

2023 - 2024

IN * L CLU- SIVE CARE

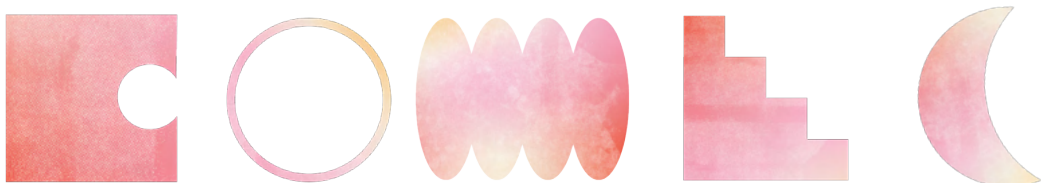


ANNUAL REPORT
WOMEN'S HEALTH CLINIC



Table of contents

Land Acknowledgment	1
Executive Message	2
A Message From Elder Wa Wa Tei Ikwe	4
Reconciliation + Decolonization	8
Meet the Kokum's Circle	9
Program + Services Highlights	12
Inclusivity Counts	24
Would you be a PEACH?	28
Donors/Funders	30
Thank you	35



Land Acknowledgment

Women's Health Clinic and all of our sites are located on Indigenous land. Specifically, we are on the land of the Cree, Ininew, Oji-Cree, Dene, and Dakota peoples, and in the homeland of the Red River Métis.

As a non-Indigenous organization located on Treaty 1 Territory, we commit to the principles of decolonization and reconciliation and to integrating the TRC calls to action in our work.

Doing the Land Acknowledgement reaffirms our commitment and responsibility in improving relationships between nations... as well improving our own understanding of local Indigenous people and their cultures.

We must all acknowledge and respect the Treaties formed on these territories; we acknowledge that we are all treaty people and as settlers, we recognize the rights of Indigenous peoples and recognize our responsibilities to uphold and respect the treaties.

In our treaties we adopted each other as family... and so we must treat each other as family.

We acknowledge and recognize the history and harms of colonization on Indigenous peoples and commit ourselves to active accountability, justice, equity, and reconciliation.





Executive Message

Welcome.

As you look through our 2023-24 Annual Report, you'll see that the work of reconciliation, decolonization, and inclusion resonates at the centre of our actions and activities over the past year.

For community health organizations like ours, the work of reconciliation and decolonization isn't just a side project of our work – it's both the foundation and future of delivering inclusive community health care. And WHC is here for it.

At the heart of inclusive care, is a very simple but profound belief. Everyone benefits when they – whatever their identity, past experiences, and present circumstances – feel seen, respected and valued; knowing there is a place for them in the community, and that they belong. Because health – reproductive and otherwise – intersects with every aspect of our lives, we know this work of inclusion belongs to us.

We've already begun the foundational work of creating a welcoming space for community through our Neighbours (formerly called Community Safer Space) initiative. Amidst the mounting physical demands of our aging Graham Ave. building, we're finding opportunities in chaos to create the kind of space and be a justice-serving organization that meets the real needs of our community...

As they define them for themselves. While we continue to build momentum for our capital campaign to completely redevelop our building, renovations are already in progress to relocate our current 3rd floor reception area to street level, a move that will immediately improve access to our services and supports for clients and community alike.

We know that inclusive health care involves so much more than saying our doors are open to all. A sustainable culture of inclusion is not a list to check off – it's a way of providing the best care for everyone who enters the space. Just one year into our 2023-28 Strategic Plan, we are pleased to share with you some of the highlights of the work we've undertaken to provide more inclusive care, not just within our own organization, but across the spectrum of community health in Canada.



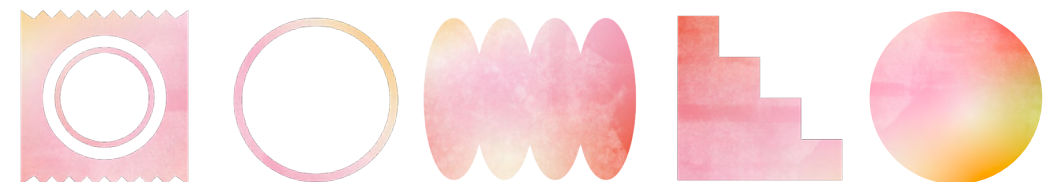
KEMPLIN NEMBARD

IMAGE CREDIT: WINNIPEG FREE PRESS

We engage with research partners to help inform inclusive community health policy and practice. We partner with other organizations to remove barriers to access and bring WHC services to where their clients are. We share our insights and expertise with others to help them develop similar services in their home communities. We actively engage in ongoing training so we can provide essential harm reduction services and supplies to those in our community who need them.

As allies, we understand that we don't know everything. Our intersectional feminist model of care affirms that community are the experts – and that we can only learn what they need through genuine connection and engagement. At WHC, we start by meeting people where they are at – no matter what brought them through our doors – and taking the time to get to know and to understand each other.

Some intersections are obvious and easier to manifest; other relationships and actions take time, patience and effort to figure out. That is the essence of inclusive health care. And WHC here for it – right where we've always been – in downtown Winnipeg. Not just in the middle of where streets named Kennedy and Vaughan intersect with Graham Avenue, but where collective knowledge, compassion, and care intersect with the strengths and vulnerabilities of our diverse human community. Quite simply, a community of inclusive health care is where we belong.



A Message From Elder Wa Wa Tei Ikwe *Northern Lights Woman*

Greetings Relatives – the other day I came across this great saying from princess sassy pants that I thought fit our year past – ‘sometimes you just hang on and trust that life’s storms are carrying you to better shores’ and I believe that’s what happened with us at WHC! What a year!

