



# FGWRC

FORT GARRY WOMEN'S RESOURCE CENTRE

**40 YEARS OF SERVICE**

*2022/2023*

*Annual Report*

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# 2023 Annual General Meeting And Board Appreciation

**Wednesday June 21, 2023**

## **AGENDA**

6:00      Speaker—Maria Mitousis

6:15      Annual General Meeting:

Welcome - Opening Statements from Co-Chairs

Approval of 2023 Annual General Meeting Agenda

Approval of minutes of Annual General Meeting, June 15, 2022

Approval of:

- Audited Financial Statements for the year ended March 31, 2022
- Auditors for the 2023/24 fiscal year

Election of 2023/24 Board Slate

Other Business

Adjournment of Annual General Meeting 2023

6:35      Board Appreciation

6:45      Closing Remarks from Co-Chairs



**FGWRC**  
**Annual General Meeting**  
**Wednesday, June 15, 2022**  
**6:00 PM (Zoom)**

**Present – Lea (chairing), Michelle, Vanessa, Ginette, Bailey, Kaylee, Lisa, Andrea (minutes), Sheila, Luanne, Kate, Kim, Virginia, Colleen, Sabina, Shileen, & Matt (United Way).**

**Regrets – Jess, Rebecca & Erin**

**Welcome – Opening Statements from Co-Chairs**

**Motion: Approval of 2022 Annual General Meeting Agenda**

Moved by: Michelle

Seconded by: Bailey

**Motion: Approval of minutes of Annual General Meeting, June 16, 2021**

Moved by: Bailey

Seconded by: Michelle

**Motion: Approval of audited Financial Statements for the year ended March 31, 2022**

Moved by: Kaylee

Seconded by: Michelle

**Motion: Approval of auditors for the 2022/23 fiscal year**

Moved by: Kaylee

Seconded by: Bailey

**Motion: Election of 2022/23 Board Slate**

Moved by: Michelle

Seconded by: Bailey

**Other Business: None**

**Motion: adjournment of Annual General Meeting 2022**

Moved by: Bailey

Seconded by: Ginette

**6:13 Board Appreciation**

**6:20 Closing Remarks**





## MISSION STATEMENT

Fort Garry Women's Resource Centre is a not-for-profit, feminist organization supporting women to engage in healthy life choices for themselves and their families through innovative and responsive programming and excellence in service.

The following are the Objects and Policy of Fort Garry Women's Resource Centre as they appear in the by-laws:

### ***Section A: Object***

The object shall be the operation of a centre for women providing information, referrals, outreach, supportive counselling, and public education workshops. Without limiting the generality of that, more specifically the objectives of the Centre shall be:

1. To provide a central place where women can meet, discuss issues, concerns and needs, receive supportive counselling and referrals to specialized services as required.
2. To offer information, education, services and support by telephone and through programs/workshops designed to meet the needs of women in Winnipeg and surrounding areas.
3. To provide volunteer opportunities.
4. To liaise with elected government representatives and community workers regarding the needs and concerns of women.

### ***Section B: Policy***

1. It shall be the policy of the Centre to incorporate a feminist philosophy, i.e., supporting the rights of women to be full and equal members of society.
2. It shall be the policy of the Centre to promote tolerance within its sphere of operation. Discrimination based on employment status, ancestry, citizenship, age, race, creed, socio-economic status, religious or political affiliation, marital status, family status, physical or mental capacity, sexual orientation or sexual identity is prohibited.



## Co-Chairs' Report

On the eve of the Fort Garry Women's Resource Centre's 40<sup>th</sup> anniversary, the centre and staff continue to evolve to meet the ever-changing needs and wants of the community and clientele, and look to make further changes to ensure the Centre can support women and children in the community for years to come.

As always, we are so very grateful to our donors and funders. We cannot possibly name them all, but the ones we would like to draw attention to include: \$20,000 from the Canadian Women's Foundation to support COVID recovery, a \$1,000 donation from Mayor Scott Gillingham's office, \$1,250 in donations from Youth in Philanthropy and a grant through United Way (Organizational Development Fund) to hire a social media consultant to help us create a social media fund development strategy. Thanks to federal funding of \$21,354 each year for three years, we also have the financial backing to continue offering legal workshops and clinics to the public, free of charge.

