



YOU

**Change Lives,
Communities,
and Systems**

Thanks to you, women, girls, and gender-diverse people receive the support they need to not only survive, but to thrive.

Between April 2021 and March 2022, you supported more than 500 programs that address gender-based violence and poverty and empower participants with confidence and leadership skills to move forward.

These programs go above and beyond to serve their unique communities - particularly in times of crisis.

Your support also enabled our Grantee Partners to share best practices, improve outcomes, and strategize for systemic change.

OUT OF VIOLENCE

Together, we can break the cycle of violence - now and for future generations.

You support programs that offer the services survivors need to rebuild their lives - emergency shelter, sexual assault crisis support, child witness to violence programs - as well as programs that prevent violence.

- ▶ **Teen Healthy Relationship** programs enable young people of all genders to learn about dating violence, sexual assault, and how to build safe, healthy, and equal relationships.
- ▶ **Rebuilding Lives** programs help survivors find safe housing, sexual violence support, counselling, and legal support, as well as help children heal from witnessing violence.

Program Spotlight: The Art of Rebuilding One's Life, La Maison Marguerite de Montréal, Québec

This art therapy program empowers shelter residents with creative tools and collective action strategies to help them process their experiences of violence and reclaim their place in society.

"I have really benefited from the serene environment where I have been shown how to manage my anxiety with different activities. Some of the activities that help me have been gardening, a vision board I am making, working with clay, and painting. I have learned that there is no right way to do things, it is what I feel that is right. This has been very empowering for me."

- Program participant



Images: From The Art of Rebuilding One's Life



Program Spotlight: Establishing Community Partnerships for a Victim Advocate Program, Sexual Violence New Brunswick

Only six per cent of sexual assaults are reported to police in Canada, often because survivors don't feel they'll be believed or served by the justice system. This project aims to support survivors of sexual violence throughout the justice process, by strengthening partnerships with services including police, government victim service providers, and other community agencies.

"Without the support of [the victim advocate], I would have quit this process months ago. With [their] help I was able to go through a trial and still live my life. I was able to see that there is more to my recovery than seeing [the abuser] in prison, that this is about me and my mental health, not him."

- Program participant

Program Spotlight: The Way Out Work Therapy Program, Castlegar and District Community Services Society, Castlegar, British Columbia

For those rebuilding their lives after trauma or abuse, many psychological and systemic barriers stand in the way of finding stable work. This work-reintegration program helps participants develop strategies for adapting to new work placements, boosting their confidence and independence in a therapeutic environment. A staff member shared how a single mother in the program started out "working through a very challenging historical trauma, as well as fighting the cycle of poverty." After gaining workplace experience through the program, the program participant has since secured stable housing and work. "She has also now volunteered with our agency as she feels the need to give back," the staff member said.

Program Spotlight: UPstanders Against Violence, Prince George Sexual Assault Centre, British Columbia

Only one in five people in Canada are very confident they would know what to say to someone experiencing physical, sexual, or emotional abuse. UPstanders Against Violence is equipping teens with the knowledge and skills to help recognize and prevent gender-based violence.

"I really enjoyed the program and learned a lot. I was able to advocate for myself in the face of gender-based violence. With my new skills I was able to teach my friends and family about the effects of violence in relationships ... I feel much more confident moving forward in my ability to self-advocate and understand my peers when they come to me with problems. The things I learned in this program should be taught to everyone in school as I learned so much!"

- Program participant



OUT OF POVERTY

Together, we are supporting diverse women's journeys toward financial stability, and breaking down barriers to workforce entry and advancement. The programs you help fund:

- ▶ **Offer wrap-around support** to maximize participants' ability to participate and succeed
- ▶ **Enable participants to access lucrative sectors** including technology, construction, carpentry, electrical, and auto mechanics
- ▶ **Empower participants** to launch and strengthen their own businesses
- ▶ **Offer work experience opportunities** in social purpose enterprises run by non-profit organizations

Through the **Investment Readiness Program**, we also support Social Purpose Organizations (SPOs) spearheaded by and for diverse women and Two Spirit, trans, and non-binary people. SPOs advance social, cultural, or environmental missions at the same time they receive financial returns, part or all of which are reinvested in their socially oriented missions. It's a model that can help gender justice organizations both fund and boost the change they create. In all, 69 organizations are SPO Investees through this program - 80 per cent of which are led by the communities they serve.

Program Spotlight: EntrepreNorth, MakeWay

EntrepreNorth supports entrepreneurs in the Northwest Territories, Yukon, and Nunavut who are working to overcome barriers to business growth. The program supports Indigenous-focused businesses that strengthen Northern ways of life and honour cultural ways of knowing, being, and doing.

"I left the program with so much more confidence than I had when I started. That was a huge part of my healing journey as an Indigenous woman going into business. I now know that I'm in the right place doing the right things, and that I'm providing a sense of empowerment to women who wear my work."

