



Women's
Health Clinic

TAKING CARE OF OUR COMMUNITY

HARM REDUCTION AT WOMEN'S HEALTH CLINIC

Annual Report 2024–2025

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LAND ACKNOWLEDGEMENT

Women's Health Clinic (WHC) 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 Truth and Reconciliation Commission (TRC) Calls to Action in our work. Doing the Land Acknowledgement reaffirms our commitment and responsibility to improving relationships between Nations, as well as improving our own understanding of local Indigenous communities 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 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.



WOMEN'S HEALTH CLINIC STRATEGIC PLAN 2023–2028

VISION

Just Cause

We promote personal agency as we believe that all people should be empowered to take care of their mental, emotional, sexual, physical, and spiritual health and well-being.

MISSION

We offer sexual, reproductive, and mental health care and support for people of all genders.

VALUES

- We believe people are experts in their own health care.
- We listen and learn together.
- We believe everyone has the right to make their own choices.
- We recognize and honour intersectionality.
- We understand that all people have multi-layered experiences and identities.
- We use an anti-oppressive approach. We embrace feminist, anti-racist, intersectional, inclusive, and 2SLGBTQ+ experiences and frameworks, and reflect these through our staff, volunteers, and Board of Directors.
- We commit to the principles of decolonization and reconciliation, and to integrating the TRC calls to action in our work.
- We advocate and amplify people's voices.
- We celebrate our diversity and embrace having fun together.

We Provide:

- Counselling Program
- Eating Disorder Prevention and Recovery Program
- Birth Control and Pregnancy Counselling / Information Program
- Free Birth Control / Safer Sex Supplies Program
- Medical (Primary Care, Sexual and Reproductive Health) Program
- Abortion Program
- Families and Community Program
- Midwifery-led Prenatal, Birth and Postpartum Care and Parenting Support
- Dragonfly Support Program (Pregnancy and Infant Loss)
- Health Promotion

Areas of Work

- We provide access to sexual and reproductive health services.
- We provide wellness education, counselling, and support.
- We advocate for system change, equity, and social justice.

Strategic Priorities

1. We will strengthen our capacity to provide services to communities that experience inequitable access to health.
2. We will strengthen relationships and identify partnership opportunities that extend service reach.
3. We will strengthen organizational culture and processes to support staff well-being, equity, and organizational effectiveness.

CO-CHAIR MESSAGE



HEMA

ASHLEY



The Women's Health Clinic Board Co-Chairs are honoured to present our 2024–25 Annual Report.

On behalf of the Board, we would like to extend our sincere and heartfelt thank you to everyone who contributed to further the vision and mission of Women's Health Clinic this year. We want to express our heartfelt gratitude to our Kokums (Grandmothers): Louise, Margaret, Albert, and Jeannie for your brilliance and generosity in guiding the clinic this year. We also want to offer deep appreciation to our staff, volunteers, and leadership teams who worked tirelessly to provide clinic services this year. All of your care, time, and energy helped to ensure that our clients received appropriate, supportive, and dignified services and support.

As a Board, we have been continually moved by the expertise, strength, and creativity of our staff and volunteers. Over the past few years, the clinic has navigated significant organizational change—including shifts in leadership, beginning to confront and address oppression within the clinic, the impacts of the COVID-19 pandemic, and challenges related to our infrastructure and funding needs. In the face of these challenges, our Grandmothers, staff, volunteers, leadership, and community members have brought in great transformation, creating a powerful sense of care throughout the clinic. We hear regularly about the innovation happening across programs and their impacts throughout the clinic. What is most apparent is that there is a tremendous amount of hope here. In a relatively short time, we've witnessed significant and inspiring investments towards hope including:

- The love, teachings, and energy our Grandmothers have put into stewarding our clinic at every level.
- The dedication that staff, volunteers, and leadership have put into creating new programming like the Dragonfly support program and Neighbours (Community Safe Space) programming.
- The passion and implementation of WHC's Organizational Values Statements to orient ourselves towards the heart of our clinic.
- The care and hope behind the creation of our clinic's Disrupting All Forms of Racism policy.
- The heart behind turning our focus towards more fat-affirming and queer-affirming programming.