Every day change comes our way, sometimes in small doses and sometimes it bores us over. As many of you, I have fought change and tried to reverse it and return to the status quo. I have also adapted my life to live with the changes that have come my way, sometimes very happily and other times quite reluctantly. My Elders have taught me that when doors close in my life sometimes that happens because whatever was behind them is not meant for the next part of my journey. They said to focus on the vision of the solution, not the past. And by doing that I’ve learned to adjust my sails and moved closer towards my destiny.

I first joined the clinic just as the World Health Organization (WHO) declared the Covid epidemic in early 2020. Countries shut down, travel was restricted and everyone had to stay as far away from others in order to not come into contact with the virus. These restrictions lasted for almost two years and little by little they have lifted. Today, many folks continue to take precautions while others have cautiously embraced the return to a more normal time. Needless to say, the whole world as we knew it pre-Covid changed everyone’s life.

Now all these years later, we are still feeling the impact of all those changes that Covid brought. At WHC, we’ve adjusted our sails and steered into this change and now at the end of another fiscal year we’re still continuing to adjust!

I have been taught that when trauma comes our way, so to comes a pathway to lead us out of that trauma. Pre-Covid, our clinic had already been dealing with challenging times and when Covid did come along this added even more to an already very full plate of trauma and change.

Post-Covid, a new Executive Director (ED) was hired through an Indigenous model, and given a new pair of moccasins to guide her footsteps. As time moved forward and under the direction of a new Management team WHC started to change the direction we were heading in and this began our journey towards reconciliation.

Today when I look at all these happenings my heart is full because I can see the positives of all that has happened. Within a year we began to work with even more Elders and Kokums / Grandmothers. WHC wanted the Kokums from the hiring group to stay and become part of how we do business at WHC. Creator must have been listening to us because at that same time, along came Healthcare Excellence Canada with funding to make that happen. Staff embraced the concept and soon Ceremony became another way of how we do things at WHC.

Granny Circles happen at least once a month – this is where the planning of how the Kokums spend their time happens and is also for others to meet with the Kokums about a specific issue that has come up. Below please read about some activities and projects we worked on over the last year!

Over the last year the Kokums divided their time to meet with the various program teams and get to know each other better. This was a time to learn more about each specific program and share information about how to work together better. This process helped us make a decision on how to best divide our time to spend with the staff. Since then the Kokums have started spending up to a day or more a week working directly in a specific program. Over the next year we hope to find funding so Kokums can spend more time in all the programs at WHC. This has been such a rewarding time for everyone.

I have been taught that feminine beings have a special relationship with water and as such with Grandmother Moon who regulates all that is water. As she comes for her monthly visits, we gather to honor her and spend time visiting, and gathering strength. At the end of the Ceremony we put our prayers in the fire and let out a yell, letting go of those things we no longer want to carry with us on our path.

Full Moon Ceremonies that we started over a year ago have continued. Our Elders have told us that once started we must continue our commitment and complete a four year cycle. We have accepted this responsibility and will continue to coordinate these Ceremonies for the next 2.5 years. You can read more about what we do in our Full Moon Ceremonies on page 6. Over the past year we have had countless numbers of people who have attended these Ceremonies. We say Kitchi Meegwetch to all our partners for joining us on this journey!

As you can see, this is becoming the way we do business at WHC. This has been such a rewarding time and we are excited to see where our reconciliation journey takes us in the years ahead.

... and as princess sassy pants says ‘don’t lose hope ... some of the most beautiful things have to move through darkness before they blossom ... just breathe ... and trust that you are right where you need to be today’!



Reconciliation + Decolonization

Reconciliation and decolonization work is at the centre of all we do. Meegwetch to Wa Wa Tei Ikwe (Louise) for gathering these highlights of some our activities and projects over the past year.

With gratitude for funding from Healthcare Excellence Canada, we introduced the Kokum Circle to WHC; welcoming Granny Margaret Lavallee, Granny Albert McLeod (Mashkode Giizhik), Granny Jeannie White Bird (Zhaawanong Binese Ikwe) to join Elder Louise McKay (Wa Wa Tei Ikwe) on staff at WHC. The Kokums regularly meet in Granny Circles to plan their activities across WHC sites. Others are welcome to connect with them about issues that have come up. The Kokums believe the best way to do reconciliation is to partner with other folks and organizations.

Co-hosting Full Moon Ceremonies with community partners are a regular monthly practice at WHC. Over the past year, ceremony partners have grown to include Manitoba Moon Voices (MMVI), Manitoba Keewatinowik Okimakanak Inc MMIWG Liaison Unit (MKO), Sunshine House, Medicine Bear - Ka Ni Kanichihk, The Link, Inaadiziwin, Native Clan Organization, Inc. (NCO), and the Manitoba League of Persons with Disabilities.

On June 21st - National Indigenous Peoples Day - we were pleased to co-host the 2nd annual Hey Cuzzin' community breakfast and celebration along with community partners Neecheewam Inc., Blue Thunderbird Family Care Inc. and Crisis & Trauma Resource Institute. Almost 200 people came out to join us at Burton Cummings Community Centre to enjoy a free bannock breakfast, pipe ceremony, drum group, a pow wow demonstration, giveaways, fiddling, and a round dance.

Medicine picking is at the heart of Aboriginal culture and tradition.

Last summer, we gathered together with partners from other organizations - Deer Lodge Hospital, and Indigenous Health to pick sage, sweetgrass, and cedar, and to teach and learn from one another.

In late October, when the separation between this world and the Spirit world is the thinnest, we introduced a new ceremony - Dancing Northern Lights - inviting relatives, friends, staff, clients and neighbours to sit with our Kokums / Grandmothers around a 12-hour Sacred Fire. This was a time to connect with our ancestors, take part in a pipe ceremony and sharing circle, and to share teachings and a feast.