Other notable donations were received from Wal-Mart, Trevor's No Frills, Rob-Lyn Financial, Markham Physiotherapy and Qualico. We, and our clients, thank each of our donors.

And of course, our deepest thanks to the Government of Manitoba (Family Violence Prevention Program) and United Way (UW) Winnipeg for its continued core funding, as well as UW's multi-year funding through the For Every Family Initiative. It is through these dependable funding sources that we are able to do what we do.

Some donations were not monetary but were just as appreciated, from products, time and services.

We are excited to be diving into discussions about a capital campaign and have created a new three-year strategic plan that focuses on the capital campaign, which will support our efforts to find a new building to better suit us as we grow. We are very grateful to have received capital campaign mentorship from Nan Colledge through SPARK and Parkka Fundraising.

Beyond our core services of counselling, workshops, public education and referrals, we have been busy throughout the year. One of our bigger projects was creating a testimonial video with Tripwire Media to promote FGWRC and help us showcase all that we do for the community. The video has already proven to be a wonderful tool to help us highlight our important cause to funders, donors and the community.

Our annual "Comedy for a Cause" fundraiser in June was a huge hit raising over \$11,000. This was our first in-person event with the Winnipeg Comedy Fest and saw a change of venue to the Gas Station Theatre.

We were thrilled to be chosen to support the Government of Manitoba's Access to Menstrual Products Initiative, which strives to end period poverty. FGWRC received menstrual products to provide for free to those in need.

To learn more about all of our efforts this year, the committee reports included in the Annual Report highlight our hard work and achievements.

Thank you, as always, to the staff for all of your continued hard work. Each of you is seen and appreciated by many, including the board, members of the community and our

donors. You are the reason the Centre is so valued and has achieved so much.

As we complete our time as co-chairs with FGWRC and hand off the reins, we look back fondly on our time with the Centre. Although we volunteered to give back and help the centre and staff, they have helped us grow and learn just as much and we are proud to have dedicated our time - seven (Lea) and six years (Michelle) - to this worthy cause.

May next year's anniversary celebrations honour the Centre's 40 years of dedication to the community, but also each and every staff member's efforts over the past four decades, our various donors and funders for their care and appreciation, and the community we have supported throughout that time. As long as there are women and children who need us to help them feel safe, healthy, valued and empowered, FGWRC will be here.

Respectfully submitted by co-chairs Lea Currie and Michelle Yelland.

## Policy Committee Report

Policy Committee activities in 2022-2023 include:

- Reviewed and updated FGWRC Health and Safety Policies;
- Completed reviews of the Reception procedure manual;
- Completed updates to the Personnel Policies;
- Completed review for creating gender neutral policies;
- Completed a territory/land acknowledgement statement for FGWRC;
- Completed review of Gift Acceptance Policies;
- Completed review of Finance Policies.

We look forward to continuing policy reviews and updates in the year ahead.

Submitted by:

Virginia (Staff)  
Andrea (Staff)

## Personnel Report

Some of the larger items that Personnel discussed and responded to this past year included:

- Virginia has given her retirement notice, ending her employment October 2023.
- Kate and Luanne have been offered permanent positions at the Centre.
- Personnel and the Finance Committee continued to work together in addressing our surplus and pay scale.
- Personnel has revised and updated the salary scale.
- All scheduled staff evaluations were completed.

Respectfully submitted by the Personnel Committee,

Lea (Board), Melissa (Board), Erin (Staff), Sabina (Staff), Andrea (Staff) and Shileen (Staff)

## Community Relations Committee Report

The Community Relations Committee (CRC) is responsible for supporting promotional activities to enhance the public perception of FGWRC, implement fundraising strategies and to develop community contacts with funders, corporate sponsors, and friends of FGWRC. CRC has the following highlights to report for the 202-2023 fiscal year that reflects the tasks outlined in 'A year in the life of the CRC':

### Annual Fundraiser

We held an in-person Comedy Night June 2022 with the support of Winnipeg Comedy Fest. It was very well attended.

### Mini Fundraisers

- We held a 50/50 fundraiser through Funding Change which ran between May and June 2022.
- We held an in-person Paint Night Fundraiser in December 2022 at TransCanada Brewery.
- We held a Shelmerdine's poinsettia fundraiser in November and December 2022.
- All were well received.

### Amazon Wish List

Our Amazon wish list continues to be updated for donors who prefer to order items for us. This includes items for the Children's Counselling Program, feminine hygiene, self-care, and non-perishable food items.