These examples speak to just a few of the many instances—both acknowledged and unacknowledged—where individuals across our clinic have made intentional choices that lead to WHC's compassionate, equitable, and responsive care. While the examples listed above don't capture the full scope of what happens within this community, each example reflects a deep belief in the purpose of our programming and a shared commitment to offering meaningful and accessible health care. These examples offer guidance—not only in what we do, but in how and why we do it. They are examples of our values in action and demonstrate that care is not solely delivered through service, but that care is shaped by values, relationships, and the decisions made by people who act with courage and heart. There is much to

honour within our organization and as a Board, we carry profound respect and gratitude for each of you who hold this work with integrity.

Each year, our Board opens and closes its term in Ceremony led by our Grandmothers. This year, our Grandmothers challenged us to deepen our commitments by meaningfully integrating the Truth and Reconciliation Commission's (TRC) Calls to Action and the Calls for Justice from the National Inquiry into Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S) into our governance practices.

Our December Board retreat played a significant role in guiding our Board year, particularly as we had the opportunity to spend the day with Grandmother Albert who presented to the Board on Residential Schools. The education that Albert and the Grandmothers generously offered our Board shaped the tone of our year and reaffirmed our responsibilities to engage with this work at a Board governance level. As a result, our Board adopted standing agenda items to ensure the TRC Calls to Action and the MMIWG2S Calls to Justice remain active and living parts of our governance. Additionally, we have begun the process of building a shared staff and Board Reconciliation committee—a space intended to support shared learning, relationship-building, and accountability, which is currently formalizing its terms of reference. We look forward to continuing this work with consistency and intention.

Finally, our Board would like to thank our private and public funders for supporting the critical work that WHC provides to nearly 50,000 people in our community. We want to extend a heartfelt thank you to the provincial and federal representatives who have supported and advocated for WHC throughout this year.

This year brought forth critical investments into Women's Health Clinic from both the provincial and federal government. In February 2025 a \$10 million capital investment from the federal government was announced to revitalize our clinic on Graham.

Thank you to former Ministers Erskine-Smith and Ien, as well as to Manitoba MPs Ben Carr, Terry Duguid, Kevin Lamoureux, and former Minister Vandal. Thank you to MP Leah Gazan whose support for this project from the very beginning has been instrumental. Thank you to the provincial government and particularly Minister Smith for investments into the Provincial Eating Disorder Recovery Program and to Minister Asagwara for their investments into our Abortion Program as well as for their support in helping us to secure federal funding towards our capital campaign.

The past few years of this organization have held significant moments of reflection and renewal for our organization as we have sought to find what is truly at our heart. These questions at hand have brought forth meaningful conversation and transformative change throughout the clinic.

In the face of the global political shifts we are witnessing, it is more important than ever that we hold our values close and nurture the hope within our hearts.

Our Board will continue to ask ourselves what is in our hearts as we do this work and are committed to maintaining a safer, inclusive, and healthy environment for everyone connected to our clinic. Once more, we extend our sincere gratitude to every member of our community.

Wishing you all the best over the coming summer season,

Hema Krueger Vyas
Ashley Kaufmann

Hema Krueger Vyas & Ashley Kaufmann
Women's Health Clinic Board Chairs, 2024–2025

