

25

2015 / 2016
**ANNUAL
REPORT**



women's
health clinic

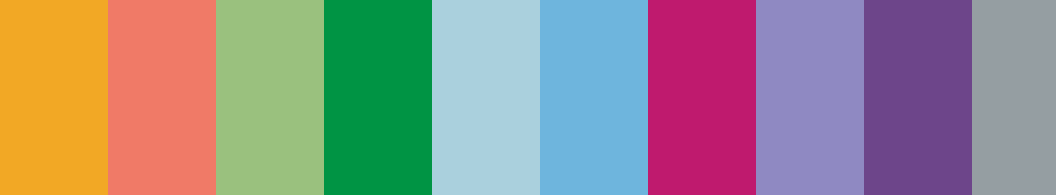
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Message from Chair of the WHC Board

I have been a volunteer with Women's Health Clinic (WHC) on and off for many years. Six years ago, I joined the Board of Directors for the second time and have had the privilege of chairing the Board since September, 2015.

The Board is a group of strong, feminist women who bring a wealth of skills and experience to the work. I want to thank them for the gift of their time, their expertise and their passion for women's health.

When I joined WHC in 2010 we had been experiencing a period of rapid growth. With the addition of the abortion program in 2006, the Provincial Eating Disorders Prevention and Recovery Program in 2009 and the opening of the first Manitoba Birth Centre in 2011, WHC had essentially doubled in size in 5 years.

To respond to that rapid growth, we invested 4 years in building our leadership, both Board and staff, and increasing capacity in governance, financial and human resource management and quality and evaluation.

Having done that hard work, we were ready in 2015 to set an exciting and ambitious new path forward for the organization. After consulting with clients, volunteers, staff and community partners, we refreshed the organizational vision, mission and values and approved a new Strategic Plan with five (5) broad goals for 2016-21.

We will enhance and improve services, in Winnipeg and beyond, invest in advocacy for system change, and build a healthier and more financially resilient organization. The work has begun and we are moving forward with confidence and anticipation.

2016 is WHC's 35th Anniversary year and we are planning a party!! Please join the Board, staff and volunteers for a big celebration on September 23, 2016.

On behalf of the Board, I want to thank the nearly 200 staff and volunteers who come to work every day and go the extra mile for the clients of WHC.

They are our greatest asset and the heart and soul of our work.

Laurelle Harris, Board Chair



Message from the Executive Director

I am pleased to add a few words to the Annual Report of Women's Health Clinic for 2016, our 35th anniversary year.

As I thought about what I would say, the expression "The more things change, the more they stay the same" seemed an apt description of WHC. That statement is sometimes used as a criticism. Not so at Women's Health Clinic. For 35 years, we have steadfastly pursued a feminist core philosophy and values that have consistently included concepts like choice, diversity and social justice.

From the early days of the *Pregnancy Information Service* to today's health services and Birth Control & Unplanned Pregnancy Program, we have been educating folks about their sexual and reproductive health and supporting and facilitating their choices. A feminist approach to mothering has entailed meeting moms where they are and taking a non-judgmental and strength based perspective in providing prenatal and postpartum support. Respectful approaches to weight and body image have been a focus across all of our programs for decades.

Although we never waver from these core ideas, our service delivery has adapted and evolved over time to meet emerging and changing needs. In this fiscal year, that has resulted in the introduction of SHiFT, a training program and toolkit for organizations to deliver their own in-house sexual and reproductive health education - with our ongoing support. We also embarked on a new adventure with École Seven Oaks Middle School this year, working with students, parents, teachers and administrators to transform an entire school community into one that respects bodies of all shapes and sizes. The methodology changes; the essence does not!

Annual Reports tend to focus on accomplishments in programs and services and I want to thank the staff and volunteer service providers who make those things happen every day. I also want to express my gratitude to the many folks who work behind the scenes to keep the buildings open, the bills paid and the supplies on the shelves. Without them, the rest is just not possible.

At WHC we respect each other, work hard and laugh often. It doesn't get much better than that.

Joan Dawkins, Executive Director

1565 abortion procedures // approx. 400 IUD's inserted //
1373 counselling appointments through our BCUPP program //

Medical Services Teen Health Services Abortion Program



Our Medical Director was filmed for a South Korean documentary on menopause.

The Medical Program and Abortion Services are two pillars of service at WHC, and we continue to deliver client-centred care.

We provide reproductive health care, primary care and help for individuals struggling with women's health issues - like our pelvic pain program that continues to grow.

We are leaders in sexual and reproductive health.

We train family practice residents and Nurse Practitioner students.

We are seeing increasing demand for services at our Vincent Massey Teen Clinic, and we continue to respond to the needs of teens at both locations (VMW & Graham).

Birth Control & Unplanned Pregnancy Program (BCUPP)



BCUPP volunteers are the heart of WHC.

This is the work WHC was born to do.

The BCUPP program has been at the core of WHC since day one.

The philosophy and feminism that is at the heart of the program is inextricably linked with everything we do at Women's Health Clinic.

There will always be a need for balanced, non-judgmental birth control and pregnancy information.

The BCUPP program is a valued part of our past, and the work will continue for the next 35 years and beyond.

MEDICAL
SERVICES // TEEN
HEALTH SERVICES
// ABORTION
PROGRAM
// BCUPP

We are proudly pro-choice.

The need for unbiased and non-judgmental birth control and unplanned pregnancy information started from the *Pregnancy Information Service* over 35 years ago.

We continue to advocate for the ability to access confidential services and make informed choices.

Our BCUPP program continues to contribute to the careers and feminism of hundreds of women who start out as BCUPP volunteers.

MATERNAL
HEALTH &
WELLNESS //
BIRTH CENTRE

We support parents
and families.

