



2024/2025
Annual Report

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Table of Contents

2025 AGM Agenda	Page 4
2024 AGM Minutes	Page 5
Mission Statement	Page 6
Reports:	
• Co-Chairs	Page 7
• Policy Committee	Page 9
• Personnel Committee	Page 10
• Community Relations Committee	Page 11
• Finance Committee	Page 12
• Nominating Committee	Page 13
Objectives of Core Programs	Page 14
Reports:	
Counselling Program	Page 15
Outreach Program	Page 17
Child Counselling Program	Page 18
Information and Referral & Public Education Program	Page 19
Communications	Page 21
FGWRC Staff List	Page 23
2025/26 Board Slate	Page 24
2025/26 Board Nominees	Page 25
Thank you page	Page 27

2025 Annual General Meeting And Board Appreciation

Tuesday September 23, 2025

AGENDA

3:30 Special Guest - Leigh Morton (Certified Yoga Teacher) will lead us in a short meditation to honour the Fall Equinox.

3:50 Annual General Meeting:

Welcome - Opening Statements from Co-Chairs

Approval of 2025 Annual General Meeting Agenda

Approval of minutes of Annual General Meeting, September 18, 2024

Approval of:

- Audited Financial Statements for the year ended March 31, 2025
- Auditors for the 2025/26 fiscal year

Election of 2025/26 Board Slate

Other Business

Adjournment of Annual General Meeting 2025

4:10 Board Appreciation

4:20 Closing Remarks from Co-Chairs

**FGWRC
Annual General Meeting
Bill & Helen Norrie Library
15 Poseidon Bay
Wednesday, September 18, 2024, 12:30 pm**

Present - Melissa (co-chair), Ginette (co-chair), Andrea (minutes), Lori (speaker), Luanne, Kim, Pat (member), Sheila B., Alexis, Colleen, Shileen, Rebecca, Leigh-Ann (United Way), Elaine, Alexandra, Sheila Y., Tauba (member), Shannon, Gail.

12:30 - Address by Lori Friesen - keynote speaker.

1:00 - Welcome - Opening statements from the Co-Chairs

Motion: Approval of 2024 Annual General Meeting Agenda

Moved by: Gail

Seconded by: Alexandra

Motion: Approval of minutes of Annual General Meeting, June 21, 2023

Moved by: Ginette

Seconded by: Alexis

Motion: Approval of audited Financial Statements for year ended March 31, 2024

Moved by: Alexandra

Seconded by: Elaine

Motion: Approval of auditors for the 2024/25 fiscal year

Moved by: Alexandra

Seconded by: Gail

Motion: Election of 2024/25 Board Slate

Moved by: Alexandra

Seconded by: Shannon

Other business: None

Motion: adjournment of Annual General Meeting 2024

Moved by: Elaine

Seconded by: Gail

1:20 Board Appreciation

1:30 Closing Remarks

MISSION STATEMENT

Fort Garry Women's Resource Centre is a not-for-profit, feminist organization supporting women and gender diverse people 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 and gender diverse people 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 and gender diverse people 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 and gender diverse people 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 and gender diverse people 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

2024-25

As we reflect on the past year at the Fort Garry Women's Resource Centre (FGWRC), we are filled with gratitude and pride. Our centre continues to be a place of connection, empowerment, and support for women and children in our community. Over the past year, we have celebrated many successes, faced challenges with resilience, and taken important steps toward long-term sustainability and growth.

Gratitude to Our Supporters

We continue to be deeply thankful to our funders, donors, and community partners whose contributions make our work possible. The centre maintained core funding through United Way's For Every Family Initiative and the Gender-Based Violence Prevention Program. This consistent support allows us to deliver vital services to women and families in South Winnipeg.

We were pleased to have received an increase in our core United Way funding—from \$122,858 to \$131,458 annually—which strengthens our ability to respond to growing needs in the community.