BOARD

Ashley Kaufmann

Co-Chair

Debbie Campbell

Treasurer / Executive

Faustine Muyenzi

Executive

Hema Krueger Vyas

Co-Chair

Jenna Yuen

Staff Board Member
Vacated in January, 2025

Judy Clark

Director

Kerry Kirby

WHC Volunteer Board Member

Kris Basco

Director

Kira Pavagadhi

Executive

Lindsay Larios

Director

Noreen Fehr

Director

Punam Mehta

Director

Sabrina Lee

Director

Samahra Singer

Executive

Sanjana Vijayann

Director

Sarah Simpson-Yellowquill

Staff Board Member

Victoria Davies

Director




BOARD EQUITY, DIVERSITY AND INCLUSION REPORT

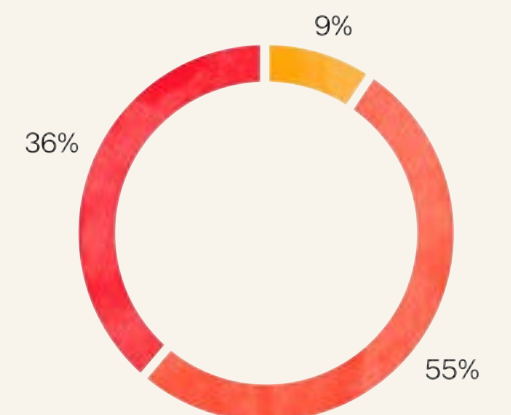
Women's Health Clinic maintains its commitment to being an inclusive organisation, in alignment with our mission, vision and strategic plan. We work to ensure a diverse workforce of staff and volunteers, including the Board of Directors that reflects and represents the diversity of the people and communities we serve.

As a measure of transparency and accountability towards our commitments, the Women's Health Clinic Board of Directors will share the representation of the Board make-up in the year end report.

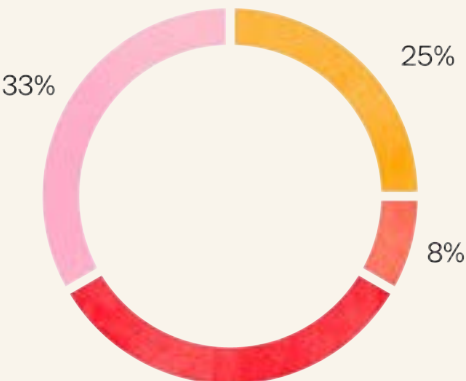
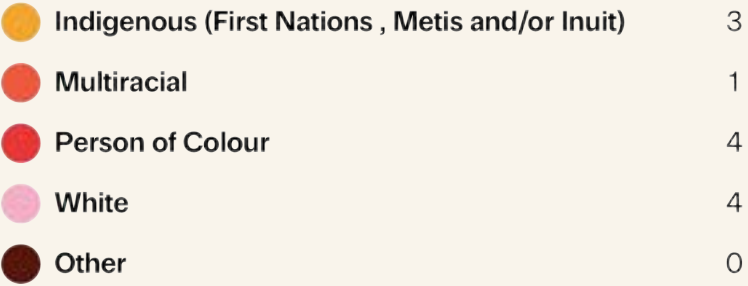
The responses show a diverse representation while highlighting areas where the Board has room to achieve more diverse representation. Not all board were available for data collection.

DEMOGRAPHIC

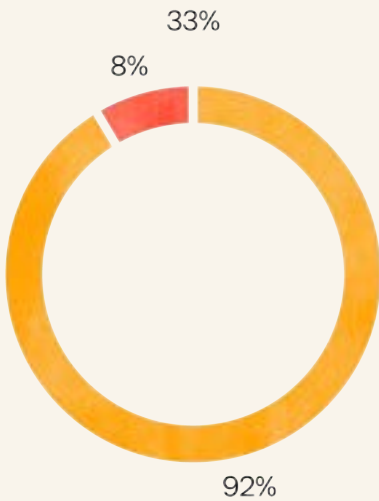
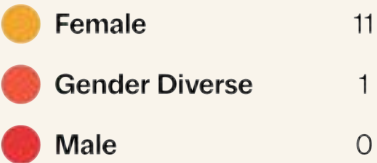
 Gen Z (Ages 29 and younger)	1
 Millenial (Ages 30 to 44)	6
 Gen X (Ages 45 to 59)	4
 Baby Boomer (Ages 60 to 80)	0



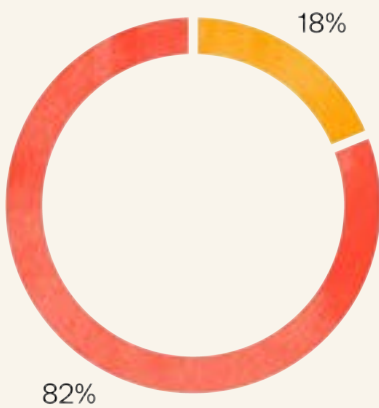
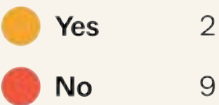
RACE(S) IDENTIFIES WITH



