



## MESSAGE FROM THE BOARD CHAIR & EXECUTIVE DIRECTOR

Dear Friends,

2020 was a year of dichotomy. On one side, we all faced the difficult COVID-19 global pandemic. Beginning in the middle of March, restrictions required that we close our drop-in resource centre for the next six months, except for emergency food distribution and other urgent services. We witnessed women and their families struggling with insufficient income from loss of work and increased costs resulting in food insecurity. At a time when online platforms were often the only way to connect with others, or even to receive essential services, we saw how many people became more isolated due to lack of access to devices, Internet plans and tech knowledge. We also knew that many women were experiencing increased levels of abuse in their homes under lockdown protocols and could not make a report or seek support. COVID-19 presented so many challenges and stresses to women and people of marginalized genders and identities in our community. In so many situations, existing social inequities were greatly exacerbated.

On another, much more positive side, we experienced the beauty and generosity of community members going above and beyond to support others through our Centre. We had volunteers who delivered food hampers to the homes of single mother-led families, businesses who volunteered their services to upgrade our resource centre and support meals for our Girls' Empowerment Camp, schools who conducted food drives on our behalf, and community foundations who found ways to deliver extra funds to ensure that our services kept running and that food was made available to those in need. Two tireless individuals, Patricia Grinstead and Christina Casperson independently embarked on a momentous walk and run, respectively, to raise funds to continue our programming. Their ambition, vision and achievements to raise both awareness and funds for our organization was truly inspirational. In fact, so many individuals, businesses and organizations made the most amazing financial and in-kind donations. Despite the hardships of COVID, our community came together time and again throughout the year to work toward changing those injustices made worse during the pandemic.

These wonderful gifts allowed us to continue providing vital services. Our food and toiletries distribution more than doubled as we approached year-end. We moved our Single Mom's Support Group, Separation Support Group and Workshop programs entirely online and transitioned our Family Law Clinic to remote support. Happily, we were able to safely offer both our Fearless: Girls' Empowerment Camp and our Flip the Script sexual assault resistance training program in person through social distancing and use of PPE.

International Women's Day was another bright light in the year. Taking place at Anatoli Souvlaki just prior to the onset of the COVID lockdown, we were able to host a lively evening of food, information sharing and music. Thanks to all of the donors, sponsors and participants, the event raised over \$18,000 to help fund programming and services for the remainder of 2020 and was very much needed.

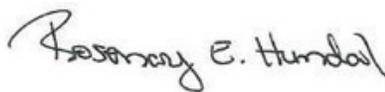
We are so proud of the efforts of our staff and volunteers this year who put in long hours and continued to find ways to work either on-site with masks, sanitizer and social distancing despite the risks involved, or work at home by finding new ways to use online conferencing to maintain connections with our community members.

As we move into the year ahead, let us continue to work towards ending the real fears, anxieties and inequities made even more visible in 2020 by growing our collective generosity of spirit, our caring for others and our vision of health and social justice for all. The North Shore Women's Centre will continue to work alongside you in the community as hard as ever to help achieve these goals. Take care, stay safe and thank you for your ongoing support!

With appreciation,



Michelle Dodds, Executive Director



Rosemary Hundal, Board Chair

## 2019 - 2020 STAFF

Michelle Dodds  
Executive Director

Maryam Saroei  
Resource Centre Coordinator

Emily Balzarini  
Fund Development & Communications Coordinator

Miranda Russell  
Program Coordinator & NS VAWIR Coordinator  
(Jan 2019 - March 2020)

Tania Bakas  
Program Coordinator & NS VAWIR Coordinator  
(April 2020 onward)

## CONTRACT WORKERS

Lisa Stuible  
Accountant

Kiana Karimi  
Single Moms' Support Group  
Facilitator

Lindsay Lefebvre  
Fearless: Girls' Empowerment  
Camp Facilitator

Caroline De Moraes  
Separation Support Group  
Facilitator

## TERM POSITIONS

Lulu Li  
SFU Arts Co-op  
NS VAWIR  
Project Assistant

Niki Najm-Abadi  
Canada Summer Jobs  
Program & Projects  
Assistant

## 2019 - 2020 BOARD OF DIRECTORS



Rosemary Hundal  
Board Chair



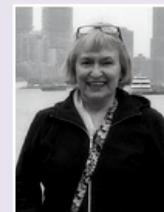
Helen Babalos  
Vice Chair



Munaza Elahi  
Secretary



Surjeet Sidhu  
Member at Large



Ray Boucher  
Treasurer



Leslie Whittaker  
Member at Large

## WHO WE ARE

The North Shore Women's Centre is a non-profit women's organization offering a drop-in Resource Centre and a variety of programs and services. Located in North Vancouver on the unceded traditional territories of the Squamish and Tsleil-Waututh Nations, we have served the whole of the North Shore since 1973. The purpose of the NSWC 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.