Grants and Special Funding

This year, FGWRC secured additional grants to enhance and expand our programming:

- **Department of Municipal and Northern Relations:** \$65,000 through the *From The Ground Up* program over two years to support outreach and workshops.
- **Canadian Family Justice Fund:** One-year extension of \$25,022 to continue our legal clinics and family law workshops.
- **Families Canada:** \$680 honorarium to deliver money management workshops.
- **Fort Garry - Healthy Together Now:** \$2,040 to offer wellness programming including yoga.

United Way and The Winnipeg Foundation: \$4,300 through *Access to Arts Funding* to support art-related programming, drop-ins, workshops, and outings. These grants have allowed us to continue offering high-quality, relevant programming while reaching more women and children than ever.

Fundraising Highlights

Community generosity continues to fuel our mission. Some highlights from this year's fundraising activities include:

- **Annual Fundraiser at TransCanada Brewing**, which raised over \$17,000.
- **Blue Bombers Mini-Fundraiser**, with ticket sales from the September 27th game contributing to our programs.
- **Partnership with One Great Lottery**, where we began receiving proceeds from monthly 50/50 draws.

Shelmerdine Fundraiser, where holiday poinsettias, wreaths, and gift cards were sold in support of FGWRC.

Donations & Community Partnerships

We were fortunate to receive generous support from individuals, local businesses, and community organizations. Notable highlights include:

- **Colors Beauty & Wellness** partnership offering free wash, cut, and style vouchers for clients and donating proceeds from their annual *Bubbles and Blowouts* event.
- **Mani Farm Candles** created a special candle for Mental Health Awareness Week, with proceeds supporting our services.
- **Youth In Philanthropy** (Winnipeg Foundation): \$1,500 for bus tickets and self-care items.
- **Qualico**: \$1,000 donation through their Acts of Kindness program.
- **The Body Shop** at the Outlet Mall: Partnered to raise awareness and gather product donations.
- **Cobs Bakery Doughnation Day**: We were this year's selected charity, receiving proceeds from every six-pack of hot cross buns sold.
- **Passes donated** from the Manitoba Chamber Orchestra and Manitoba Opera, helping us offer enriching cultural experiences to our clients.

Participation in the **Charity Car – Donate a Car Canada** program.

In addition to these, we received many generous in-kind and monetary donations throughout the year. We thank every individual and organization who contributed.

Looking Ahead

This year, we continued to explore new locations in South Winnipeg in our search for a future home for FGWRC. Although lease negotiations did not come to fruition, we renewed our current lease for another five years—providing stability while we continue our work toward long-term solutions.

We also began working with **Parkka Consulting** to support our organizational growth and planning. Their support has included coaching, facilitating community consultations, drafting a case for support, and laying the foundation for a formal capital campaign.

As we close this chapter, we remain immensely proud of what has been achieved and inspired by what lies ahead. The Fort Garry Women's Resource Centre is a vibrant, responsive, and resilient organization—because of the incredible efforts of our staff, board, volunteers, and community supporters.

We look forward to continuing to grow, adapt, and meet the evolving needs of those we serve.

Respectfully submitted by Co-Chairs,
Ginette Le Sann and Melissa Dumontier

Policy Committee Report

The Policy Committee continued to oversee the policy and program procedure review process for 2024-25.

Activities this past year have included:

- Completed review of the new *GBVP Standards Manual for Women's Resource Centres*. FGWRC has updated all policies in accordance with the *GBVP* guidelines. Updates included:
 - ◇ Creating a written policy governing record retention and written procedures for record destruction for electronic records that safeguards against any breach of the supported individual's confidentiality.
 - ◇ Creating a written policy outlining prevention and control procedures and practices to be followed to prevent the spread of parasites in the facility. This protocol will be used in the event FGWRC receives confirmation of a possible outbreak.
- Completed review and updates of our Health & Safety Policies to ensure all policies were in alignment with our current insurance requirements. Updates included:
 - ◇ Updating our written policy outlining prevention and response protocols in the event there's abusive behavior reported at FGWRC.
- Continuing review of finance procedures.

We look forward to our continued reviews in the year to come.