- Program participant Vashti Etzel (right)



Photography: Brooke Martel

Program Spotlight: Women Unlimited, Nova Scotia

This program supports diverse women to build careers in lucrative trades and technology fields. Throughout participants' journeys toward employment and certification, the program provides supports to address the barriers women face. The organization also works to build more inclusive learning and workplace cultures in the skilled trades.

"Being a single mom who has only held customer service jobs I knew that I couldn't continue living the rest of my life like this. I wanted better for myself, and my kids deserved better ... When you are told all your life that trades are not for women, an internal fire gets lit to prove those people wrong. The Women Unlimited Career Exploration Program helped me figure things out. Supporting me with childcare and transportation helped alleviate the financial burden so I could focus on my time and learning in the program ... My confidence and capabilities are improved, and I am happy that I made the choice to make a change!"

- Program participant



Image: President & CEO Karen Ramchuk (right) and Grace Rodgers of WINS

Program Spotlight: The Women in Need Society of Calgary (WINS), Alberta

WINS runs thrift shops and community resource hubs to help women and their families on their journeys toward self-sufficiency. The revenue they generate from their social enterprises helps fund critical programs and services. Their Investment Readiness Program funding allowed them to expand into e-commerce with a subscription service delivering to customers' doors. The return on this investment is big - donations have broadened, their operating income is more sustained, and they're well-positioned for more social finance investment. And this increased revenue means more support for vulnerable women facing crisis.



INTO CONFIDENCE

Thanks to you, the Girls' Fund enables programs to support girls and gender-diverse young people at a critical time in their lives, when confidence tends to drop. Through activities that build confidence, connection, community spirit, and leadership skills, participants emerge better equipped to deal with life's challenges.

Girls' Fund programs offer:

- ▶ STEM education
- ▶ Sports and physical activity
- ▶ Media literacy
- ▶ Indigenous culture and connection
- ▶ Mentorship and leadership

Program Spotlight: HERd Zine League, LUSO Community Services, London, Ontario

In the HERd Zine League, girls develop media literacy skills and learn to think critically about how commercial media promotes gender stereotypes. Girls also learn how to use zines and other media to promote positive, empowering images and messages. "One of our HERd Zine League participants was new to both Canada and the London area," said Mariah Ford, youth support worker at LUSO Community Services. "With the school year being mainly virtual, she was having difficulty meeting friends.... Halfway through the program, her mother phoned to thank us for running it because it was the first time that her daughter talked about new friends. The mother reported that her daughter's self-esteem, confidence, overall mood, and mental health had greatly improved since the beginning of our program. This participant was incredibly artistic and creative, and it was so wonderful to see her come out of her shell and share her art with the group - she even helped some of the other participants with different art techniques that they could incorporate into their zines."

Images: From HERd Zine League



Program Spotlight: ʔiʔiʔatukwitasin (“Steer the Canoe in the Right Direction”), Huu-ay-aht First Nation, British Columbia

This program helps girls to develop meaningful relationships with themselves and others, while strengthening cultural identity and mental health. Through weekly sessions, mentoring and retreats, young Huu-ay-aht women connect with one another, their traditional lands and culture.

“Inclusion, family connections and time to have fun together was so important to the participants, during a time when social interactions were limited to households and girls were lonely and disconnected,” said a staff member. “Sending packages and providing online space to be together gave the message that they belonged to the Nation, were connected to family, and that they mattered.”

“For many of the girls, the program provided an opportunity to participate in some cultural activities for the first time! For example, many girls had never stripped cedar bark, harvested the Devil’s Club plant or seafood, or paddled the Klee-Klee-Ha canoe.”



Images: From GirlSpace

Program Spotlight: GirlSpace, YWCA NWT, Yellowknife, Northwest Territories

Girls build self-esteem and leadership skills while learning about the root causes of gender-based violence. Having a safe place to learn and grow and make friends is important, especially for those who may feel more isolated. A program participant who is transgender told the group, “It has always been my dream to be a part of a girls-only group, and that dream has come true.”



INTO LEADERSHIP

Your support enables inclusive, community-grounded leadership for gender justice and strengthens the leadership capacity of women, girls, and gender-diverse people.

- ▶ You enable grantee partners to design and/or deliver programs by participants, for participants, and provide leadership and mentorship opportunities.
- ▶ You enable feminist research and platforms and systemic change efforts.
- ▶ Your support offers opportunities for professional development, training, and best-practice development for gender justice leaders and service providers.

In Good Company partnership for workplace advancement and diversity

This collaboration between business leaders, the Foundation, YWCA Canada, Plan International Canada, and Catalyst Canada aims to break the barriers women and gender-diverse people face at work - especially in workplaces where women are under-represented - and promotes diversity, equity, and inclusion solutions. Learn more: igcompany.ca



Landsberg Award to lift leaders in feminist journalism

Excellent journalism exposes gender gaps and catalyzes systemic change. This year's Landsberg Award, co-presented by the Canadian Women's Foundation and the Canadian Journalism Foundation, went to freelance journalist Christina Frangou (left) for her stories revealing discrimination in Canada's medical and legal systems.