### Other

- We created and promoted a Holiday Gift Guide featuring ideas that people could use as gifts, but also supporting the Centre.
- The 'Perseverance' necklace made by Hilary Druxman continues to sell throughout the year at the Hilary Druxman store, as well as the Centre.
- Teri Hofford Photography continues to make monetary donations to the Centre.
- There were also several other donations made through by 3<sup>rd</sup> party events and fundraisers throughout the year.

Respectfully submitted by: The CRC Committee

Michelle (Board), Gail (Board), Sheila (Board), Julia (Board), Luanne (Staff),  
Shileen (Staff), Rebecca (Staff), Kate (Staff), Colleen (Staff), Andrea  
(Staff)

## Finance Committee Report

The Centre has met its financial obligations to its funders (Family Violence Prevention Program and United Way Winnipeg) and in so doing has greatly contributed to the well being of women and their families in our community.

We continued to receive additional funding from the United Way of Winnipeg through the For Every Family Initiative. We received exciting news that we will continue to receive these additional funds for 2 more years!

The Committee meets monthly, reviews financial statements, bank reconciliations, source deductions, and other financial reports and presents them to the Board for consideration.

All assets were listed, and current market value assigned for property insurance purposes. Insurance coverage including liability continues to be covered by Arthur J. Gallagher Canada Limited.

MNP was renewed as our Auditor for the 2022/2023 fiscal year.

In February we said good-bye to Kaylee Yoon, our Treasurer. We are excited to welcome 2 Board members onto the finance committee next year.

**Thank you to all our funders for keeping us busy and for providing us with this growth opportunity!**

Respectfully submitted by the Finance Committee

Sheila (Staff)

Shileen (Staff)

Andrea (Staff)



# Nominating Committee Report

The Nominating Committee is responsible for the recruitment, orientation, evaluation/retention and development of Board members at the Fort Garry Women's Resource Centre (FGWRC) as well as planning the AGM and coordinating the strategic planning process for the Centre.

2022 - 2023 has been a busy year for the nominating committee. In June we said goodbye to Bailey Gillies (CRC Committee) and Lisa Leochko (Personnel). February and March marked a farewell to Kaylee Yoon (Treasurer) and Jess Spindler (Policy Committee) respectively.

We certainly miss the skills that these four women brought to our organization.

The new faces that we have recruited to the board have brought unexpected skills and life to Fort Garry Women's Resource Centre. They are:

- Ginette Le Sann - Secretary, Co-Chair and Nominating Committee
- Melissa Dumontier - Co-Chair, Personnel Committee
- Gail Eckert - Community Relations Committee
- Julia Mann - Community Relations Committee
- Sheila Yong - Community Relations Committee
- Shannon Wang - Finance Committee

Both Lea Currie and Michelle Yelland reach the end of their terms with FGWRC this spring. Ginette Le Sann and Melissa Dumontier have agreed to take on their roles as Co-Chairs. Lea and Michelle have graciously agreed to support the new leaders as each move into their new roles.

The Nominating Committee also continued to annually update the Board Orientation Manual and make it available to all current and new board members.

The Nominating committee has completed our annual board member check-in process and is pleased to present a full board slate to the AGM. Feedback from the check-in process is reviewed by the Nominating Committee and followed up on as required.

We are grateful for all Board members, whether newly elected or experienced, for their enthusiasm, energy and commitment to the work of the FGWRC.

Respectfully submitted by the Nominating Committee;

Ginette Le Sann

Andrea C

Kim M

Luanne C



# OBJECTIVES OF CORE PROGRAMS

Fort Garry Women's Resource Centre continues to be an essential and vibrant part of the community. During the year hundreds of women and their children have participated in our programs.

In striving to realize the goals of the Centre and fulfilling the mission statement, Staff have provided a number of programs and services. A description of our core programs are:

## \* **Counselling/Outreach**

Our goal is to assist women in developing and implementing an individualized plan toward personal growth, increased independence and empowerment, and toward living in a safe environment. To provide women with information and support in making informed choices by helping them recognize and access available options. To assist women with identifying their needs and helping women access resources, programs, and services that meet women's and their children's identified needs. To assist women to establish and/or strengthen positive social interaction and support networks within their community to reduce isolation. To promote wellness.