Submitted by:

Andrea (Staff)

Elaine (Board)

Personnel Report

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

- Kate is on maternity leave until March 2026.
- Adjusted the full-time work week from 40 hours to 37.5 hours. Hours for staff with less than fulltime were pro-rated to reflect this.
- Adjusted the salary scale to reflect the change in hours by increasing the hourly rate at each step.
- Offered staff 3 paid time off hours per week in July and August within the parameters discussed.
- Created a work from home policy allowing staff to work 2 hours per week from home.
- All scheduled staff evaluations were completed.

Respectfully submitted by the Personnel Committee,

Alexis (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 2024-2025 fiscal year that reflects the tasks outlined in 'A year in the life of the CRC':

Annual Fundraiser

For our annual fundraiser, we held an in-person fundraiser on June 11 titled: One Night One Show One Cause. It was a sold-out event.

Mini Fundraisers

- We held a Winnipeg Blue Bomber fundraiser and participants attended the game on September 27th, 2024.
- We held a Shelmerdine's poinsettia fundraiser in November and December 2024.
- Both 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 updated and promoted a Holiday Gift Guide featuring ideas that people could use as gifts while 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.
- There were also several other donations made by 3rd party events and fundraisers throughout the year.

Respectfully submitted by: The CRC Committee

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

Finance Committee Report

2024/2025

The Centre has met its financial obligations to its funders (Gender Based Violence 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. News of extended funding to come.

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 2024/2025 fiscal 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)	Shannon (Board)
Shileen (Staff)	Alexandra (Treasurer)
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.

Membership on the board has remained steady this year, so the Nominating Committee will be shifting their focus to retention versus recruitment.

We plan to review and revamp our annual board member check-in process and are pleased to present a full board slate to the AGM.

Feedback from the board is welcomed anytime and is reviewed by the Nominating Committee and followed up on as required.

We want to express our immense gratitude to our wonderful board of directors 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 gender diverse people 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 and gender diverse people in developing and implementing an individualized plan toward personal growth, increased independence and empowerment, and toward living in a safe environment. To provide women and gender diverse people with information and support in making informed choices by helping them recognize and access available options. To assist women and gender diverse people with identifying their needs and helping women and gender diverse people access resources, programs, and services that meet women's and their children's identified needs. To assist women and gender diverse people to establish and/or strengthen positive social interaction and support networks within their community to reduce isolation. To promote wellness.

* **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 counselling 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), brief focused counselling, and follow-up counselling appointments.

- Issues that women bring to counselling continue to be complex and multi-faceted - including, but not limited to, mental health (such as anxiety, panic, depression, border line personality disorder), the impact of trauma, intimate partner violence, childhood abuse, parenting, self-esteem and confidence, poverty, meeting basic needs (food security and housing security are common issues) and coping and self-care.
- To be responsive to needs and to provide greater accessibility, we continue to offer the choice to clients of meeting in-person, virtually or over the phone.
- Counsellors continue to maintain full client caseloads, and brief focused sessions are offered as Counsellors have availability.
- We switched booking client appointments to the Intake Coordinator scheduling the first appointment for clients, and then the counsellor and client book consecutive appointments. This helps us remain flexible to client and counsellor schedules and availability.
- Counsellors offer follow-up sessions to clients once they have finished the ongoing counselling program.
- In the 2024-2025 fiscal year we offered **3,710** counselling sessions and opened **128** files.
- There has been an increase in clients needing to have their appointments while at work.
- Our counselling waitlist remains steady around 12 months.
- Counselling staff continue to participate in professional development and various trainings 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. They have reported improved mental health, increased confidence, they are able to be positive supports for their children and their families.

Respectfully submitted by the Counselling Team
Sabina, Kim, Erin, Andrea, Rebecca and Shileen

Comments from participants on the following page.

Here are some comments from clients who received services in the past year:

"I am forever grateful for the "tools" I've been provided. I've become a better parent, business woman, and love life again. Thank you!!"

"FGWRC is just a great group—I talk about this organization everywhere (became a member)!"

"FGWRC has helped me remember to look after me, physically, emotionally, mentally. The people were supportive, kind and generous. The workshops are always informative. The counselling is exactly what I needed."