We gathered together in community to say Meegwetch for all those good things that have come our way, and to share the grief of sad times and loss together.

Guided by conversations with community artists and gifted Elders, we continue to transform the Cultural Room at Ode'imín where we keep our medicines and Sacred objects for Ceremonies. To ensure that ceremony is available to us year-round, we've built a wood box in the courtyard to keep our wood dry and available for us through rain, sleet, and snow.

Throughout the last year, we held many Ceremonies and Sacred Fires in the courtyard at Ode'imín with an open invitation to everyone who wants to participate and learn. You know this is going well when your fire pit has burned through the bottom and you need to buy a new one!

Early in the year, we began to gather on Ceremonial Fridays at Ode'imín to make ribbon skirts and drums. Meegwetch to Elder Ivy Canard from Sagkeeng First Nation for sharing her skirt teachings with us and to Cade Anderson from Manitoba Keewatinowik Okimakanak Inc (MKO) who joined us to share his teachings and knowledge on drum making. Over the next year, we are excited to spend time with our new drummers to learn ceremonial songs.

Last summer, 100 people attended a feast and sharing circle at Michaelle Jean Park as we welcomed Elder Turtle Woman from Australia passing through Winnipeg on her way to the International Sundance Ceremony in Alberta. Sharing teachings from ceremonies she attended throughout the U.S., she left us with a children's song to translate into our languages and share widely.

In September, the WHC Board of Directors started their third of a 4-year cycle in ceremony after closing out the previous year (2nd cycle) in the same way. We are grateful to have Elder Louise McKay regularly attending Board meetings to share teachings or to discuss specific topics of interest.



Left to Right is Louise McKay, Danielle Guenette, and past board chair Karen Sharma.

Meet the Kokum's Circle

The Kokum's Circle is an initiative designed to decolonize WHC's health care practices and transition our business model to a traditional Indigenous model. Called ka ta pway yoot (kata pway ya-oot), or 'those who tell the truth', this is an initiative WHC has dreamed of implementing for years. Thanks to the continued efforts of WHC's staff and leadership team and a generous grant from the federal government, the dream became a reality this year.

Albert McLeod is a status Indian with ancestry from Nisichawayasihk Cree Nation and the Metis communities of Cross Lake and Norway House in northern Manitoba. He has over thirty years of experience as a human rights activist and was one of the founders of the 2-Spirited People of Manitoba. Albert began his 2Spirit advocacy in Winnipeg in 1986 and became an HIV/AIDS activist in 1987. He was the director of the Manitoba Aboriginal AIDS task force from 1991 to 2001.

In 2018, Albert received an honorary doctorate of laws from the University of Winnipeg. He was also a member of the sub-working group that produced the MMIWG 2SLGBTQIA+ National Action Plan Report in 2020-2021. In 2020, Albert joined Team Thunderhead, the team that recently won the international competition to design the LGBTQ2S+ National Monument in Ottawa. Albert lives in Winnipeg, where he works as a consultant specializing in Indigenous peoples, 2Spirit history and identity, cultural reclamation, and cross-cultural training.

Margaret Lavallee is an Anishinaabe Ikwe from Sagkeeng First Nation and an Elder in Residence at Ongomiizwin Education from the Indigenous Institute of Health and Healing at Rady Faculty of Health Sciences, University of Manitoba.

Margaret's experience comes from over 40 years in varied Human Relations responsibilities within the health care field. Margaret holds a degree in Bachelor of General Studies from Brandon University. She was also honoured by the University of Manitoba, Rady Faculty of Health Sciences with an honorary doctorate degree for her lifelong work for the Indigenous community in the health care field.

Margaret's role as Elder in Residence for the last 17 years ensures Indigenous knowledge and world views are incorporated into all levels of student support at the University of Manitoba. Margaret assists with research, classroom presentations, and traditional cultural teachings for both staff and learners.