## OUR MISSION

- To provide women with access to resources (information, referral, advocacy) and to assist with life choices
- To actively address violence against women at all levels of the community
- To challenge sexism and all other forms of discrimination against women at all levels within the community
- To work towards the elimination of the feminization of poverty
- To operate from feminist perspectives

# 2019/2020 Impact Areas

## EMERGENCY & CRISIS SUPPORT FOR WOMEN

For many women in our community, pressure due to COVID-19 has only intensified economic strains, food insecurity, homelessness and risk of violence.

### How we help:

- In the drop-in Resource Centre, staff provide peer counselling, advocacy, resources and referral on a variety of topics as needed
- Emergency Food & Toiletry Program where women in need may receive essential supplies on a monthly basis
- Clothing vouchers to be traded in for clothing at the Good Stuff Connection Thrift Shop
- Free laundry services available, particularly for women who are homeless or in crisis

## WORKING TO END THE FEMINIZATION OF POVERTY

In Canada, women are already more likely than men to experience poverty, but research from UNWomen suggests that COVID-19 will contribute to the worsening of the gender-poverty gap worldwide.

### How we help:

- Offering Programs & Services free of charge, with most targeting women with lower income
- Providing support and advocacy on issues such as housing, employment, education, etc. in the Resource Centre
- Offering usually cost-prohibitive activities for free, like health treatments, fitness classes, outdoor excursions
- Providing free skill-building opportunities for women, like Basic Computer Training and educational workshops

## WORKING TO END VIOLENCE AGAINST WOMEN AND GIRLS

Gender-based violence remains a prevailing issue in Canada, and emerging data shows that the threat of violence in relationships is expected to intensify with circumstances brought on by COVID-19.

### How we help:

- Staff provide advocacy, peer counselling and resources on issues like domestic violence, abuse, and sexual assault
- Flip The Script sexual assault resistance training for young women aged 16 - 19
- Free Legal Clinic & Separation Support Group, to support women who are often leaving unhealthy or violent relationships
- Host agency for the NS VAWIR Committee (North Shore Committee to End Violence Against Women In Relationships)

## COMMUNITY CONNECTION & PEER SUPPORT

COVID-19 has dramatically impacted how we connect with others, making opportunities for connection with peers and the local community more important than ever.

### How we help:

- Offering a safe, drop-in space for connection for those who are isolated or are dealing with difficult life circumstances
- Free support groups for single mothers and women in the process of separation
- Fearless: Girls' Empowerment Camp offered every summer for high school girls
- Active Living Program supports women in staying active and connecting with their community

# The Impact of COVID-19

This year was unlike any other in recent history, thanks to the novel COVID-19 virus, which arrived on the North Shore in March of 2020. Across the country and beyond, circumstances resulting from COVID-19 have intensified existing inequities for women and amplified situations of poverty, intimate partner violence, poor physical or mental health, homelessness, unemployment, isolation, and other difficult life circumstances. According to the [United Nations](#), COVID-19 will have aggravated economical impacts for women already living on the economic margins, and emerging data shows that violence against women and girls has intensified since the beginning of the outbreak.

Throughout the pandemic, we have focused on supporting women with resources, peer counselling & emotional support over phone and email, and offering food, toiletries and other necessary supplies through the Emergency Food & Toiletry Program. Due to virus precautions, the Centre was closed to public visitors from March 2020 (aside from food provision and emergency services) and throughout the summer. We re-opened the Centre at limited capacity, with COVID protocols in place in September of 2020.

Female job loss rates due to COVID-19 are about

**1.8 TIMES HIGHER**

than male job loss rates globally



## Community Response

While COVID-19 has brought unique challenges for us and our clients, what has been notable during this time is the outpouring of support we have received from our community. So many individuals have stepped in to help by donating supplies, offering their services for free, giving their time, money and more to the Centre to help us continue serving women on the North Shore. We are so grateful to the generous community members who have rallied around the Centre to help during this challenging and uncertain time. Thank you!



## Walking for Women Campaign

The Lynn Valley Care Centre (LVCC), a local care centre in North Vancouver, received a lot of attention during the early days of the pandemic. Canada's first COVID-19 related death occurred there, and when the outbreak was deemed over: 52 residents would test positive, 20 families would lose loved ones, 32 residents would survive. Patricia Grinstead, a 91-year-old feminist and life-long social activist, would be counted among the survivors.

Everything changed at LVCC on March 5th. No more meals in the dining room, all activities suspended, the residents were confined and isolated to their rooms. Soon no visitors would be allowed. A few weeks into the outbreak Patricia came down with a head cold, felt greatly fatigued and tested positive for COVID-19. Fortunately, she had a relatively mild case and officially recovered by mid April.

Two months after the isolation began, the outbreak status at LVCC was lifted on May 4th. Patricia was depressed to learn her confinement would continue due to the restrictions now in place across the whole province.

After 11 weeks of isolation amid a growing concern about Patricia getting enough exercise, an idea emerged. Inspired by Captain Tom Moore from the UK, her family would appeal to Patricia's social activism to walk 200 laps around LVCC by raising funds for the North Shore Women's Centre.

The campaign was named Walking-for-Women, as Patricia explained: "I've been walking for women since Christmas Eve 1971" when she joined her first women's march.