We provide free educational workshops and groups, and offer choice in birth location with the Birth Centre.



**We continue to offer one of the only
free prenatal classes in Winnipeg.**

Maternal Health & Wellness



Our Coping with Change resource

We have been supporting mothers in perinatal emotional adjustments since 1989.

We have a strong partnership with the provincial Healthy Baby Program, and facilitate five healthy baby sites.

We work closely with regional health authorities and community organizations to increase access to the Coping with Change - postnatal support program.

In 2015, 20 000 copies of our updated bilingual *Coping with Change* resource were made available throughout Manitoba.

The Birth Centre



Veronica with baby Levi born at the Birth Centre

We are passionate about midwifery and choice in birth.

Women's Health Clinic co-wrote the original proposal for the Birth Centre, and we have been a strong supporter of midwifery since before the profession was regulated in 2000.

Since the Birth Centre opened, in December 2011, we have worked with the WRHA Midwifery Program continue to provide choice in place of birth for clients.

We continue to grow into a hub for maternal health and wellness.

The Birth Centre recently became the first Manitoba Breast Milk Drop Site for NorthernStar Mothers Milk Bank.

Counselling Program



There is a need for free counselling, and we strive for new and creative ways to meet this demand.

We continue to create innovative ways to meet the demand for counselling services.

The Circle, a monthly women's wellness group, is one of the ways we use the power of groups to create a supportive atmosphere of wellness.

Our social work position enables us to speak to each woman who wants counselling to provide them with services and resources.

Provincial Eating Disorder Prevention & Recovery Program



Since our eating disorder program opened its doors in 2009, it has evolved to become a well-established tenet of WHC.

With a range of health practitioners our holistic, interdisciplinary approach ensures that a range of needs are being met, with our clients care at the centre.

Our program includes supporting family and friends of people with eating disorders so they, in turn, can support their loved ones.

We are working to end weight stigma in the community through education.



COUNSELLING
PROGRAM //
PEDPRP PROGRAM

We support people
on their path to
recovery.

**We offer a safe and confidential place
for clients to identify their challenges
and their strengths.**

Together, we work to create solutions.

HEALTH
PROMOTION //
COMMUNICATIONS
& ADVOCACY

We advocate and educate.

We share information and knowledge with individuals, groups and other organizations to harness the power of our community in advocating for system change, equality and social justice.



Our programs focusing on sexual health and body positivity and acceptance are creating new ground with our inclusive approach.

Events we hosted: *Raise your Voice: End Violence Against Indigenous Women and Girls*
// *Pro Voice for Choice: Spoken Word* // **Events we participated in:** *Women's Right to Vote*
// *Pride Parade* // *International Women's Day*

Health Promotion



Raise your Voice: End Violence against MMIW

In the past year, solo and in partnership with other community organizations, we worked to broaden awareness of important health and social issues.

We are also proud to use our storefront windows at 419 Graham Avenue to highlight new WHC initiatives and provide space for partnerships with artists and organizations that reflect healthcare and social justice issues.

We have two new programs developed by WHC Health Educators - The Body Positive Project based out of École Seven Oaks Middle School and the SHiFT (Sexual Health Facilitator Training) program.

Communications & Advocacy



International Women's Day - March 8th, 2016

We are increasingly recognized for our expertise. Many of our staff members were invited to share our collective knowledge on topics related to perinatal emotional adjustments, eating disorders, sexual and reproductive health including abortion, on radio, television, and print.

Our Body Peace Zone campaign challenged 35+ businesses to make small changes to create a big difference in encouraging a body inclusive environment.

We continue to grow our presence through our social media platforms on Facebook, Twitter, Instagram and our website.

WHC Board of Directors 2015-2016

Richelle Baker	Lorie English	Laurelle Harris	Carly Leggett
Alison Bockstael	Ashley Ford	Sheryl Hagenstein	Kristina McMillan
Shauna Boitson	Donna Frame	Genny Heroux	Carly Nicholson
Larissa Buijs	Patricia Gregory	Judith Huebner	Jenna Yuen
Christine Ens			

Our Volunteers

All of the amazing women who bring their time, energy, enthusiasm, and insights to our Birth Control & Unplanned Pregnancy Program, Board of Directors, and Board Committees.

Our Funders



Our Donors (\$25+)

All Charities Campaign	Alison Fine	April Fernandez	Carly Nicholson
Aon Risk Services	Allyson Martin	Ashley Ford	Carly Tschuncky
City of Winnipeg	Alyssa Czemerynski	Ashley Gaboury	Carmel Davy
Costco Wholesale	Amanda Dueck	Ashley Stege	Carol Scurfield
Fit 4 Two Winnipeg West	Amanda Jacob	Barbara Goldman	Carrie Copping
Wawanesa Insurance	Amanda Nicholls	Becky Barrett	Catherine Wilkie
Shoppers Drug Mart - Osborne Location	Amy Grimes	Brenda Comaskey	Celina Abrey
	Amy Tuckett	Brenna Mirhady	Charlene Rogoski
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Taylor Bowman-Robinson
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Tracy Tomchuk
Trina Larsen
Valerie Regehr
Virginia Wark
Vulie Kettle
Wendy Peters
William Tomlinson
Yachana Hooda

Every effort has been made to list donors accurately. If a correction is needed, please let us know.

The image features a vertical rainbow flag with horizontal stripes of orange, red, light green, dark green, light blue, medium blue, magenta, light purple, and dark purple. A large white circle with a thin double-line border is centered on the flag. Inside the circle, the text "THANK YOU" is written in a large, bold, black, sans-serif font. Below it, the text "to all who have supported us" and "over 35 years." is written in a smaller, black, sans-serif font, with "over 35 years." on a separate line.

THANK YOU

to all who have supported us
over 35 years.