## \* **Healthy Coping**

To reduce incidents of the many forms of negative coping such as: substance abuse, smoking, gambling, shopping, compulsive sex, or other sex trade, prescription and non-prescription drug use, eating disorders, self-harming behaviour and workaholism. To develop more adaptive coping skills by increasing problem solving abilities and communication skills, and learning to set boundaries and limits for themselves and others. We strive to increase participant awareness of the link between their trauma and coping behaviours; to increase participants' self-esteem, self-confidence and self-respect; to improve participants' support systems and networks. To enhance their parenting skills and healthy family functioning.

## \* **Information and Referral**

To assist women to plan and implement changes toward personal growth increased independence and empowerment in their lives. To provide women with information and support needed for them to make informed decisions. To assist women to identify their needs and navigate the larger service network in order to meet those needs.

To assist women to establish and/or strengthen positive social interaction and support networks within their community. To raise awareness and increase understanding of domestic abuse issues within the community at large and among other social service providers.

## \* **Public Education**

To offer educational workshops and events to women that promotes healthy choices through information, inspiration and sharing of resources.

\* **Children's Counselling**

This program is to provide supportive art/music/play therapy to children who have witnessed and/or experienced domestic violence. By assessing the most appropriate type of intervention for each child and providing support to families they begin healing from the effects of domestic violence and break the cycle of violence.

## Counselling Program Report

Fort Garry Women's Resource Centre Counselling Program offers free long-term counselling (up to 9 months), one-time crisis counselling, and follow-up counselling appointments.

- Issues that women bring to counselling continue to be complex and multi-faceted - including, but not limited to, the impact of trauma, relationship violence, poverty, childhood abuse, parenting, self-esteem, coping and mental health issues such as depression/anxiety.
- In order to facilitate earlier entry into the counselling program, we changed the maximum duration of counselling from 12 months to 9 months.
- To be responsive to needs and to provide greater accessibility, we continue to offer the choice to clients of meeting in-person or virtually on the phone or zoom.
- Counsellors continue to maintain full client caseloads.
- In the 2022/2023 fiscal year we offered **4,383** counselling sessions and opened **162** files.
- There has been an increase in client demand for bi-weekly and monthly counselling appointments.
- Our counselling waitlist remains steady around 12 months.
- Counselling staff continue to participate in professional development and training to be as responsive as possible to clients.
- Clients continue to report on their evaluations that the FGWRC Counselling Program provides a safe, welcoming place where they can make healthier choices and positive life changes. Clients have stated FGWRC is a place to not only work on their mental health, but also a place where they can work on becoming more positive supports for their children and their families and find the encouragement and strength to pursue their goals, whatever they may be.
- FGWRC strives to make our services as accessible as possible to all women and we look forward to continuing to respond to participants' needs to better serve our community.

**Respectfully submitted by The Counselling Team**

### What do you like best about FGWRC?

- Inclusive, non-judgemental, warm and friendly, empathic, productive and realistic advice.
- Programs to help you and your family.
- I love the feminist philosophy that underpins everything. I love that I can stay connected even when I'm not in formal counselling. Excellent workshops.
- I am grateful that I was directed to FGWRC. The sessions and tools provided helped me. Also the tools provided are something I can use always moving forward. Huge thank you to Counsellor during my time. Allowing me the option if I needed to reach out between appointments
- I learned a lot about myself—I didn't need to be less angry etc, I needed to learn to hold people accountable, set boundaries, love myself, trust myself.
- I was having many life challenges regarding family deaths, illness and care of my brother, ongoing guilt feelings and always a desire to grow as a person. Coming here has helped me to take experiences that were now happening to me, see them for what they were and helping to make me see my place in them.
- My counsellor was the best listener, she asked questions to get me to reconsider options, choices, etc. Without her support I very much doubt I would have come so far in just a year's time. I have more trust in myself.

# Outreach Report

## **Programs and Services:**

- We offered one-time counselling, counselling groups and various workshops and events both in person and virtually.
- Other regular programming included a weekly Drop-In each Tuesday, where women can talk to staff and other women, get resources, information and referrals. Drop-in has been well attended over the last several months and has remained steady.
- We offered two Free Clothing Day events when we had enough clothing available to offer. These events were very well attended and we plan to offer them when supply allows.
- Our Harvest program continued to operate at full capacity and offered monthly to 15 families.

