

ANNUAL REPORT



FGWRC
FORT GARRY WOMEN'S RESOURCE CENTRE

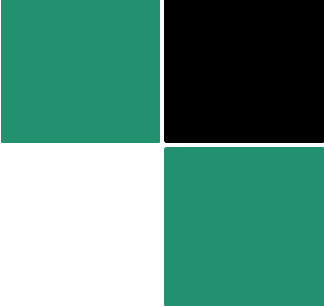
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Mission Statement

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.

Reports

Co-Chairs' Report

As we reflect on the 2025-2026 year at the Fort Garry Women's Resource Centre (FGWRC), we do so with a deep sense of gratitude, optimism, and pride. This past year was marked by important milestones that strengthened our ability to support women and families in our community while laying the groundwork for our future growth. Through the dedication of our staff, volunteers, board members, donors, and community partners, FGWRC continues to be a welcoming and responsive space where women can access support, build connections, and thrive.

Gratitude to Our Supporters

We remain profoundly grateful to the many individuals, organizations, funders, and community partners whose generosity makes our work possible. Their continued investment in FGWRC enables us to respond to the evolving needs of women and families throughout South Winnipeg and beyond.

We were pleased to continue to receive core funding through the Gender-Based Violence Prevention Program and to receive increases in funding through United Way. Funding through the For Every Family Initiative increased from \$60,000 to \$75,000 annually, while our core United Way funding increased from \$131,458 to \$134,087. These investments strengthen our capacity to deliver essential programs and services while supporting the long-term sustainability of the organization.

Grants and Special Funding

Throughout the year, FGWRC secured several grants that enhanced our programming and improved access to services for clients.

Notable grants included:

- **The Winnipeg Foundation:** \$20,000 to support community access to arts and culture activities, workshops, and outings through our outreach programs.
- **United Way Winnipeg:** \$10,000 to support food security initiatives, including emergency food support, healthy snacks for programming, and harvest delivery assistance.
- **United Way Essential Needs Grant:** \$1,620 to purchase new office chairs and enhance our workspace.

Reports

Co-Chairs' Report Cont'd

Notable grants continued:

- **Healthy Together Now Grant Extension:** Continued funding through summer 2025 to support yoga and wellness programming.

In addition, FGWRC proudly established an **Agency Endowment Fund through The Winnipeg Foundation**, an important step toward ensuring long-term financial sustainability and strengthening our ability to serve future generations.

Fundraising Highlights

Community support was more evident than ever this year, and we were inspired by the generosity shown through our fundraising initiatives.

A highlight of the year was our first gala-style fundraising event, **One Night, One Cause: Champagne & Charity**, held at the Caboto Centre. This memorable evening featured performances by Jade Turner and Red Moon Road, entertainment from Robo Portraits, and emcee Shawna Muldrew. The event raised more than **\$24,000** in support of FGWRC programs and services.

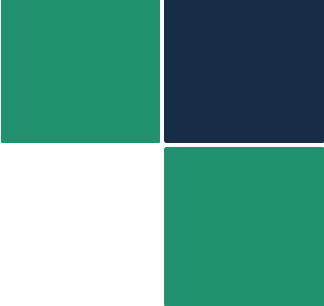
Building on that success, we hosted our second gala, **One Night, One Cause: Games & Glamour**, in June 2026. We look forward to sharing the results and impact of that event in next year's report.

Additional fundraising achievements included:

- Partnered with **Rumor's Restaurant & Comedy Club**, raising more than \$700.
- Continued participation in **One Great Lottery**, generating proceeds through monthly 50/50 campaigns.
- Launched FGWRC's first annual appeal campaigns in December and March, with the December campaign raising more than \$7,700.

These efforts not only raised valuable funds but also increased awareness of FGWRC's mission and impact throughout the community.

Reports



Co-Chairs' Report Cont'd

Donations and Community Partnerships

We are continually inspired by the businesses, organizations, and individuals who choose to support FGWRC.

This year, we were pleased to continue our partnership with **Colors Beauty & Wellness**, whose complimentary wash, cut, and style vouchers provide meaningful support and confidence-building opportunities for our clients.