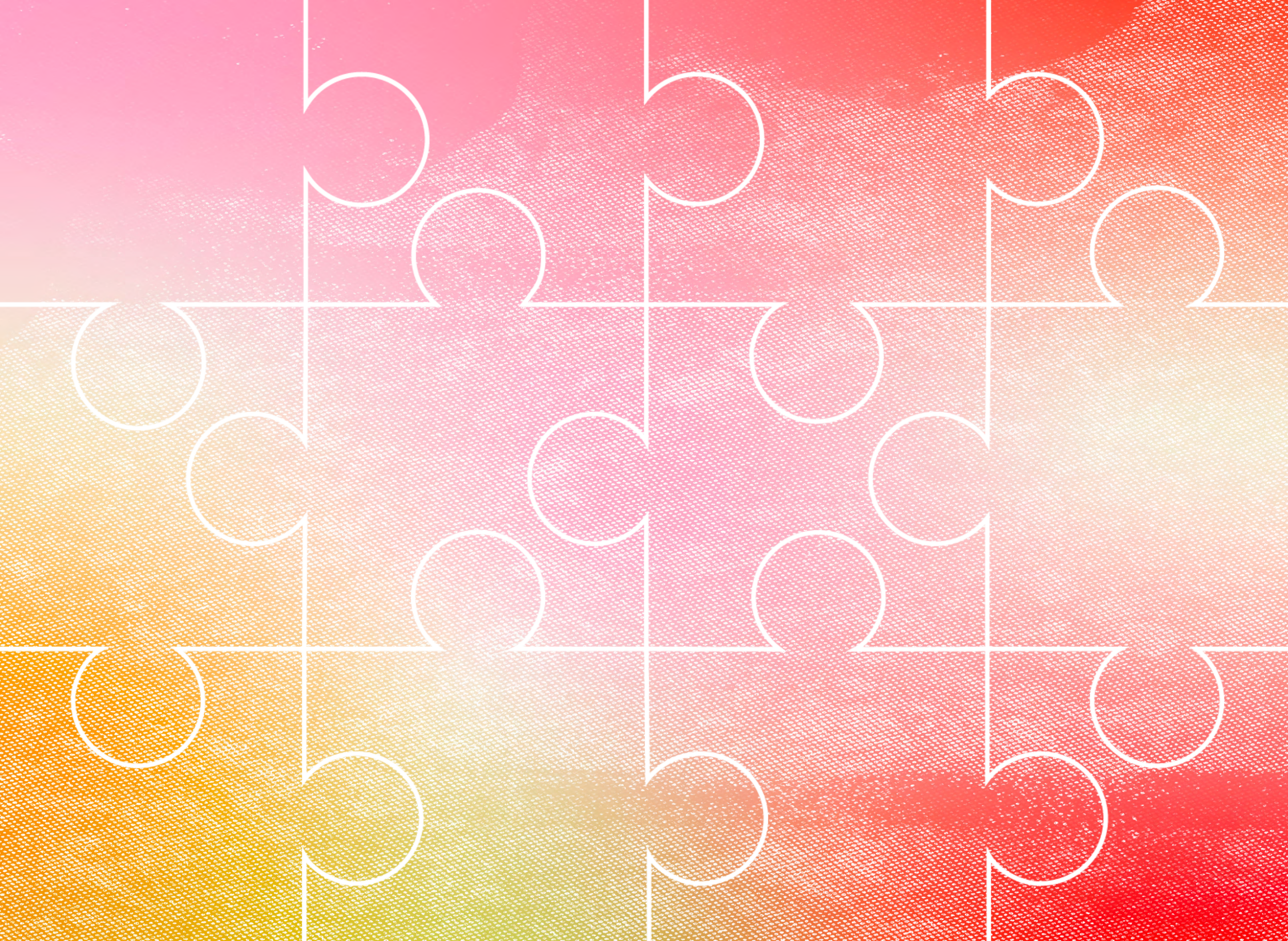


Jeannie White Bird is an enrolled member of Rolling River First Nation. She is honored to have a second community in Selkirk, Manitoba where she's raised her two young adult children, Asa and Alvina Red Eagle. At nine years old she became part of the federal/provincial policy of forced removals of indigenous children from their families and communities, and was denied her culture and heritage and lost her language in a period known as the Sixties Scoop. Jeannie transformed her lived experience by sharing her truth at the National Inquiry into the Missing and Murdered Indigenous Women and Girls, and intertwined those elements with breathtaking beauty expressed in imagery and stories.

Jeannie is honoured to be part of the Thunderbird Sundance Family along the Southshore of Sagkeeng First Nation. In 2019, Promoting Aboriginal Student Success (P.A.S.S.), Empowering Indigenous Youth, presented Jeannie with a COMMUNITY LEADERSHIP award. She's also recognized as a LIFELONG KNOWLEDGE KEEPER for the P.A.S.S. Program. Most recently, Jeannie became a first time Kokum to beautiful granddaughter, Cedar (Ozhaawashkwaa Anang/Blue Star) Jones.

Louise McKay is a Traditional Elder and is a descendant of the historic Metis of the Red River Settlement in Manitoba. She continues to live in her home community of St. Laurent and speaks her Traditional language of Michif, along with English and French. In 1987 Louise graduated from University of Winnipeg with a BA - double major in Psychology & Justice and Law. Later she completed the Social Work Pre-masters Program, at the University of Manitoba and has completed the MSW course work with her thesis pending.

Louise has worked in child welfare, justice and law, education, health, women's issues, addictions, spiritual care and with children and communities in crisis. From 2000-2014 she helped to develop policies, procedures and strategies for the Southern First Nations Child Welfare Authority, that guided the return of Indigenous children to their home communities and agencies. Louise believes that Creator promises us all a good life - to achieve that he gave us the medicine wheel which teaches us to live in mental, emotional, physical and spiritual balance. She believes that when we combine our gifts, we more easily find our balance and thus have a more rewarding and full life.



Strengthening capacity to provide services to communities who experience inequitable access to health.

Mental Health

For many reasons, people of all ages can have barriers in accessing mental health services. Our counselling teams continue to offer a combination of in-person, as well as remote services, making counselling more accessible to people who have barriers to attending sessions in person.

Youth have particular challenges to connect to mental health services and supports they need. In addition to providing our own teen counselling services, we created a resource list on our website to help youth connect to other places to get help.



Centralizing Abortion Intake

We're working with Health Sciences Centre - Women's Hospital and Shared Health to centralize abortion intake in Manitoba. Currently, many Manitobans aren't sure if they can access abortion care close to their own communities. Centralized intake will improve timely access to this essential health care service.

Parenting Support

All parents need support; however, financial means can be a barrier for many. At Ode'imin, we offered the Nobody's Perfect program twice in 2023-24, supporting healthy relationships and stress management for parents of young children. In January 2024, we launched monthly drop in prenatal groups. WHC is one of only two agencies in Winnipeg who provide these parenting workshops to the community for free.

Harm Reduction

Across all three of our primary sites, we make harm reduction supplies accessible to anyone who need them. Many WHC staff at all sites have been trained to use Naloxone in the event of a drug poisoning.

Teen Clinic

After a hiatus due to the COVID-19 pandemic, we were so pleased to begin offering our drop-in Teen Clinic once again in January. This service is for youth of all genders ages 13-22 with concerns about any sexual or reproductive health issue. It is delivered by trauma-informed, gender-diverse, compassionate staff and offers a safe space for teens and young adults to get information and care on a weekly basis. If someone isn't able to see a practitioner during Teen Clinic hours, we set them up with an appointment to come back another time.