Patricia is aware of how the stay-at-home circumstances related to COVID-19 can amplify domestic violence, leaving many women isolated in unsafe situations. As a past survivor of a violent assault by a stranger in her own home, Patricia says her survival and ultimate recovery would not have been possible without her knowledge and experience gained from the Women's movement and community-based support groups. Her goal with this campaign was to bring awareness to the issue and raise funds to support the many programs offered by her local women's resource centre.

With donations from over 200 supporters, Patricia's Walking For Women Campaign raised \$11,330 for the North Shore Women's Centre. Patricia is both humbled and honored to realize she still has the capacity to make a difference for her community - and we are so thankful and inspired by her life-long commitment to social activism!

According to Statistics Canada,  
**ONE IN 10 WOMEN**  
is "very or extremely concerned about the possibility of violence in the home during COVID-19"



# Run For the Shore Virtual Race

In summer of 2020, Christina Casperson, endurance runner and friend of the Centre, was set to run her first 100-kilometre trail run in Washington State. Originally she was going to use her race platform to fundraise for the North Shore Women's Centre, with the hopes of raising \$10,000 - with up to \$5,000 being matched by generous donors. Christina had planned on collecting donations for the Centre and hosting an in-person fundraiser, before her anticipated 100 km trail race. Unfortunately, the COVID-19 pandemic quickly made both those things impossible, as the US-Canada border closed and large gatherings were banned.

Christina brainstormed with her fellow endurance runners, and decided that she would help set up a virtual fundraiser for the Women's Centre with runners encouraged to sign up for 100km, 50km or 15km routes throughout the North Shore backcountry. She developed a tracked virtual race through the RunGo app, meaning no matter the distance or location, runners could follow the same routes and run independently wherever they lived. Each race participant would follow verbal turn-by-turn instructions for each distance, and the race could be completed between September 4th and 13th 2020. Friends at Run Like A Girl offered invaluable support in organizing the race logistics. All race entries included a donation to the NSWC, and racers received a handmade finisher's medal, a race swag bag, racers bib, and some amazing deals with race sponsors! As a complement to fundraising efforts through the race, an online auction was launched where participants could bid on a range of products & services, with proceeds benefiting the NSWC.



**north shore news** Q :  
Canada's #1 Community Newspaper  
**North Van endurance runner cries tears of joy after racing 100 kms in 24 hours**



When it came time to race in September, Christina Casperson attempted her first 100-kilometre run - and she completed it in less than 24 hours! A truly incredible feat of endurance and strength, her journey inspires all of us to work hard in the pursuit of our passions. We so are pleased that through online donations, the race, and online auction, the RFTS Virtual Race raised \$8,467, which Jindra and Laurent Vallieres generously matched up to \$5,000, for a grand total of \$13,467! The funds raised through this fantastic event will have a huge impact on our Programs & Services in the coming year. Thank you so much to Christina, Jindra & Laurent Vallieres, friends at Run Like A Girl & RunGo App and everyone who donated and participated in the race!



# Drop-In Resource Centre



## Drop-In Resource Centre

Our drop-in Resource Centre and lounge provides support to women from Monday-Thursday 9:30am–3pm. The Resource Centre offers a range of resources and information, including computers with internet access, WiFi, photocopier, a printer, fax machine and telephone, as well as a lending library. Coffee, tea and snacks are always available.



## Virtual Support

While social distancing, staff continued to provide virtual support, resources and referrals via phone and email. An online COVID-19 Resource List for the North Shore was created, to point out available supports in the community during the pandemic. The Resource Centre was transformed to continue serving clients in person at limited capacity during the pandemic, with COVID protocols in place.



## Peer Counselling

Our staff provide extensive peer counselling and referrals on topics such as relationships, abuse, income support, housing, health, legal support, employment and training, parenting and more.



## Child-Friendly Space

Children are always welcome in the Resource Centre, and a collection of toys, games and children's books are provided.



## Accessible to All

We strive to be a low-barrier support and welcome self-identified women and gender diverse individuals, including those who identify as trans, Two-Spirit, and/or non-binary, from across the North Shore. An accessibility ramp to our front door makes the Resource Centre accessible to those with wheelchairs, mobility challenges, and strollers.

# Emergency & Crisis Support



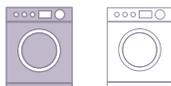
## Emergency Food & Toiletry Program

We provide emergency food and toiletry items for women in need or crisis. Due to COVID-19, food insecurity has been rising in our community, and our food & toiletry program has been stepped up to meet increased demand. Non-perishable items such as tuna, pasta, rice, canned goods, beans, peanut butter, coffee and tea are some of the food items we help with. Toiletry items given out may include shampoo, toothpaste, soap and feminine hygiene products. Since September 2019 we have supplied 291 bags of food and 277 bags of toiletries to women in need.



## Clothing

Since September 2019, our staff have helped 168 women access clothing by offering vouchers to be redeemed at the Good Stuff Connection Thrift Shop, run by the North Shore Crisis Services Society. The total redemption value of vouchers provided amounts to \$8,400.00.