Other notable partnerships and community contributions included:

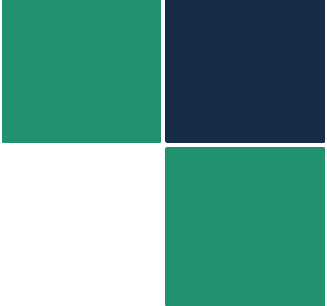
- Recognition as a nominee for the **Spirit of Winnipeg Award for Non-Profit Organizations** through the Winnipeg Chamber of Commerce.
- Support from **Cobs Bread's Doughnation Day**, which raised \$6,651 for FGWRC.
- A partnership with **Santa Lucia Pizza's Raising Dough Campaign**, which will continue through October 2026.
- Support from **Moda Yoga**, which donated proceeds from its Karma Yoga classes during October 2025.
- **Centennial Animal Hospital's Claws for a Cause** fundraising event.

Alongside these partnerships, we received numerous in-kind and financial donations from individuals, corporations, and community groups throughout the year. We are deeply grateful for every contribution.

Looking Ahead

This past year marked significant progress in our long-term vision for FGWRC. In partnership with **Parkka Fundraising**, we continued to advance the foundational work required for our future capital campaign. Together, we finalized our case for support, engaged community stakeholders, explored facility options, and developed preliminary project budgets.

Reports



Co-Chairs' Report Cont'd

Looking Ahead Continued

Through this process, we determined that renovating our current location represents the most strategic and impactful path forward. Enhancing our existing space will allow us to maximize our footprint, improve service delivery, and create additional space for community programming while remaining rooted in the community we serve.

As we prepare to begin conversations with major donors and grant funders, we are excited about the possibilities ahead. To support this important work, we also extended our Strategic Plan to 2028. This extension allows us to maintain momentum on key organizational priorities while dedicating the necessary focus and capacity to capital campaign planning and organizational growth.

As we close another successful year, we are proud of what we have achieved together and energized by what lies ahead. The Fort Garry Women's Resource Centre continues to grow, adapt, and respond to community needs because of the extraordinary dedication of our staff, volunteers, board members, donors, partners, and supporters.

Together, we are building a stronger future for women, children, and families in our community.

Respectfully submitted by Co-Chairs,

Gail Eckert
Melissa Dumontier



Policy Committee Report

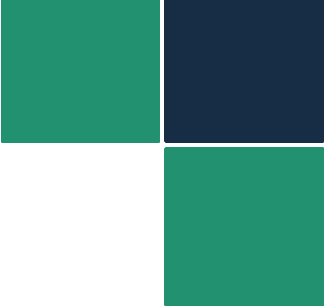
The Policy Committee continued to oversee the review and development of the Centre's policies and procedures throughout 2025–26, ensuring they remain current, compliant, and reflective of best practices.

Over the past year, the Committee completed reviews of the Centre's policy and procedure manuals, updating documents as needed to ensure alignment with current legislation, funding requirements, and organizational practices. This work helps ensure the Centre continues to operate effectively while supporting the safety, confidentiality, and well-being of the individuals we serve.

The Committee also continued its ongoing review of the Centre's financial policies and operational procedures to support strong governance and organizational accountability. The Policy Committee remains committed to maintaining a strong policy framework that supports the Centre's mission, staff, Board, and community. We look forward to continuing this important work in the coming year.

Submitted by:

Andrea (Staff), Elaine (Board)



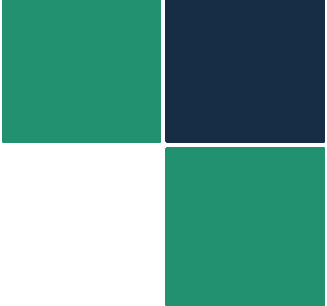
Personnel Committee Report

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

- Kate has returned from maternity leave.
- Shifted to a 2% increase on our salary scale steps, rather than \$0.50 a step - if our budget allows.
- 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 2025-2026 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 5th titled: One Night, One Cause: Champagne and Charity at the Caboto Centre. We had 116 guests!

