



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.

Our Goals

- To provide the women of Western Manitoba with education and counseling on domestic violence.
- To provide Brandon and rural women access to information on cultural, economic, educational, health, legal, and social services.
- To coordinate and/or support projects that promote women's equality.
- To create a space for women to meet in a place of their own to network and share information.

Our Promise

We promise to do all that we can for the women of our community. We will reach out, and keep an open door to all women. No matter the situation, we are committed to guiding and supporting women in a non-judgmental positive environment.

Freedom is the right to stand strong and hold your head high no matter the past. We are here keeping our promise to women; we are here for you.

Message from the Program Coordinator

by Danielle Arran
Program Coordinator

I am extremely honored to be joining The Women's Resource Centre family in the role of Program Coordinator. It's thrilling to be able to contribute my experience and skills to an organization that aligns with my personal values and provides such critical services in our community. The TWRC board and staff are made up of some truly incredible women, and I welcome the opportunity to learn from and be inspired by them.

As 2012 draws to a close, TWRC board and staff are hard at work planning for 2013 through our strategic planning sessions, staff & committee meetings, and monthly board meetings. Together we are examining our programs, our finances, our volunteer and membership base, our staffing, and our marketing to ensure that we can deliver on our promise to the women in this community. I look forward to updating you on our plans for 2013 in our Winter issue, coming out in January.

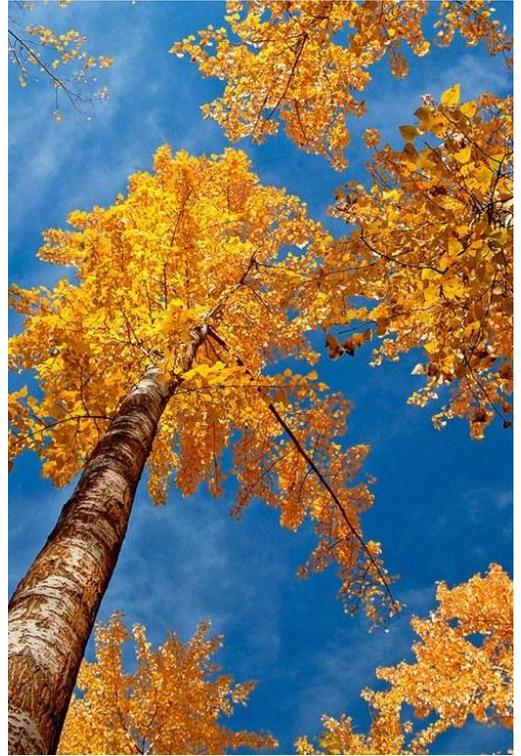
In this issue, you will find information about the upcoming Family Violence Awareness month. I encourage you to come out to participate and to support these events at the Centre and in the community. Also, be sure to keep an eye on our Facebook page for information about the December 6th Vigil as it becomes available.

I am looking forward to getting to know all of the fabulous people that help to make the Centre as great as it is, so please feel free to stop by the Centre to say hello or to warm up with a cup of coffee!

Children's Corner: Back to School

by Katrina Beaudoin, M.A., R.P.C.(cand.)
Children (Youth) Counsellor

Autumn is a time of change; the leaves turn, the weather cools, and the kids are back to school. Many parents rejoice during the first few weeks back, and it can be an exciting time for most kids, too. But for others, it can be much more trying and stressful. Getting back into the routine of rising early, being away from parents and siblings, and perhaps being reacquainted with a school-yard bully, can place some kids on an emotional rollercoaster. This can potentially lead to “behavioral problems,” such as not wanting to get up in the morning, acting out after school, or displaying anger in unhelpful ways. It’s important for parents to recognize these as signs of an underlying problem, and use it as an opportunity to talk to the child. Get down to their eye level, ask what’s bothering them, and let them know that you are there to support and listen to them if they’re feeling upset. Being emotionally available for the child could in itself promote expression of feelings, which in turn could dissolve any behavioral issues. Talk to school personnel to find out if there are any problems in the classroom, and address these in a non-judgmental, supportive way with the child. Try to think back to how you felt as a child when school started up again, and share these experiences with your kids. If in doubt, speak to a school guidance counsellor for tips on how to talk to your child about problems he or she may be having at school.



Halloween Coloring Activity



Family Violence Awareness Month

by Kim Iwasiuk
Domestic Violence Counsellor

Building Awareness

The month of November is designated as Family Violence Awareness Month in Canada. The hope is to create awareness and dialogue about one of the most serious social problems that affects all ethnicities and economic backgrounds of women.