## **Workshops and Counselling Support Groups:**

This fiscal year our workshops groups included: Change & Transition workshop, Bird House decorating, Button Art, both virtual and in-person Game Day, DIY Art, Coping Toolkit, Winter Blues and a Self-love Vision Board workshop.

A 5-month Anxiety Support Group was offered from September '22- January '23.

## **Special Events:**

Throughout the year we also offered holiday parties for Valentine's Day and Christmas (both in-person and virtual were offered in December).

We also had two successful outings to The Zoo and The Manitoba Human Rights Museum.

## **Respectfully submitted by The Outreach Team:**

Kate (Staff), Rebecca (Staff) and Shileen (Staff)

# Child Counselling Report

FGWRC's Children's Counselling Program (CCP) provides individual counselling for children between the ages of 4-12 who have witnessed and/or experienced family violence.

- We have one part-time Child Counsellor, who continues to offer evening and weekend sessions to effectively respond to the waitlist of the program. As well as one part-time Child Counselling Coordinator who maintains the waitlist, completes intakes with the parents and guardians, maintains communication with parents and guardians, and offers short-term parent support counselling sessions as needed.
- We received an increasing number of day-time appointment requests from families on the waitlist. To accommodate this growing demand, we've begun offering these time slots.
- We've begun offering 1x appointments to former clients to offer additional support.
- The demand for our program remains high due to the limited availability of free child counselling programs within the city.
- This past fiscal year **270** sessions were held for children. These children worked on variety of issues such as anger, anxiety, grief, parent's separation, communication, body image, self harm, coping and safety planning.
- There continues to be an increase in referrals from Child and Family Service agencies, as well as an increase in demand for bi-weekly appointments to accommodate custody arrangements. We're also continuing to see a steady demand of clients returning to the program to continue building on the skills the learnt in sessions, and address new emerging issues.
- We continue to receive positive feedback from parents who notice positive changes in their children who are in the program:

*"This is such an amazing program! When I was in the process of separating from my children's Father, I felt like I found lots of support for myself but struggled to also find free support for my kids. They were hurting just as much as I was, so I'm grateful that there are free programs like this available. It helped with healing for all of us. " - Mom*

We get heartwarming messages from kids in the program:

*"I feel safe talking to Rebecca. She helps me feel like I'm not alone and teaches me different things I can do to get through hard things." - Child (11)*

Respectfully submitted by The CCP team,  
Rebecca (staff) and Andrea (staff)



# Information and Referral Report

## Information and Referral Report

*The Information and Referral program provides individuals in the community with resources and information appropriate to their needs and requests. This includes referrals to other counselling and resource centres, information regarding domestic violence, housing supports, shelters, food, clothing, social services, financial support, parenting, seniors, health, newcomer resources, coping, grief, trauma, and other mental health supports.*

- This year we responded to over 6,572 women with support requesting counselling and/or information and referrals via telephone, in-person, and email.
- Created, updated, and maintained community/organizational resources and fact booklets available at the Centre and on our website.
- Maintained our on-site library which contains 2017 books on a variety of topics, from abuse, to coping, to parenting, and even fiction which are available for members and clients.

## Public Education Program Report

*This program offers educational workshops and events on topics and issues of interest to women based on the need in the community. Public Education events promote healthy choices through information, inspiration and sharing of resources. Public Education provides women a way to connect with other women as well as resources and supports they may not otherwise seek out for themselves. To be responsive to needs and to provide greater accessibility, we continue to offer in-person and virtual workshops.*

- Public Education facilitators are community volunteers with knowledge and experience in their respected fields.
- This year, we hosted 89 public education events and workshops that reached over 780 women over zoom and in person.
- Public Education Workshops within the past fiscal year have explored the following topics based on the need in the community: *Spring Gardening, Mental Wellness, Self-Esteem, Decluttering, CBT, Journalling, Flourishing Mindsets, Nature Journalling, Posture, Yoga, Meditation, Vision Boards, Rock Painting, Dementia, Tarot, Resume Development, Gut Health, Getting the Most out of Your Groceries, Self Care & Stress Management, Self Love, Support Your Whole Self, Enneagram, Heart Health, Growing Your Own Tea, Sleep Health, Mindfulness + More!*

### ***Some of our other notable events included:***

- Maintained FGWRC membership at a steady level of approximately 50 women due to new member incentives.
- Offered a Well-Being 101 session in honor of Mental Health Awareness and Breast Health Check in honor of Breast Cancer Awareness Month.