Mini Fundraiser

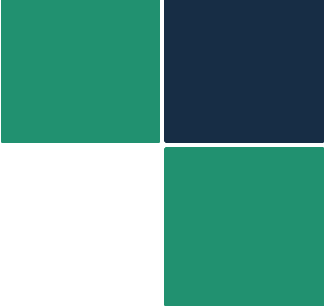
- We held a Rumours Comedy Club fundraiser November 27, 2025, and sold 46 tickets.

Amazon Wish List

Our Amazon wish list is always being updated for donors who prefer to purchase items for the Centre. The list includes items for our Children's Counselling Program, feminine hygiene products, self-care items, and non-perishable food items.

Other

- Gift Guide featured 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.
- We were chosen as a partner for Santa Lucia Pizza's Raising Dough campaign.



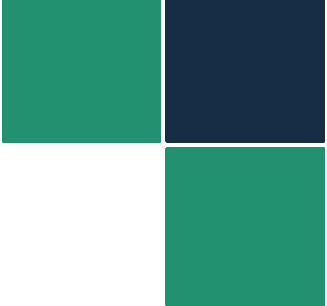
Community Relations Committee Report Continued

Other continued

- We are registered with Donate a Car Canada, so donors can donate their cars through that program and proceeds go to FGWRC.
- We were a charity affiliate partner listed for Kinsmen Jackpot Bingo and were also included in the Kinsmen Kin Kar raffle.
- Continued to be part of One Great Lottery.
- We did a Holiday appeal, asking for not only funds but also pyjamas.
- We did an International Women's Day Appeal.

Respectfully submitted by: The CRC Committee:

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 (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.
- The Committee meets regularly and reviews financial statements, bank reconciliations, source deductions, and other financial reports and presents them to the Board for consideration.
- The Centre has hired Balnc'd, as our bookkeeping company.
- We have set up a TD Waterhouse Stock account to accept stocks from donors.
- 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 2025/2026 fiscal year.

Respectfully submitted by the Finance Committee:

Rebecca (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). The Committee also oversees planning for the Annual General Meeting and coordinates the Centre's strategic planning process.

Over the past year, the Committee developed and implemented a Board Skills Matrix as part of the annual Board member check-in process. This initiative will help us better understand and engage the diverse skills, experience, and expertise of our current Board members, identify opportunities to better support and develop the Board, and highlight areas of focus for future recruitment.

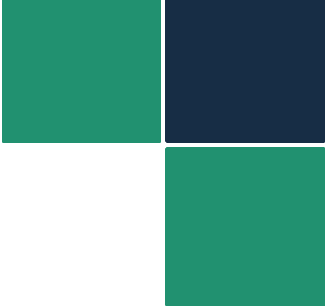
Board membership has remained stable throughout the year, allowing the Committee to shift its focus from recruitment to strengthening Board engagement and retention. We are pleased to present a full slate of Directors for election at this year's Annual General Meeting.

The Nominating Committee welcomes feedback from Board members throughout the year. All feedback is reviewed thoughtfully and considered as part of our ongoing efforts to strengthen Board governance and effectiveness.

We extend our sincere appreciation to our dedicated Board of Directors for their time, expertise, enthusiasm, and unwavering commitment to advancing the mission of the Fort Garry Women's Resource Centre.

Respectfully submitted by the Nominating Committee;

Gail E
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:

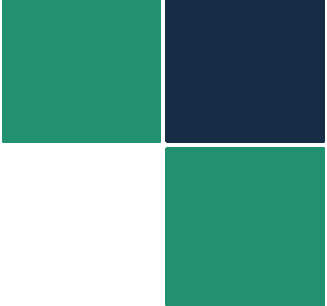
Counselling/Outreach

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.



Objectives of Core Programs Continued

Public Education

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

Children's Counselling

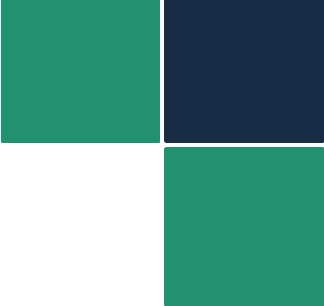
This program is to provide counselling to children who have witnessed and/or experienced domestic violence. By assessing the most appropriate type of intervention for each child and providing support to families they begin healing from the effects of domestic violence and break the cycle of violence.