"I received emotional support and guidance with no judgement throughout the year. My self worth and confidence has allowed me to become better at setting healthy boundaries and better communicate my opinions, thoughts, and feelings. I can honestly say that I have never had a bad experience. From the moment I walked through the door, I always felt safe."

"I've developed skills that help me regulate my emotions. Also, it helped me put my abuser in the past. I feel like now is a time for transformation."

"Talking it out with my counsellor to process concerns, worries, partner relationship. Support post surgery—helped me slow down and see my strengths. Thanks also for the laughs too!"

"With regular checkins/accountability I was able to attain a greater sense of stability. My counsellor is an excellent counsellor and the space is conducive to healing,"

"I feel I have really grown since coming here!"

Outreach Report

Programs and Services:

- We offered one-time counselling, counselling groups, various workshops, crafts and events.
- We continued to offer a weekly Drop-In each Tuesday, where women can talk to staff and other women, craft, colour, play games, use the computers and printer, get resources, watch a movie, and get information and referrals. Drop-in has become increasingly popular with more women attending.
- We offered a free clothing day event with over 150 women in attendance.
- Our Harvest program continued to operate monthly at full capacity, with 12 families.

Workshops and Counselling Support Groups:

This fiscal year our workshops, groups and events included:

- Mind Map Art group
- Declutter Your Mind counselling workshop
- Spring Paintings
- Walk and Talks
- Inchie Art
- A movie day
- Rock Painting
- Black Out Poetry
- Other various arts and crafts

Special Events:

Throughout the year we offered special events including Pumpkin Carving for Halloween, and a luncheon for International Women's Day.

We also had successful outings to the Winnipeg Art Gallery and the Zoo.

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.

- Our Child Counsellor continues to offer daytime, evening and weekend sessions, and our Child Counselling Coordinator continues to maintain the waitlist, complete intakes, and offer short-term parent support counselling sessions as needed.
- We've continued providing 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 over 230 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.
- Referral sources from this past year include Child and Family Service agencies, MATC, school social workers and guidance counsellors, family doctors, as well as private therapists. We've also seen several previous clients return to the program to continue building on the skills they learnt in sessions and to address new emerging issues.

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

Information and Referral and Public Education 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.

Highlights for the Year:

- Responded to over 5,913 calls requesting counselling and/or information and referrals via telephone, in-person, and email.
- Maintained an up-to-date collection of community and organizational resources available both at the Centre and on our website.
- Ensured accuracy of FGWRC literature covering education, financial, housing, employment, legal, and advocacy resources.
- Maintained an on-site library with nearly 2,000 books on a wide range of topics—from abuse, coping, and parenting to fiction—available to members and clients.

Public Education Program Report

This program offers educational workshops and events on topics and issues of interest to women and gender diverse individuals, based on community need. Public Education events promote healthy choices through information, inspiration, and the sharing of resources. They also provide meaningful opportunities to connect with others, as well as access resources and support that participants may not otherwise seek out on their own.

Program Highlights:

- Public Education facilitators are community volunteers who bring knowledge and experience in their respective fields.
- This year, we hosted 174 public education workshops and events, reaching over 2,079 participants virtually and in person.
- Offered a wide variety of workshops reflecting the needs and interests of the community, providing learning, skill-building, wellness, and connection opportunities:

Health & Wellness

- Mindfulness Meditation, Baby Goat Yoga, Yoga Nature Walk, Nature Wellness, Hip Hop Dance, Emotional Freedom Technique (EFT), Sleep, Happiness, Body Image, Positive Mindset, Self-Compassion.

Mental Health & Personal Growth

- Adult ADHD & Neurodiversity, Energy Clearing & Psychic Protection, Auras, Colors & Chakras.

Family & Legal Support

- Family Court Process, Separation & Divorce, Parenting Arrangements & Child Support, Higher and Lower Conflict Parenting, Property Division in Family Matters, Legal Support.

Life Skills & Practical Learning

- Decluttering, Starting Your Own Garden from Seeds, Garden Tour, House Plants, Getting the Most Out of Your Groceries, Comforting Recipes, Debt & Finances, Career Conversations with Confidence.