- Domestic Violence Month in November: Postcards for Hope & Healing, Life Writing and Your Creative Identity, Coping with Triggers & Gentle Yoga.
- Offered a Being You.2 Workshop Series
- Held an art-therapy workshop series in partnership with Winnipeg Holistic Expressive Arts Therapy.
- Participated in Truth and Reconciliation/Orange Shirt Day
- Recognized International Woman's Day on March 8 with a Designing the Life of Your Dreams workshop session.
- Offered Tarot & Flame Readings
- Received funding to support: Regular monthly legal consultation clinics for women who have legal questions or concerns - with an addition of a 4<sup>th</sup> lawyer and family law workshops on a variety of topics including Separation & Divorce, Alternative Dispute Resolution & Legal Resources in the Community.
- This year, we were fortunate to have well over 50 Public Education Facilitators who volunteered for the Public Education Program!

***"Thank you all for your dedicated time, expertise, and support to FGWRC and women in the community!"***

A Sampling of Public Education Participant Comments:

*"The content was very practical and easily applicable to my personal circumstances."*

*"Inspiring, positive, realistic!"*

*"Connecting with other women who are going through the same experiences has been very helpful - connecting on a deeper more meaningful level".*

*"Very supportive, caring leaders. Very informative as well"*

*"Great education, conversation and validation from group chat"*

*"Well educated facilitators, very well spoken and put together."*

*"Great information, positive and informing."*

*"You're helping to empower other ladies - Thanks so much!"*

*"The facilitator put me at ease. There was no pressure to participate. It was a safe environment to learn in".*

*"Thank you for being here - I am grateful!"*

*"You have excellent speakers and resources".*

*"Thank you FGWRC for making these amazing sessions available to the community".*

*"Love the facilitator's kind, compassionate manner and her ability to connect and related to all participants".*

Respectfully submitted by,  
Luanne (staff) & Colleen (staff)

## Communications Report

*Fort Garry Women's Resource Centre continues to receive such positive and regular exposure within the media and community...Thank you all for your continuous support to FGWRC!*

### ***Some Highlights Include:***

- Working with media contacts in print, radio, and television to increase positive awareness and exposure about the Centre.
- Promoting all communications of the Centre throughout the community- including advertising in Manitoba Hydro Energy Matters Newsletter, Winnipeg Transit Bus, 201 Portage Ave + more!
- Hosted information tables and speaks at: The Millennium Library, Fort Garry United Church, Sara Riel Mental Health Expo, Bright Water Senior Living, Youth & Philanthropy and United Way Speaker's Bureau, etc.
- Attended No Frills store celebration, United Way Walk this Way fundraiser & celebration, Remax's Burgers for Breast Cancer community events.
- Ensuring the website and social media are current and updated regularly:
  - ◇ www.fgwrc.ca: 41,514 page views, 13,192 users, 17,825 sessions
  - ◇ Facebook: 2000 Likes, 2400 Followers
  - ◇ Instagram: 1639 Followers
  - ◇ Linked-In: 156 Connections, 365 Followers
  - ◇ Mailing List: 777 subscribers
  - ◇ YouTube: 5 subscribers
- Ordering promotional materials for the Centre and maintaining the Centre's brand - including a new 40<sup>th</sup> anniversary logo
- Attending communications and marketing professional development opportunities
- Worked with Tripwire Media Group to develop a 40<sup>th</sup> Anniversary impact video
- Offered a "Food for Thought: Summer Cookbook Club" Facebook Group.
- Held a summer self-care challenge on Facebook and Instagram.
- Participated in a Giving Tuesday Campaign and promoted our Gift Giving Guide
- Expanded our social media to include a YouTube Channel

Respectfully submitted by,  
Colleen (staff)



*201 Portage Advertisement of FGWRC 'Comedy for a Cause Fundraiser'*

## Fort Garry Women's Resource Centre Staff

Andrea—Children's Counselling Program & Organizational Coordinator/Counsellor

Colleen—Public Education & Communications Coordinator

Erin—Counsellor

Kim—Counsellor

Sabina—Counsellor

Sheila—Finance Coordinator

Shileen—Intake/Outreach Coordinator

Virginia—Counsellor

Rebecca-Children's Program Counsellor

Luanne—Reception

Kate—Outreach and Workshop Coordinator



## *Presentation of the FGWRC Board of Directors 2023-24 Slate*

The following candidates have been nominated for election/re-election/  
confirmation to the Board of Directors for the Fort Garry Women's  
Resource Centre.