Counselling Program Report

Fort Garry Women's Resource Centre Counselling Program continues to provide free counselling services to women through long-term counselling (up to nine months), brief focused counselling, and follow-up appointments after counselling has ended.

- The women accessing our counselling program continue to experience a wide range of complex and often interconnected challenges. These include mental health concerns such as anxiety, depression, panic, and borderline personality disorder, as well as the impacts of trauma, intimate partner violence, childhood abuse, parenting, self-esteem, poverty, food and housing insecurity, and learning healthy coping and self-care skills. Every woman comes to us with her own experiences and goals, and our counsellors work alongside each client to provide support that meets her individual needs.
- To make our services as accessible as possible, clients continue to have the choice of meeting with their counsellor in person, virtually, or by telephone. This flexibility helps reduce barriers and allows women to access support in the way that works best for them.
- Our counsellors continue to maintain full caseloads, with brief focused counselling sessions offered as space becomes available.
- Counsellors also continue to offer follow-up appointments after clients have completed the ongoing counselling program, recognizing that additional support can be valuable as women continue moving forward.
- During the 2025–2026 fiscal year, our counselling team provided 3,423 counselling sessions and welcomed 213 new clients into the program.
- Over the past year, we have noticed an increase in the number of clients requesting appointments during their workday. Offering different appointment formats has helped many women continue accessing counselling while balancing work, family, and other responsibilities.

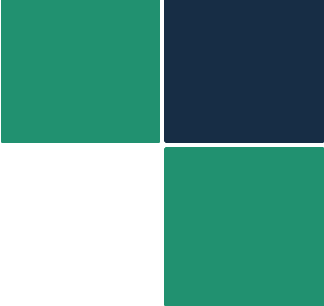


Counselling Program Report Continued

- Our counselling waitlist has remained steady at approximately 12 months, reflecting the ongoing need for accessible, long-term counselling services in our community.
- Counselling staff continue to participate in professional development and specialized training to ensure they are providing informed, responsive, and trauma-informed care.
- Client feedback continues to remind us why this work matters. Women tell us they feel safe, welcomed, and listened to at FGWRC. They report improvements in their mental health, increased confidence, healthier relationships, and a greater ability to support both themselves and their children. These outcomes speak to the lasting impact that accessible counselling can have, not only for the women we serve, but for their families as well.

Respectfully submitted by the Counselling Team:

Sabina, Kim, Erin, Andrea, Rebecca, Kate and Shileen



Outreach Report

Programs and Services:

- We offered one-time counselling, various workshops, crafts and events.
- We continued to offer a weekly Drop-In each Tuesday, where women can talk to staff and other women, do crafts, colour, play games, use the computers and printer, get resources, watch a movie and get information and referrals.
- Drop-in has remained consistently busy with more women attending each week.
- 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:

- Spring painting
- Affirmation magnets
- Cookie decorating
- Youtube Paint
- Diamond Art
- Walk and Talks
- Leaf painting
- Inchie art
- Holiday Diamond Art
- Candle Painting
- Glassware painting
- Mitten button art
- Book Club

Special Events:

Throughout the year we offered special events including Pumpkin Carving for Halloween and Mini manicures.

We also had successful outings to MTC, Crock-a-doodle, Landmark Cinema and to Assiniboine Park Zoo.

*Respectfully submitted by the Outreach Team:
Kate (Staff), Rebecca (Staff) and Shileen (Staff)*

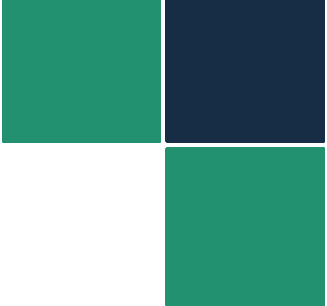


Child Counselling Report

FGWRC's Children's Counselling Program (CCP) provides free, trauma-informed individual counselling for children aged 4–12 who have witnessed and/or experienced family violence. Our goal is to help children process their experiences, build healthy coping skills, strengthen resilience, and support their emotional well-being in a safe environment.