Weight Neutrality

After weeks of work within our Provincial Eating Disorder Prevention and Recovery Program (PEDPRP), we created a Weight Neutral values statement to replace our existing Health At Every Size values statement.

We believe that all people should be free of discrimination. People of every weight, size, ability, and health status deserve acceptance, dignity, and respect. All have the right to appropriate, high quality health care. Body weight alone is not considered a valid measure of overall health or wellbeing. Our holistic approach to health and wellbeing also considers physical, mental, emotional, economic, spiritual, and cultural factors.

This value statement better encapsulates WHC's approach to weight and health, especially within the framework of PEDPRP.

Birth Control & Safer Sex Supplies

Our free/donation-based program draws clients of all ages from low income backgrounds. We're able to introduce people to barrier method supplies not readily available elsewhere - internal condoms, vaginal contraceptive film/jelly, and oral sex dams - offering samples so they can try new methods to see what works for them without the worry of expense. Many newcomers to Canada tell us that they appreciate learning about the types of birth control methods available to them here.

Birth Control and safer sex practices information is provided via phone by trained peer counsellors and booked usually the same day or next. The information/counselling sessions provide for longer appointments in which questions and concerns and how to navigate the health care system can be addressed before their medical appointments with WHC practitioners. The phone sessions are accessible for clients who request on the spot language interpreters.

Eating Disorders

The team of the Provincial Eating Disorders Prevention & Recovery Program offers a combination of in-person and remote services, meeting our mandate and goal to reach clients across Manitoba.

We continue to revise PEDPRP program material to better reflect the experiences of IBPOC and 2SLGBTQIA+ people.

While eating disorders affect people of all genders, men and masculine people have often been left out of the conversation—going unrecognized, under-treated, and stigmatized.

Exploring the intersections of masculinity and relationships to food and body, the PEDPRP team created a new Men and Eating Disorders workshop.

Reproductive Health Services

Our medical team provides essential access to IUD/IUS insertions when other health care providers have months-long waiting times or don't provide the service at all. In a shortage of local health care providers trained to offer the contraceptive implant, we are meeting the need.

The program continues to provide services to greater numbers of clients who request telephone language interpreters for both birth control and pregnancy counselling appointments.

To extend services beyond our Winnipeg locations, we are working to implement Medeo, a secure application that enables health care providers and clients to connect online with video appointments, secure messaging, and online booking.

Education + Training

Medical Careers Exploration Program

Annually, our Family and Community Program hosts 50 Indigenous students from Grades 10, 11 and 12 in Winnipeg School Division 1 to explore careers in community health by spending time in medical facilities. This year, we partnered with St. Boniface Hospital Youth BIOLab jeunesse to facilitate a placenta study for MCEP students. Those students received placenta teachings from Elder Margaret Lavallee during their time at the birth centre Ode'imín.



Strengthening capacity to provide services to communities who experience inequitable access to health.

From providing direct service to participating in community health research, we actively work to reduce the barriers many people experience to getting the health care services and supplies they need.

Participation in Research

Health services research project: **Migrant reproductive justice: Experiences of uninsured pregnant people in Manitoba**, Canada, explore the experiences of medically uninsured pregnant migrants who access health care in Manitoba, to illuminate the ways in which precarious migration impacts reproductive healthcare and the overall well-being of families. This will support the development and implementation of a program to support uninsured clients.

Service Providers Training

Coping with Change

The Coping with Change program, a postpartum mental health support program, was updated in partnership with Healthy Baby/ Dept of Families and Southern Health/Santé Sud. Service provider trainings are offered in a different health region every year. The program was offered in 3 communities in Winnipeg last year. 5,000 of the program booklets were distributed in the 2 health regions.

Dragonfly Pregnancy & Infant Loss Support

Dragonfly Pregnancy & Infant Loss Support Program offers service provider trainings multiple times a year focused on providing anti-oppressive and compassionate care for people who experience pregnancy loss, infant loss and babies born to spirit. We also provide educational workshops on request for communities and organizations.

Eat Your Heart Out

The Health Promotion Dietitian worked with WRHA dietitian practice council to update and evolve the former Eat Your Heart Out program, a group-based support program that offers a weight neutral approach to building a positive relationship with food and nutrition. A new name is coming for 2024-25!

SHiFT

Sexual Health Facilitator Training (SHiFT) Program is worked with U of M medical students again this year, as part of an ongoing partnership to evolve student physician's skills in talking about sexual and reproductive health, as well as other sensitive topics. After completing the SHiFT program, the medical students intend to go into high schools for education and engagement in the 2024-25 academic year. SHiFT also held 3 other facilitator trainings for service providers across Manitoba.



Working to Strengthen Relationships and Identify Community Partnership Opportunities to Extend Service Reach.

We adapt to the needs of the community. In some of our partner relationships, we're responding to the community's request for our advice, expertise, and experiences so they can build their own community-based models and services.

Whatever their form - intentional, informal or organic - in every relationship, we listen and learn together. We understand that it takes courage and humility to navigate unknown terrain together - we haven't been here before. Long overdue, the reconciliation is still new to all of us.

We are grateful to the people who work, volunteer, and lead, and support our community partners.

We've organized them in these broad groupings so you can see what connected us in the beginning. Know that we work together. Together, we are all part of a larger movement working towards equitable health care and social justice for all people.