## Laundry Facilities

With a new washer and dryer at the Centre, we can now provide free laundry access to women who are facing significant financial challenges or are homeless. This program helps to remove yet another barrier to living with dignity.

## Separation Support Group

*"[The group] makes me feel that I have found that rare peer support in this chapter of my life."*

The Separation Support Group aims to help women come together to navigate the complex financial, legal, practical and emotional issues involved in ending a relationship. Over the course of a 10-week support group, women engage in discussion and share their experiences in a supportive environment, while receiving information from guest speakers about the legal, financial and parenting processes associated with separation.

This year, the groups offered peer support and focused on a variety of relevant topics, with facilitation by counsellor Caroline De Moraes, and guest presentations from a financial advisor and a family lawyer. In response to community demand for this program, an in-person group was offered in October of 2019, with 11 women attending weekly group sessions, including childcare and light refreshments. An additional group was offered in the summer of 2020, with 11 women benefitting from weekly sessions via Zoom. Another session was offered in the fall of 2020, with 12 women participating in weekly sessions. As an introduction to the program, a tri-partite separation workshop was hosted online on May 21, 2020. Thank you to Caroline De Moraes for facilitating!

*"Hearing other women's stories, some better, some worse, all on different paths helped me not feel so alone, confused and ashamed. So, my confidence in myself grew."*



## Single Moms' Support Group

Being a lone parent is often isolating, challenging, and exhausting. The Single Moms' Support Group is an ongoing support group for single parents, intending to provide a platform to develop peer connections, share challenges, offer options and brainstorm strategies together. Participants engage in discussions on a weekly basis and receive information, resources and peer support. This closed group runs three times a year, once in the fall from September - December, once from January - March and again in April - June. On-site childcare is provided, as a respite for moms who are sole caregivers of their children.

Due to COVID-19 precautions, the group began to meet online via Zoom in the Spring of 2020, which will continue until it is safe to resume in-person meetings. This year, 12 mothers and their children participated in this program. Thank you to Kiana Karimi for facilitation!

*"Networking for single moms is difficult in the outside world. This group feels secure and can help to express our concerns with no doubt."*

*I was initially a bit apprehensive because I wasn't sure I would fit in. I am happy to say I feel heard, seen and most importantly valued."*

85%

of low-income B.C. single parents identified as female in the last census



## The Gender Digital Divide

While knowledge of computer and Internet technology is now mandatory for day-to-day living, having access to technology remains out of reach for many in our community. Our computers & free Internet access at the Centre help to bridge the gender digital divide while enabling women to build basic computer and life skills in a supportive environment. Thanks to the Take Home Technology Program through the North Shore libraries in partnership with Telus, we received cell phones and tablets to distribute to women and their families, to help with tech access at home. Over the past year we were also part of the Mayor's Healthiest Small City Social Resiliency Collective, a City of North Vancouver initiative to increase social resilience in the community. We participated in a resulting quick start action aimed to strengthen connection and reduce isolation by improving access for those with limited access to Internet hardware and WIFI.



According to  
Statistics Canada,  
approximately

2,255,400

Canadians did not have  
Internet access at home  
in 2019.

## Basic Computer Training

Offered in English and Farsi, students may receive 7 private computer training sessions through a 7 week-long Introduction to Computers course. The course covers basic skills such as Internet search, email, and Microsoft Word. An additional 3-session program is available, which delivers 3 hours of training on using social media, Power Point or Excel. Volunteer instructors deliver lessons one-on-one to program participants based on a manual, but they mostly tailor and customize each lesson to suit the needs of their students. Although we were not able to continue offering this program into 2020 in light of COVID, 6 students participated in the program before April 2020. We look forward to resuming in-person instruction once it is safe to do so!

## Online Public Workshops

We organize and host free, educational and interactive workshops on a regular basis. Due to COVID-19, we began offering workshops virtually via Zoom, which have been well attended.

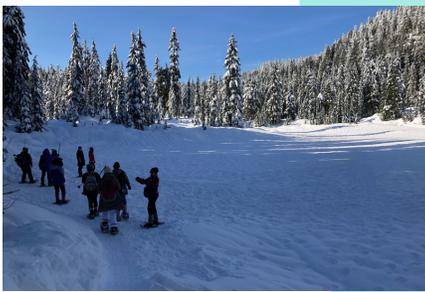
Since September 2019, we've offered 16 free workshops focused on topics related to technology, women's health and wellness and women connecting, including, "Laughter Yoga", "A Mindful Time Out" Series, "Self-Care After Immigration" and "Techlink: Staying Connected".

**447** participants  
registered for our  
workshops this year!

## New Computers

Thanks to support from the TaskRabbit for Good Community Grant, we were able to upgrade our old, outdated computers in the Resource Centre. This will make it easier and faster to use the Internet, complete job searches, fill out housing applications, connect over email and social media, and more. TaskRabbit also helped upgrade our space in other ways, including the installation of new flooring and replacing our dishwasher. Thank you!