Building the Field of Teen Healthy Relationships

This collective action initiative brings together young people, community programs, academics, policy-makers, and funders to share successes and challenges and strategize the future of teen healthy relationships programming. Regional hubs - for Quebec, the Atlantic provinces, and First Nations, Métis, and Inuit communities - focus on strategies tailored to young people in their areas.

Youth Advisory Committee

These young gender justice leaders aged 15 to 29 from all over Canada bring important perspectives to the Foundation's governance, operations, strategies, and planning.

WE HOSTED WEBINARS FOR GRANTEE PARTNERS ON: Decolonization and Indigenizing practices, pandemic impacts on communities and service provision, meeting needs of refugee women, supporting 2SLGBTQI+ communities, disability justice, sexual violence and young people, fundraising for collective action, and social finance for non-profits.

WE SUPPORTED GRANTEE-DRIVEN COMMUNITIES OF PRACTICE ON: Gender-based violence, teen healthy relationships, women's economic development, social finance for nonprofits to grow revenue and achieve impact, and empowering girls and gender-diverse youth.



Program Spotlight: Digital Skills at Long Lake 58, Ontario

In this First Nation-led economic development program, participants learn skills that pave the way toward employment. And the impact ripples out: “A star participant has continued as a mentor this year,” says a program staff member, “while also working on her own jewellery business. At the same time, she also runs our Internet café and supports the instructor as the lead/mentor during classes.”

Program Spotlight: End Violence Against Women Renfrew County, Ontario

With funding from the Foundation, End Violence Against Women Renfrew County led community consultations to add residents’ voices into the inquest into the 2015 triple femicide of Carol Culleton, Anastasia Kuzyk, and Nathalie Warmerdam. This community involvement contributed to one of the inquest jury’s key recommendations: that the Ontario government formally declare intimate partner violence an epidemic. This and 85 other recommendations were made to prevent future incidents of femicide.



NORTHERN STRATEGY

Indigenizing grantmaking for gender justice in the North

Northern communities face unique challenges and work in unique ways to address them. Indigenous gender justice leaders in the region are best positioned to lead the way toward solutions. They are the catalysts for sustainable and healthy futures.

The Canadian Womens' Foundation is honoured to partner with MakeWay Foundation on a Northern Strategy, guided by the Northern Women and Girls Advisory Committee with representatives from Yukon, Northwest Territories, Nunavut, Nunavik, and Nunatsiavut. This committee is built on relationships that enable the Canadian Women's Foundation to grant towards these excellent initiatives:

- ▶ **The Northern Birthwork Collective** offers Indigenous doula training, aiming to increase the number of doulas in the region and revitalize traditional birth practices.
- ▶ **The Akpaliapik Program of Ilitaqsiniq** helps girls age 9 to 13 in Rankin Inlet gain culturally-grounded life skills and mentorship opportunities.
- ▶ **The Messy Book Program** of Arctic Rose Foundation, which benefits girls and young people aged 12 to 19, is expanding its reach through after-school programs in North Qikiqtaaluk, Arctic Bay, and Pond Inlet.
- ▶ **The Kitikmeot Heritage Society** offers a program for women and girls to learn the sewing and skin-preparation techniques to make a traditional Kalikuk parka, while fostering self-care and community connection.



Image: Participants in the Kitikmeot Heritage Society program wear their finished traditional Kalikuk parkas



Image: Gathering of knowledge keepers who advise development of Indigenous Birthwork Training at Northern Birthwork Collective

- ▶ The Ilitaqsiniq – Nunavut Literacy Council’s **Ajuungi Anaanas pilot program** in Rankin Inlet empowers diverse mothers with parenting skills, connecting them with role models, mentors, and community resources. It is grounded in traditional Inuit principles and values.
- ▶ **Northern Youth Leadership**, based in Yellowknife, empowers a generation of courageous young Northern leaders through camps that inspire confidence, cultivate independence, and instill healthy relationships and lifestyle behaviours.
- ▶ **Umingmak Child and Youth Support Centre** in Iqaluit supports children and young people who have experienced abuse through land-based education like dog teaming, sewing warm clothing, berry picking, and clam digging.
- ▶ **Baker Lake Prenatal Nutrition Project** improves nutrition of expectant mothers and babies through nutrition education and practical hands-on cooking classes using traditional foods and basic store-bought ingredients.

Granting focus identified by Northern Advisory Committee:

- Uplift women’s contemporary roles and responsibilities in family and community, often through the reclamation of Indigenous culture and tradition.
- Empower programming led by Indigenous health and wellness institutions and increase cultural competency within public health and wellness institutions.
- Centre and reconcile gender relationships in family and community as a pathway to end violence.
- Expand culturally appropriate, community-driven, and secure childcare services to reduce barriers to northern Indigenous women’s economic independence.