Supports and Services

The Women's Resource Centre is a grassroots organization that has been a part of the Westman area since the 1980's. Women in our community recognized that there was a gap in services for women, and that being female offers unique challenges. Women are often the most economically deprived and have less opportunity to support themselves and their children. Family violence can perpetuate poverty, isolation, and disallow women to live safely. Affordable housing, access to daycare, food security and the right to make a fair and equitable wage are a few of the services and supports that women need to make changes in their lives.

For More Information

For more information about any of our Family Violence Awareness month events, please call (204) 726-8632, email program.twc@wgcwave.ca, or check our Facebook page.

"Clothes Line Project" Visual Installation

The "Clothes Line Project" provides our community with a visual perspective of how devastating family violence can be to women and families, and will be available to view in the Centre throughout the month of November. Please consider stopping by the Centre and taking in this powerful installation.

Art Exhibit

In honour of Family Violence Awareness month, The Women's Resource Centre will also be hosting an art exhibit throughout the month of November. The exhibit will showcase community art that depicts personal experiences with family violence. If you would like to inquire about contributing a piece to the exhibit please contact Danielle at (204) 726-8632.

Open House

The Centre will be hosting an Open House on Tuesday, November 6th from 1:30pm to 7:30pm. We invite you to stop by to visit our new space and view the "Clothes Line Project" visual installation and the art exhibit.

Please Join Us

Please take the time to come by the Centre and support the women and children dealing with family violence in our community. You can make a difference through your recognition of this societal problem and by making a donation to support programming.

A Snapshot of Family Violence in Canada

More than half of Canadian women over the age of 16 have experienced a form of violence in their lives. Abuse can take on many forms such as emotional and psychological abuse, physical violence, spiritual and economic abuse. Threats of violence against family members and friends, children and pets may keep women entrenched in the abuse.

Two thirds of all murdered women died at the hands of their intimate partners.
Less than half of women will seek any kind of assistance from police, shelters or counselling.

Preparing for Divorce

by Jodi Wyman, B.A., LL.B.
TWRC Board Chair

It may seem very cynical to anticipate that your marriage will end, but it is realistic. Statistics show that more than half of marriages result in divorce. You should ensure you protect yourself, just in case. Many clients tell their lawyer that the divorce came as a complete shock. Many clients also say they wish they had been more prepared.

The primary way you can protect yourself is to educate yourself.

First, do some basic research on divorce law. There are still many serious misconceptions about the way property is shared or support is decided. Be careful when listening to friends about the law. Find a good internet website with some basic information. Ensure that any sites you use are Canadian, and apply to Manitoba. The Department of Justice website has good information, and many law firms publish papers on legal topics.

If you do not have access to the internet, there are books available from the Department of Justice, the courthouse or at the library. Read about custody and child support, spousal support, sharing marital assets and debts, and how the law deals with jointly-owned assets. Some people believe paying to spend an hour talking to a lawyer even before separation can be a good investment.



Secondly, educate yourself about the financial affairs of you and your spouse. In some couples, the spouses are secretive about their money matters. Learn what your spouse earns and what your household expenses are. Know what investments there are, and where they are held. Keep copies of the paperwork for these assets. If your spouse owns a business, find out how the business is structured.

Look into the type of pension plans both you and your spouse have. What would happen if you divorce? Would a disabled spouse be able to stay on the other's health plan at work?

Know the details of any debts either of you have. In particular, be very careful when incurring debt jointly with your spouse, or in fact any person, even when only co-signing or guaranteeing a loan. You will remain liable even after a divorce, when you may not be in a position to pay it.

Thirdly, be careful when receiving certain assets. Generally, assets inherited or gifted to you are not shareable in the event of a divorce. You must however retain the asset in its original form. For example, if you inherit a lump sum of money, and use it to pay off the mortgage on your jointly-owned home, or buy a family mini-van, you have lost the exemption if you separate. If you put the inheritance into an investment, however, you will not have to share the money if you divorce.

If you are in a position of dependence in your marriage, calculate how much you would need to support yourself in the short term, and then ensure you have some savings of your own. Most divorcing spouses are surprised at how expensive it is to set up separate households and it can take quite some time until child or spousal support begins. As well, make sure you maintain a good credit rating in your own name.

Educating yourself is even more important when in a common-law relationship, where the law is constantly changing and evolving. An unprepared spouse can have some unpleasant surprises when a common-law relationship ends.

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 Family Violence Awareness Month 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 Danielle at (204) 726-8632 or program.twc@wcgwave.ca

Let's Keep in Touch!



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