- Throughout the year, our Children's Counsellor continued to offer daytime, evening, and weekend appointments to improve accessibility for families. Our Children's Counselling Coordinator maintained the program waitlist, completed intakes, and provided short-term parent support counselling sessions, helping mothers and female caregivers better understand and respond to their children's needs.
- We also continued offering one-time follow-up appointments for former clients, recognizing that families may benefit from additional support as new challenges arise. These sessions provided an opportunity to reinforce coping strategies, address emerging concerns, and reconnect families with resources when needed.
- Demand for the Children's Counselling Program remains high, reflecting the ongoing need for accessible, no-cost mental health supports for children in Winnipeg. The limited availability of free child counselling services across the city continues to contribute to steady wait times, highlighting the importance of expanding community-based supports for children and families affected by violence.
- During the past fiscal year, 191 counselling sessions were provided. Children accessed support for a wide range of concerns, including anxiety, anger, grief, parental separation, communication challenges, body image, self-harm, emotional regulation, coping skills, and safety planning. Children were given opportunities to express their feelings, develop resilience, strengthen their confidence, and build practical tools to navigate difficult experiences.
- Every child who accesses our program demonstrates remarkable courage and resilience. It is a privilege to walk alongside children and their caregivers as they heal, grow, and move toward healthier, safer futures.

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



Information & Referral and Public Education Report

Information and Referral

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 5,849 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-published brochures covering resources on education, financial + food, housing, employment, legal, advocacy, grief, mindfulness-based coping, coping + self-care and community organizations accepting donations.
- Maintained a fully operational 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

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 dedicated community volunteers who generously share their knowledge, lived experience, and professional expertise to deliver engaging and informative workshops.
 - We continue to strengthen and broaden our community of public education facilitators to ensure workshops remain diverse, inclusive, and meaningful learning opportunities for participants.
 - This year, we hosted 170 monthly public education workshops and events, reaching over 1,712 participants virtually and in person.
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Information & Referral and Public Education Cont'd

Public Education Program Continued

- Offered a wide variety of workshops reflecting the needs and interests of the community, providing learning, skill-building, wellness, and connection, including:

Health & Wellness

- Understanding Dementia, Heart Health, Spin Class, Modern Dance, Assiniboine Forest Nature Walk, Yoga in the Park, Perimenopause, Fall Wellness, Body Awareness, Holiday Wellness, Sleep Health

Mental Health & Personal Growth

- Mindful Meditation, Reset the Moment, Making Peace with Anger, Tapping In, Refined and Redesigned, Seasonal Affective Disorder, Reiki, Understanding Your Personal Energy, Self-Compassion

Family & Legal Support

- Know Your Rights, Employment Law, Maintenance Enforcement and Supervised Parenting

Life Skills & Practical Learning

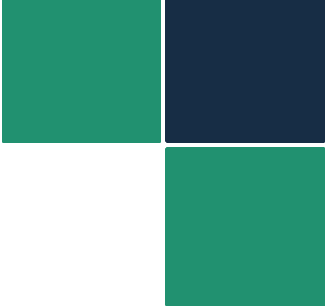
- Seed Starting, Virtual Cook and Learn with Manitoba Chicken, Garden Tour, New Winnipeg Transit Bus System, Aromatherapy, Decluttering

Creative Expression & Connection

- Talking Music with Manitoba Chamber Orchestra, Intentions Accordion Journals, Journalling, Tarot and Flame Readings

Other Notable Activities:

- Maintained FGWRC membership at a steady level of approximately 45 members
- Offered a Gentle Flow Yoga session and a special Headshot Portrait Day for Mental Health Awareness Week.
- Participated in our Domestic Violence Awareness Tree and Light Project at the Centre.
- Offered the following workshops in honour of Domestic Violence Month in November: Journalling for Wellness and Sound Healing + Tapping.
- Commemorated the 16 Days of Activism Against Gender-Based Violence with a Holiday Food Drive – Connecting with local businesses to become collection food hubs.