Creative Expression & Connection

- Vision Boards, Affirmation Boards, Creative Self-Care, Talkin' Music, Geocaching, Tarot Readings.

Other Notable Activities:

- Maintained FGWRC membership at a steady level of approximately 50 members
- Offered Insights into Anxiety in honor of Mental Health Awareness
- Participated in our Domestic Violence Awareness Tree and Light Project at the Centre.
- Offered the following workshops in honor of Domestic Violence Month in November: Recognizing Co-Dependency, Holistic Wellness, Gentle Flow Yoga and Communication Styles in Co-Parenting and Family Relationships.
- Commemorated the 16 Days of Activism Against Gender-Based Violence with a Holiday Food Drive - Connecting with Centre neighbors to become collection hubs.
- Offered a self-care summer workshop series.
- Participated in Truth and Reconciliation/Orange Shirt Day
- Recognized International Women's Day by hosting a Zumba Class, Feminist Mental Health Workshop, and Sound Healing Self-Care Workshop.
- Secured funding to support family law workshops & monthly legal clinics until March 2026.
- Offered a variety of health, yoga, and wellness workshops funded by Healthy Together Now.

Public Education Participant Feedback

"I learned practical strategies I can apply in daily life."

"The information was clear, relevant, and easy to understand."

"I feel more confident navigating community resources."

"This workshop helped me focus on my mental health and self-care."

"I appreciated connecting with other women and sharing experiences."

"The workshop created a safe space to discuss topics I don't usually talk about."

"The facilitator was knowledgeable, engaging, and approachable."

"Excellent workshop! I'd recommend it to friends and family."

"Thanks again for ALL the workshops you offer! I'm very grateful."

Thank You to Our Facilitators

We extend our heartfelt thanks to the more than 50 volunteers who served as Public Education facilitators this year. Your expertise, dedication, and passion made it possible for participants to learn, grow, and connect in meaningful ways. FGWRC's programs would not be possible without your generous contributions of time and knowledge—thank you for helping us make a difference in the lives of women, gender diverse individuals, and their families in our community.

Respectfully submitted by

Luanne (Staff) & Colleen (staff)

Communications Report

Fort Garry Women's Resource Centre continues to receive positive and consistent recognition across both media and community platforms. This ongoing exposure highlights the important work we do and helps raise awareness of the programs and supports we offer. We sincerely thank our partners, supporters, and community members for their continued engagement and commitment to FGWRC's mission.

Some Highlights Include:

- Continued networking with community and media contacts to increase awareness of the Centre, including advertising in the Winnipeg Free Press, Community Review, CityTV, Winnipeg Transit Bus, 201 Portage Ave, and more.
- Hosted information tables and spoke at events including the Women's Correctional Centre Resource Fair, New Flyer Mental Health Fair, Sara Riel Mental Health Expo, Reh-Fit Centre Community Health Fair, Dalhousie and Carpathia School Resource Fairs, Chapter Q PEO, and participated in the United Way Speakers Bureau with presentations at Wynward Insurance, Convicon, St. George School, and Canadian Mental Health Association.
- Participated in community initiatives and events such as the United Way of Winnipeg Walk This Way Fundraiser and Celebration, World Wellness Weekend, Youth in Philanthropy Gala, Manitoba MMIWG2S+ Healing and Empowerment Fund Announcements, Heartwood Healing Conference, Imagine Canada, and Winnipeg Foundation Regional Conversation.
- Maintained current and engaging digital content across website, social media, and e-news:
 - ◇ Website: 65,000 page views, 12,000 users, 16,000 sessions
 - ◇ Facebook: 2,700 followers
 - ◇ Instagram: 2,100 followers
 - ◇ LinkedIn: 600 followers
 - ◇ Mailing List: 1,300 subscribers
 - ◇ YouTube: 9 subscribers

- Held a Summer Self-Care Challenge on Facebook and Instagram.
- Participated in Giving Tuesday and Year-End Giving campaigns.
- Developed a Mental Health Virtual Learning Library on our website, funded by The Winnipeg Foundation.
- Participated in three programs for One Great Lottery.
- Expanded our YouTube Channel and Linktree content.



