the bottom of our hearts, thank you for your continued support.

Major Funders

The Government of Manitoba: Family Violence Prevention Program
The United Way of Brandon & District

Program Funders

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Shoppers Drug Mart Tree of Life
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Let's Keep in Touch!



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