Ginette Le Sann	(Co-Chair, 1 <sup>st</sup> term: 2022 - 2024)
Melissa Dumontier	(Co-Chair, 1 <sup>st</sup> term: 2023 - 2025)
Shannon Wang	(Finance, 1 <sup>st</sup> term: 2023 - 2025)
Gail Eckert	(Board Member, 1 <sup>st</sup> term: 2023 - 2025)
Sheila Yong	(Board member, 1 <sup>st</sup> term: 2023 - 2025)
Julia Mann	(Board member, 1 <sup>st</sup> term: 2023 - 2025)





## 2023/2024 FGWRC Board Nominees

### Melissa Dumontier - Co Chair

Committee - Personnel

Melissa is the Director of HR for Warehouse One and Bootlegger and has been a designated professional working in human resources for over a decade. She loves to support people and her community in her work and in her volunteering. In the past she has volunteered with Big Brothers, Big Sisters and Junior Achievement. Melissa joined the FGWRC Board in early 2023 as a member of the Personnel Committee.

### Ginette Le Sann - Co Chair

Committee: Nominating

Ginette is a senior policy analyst for the Government of Manitoba, working within a team that supports corporate initiatives as well as collaborative projects with justice system stakeholders. Ginette joined the FGWRC board in spring 2022 as the Secretary and member of the Nominating Committee. She has worked with her local community centres in previous years, and currently also volunteers at the West End Cultural Centre.

### Sheila Wang - Board Member

Committee: Community Relations

Sheila is an accomplished Interior Designer with 12 years of experience in the industry. She has successfully designed and managed a wide range of projects, from residential to retail to corporate and beyond. Along with her passion for design, she also has a love for animals, which has led her to volunteer with Manitoba Underdogs, a non-profit organization that helps rescue and rehome dogs in need. She has also volunteered with the Malaysian-Singaporean Association through the University of Manitoba, and has served as an executive member with the Winnipeg Toastmasters Club. Sheila believes in the organization's mission to empower women and support the community, and is eager to help build and maintain strong relationships with partners and stakeholders. She joined the FGWRC Board in Winter 2023 as a member of the Committee Relations Committee.

### Julia Mann - Board Member

Committee: Community Relations

Julia is a second-year law student at the University of Manitoba. She has an undergraduate degree in psychology and two master's degrees from Carleton University and the University of Western Ontario. Julia is particularly interested in pursuing a career in criminal defence and is a student at-law with Legal Aid Manitoba. Her passion for making a difference has led her to be heavily involved in the University of Manitoba Community Law Centre and Manitoba Underdogs Rescue. Julia joined the FGWRC board in 2023 and serves on the Community Relations Committee.

Gail Eckert - Board Member

Committee: Community Relations

Gail is Director of Recruitment with Summit Search Group where she works with clients across the Prairies to identify and select top talent for their organizations. Gail is a Board Director with Agriculture in the Classroom Manitoba (AITC-M) and a former committee member for the Mothering Project and Heart of the City Benefit with Mount Carmel Clinic Foundation. Gail joined the Board of FGWRC in 2023 and is a member of the Community Relations Committee.

Shannon Wang-Board Member

Committee - Finance

Shannon is a Chartered Professional Accountant (CPA) who specializes in providing comprehensive financial solutions and implementing strategies to improve operations and financial performance. She possesses a deep understanding of financial report standards and stays updated with the latest industry trends and regulations to provide practical financial advice. Outside of work, Shannon likes traveling and enjoys different kinds of outdoor activities such as downhill skiing, cycling, and jogging. In May of 2023, Shannon joined the FGWRC board as a board member, where she is dedicated to leveraging her accounting and financial background to review and monitor financial reports and regulatory compliance, improve financial performance, and provide support to major decision-making.

## Thank you to our Funders!

Manitoba Government, Family Violence Prevention Branch  
The United Way of Winnipeg



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Winnipeg



Thank you to all of our wonderful donors, sponsors, volunteers, staff and board who have supported the Centre this past year!! Whether it be through contributions of money, gifts, skills or time, you have helped us continue to ensure women and children within our community are safe, healthy, valued, and empowered.