



## 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.

## What's New at TWRC

### Staffing Changes

The Board of Directors at The Women's Resource Centre is pleased to announce that Danielle Arran has accepted the newly created Executive Director position. As well, Kathleen Barteaux has accepted the position of Program Coordinator. Both women have been working at the Centre in different roles for several months and have proven to be smart, talented and passionate about the work they do. We are fortunate to have them with us.

### New Website

We are delighted to have launched our brand new website. In addition to a modern, user-friendly new design, the site provides up to date information on the Centre, current employment and volunteer opportunities, and a calendar of programs and events. We hope that you enjoy using the new site and look forward to your feedback.

### Public Consultation

On Thursday, May 23<sup>rd</sup> we will be hosting a public consultation session at the Riverbank Discovery Centre. We would like to invite interested community members to participate in a discussion about issues facing women and families in our community and ways in which our Centre can help. Delicious snacks will be provided by Komfort Kitchen. We ask that you confirm your attendance in advance by contacting the Centre. Our thanks to Komfort Kitchen and Dundee Designs for generously sponsoring this event

### Corporate Challenge

The Fundraising Committee is excited to announce that BDO Dunwoody has signed on as the title sponsor for our Corporate Challenge fundraising event this September. Paterson Patterson, Wyman & Abel, Hair Today / Mall Barbers, and The Dock on Princess have also joined us as event sponsors. We still have spots available for sponsors and team sign ups are now beginning. Contact the Centre to find out how you can get involved in our most exciting fundraiser of the year!

### Celebrating Women

We invite you to join us at Lady of the Lake on Wednesday, May 8<sup>th</sup> to celebrate the wonderful women that support our Centre! The evening will include dinner and entertainment and will provide an opportunity to strengthen our community and build awareness of the important services we provide. Tickets are available at the Centre, Lady of the Lake, and Abby Rose until May 1<sup>st</sup>.

For more information about any of events listed above please contact us at 204-726-8632 or [twcbrandon@wcgwave.ca](mailto:twcbrandon@wcgwave.ca).

# Upcoming Programs and Events

## **W.E.A.V. (Women Empowered Against Violence)**

W.E.A.V. is an eight-week support group for women who have experienced abuse in an intimate relationship. The group focuses on defining abuse, understanding the abuse cycle, and understanding how family violence impacts women and children. The 2013 session of W.E.A.V. will begin April 18<sup>th</sup>. Spots are limited and completion of an intake process is required.

For more information or to register please contact the Women's Counsellor @ 204-571-0311

## **Women's Wellness**

The Women's Wellness Program offers participants the chance to take part in free classes and workshops aimed at improving overall health. The program includes bi-weekly yoga classes, monthly stress management workshops, and monthly seminars on women's health issues. Upcoming topics include:

- The Basics of Nutrition
- Nutrition on a Budget
- Stress and Nutrition
- Growing Your Own Veggies
- Accessing Health Services
- Stress and Parenting
- Reflexology
- Conflict Resolution

Upcoming dates and topics can be viewed on our website ([www.thewomenscentrebrandon.com](http://www.thewomenscentrebrandon.com)). Space is limited and pre-registration is required. We would like to thank the Shoppers Drug Mart Life Foundation for supporting this program.

For more information or to register please contact TWRC @ 204-726-8632

## **Book Club**

Every second Tuesday evening a spirited and thoughtful group of women meet at the Centre to discuss the Book Club's latest pick. Together we have discussed feminism, motherhood, education, mental health, and other grand adventures while reading a wide selection of novels. Recent titles have included *Away* by Jane Urquhart, *Room* by Emma Donoghue, *Life of Pi* by Yann Martel (which was followed up by a field trip to the movies!), *Frankenstein* by Mary Shelley, and *Sophie's Choice* by William Styron.

For more information please contact TWRC @ 204-726-8632

## **From Stilettos to Mocassins**

From Stilettos to Mocassins is a health intervention workshop that raises awareness about the role that cultural identity and stigma play in the healing journey of women with addictions. The workshop will be offered in May.

For more information or to register please contact the Women's Counsellor @ 204-571-0311

## 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.

### Current Volunteer Opportunities

**Community Resource Volunteer:** One of the most important roles in our Centre, Community Resource Volunteers work at our front desk providing assistance to women looking for information about a wide variety of issues. You will be helping them to find resources in our community related to domestic violence, housing, income support, parenting supports, health services, legal counsel, and much more. You will also have the opportunity to build administrative skills by helping out staff with various office tasks. Full training and ongoing development opportunities are provided. Volunteers should be prepared to commit to at least one scheduled shift per month. Qualifications include:

- Ability to create a therapeutic rapport with a diverse population
- Effective written and verbal communication skills
- Ability to work within a team concept
- Some familiarity with basic office computer software

**Fundraising Committee Members:** Help with the planning and organization of our annual fundraiser, the Westman Corporate Challenge. Specific tasks include sponsorship and team recruitment, prize solicitation, planning and organizing events. You can also volunteer as an Event Day Volunteer – helping with the execution of events during the week of the Corporate Challenge, including team check-ins, serving lunch, time-keeping, score recording, selling drink and raffle tickets.

**Program or Workshop Facilitators:** 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](mailto: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](http://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

The City of Brandon  
Brandon Clinic Medical Corporation  
Margaret Laurence Endowment Fund  
Shoppers Drug Mart Tree of Life  
Manitoba E-Association

## 2012 – 2013 Capital Campaign Contributors

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**Manitoba**



**United Way  
Brandon & District**

## Let's Keep in Touch!



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1-204-726-8632 or  
1-866-255-4432



[www.thewomenscentrebrandon.com](http://www.thewomenscentrebrandon.com)



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