## Active Living Program

This program aims to build a sense of community and promote an active lifestyle by providing women with opportunities to participate in activities that they would otherwise not participate in for personal, economic, or social reasons. These activities are intended primarily for women who are feeling isolated and/or marginalized due to living with low income, trauma, or other adverse life circumstances. During the past year this program has been funded through Vancouver Coastal Health.

As an initiative to make seasonal activities more accessible, we hosted a free snowshoeing excursion in February of 2020, which was attended by 14 participants – for many, it was their first time snowshoeing! In the summer of 2020, to help encourage staying active and connected while social distancing, we hosted a Wellness Bingo Group. Women participated in an online-led “bingo” style program where daily wellness activities were performed for a month. This included access to live and recorded fitness classes, a private Facebook page to connect and weekly group Zoom meetings to receive expert advice on health & fitness topics. Thank you to Donna Hutchinson from Smiling Hearts Yoga & Fitness for facilitating!

*"I found this encouraging and uplifting to feel more connected, calm, and invigorated while at home alone during social isolation."*

## Health & Wellness Program

Through our Health and Wellness Program, we hope to profoundly improve the health of women on the North Shore, particularly women faced with financial, social and other barriers to accessing quality, holistic care. Many women who access this program experience significant stress in their lives, often due to violence, poverty, and/or chronic ill-health, and cannot afford the high costs of holistic health services. In response to these concerns, the program provides a broad range of holistic health and wellness services free of charge, to break down economic barriers to accessing diverse, holistic care.

The program has 9 regular volunteers who offer individual holistic health treatments, yoga classes, Pilates classes, and haircut appointments.

In the last year, we were able to offer 47 individual health treatments and 28 free hair styling appointments.

In response to COVID-19, we were unable to continue with individual holistic treatments and hair cuts safely, but we continued to offer free health workshops and fitness classes online. Our weekly drop-in yoga classes and online recording had 87 participant visits, with 165 participant visits to our weekly drop-in Pilates class and recording.



Individual  
Holistic Health  
Treatments



Online  
Health  
Resources



Health  
Workshops



Haircuts



Health Library



Flow Yoga Classes



Pilates Classes

*"This was a great introduction for me. I have been meaning to try Pilates for years. It took Covid19 and your online class to finally get me started."*



DIVORCE  
SEPARATION  
PARENTING  
SPOUSAL SUPPORT  
CHILD SUPPORT

## Family Law Clinic

In response to the need for comprehensive, personalized, and accessible legal support for women undergoing life transitions such as separation or divorce, the Family Law Clinic Program was developed to provide critical support to women in navigating their family law matters. Through this program, low-income women receive legal information, resources and referrals, as well as emotional and practical support, and are then given the opportunity to meet with a lawyer for pro bono summary advice.

This past year, practicing female family lawyers from North Shore Law and Railtown Law volunteered their time to provide one-hour consultations on issues such as separation, divorce, child support, parenting and division of assets. In response to the challenge of COVID-19, we continued to provide this service online via video call or by phone. Since September 2019, 27 women received a private, 1-hour appointment with a lawyer, with a minimum of 75 women receiving extensive legal information, resources and referrals. By offering free legal information, resources and referrals to lower income women, we intend to break down financial and social barriers to make information on family law matters more accessible.

**27** women received 1 hour of private legal advice from a lawyer

**75+** women received substantial legal information, resources & referrals

*"Info provided was great.  
A lot of stuff I didn't know existed."*

Statistics Canada found that 16 per cent of women reported a perceived risk of domestic violence as an impact of COVID-19.

## Separation Workshop

In May 2020, we hosted a half-day, online separation workshop, for women who had questions but were not yet ready to schedule a one-on-one appointment with a lawyer in our Family Law Program. In attendance via Zoom were a tripartite panel of experts, including a family lawyer, a holistic financial advisor, and a clinical counsellor, who presented information on the legal, financial, and emotional aspects of separation. The session was recorded and made available online, with 28 women registering for the live workshop and 59 others viewing the recording after the fact.

This workshop acted as a jumping off point for the summer session of our Separation Support Group, and women who attended the session were offered the chance to register in the group as well for additional ongoing support.

*"[The workshop] was very helpful and informative as I had the chance to meet other women who shared their unique experiences. I had the chance to get free legal advices and talk to a financial expert specializing in divorce."*

In 2018,  
**1 IN 6 FEMALE HIGH SCHOOL STUDENTS**  
 in British Columbia was  
 "physically sexually  
 harassed" or "forced into  
 sexual activity they did not  
 want"

*"I learned about how to keep myself safe in difficult situations (cat calling, harassment, etc.)"*

## Flip The Script™

In 2019 the North Shore Women's Centre obtained a license to deliver Flip The Script™, an empirically-based 12-hour sexual assault resistance education program. Flip the Script™ was created in Canada, and is the only program proven to reduce the risk of sexual assault for young women aged 16-19. In Flip the Script™, young women practice prioritizing their own safety over other people's opinions, learn to recognize the warning signs for acquaintance sexual violence, explore healthy relationships and sexuality, and learn self-defence. Thanks to funding from the Chris Spencer Foundation and the Government of B.C., we were able to offer two sessions this year to girls aged 16-19 in-person - with decreased capacity and COVID protocols in place - and 15 girls attended. We are looking forward to offering another session on the North Shore in the beginning of 2021!