Information & Referral and Public Education Cont'd

Other Notable Activities Continued

- Offered a summer workshop series on self-care fun.
- Participated in Truth and Reconciliation/Orange Shirt Day
- Recognized International Women's Day by hosting an Unleashing Your Inner Superpower Workshop and Wellbeing that Works sessions.
- Continued to offer family law workshops and clinics – added a new Family Separation Coaching partnership with Mediation services through our Canadian Family Justice Funding.

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.

Participant Voices

"This was my first time visiting Fort Garry Women's Resource Centre, and I was amazed by the number of resources and supports available. It is comforting to know there is a place like this in our community."

"I was so impressed by the welcoming environment and the care that goes into every detail. The Centre offers women a truly dignified space to learn, connect, and access support."

"This workshop gave me knowledge, perspective, and confidence. I left feeling empowered, hopeful, and better equipped to navigate challenges I had been facing."

"The facilitator shared both lived experience and practical information in a way that was thoughtful, relatable, and inspiring. I appreciated learning alongside others in such a supportive environment."

Information & Referral and Public Education Cont'd

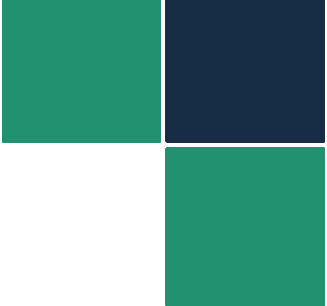
More Participant Voices

"I loved how interactive the workshop was. It wasn't just a presentation—it was a conversation where everyone felt encouraged to participate, ask questions, and share their experiences."

"This free workshop allowed me to explore a topic I had been curious about for a long time without the financial barrier. It was insightful, welcoming, and gave me the confidence to continue learning and explore additional services."

"Every question was answered with care and clarity. I felt heard, respected, and genuinely supported throughout the workshop."

Respectfully submitted by:
Luanne (Staff) & Colleen (Staff)

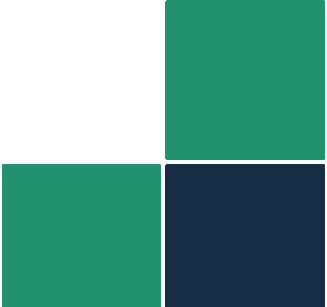


Communications Report

Fort Garry Women's Resource Centre continues to receive positive recognition across both media and community platforms. This ongoing visibility reflects the impact of our work and helps raise awareness of the vital programs, services, and supports we provide to women, gender-diverse people and families in our community.

We are grateful to our community partners and supporters whose continued collaboration and advocacy help amplify our mission. Together, we are strengthening connections, expanding access to resources, and ensuring more people know where to turn for support, hope, and opportunity.

Some Highlights Include:

- Continued networking with community and media contacts to increase awareness of the Centre, including advertising in the Winnipeg Free Press, CityTV, Manitoba Hydro Energy Matters, Winnipeg Transit Community Relations Bus and more.
 - Hosted informational tables and spoke at: Clinic Hummingbird Program, Women's Correctional Centre Resource Fair, New Flyer Mental Health Fair, Sara Riel's Mental Health Expo, Reh-Fit Centre's Community Health Fair and participated in the United Way Speaker's Bureau delivering presentations at: Johnson Group, Richardson Wealth Group, Public Safety Canada, CWB Leasing and the Department of Fisheries.
 - Participated in community initiatives and events such as the United Way of Winnipeg Plane Pull and Annual Celebration, Manitoba Association of Women's Shelters Gender-Based Violence Symposium, etc. and numerous community consultations regarding our current space.
 - Maintained current and engaging digital content across our website, social media, and e-news:
 - Website: 25,000 sessions, 19,000 users
 - Facebook: 2,900 followers
 - Instagram: 2,600 followers
 - LinkedIn: 800 followers
 - Mailing List: 1,600 subscribers
 - Offered a social media summer self-care challenge
 - Participated in Year-End and International Women's Day Giving campaigns.
 - Continued to expand our Mental Health Virtual Learning Library
- 

Communications Report

Highlights Cont'd

- Supported a variety of fundraising and community partnership initiatives by developing promotional graphics and communications for campaigns including One Great Lottery, Santa Lucia Raising Dough Pizza, COBS Doughnation Day, Moda Yoga Karma Classes, Qualico Act of Kindness, Centennial Animal Hospital, Manitoba Chamber Orchestra ticket and Listening Club programs, Manitoba Opera Open Access Program, TARO Group movie tickets, etc.