Connecting With Compassion Conference

WHC's Dragonfly Support Program, in partnership with ORE - A Place of Tender Love and Compassion (ORE) held the first ever perinatal bereavement conference in Manitoba. Connecting With Compassion, worked with community and knowledge keepers to hold large gathering with Ceremony, storytelling, activities and gift bundles for people affected by babies born to spirit, pregnancy loss or infant loss. More than 70 people attended, shared food, stories and tears, holding space for one another at the Turtle Island community centre.

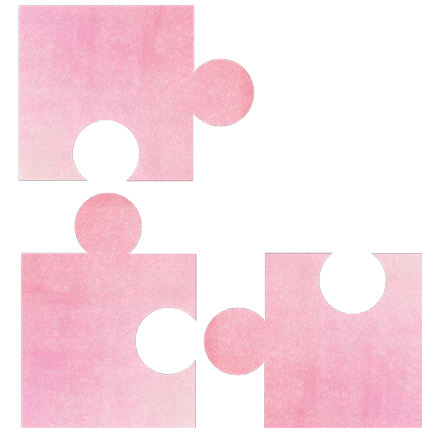
Members of ORE met while in WHC's Dragonfly Support Program and felt so impacted by the peer counselling, they created their own organization to deliver resources they felt were missing when they were first seeking grief counselling for pregnancy, infant loss or babies born to spirit.

*"[Peer support groups create] a space built by community, for community."
-Sarah Morand, DSP Counsellor*

Program & Service Development Partners

We are grateful for these community organizations who help us ensure that the care we provide meets the real needs of the people in our community.

We are grateful to the people who work, volunteer and lead, and support our community partners.



- Canadian Centre for Global Studies
- Manitoba Harm Reduction Network
- Sex Workers of Winnipeg Action Committee (SWWAC)
- Sex Workers Have Access to Resources Equitably (S.H.A.R.E.)
- College of Dietitians of Manitoba
- Healthy Baby/Dept of Families + Southern Health/Santé Sud
- Health Sciences Centre - Adult Eating Disorder Program
- Health Sciences Centre - Women's Hospital
- St. John's Ambulance
- Street Connections

Relationships Supporting the Health and Wellness of Families Living in Downtown Winnipeg, Manitoba

Family and Community Programs staff were pleased to work with these community organizations.



- **Communities for Families** donated books to families living in downtown Winnipeg.
- **Direct Farm Manitoba** provided food vouchers so families living downtown could access fresh produce from local farmer markets.

Full Moon Partners

Each month, we and other community partners co-host a Full Moon Ceremony at the Oodena Circle at The Forks. We welcome everyone to come together to take part in teachings and ceremonies to heal the community. Meegwetch to community partners:

- Inaadiziwin
- Manitoba Keewatinowwi Okimakanak Inc MMIWG Liaison Unit (MKO)
- Manitoba League of Persons with Disabilities
- Manitoba Moon Voices (MMVI)
- Medicine Bear, Ka Ni Kanichihk
- Native Clan Organization, Inc. (NCO)
- The Link

Research Partners

We are proud to work with several research partners to progress knowledge in areas where we deliver care. Here are some of our partners:

- University of Manitoba – Faculty of Medicine
- University of Manitoba – Faculty of Social Work
- University of Winnipeg

Direct Service Partners

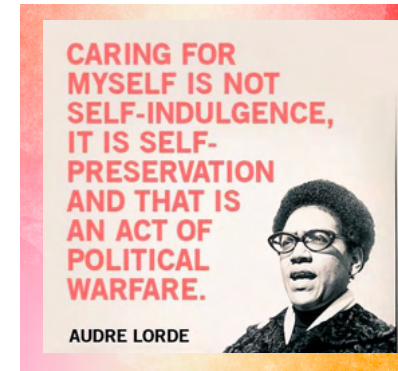
To support access to essential WHC services, we bring some direct services to where communities need them.

- Vincent Massey Collegiate
- Willow Place

Hey Cuzzin Partners

Chi meegwetch to the event partners and those who lent their performance talents to the guests:

- Buffalo Red Thunder
- Len Gladu
- Yvon Dumont
- Blue Thunderbird Family Care
- Crisis and Trauma Resource Institute
- Neecheewam Inc.



Service Provider Training & Workshops

We offer training and ongoing support so other service providers can provide more inclusive care in their communities, based on our intersectional feminist model of community health care.

- Heartwood Healing Centre
- Nor'west Community Health Coop

Advisory relationships

Other community organizations and service providers from across the city seek us out to learn from over four decades of experience and insights delivering community-based health care services. We work with them across Canada to help improve health outcomes within Winnipeg and beyond.

- Bear Clan Patrol
- Manitoba Harm Reduction Network
- Manitoba Institute of Trades and Technology (MITT) Medical Office Assistant Program Advisory Committee
- St. Boniface Hospital Youth BIOLab jeunesse
- Shared Health
- Street Connections
- Sunshine House
- Winnipeg School Division 1 Medical Careers Exploration Program
- Yukon Status of Women Council

In the media

- CTV Morning Live for our Family and Community Programs
- Winnipeg Free Press
- CBC Radio Up To Speed
- CBC Radio-Canada
- Global News Winnipeg
- City News Winnipeg
- Humans On Rights: The Podcast



Website Redesign

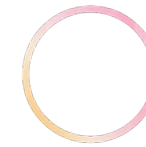
We were thrilled to share a re-design of our website in the Autumn of 2023! This project had been over a year in the making and we are so pleased with how it turned out.

Our new website is more user-friendly than the last one, and meets all the accessibility requirements laid out by the Manitoba government. Thank you to Verda Design for taking our contract and knocking the project out of the park!

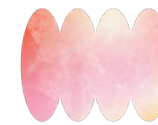


Strengthening
organizational culture
and processes that
support staff well-
being, equity, and
organizational
effectiveness.

Here are just some of the highlights of the work across all three primary WHC sites and all of our programs and services.