## Fearless: Girls' Empowerment Camp

In August of 2020, we were able to offer two interactive, empowerment day-camp sessions to high school girls entering grades 8-11. While at first it was looking like camp wouldn't be possible due to COVID-19, thanks to funding support from the City of North Vancouver and United Way of the Lower Mainland we were able to offer in-person camps with COVID guidelines in place. This year's camp took place at the lovely Kahlena Movement Studio in Edgemont Village; a larger space to allow for air circulation and proper social distancing.

During the two 1-week camps, girls met to learn about healthy relationships and friendships, body image, (cyber)bullying, boundary-setting, self-esteem, sexual health, etc. These topics were addressed through discussion, exercises, art, movement, video, journaling and other creative tools. Participants also took part in a workshop facilitated by the Safeteen program, and joined a facilitated nature excursion led by Tori Lemire. Due to COVID-19 the group size was reduced each week, but interest remained high and 17 girls took part in the empowerment camp. Thanks to Freshslice Edgemont Village for meal donations, and thank you to Lindsay Lefebvre for facilitating camp for a third year!



*"It was a very inclusive environment and everyone in the group was heard and their opinion was taken into account."*



*"I thought it was a good camp for teenagers and youth to make new friends and learn new things by talking to others who are probably going through the same challenges and troubles."*

# Thank You

to our dedicated volunteers  
for their invaluable contribution!

## Resource Centre Volunteers

Leila Karjalainen  
Shamira Jetha  
Pamela Sadler  
Kelsie Grant  
Ronak Davani  
Deborah Hall

## Flip The Script Coordinator

Lorie Barton

## Computer Training Volunteers

Rita Patterson  
Ella Chen  
Hasti Pourriahi  
Anahita Vaziri  
Sahar Banisolton



## Health & Wellness Volunteers

Lisa Earle  
Azar Yetka  
Blanche Boyce  
Kyla White  
Dr. Natalia Ytsma  
April Chen  
Erika Mayall  
Jenna Smith  
Flora Petri

## Workshop Facilitators

Victoria Jade Karra  
Negar Parsa  
Madhu Kanwar  
Phyllis Kenney  
Unnati Jhaveri  
Zara Dureno  
Hedi Shah  
Michelle Precourt  
Joanne Mulhall

## Legal Clinic Volunteers

North Shore Law Lawyers:  
Betty Lin  
Bahareh Danaei  
Kate Lawrence  
Kelly Simington  
Lara Branson  
Sheilagh Sparks

Railtown Law Lawyers:  
Vivienne Stewart  
Sara Domijan



*Thank you Leila,  
for your dedication  
in taking care of  
our plants over the  
years!*





## NS VAWIR Committee

For over eighteen years, the North Shore Women's Centre has been the host agency for the North Shore's Violence Against Women in Relationships Committee (NS VAWIR - [www.northshorevawir.com](http://www.northshorevawir.com)), which creates a forum for service providers and representatives from the many sectors involved in preventing and responding to violence against women to network and plan around the areas of service delivery, education and systemic response.

Over the last year, the NS VAWIR Committee continued meeting on a bi-monthly basis - in-person, and then via Zoom due to the COVID pandemic. The Committee invited a number of guest presenters to provide training, share knowledge and inform the membership about their work in supporting women experiencing violence. From October 2019 to September 2020, these guest presentations included:

- Cst. Carlos Rockhill from the NV RCMP/North Shore Domestic Violence Unit presenting on Strangulation Awareness,
- Alison Gelz, Jan Riddell and Lenna Nakamura from Youth Services and Recreation, District of West Vancouver presenting on the Youth Outreach Team and their clients experiences of violence,
- Shaman, the Child and Agency Liaison from the Greater Vancouver Chapter of Bikers Against Child Abuse (BACA) presenting on their organization's support of children affected by abuse,
- Samantha Armstrong from Shelter Movers Vancouver presenting about their free moving and storage services for survivors of abuse, and
- Karin Martin from the Disability Alliance of BC presenting on their Sexual Assault Reporting Options Project of 2019 and their new Indigenous Women, Disability and Violence project, also focusing on domestic violence and sexual assault.



The Sexual Assault Sub-Committee continued its work of developing a sexual assault response team and protocols for the North Shore community. The Domestic Violence Unit continued providing service to those at highest risk of relationship violence and the Strengthening Responses Sub-Committee continued to study the occurrence of reporting and under-reporting of domestic violence and sexual assault across the North Shore by gathering quantitative data and qualitative stories of survivors.

On December 6th, 2019, in recognition of the National Day of Remembrance and Action on Violence Against Women and Missing and Murdered Indigenous Women and Girls, the North Shore VAWIR Committee hosted a Walk to Remember from the North Vancouver Courthouse to the Strength and Remembrance Pole in the City of North Vancouver. A ceremony followed where Squamish Nation Elder, Doris Paul, shared the significance and meaning of the Pole with participants.