One Night, One Cause – Champagne & Charity gala promotion on the Winnipeg Transit Community Relations Bus advertising campaign, May 2025

Communications Report

Highlights Cont'd

We may also trim trees. We contract this work to qualified utility arborists. Trees are trimmed and pruned around power lines rather than removing whole trees in urban areas.

However, trees may need to be fully removed based on the species, location, and potential hazard it poses to the power line.

In general, trees on your property are your responsibility. You should hire a qualified arborist to keep them away from power lines. If vegetation is causing or may soon cause a safety hazard or an outage, our crews may enter properties to do this work.



Fort Garry Women's Resource Centre (FGWRC) supports women, gender diverse individuals, and children through free counselling, workshops, referrals, and outreach programs. We are currently seeking non-perishable food donations or cash contributions to support those in need.

For more information, call **(204) 477-1123** or visit <https://fgwrc.ca>.

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Feature from a Manitoba Hydro insert



FGWRC Staff

Andrea Children's counselling Program & Organizational Coordinator / Counsellor

Colleen Public Education & Communications Coordinator

Erin Counsellor

Kim Counsellor

Sabina Counsellor

Shileen Intake / Outreach Coordinator

Rebecca Children's Program Counsellor

Luanne Reception

Kate Outreach and Workshop Coordinator



Presentation of the FGWRC Board of Directors

2026 - 2027 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.

Melissa Dumontier (Co-Chair, 2nd term: 2025 - 2027)

Gail Eckert (Co-Chair, 2nd term: 2025 - 2027)

Alexandra Blinder (Treasurer, 2nd term: 2025 - 2027)

Shannon Wang (Board Member, 2nd term: 2025 - 2027)

Sheila Yong (Board Member, 2nd term: 2025 - 2027)

Julia Mann (Board Member, 2nd term: 2025 - 2027)

Elaine Chan (Board Member, 2nd term: 2025 - 2027)

2026 / 2027 FGWRC Board Nominees

Melissa Dumontier, Co-Chair *Committee - Personnel*

Melissa is the Senior Leader of Team Development (HR) at Princess Auto 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.

Gail Eckert, Co-Chair *Committee – Nominating*

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 has served as a member of the Community Relations Committee and is currently serving as a member of the Nominating Committee.

Alexandra Blinder, Treasurer *Committee - Finance*

Alexandra Blinder is a finance professional, financial literacy coach, and community leader with more than 10 years of experience in financial management, financial reporting, FP&A, and data-driven decision-making across Canada and Israel. Her professional experience spans the insurance, manufacturing, technology, and nonprofit sectors, where she has developed financial models and processes that support informed decision-making and organizational effectiveness.

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

Alexandra serves on the Board of the National Council of Jewish Women Canada – Winnipeg Section and joined the Fort Garry Women's Resource Centre Board in 2023. As Treasurer and a member of the Finance Committee, she brings her financial expertise to support strong financial stewardship, accountability, and sustainability.

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

Outside of work and volunteering, she enjoys traveling with her family and embracing Manitoba's vibrant community life and every season—including winter!

2025 / 2026 FGWRC Board Nominees

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 a criminal defence lawyer in Winnipeg. Julia has always been passionate about helping those in need and spent four years working at Legal Aid Manitoba before she began practicing privately. In her spare time Julia enjoys fostering puppies through local animal shelters and volunteering at legal clinics. Julia has been on the FGWRC board since 2023 and sits on the Community Relations Committee.

Elaine Chan, Board Member *Committee – Policy*

Elaine is a lawyer in Olschewski Davie with a focus on corporate commercial, real estate, 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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Thank you to all of our wonderful donors, sponsors, volunteers, staff and board who have supported the Centre in the 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.