All staff members have connected to a member of the Kokum's Circle through sharing circles and have participated in a series of Ethical Space Trainings, facilitated by Granny Albert McLeod.



Many staff have responded to an organization-wide invitation to take in Indigenous cultural teaching opportunities such as medicine picking, drum making, and ribbon skirt making.



As both WHC workers and attendees from the community, several staff have been involved in the regular monthly Full Moon Ceremonies at The Forks' Oodena Celebration Circle.



To advance our organizational goals for a more inclusive work force and work space, we've created some internal working groups.



Our Demographics Committee is exploring how we can identify and reducing barriers to accessing WHC services (Demographics Committee).



Our Neighbours working group is actively creating a respectful, welcoming space for all members of the community. We are working with community to understand their needs so we can better meet them.

Inclusivity counts.



Meeting people where they're at is essential for providing inclusive health care.

Here are just some of a number of the community connections we made in 2023-24.

Inclusive care looks like

Supporting People to Make Informed Choices for Themselves

Our birth control and pregnancy counselling program serves people from across Winnipeg and rural and Northern Manitoba. This is possible because the services are provided by phone. The BCPC program offers compassionate, non-judgmental, pro-choice, person-centred, sex positive, pleasure based information services to all who need them.



Volunteers Providing Community with Compassionate Care

Birth Control & Pregnancy Counselling Program



Dragonfly Support Program for Pregnancy & Infant Loss

- 17 People accessed one-on-one peer support
- 41 Support sessions conducted by Peer Support Workers
- 50 Individuals who accessed peer group sessions
- 36 Group sessions led by Peer Support Workers



Our volunteer peer-support training programs are based on a feminist discussion learning model. We deconstruct and address topics like power and privilege, harmful practices, and biased default thinking. To create inclusive circles of community caring, mutual aid, solidarity, and allyship, we welcome volunteers from varied backgrounds and life experiences, offering opportunities to enhance critical thinking skills and to deconstruct structures and systems that oppress and ignore voices and experiences outside of dominant culture.

Together, we seek to listen, learn and unlearn, and explore how to create a justice-oriented, inclusive, compassionate and healing focused health care system and society on a whole. Our learning circles creates spaces to be ok with our vulnerabilities, range of emotions, to sit in our discomfort, to be ok with not being ok, to seek hope, and to heal from harms - intentional or non-intentional.

Across programs, WHC volunteers reflect Indigenous, racialized, IBPOC, people living with disabilities, and 2SLGBTQ+ communities. Volunteers are a vital part of all of our inclusion work; their lived experiences inform our volunteer training programs as well as directly impact client service by highlighting organizational strengths, gaps, and barriers and WHC's accountability to inclusion and accessibility.

Supporting Food Security

Our Families Connecting Healthy Baby program provided:

- Pregnant people and new parents in the community with vouchers for 4,504 litres of milk.
- 40 families with almost \$10,000 in local food from farmer's markets.
- Local families with 3,000 lbs of potatoes, carrots and onions donated by Peak of the Market.

Ode'imin gratefully received 700 litres of locally-donated breast milk that was distributed to communities through NorthernStar Mothers Milk Bank.



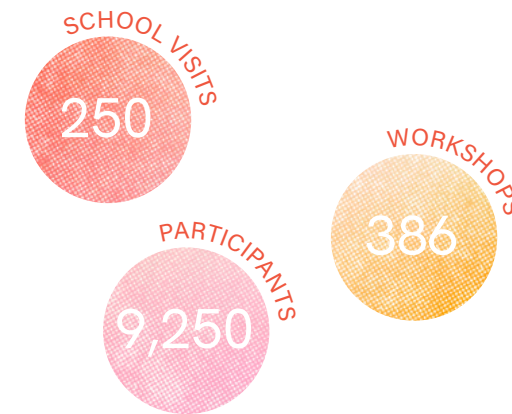
Supporting Mental Health

Unlike many other counselling services, we don't charge fees or have an income-based sliding scale, making our services more accessible to more community members.



School-based Programs

This year, our Whole Self Program (Family and Community Programs) partnered with Elmwood high School and Grant Park High School to share information about emotional wellbeing, healthy relationships, consent & sexual assault, gender literacy, wellness, mental health, sexual & reproductive health, social identities, values & beliefs, media & digital literacy, body image and substance use.



During the school year, we make our Teen Clinic services accessible to students at Vincent Massey Collegiate through in-school drop-in hours.

Supporting Parents + Families across Winnipeg

Accessible child care can be a barrier for many parents seeking information and support services.

In the past year, we offered 280 Families Connecting groups in seven community health areas: Fort Rouge, Osborne Village, Seven Oaks, Downtown West, Transcona, Elmwood, and River East. The Downtown West group is new this year, hosted at West Central Women's Resource Centre. There were over 2,300 visits to these groups from parents, pregnant people and support people.

Our child minders had 396 visits with children while their parents attended Families Connecting programs. About 100 more childminding visits took place during registered programs and community events.

Ode'imin Birth Centre

- Admissions for birth: 225
Completed births: 186
- Midwifery intakes completed: 1,135
- Midwife office visits: 6,933
- Counselling appointments: 162



Just Peachy



This year WHC launched its first ever giving circle called People Ensuring Access to Community Health (PEACH). PEACH is a special circle of thoughtful people who want to empower care in our community.

PEACH is lead by co-chairs Aveeve and Sam McLaughlin and committee members Doris Mae Oulton, Ailish Griffin, Zoe Richardson, Sydney MacAngus, Isha Khan, Kate Fenske, Lisa Malbranck, Marlene Stern and Chalnessa Eames.

Thank you for all that you are doing to ensure that people can access health care services when and where they need them.