FGWRC 2024 Fundraiser featured at 201 Portage Ave!

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

Rebecca-Children's Program Counsellor

Luanne—Reception

Kate—Outreach and Workshop Coordinator (Maternity Leave)

Presentation of the FGWRC Board of Directors 2025-26 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, 2 nd term: 2024 - 2026)
Melissa Dumontier	(Co-Chair, 2 nd term: 2025 - 2027)
Alexandra Blinder	(Treasurer, 2 nd term: 2025-2027)
Shannon Wang	(Board Member, 2 nd term: 2025 - 2027)
Gail Eckert	(Board Member, 2 nd term: 2025 - 2027)
Sheila Yong	(Board member, 2 nd term: 2025 - 2027)
Julia Mann	(Board member, 2 nd term: 2025 - 2027)
Alexis Wenzowski	(Board member, 2 nd term: 2025 - 2027)
Elaine Chan	(Board member, 2 nd term: 2025 - 2027)

2025/2026 FGWRC Board Nominees

Melissa Dumontier, Co-Chair Committee - Personnel

Melissa is the Vice-President of HR at Parian Logistics and retail services (supporting retailers Bootlegger, cleo, Rick's and Warehouse One) and has been a designated professional working in human resources for over fifteen years. 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 manager of a policy and legislation team within the Government of Manitoba that supports governance and administration at the local government level. Ginette joined the FGWRC board in spring 2022 and currently serves as a board co-chair as well as the board member of the Nominating Committee. She also volunteers at the West End Cultural Centre.

Alexandra Blinder - Treasurer Committee - Finance.

Alexandra Blinder is a finance professional, financial literacy coach, and community leader dedicated to fostering accessible financial knowledge in Winnipeg and beyond. With extensive experience in financial reporting and analysis, she has developed and implemented key financial models for the IT, insurance, and manufacturing industries in both Canada and Israel.

Passionate about financial empowerment, Alexandra has created and delivered Financial Literacy for Women seminars, equipping women with the knowledge and confidence to achieve their goals.

A dedicated community volunteer, Alexandra serves as a Board Member of the National Council of Jewish Women Canada - Winnipeg Section. She joined the FGWRC Board in 2023 as Treasurer and a member of the Finance Committee.

In recognition of her contributions, Alexandra received the Volunteer Manitoba Award for Spark Outstanding Pro Bono Consultant.

Outside of her professional and volunteer commitments, she loves traveling with her family and immersing herself in Manitoba's vibrant community life—embracing every season, including winter!

Sheila Yong, Board Member Committee - Community Relations

Sheila is an accomplished Interior Designer. She has successfully designed and managed a wide range of projects, from residential to retail to corporate and beyond. 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 in her last year as a 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.

Alexis Wenzowski, Board Member**Committee - Community Relations**

Alexis is the Director of Operations for Jewish Child and Family Service Winnipeg. Alexis has lived and worked in New York, Ontario, Saskatchewan, and Manitoba. She has a strong foundational background in politics, education, community engagement, relationship building, and non-profit leadership. She was delighted to join the FGWRC Board in June 2023, and currently sits on the Personnel Committee. She also sits on the Board of Directors for Spence Neighbourhood Association. In her spare time, she can be found antiquing or curled up with a good book.

Elaine Chan, Board Member**Committee - Policy**

Elaine is a lawyer in Olschewski Davie with a focus on corporate commercial, real estates, wills and estates and immigration. She was admitted to Solicitor, Hong Kong in 2004, called to Manitoba Bar in 2014 and has since holding a dual practicing status. Back in Hong Kong, Elaine had volunteered in numerous non-profits organization such as Hong Kong Association of Business and Professional Women, Hong Kong Federation of Women's Centre. After moving to Canada, Elaine has been volunteering in Canada Hong Kong Business Association, Royal Winnipeg Ballet etc. She joined the FGWRC Board in Fall 2023 as a member of the Policy 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, improve financial performance and provide support to major decision-making.

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