## International Women's Day Celebration & Benefit 2020

On March 4th, 2020, friends of the North Shore Women's Centre gathered at Anatoli Souvlaki in North Vancouver for a lively celebration to honour International Women's Day. The evening featured drinks and appetizers, a silent auction, fundraising marketplace, a talk by Alison Wood of Ocean Ambassadors Canada and live entertainment by Zougla the Greek Band.

Little did we know, this would be the last in-person event we would be able to host in 2020, as COVID-19 guidelines intensified in late March. The generosity expressed by our donors and supporters will go a long way in helping our programming continue to support women and girls on the North Shore, especially through these difficult times. Thank you to all who made this event a successful fundraiser and fun celebration!

Our celebration benefited our Centre by raising over \$18,000 for this year's programs and services!



**2019 Winter Wishes  
Online Auction  
Raised \$ 3,192**



**Walking For Women Campaign  
Raised \$ 11,330**



**Run For The Shore  
Virtual Race  
Raised \$ 13,467**

### Third Party Fundraising

Riding The Pine Mask Sales  
Fundraiser



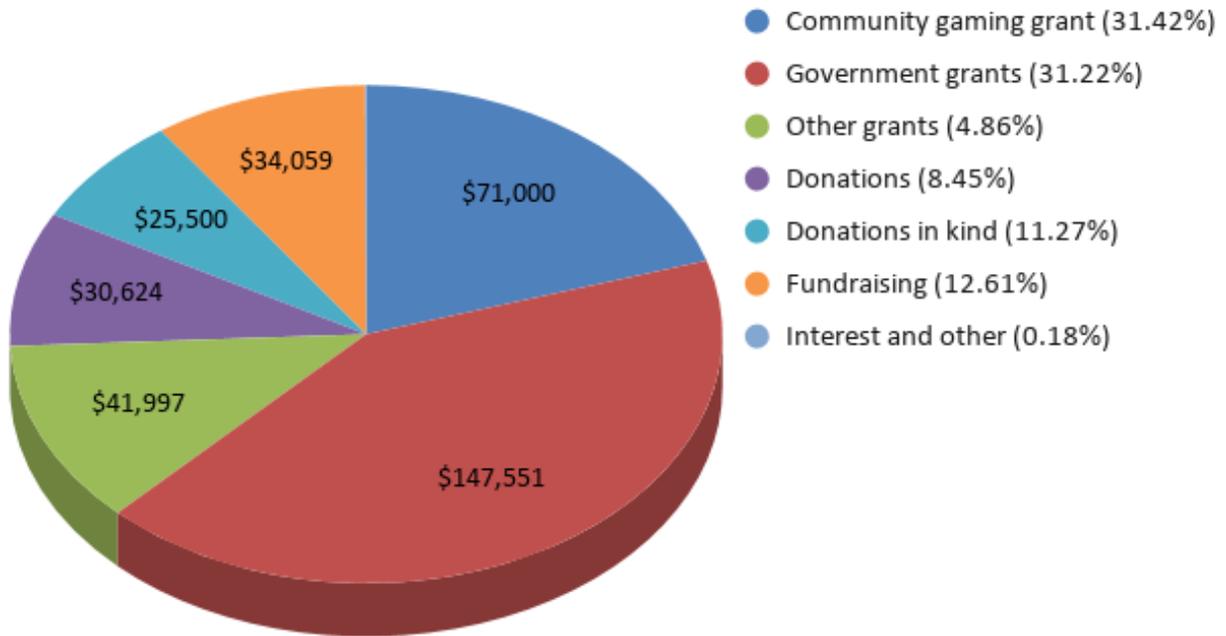
Ginger Jar Furniture  
2020 Charity Promotion