Would you be a peach?

Learn more about PEACH at womenshealthclinic.org/get-involved/peach



Fête de Fem

This year, our annual International Women's Day celebration got a bit of a rebrand. We decided on the name because it celebrates all things fem, feminine, and feminist.

We wanted to make it very clear that anyone can attend our event because anyone can celebrate International Women's Day. Our party has evolved to include incredible non-alcoholic beverages, photo booth, the best in local beer, and even a dance party. This year's installation was an incredible success.

We were able to raise over \$97,000 for our day-to-day operations, which is no small feat! We wouldn't have been able to pull it off without the support of our Events Committee, Sponsors, and the WHC staff who made it happen.



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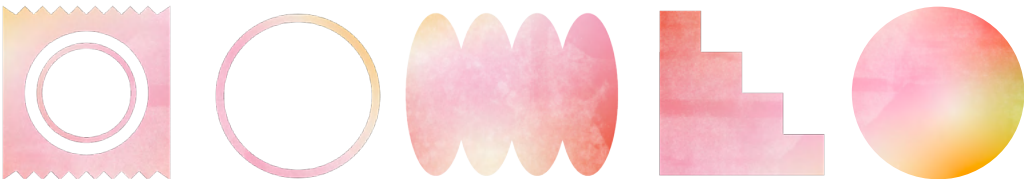
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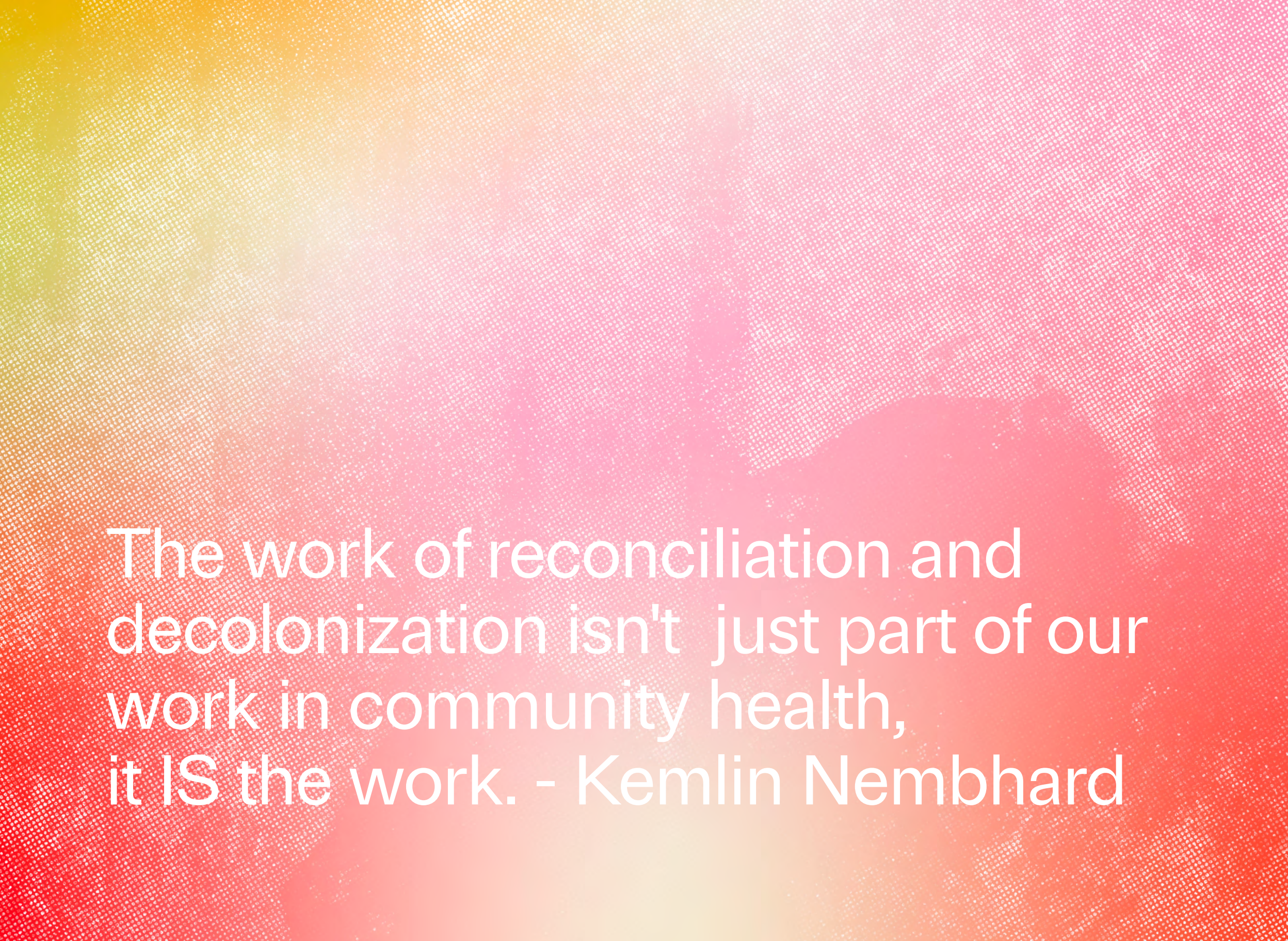
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Our day-to-day operations wouldn't be possible without our incredible staff and our dedicated volunteers. They all come to WHC to do life-changing work, and we wouldn't be able to deliver the compassionate care we are known for without their efforts.

Thank you to everyone who has worked or volunteered for WHC. You make a big difference in your communities because of everything you do!



The work of reconciliation and
decolonization isn't just part of our
work in community health,
it IS the work. - Kemlin Nembhard