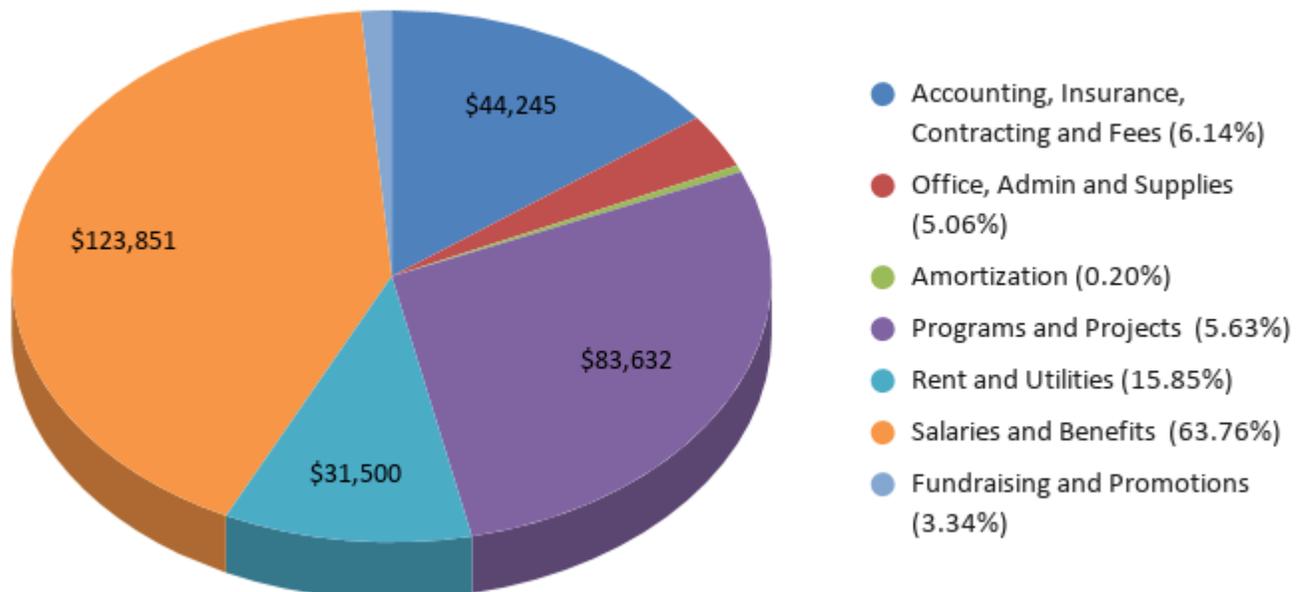
# FINANCIAL OVERVIEW

Fiscal Year Ending March 31, 2020

## REVENUES



## EXPENSES



# Thank You

## TO OUR GENEROUS FUNDERS & DONORS

### \$15,000 +



Supported by the Province of British Columbia

Farmer Family Foundation



Status of Women  
Canada



Women and Gender  
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### \$1,000 - \$15,000

Helen Babalos

Roderick Swenson

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United Way  
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MODERN  
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North Shore Unitarians



CHRIS SPENCER FOUNDATION

### < \$1,000

100 Women Who Care Of

The North Shore

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Brenda Buss

Brenda Garrett

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Brittany Gould

Brooke Haggerty

Cameron Towill

Canadian Federation  
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West Vancouver

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Caroline Croft

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Carolyn Coles

Catherine Lo

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Diane Travis

Dianne Anderson

Don and Lorraine

Gordon

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Donna MacKinnon

Donna Marlatte

Dorothy Sanders

Eastview Elementary

School PAC

Eileen McAdam

Elaine Hasemore

Eleanor Scarth

Eleni Korkidakis

Eliza Machon

Elizabeth Kennedy

Elizabeth Silver

Eric & Maryann

Balzarini

Eric Thompson

Erica Paim Lemos

Erin Morantz

Faranak Leilaby

Fred Haiderzada

Gail Barnes

Gara Seagraves

Gloria Atkinson

Gordon Slight

H Merle Todd

Heather Cooper

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Helene Mears

Helene R Katevatis

Hellene Michael

Herry Parkinson

Hilda Yorke

# Thank You

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Louise Hutchinson  
Lynn Sabourin  
Madhu Kanwar  
Manon Gelinac  
Marcia Stephenson  
Margaret Roy  
Margaret Scott Peters  
Margaret Webb  
Margaret Wright

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Michelle Dodds  
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Nicola Ruth Phillips  
Nicole Anderson  
Nicole Gowenberg  
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Pamela Sadler

Patricia McClung  
Patricia McVicar  
Pauline Barrett  
Penelope Comette  
Perry Simpson  
Peter Ferrari  
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Corporation  
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Ray Boucher  
Reva Grunwell  
Rhiannon Weiman  
Rhonda Chevrette  
Riding The Pine  
Rigoberto  
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Sandy Branning  
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Sarah Jamieson  
Sarrah Lewis Vena  
Selina Khan  
Sharon Kupsch  
Sharon Strang

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Shea Irving  
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Stephanie Woods  
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Sue Chapman  
Sue Kingsley  
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Surjeet Sidhu  
Susan Fitzgerald  
Susan MacArthur  
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Sussie Habsen  
Suzanne Cartlidge  
Svend Robinson  
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Vivean Ready  
Wendy Harris

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Helen Babalos  
Trims  
Emily Balzarini  
Blanche Boyce  
Vancouver International Film Festival

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Caffe Artigiano  
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FlyOver Canada  
Griffin's Boxing & Fitness  
Jamjar Canteen  
Main Street Honey Shoppe  
Moving Spirit Pilates  
Parallel 49 Brewing  
Revelstoke Mountain Resort  
Seaside Hotel  
Seymour Golf & Country Club  
Studio 202  
Supernova Salon  
Terra Breads  
The Hive  
The KEG  
Trees Cheesecake + Organic Coffee  
Vancouver Christmas Market  
Vancouver Symphony Orchestra  
Vancouver Theatre Sports League  
Vancouver Whitecaps FC  
West Vancouver Recreation Centre  
Yuk Yuk's Comedy Club

### RUN FOR THE SHORE ONLINE AUCTION DONORS

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Coast Mountain Trail Running  
Colleen Little Nutrition  
Distance Runwear  
Eastwood Cycle  
Folk & Wild  
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