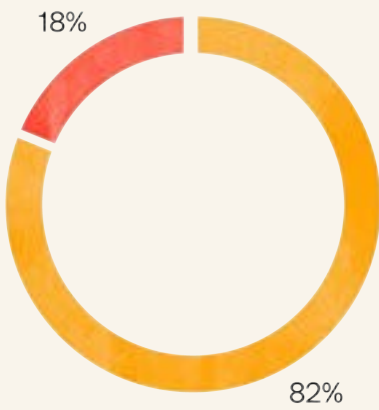
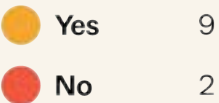
GENDER IDENTIFIES WITH



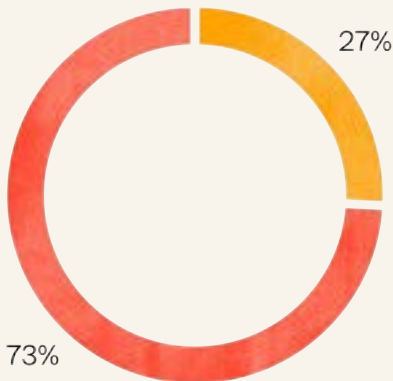
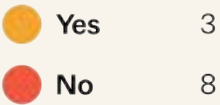
IDENTIFIES BEING PART OF THE 2SLGBTQIA+ COMMUNITY



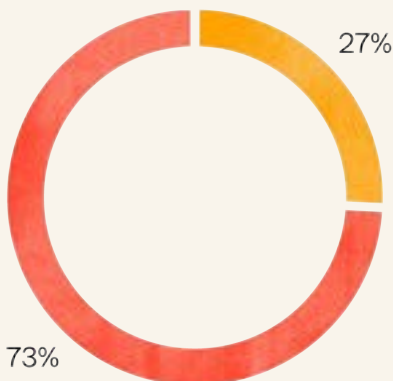
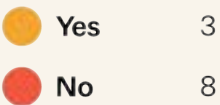
BORN IN CANADA



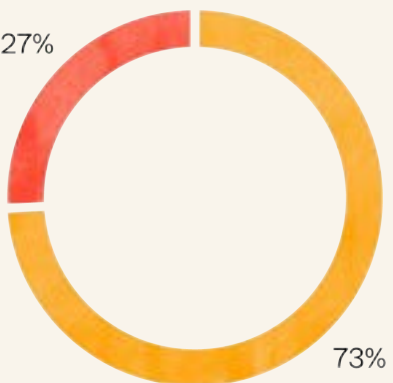
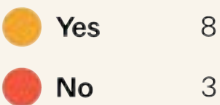
IDENTIFIES AS LIVING WITH A DISABILITY



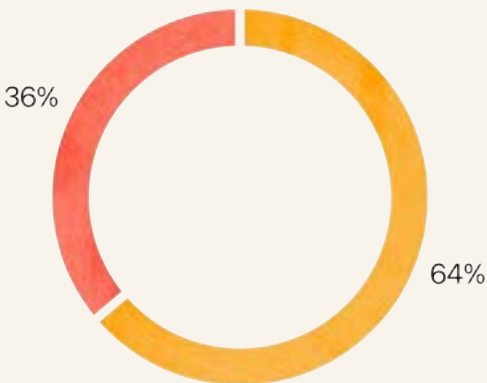
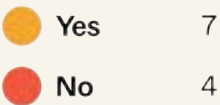
IDENTIFIES AS BEING NEURODIVERGENT



ENGLISH AS FIRST LANGUAGE



BOARD EXPERIENCE PRIOR TO JOINING WHC'S BOARD OF DIRECTORS?





EXECUTIVE DIRECTOR MESSAGE

Welcome,

Since the inception of Women's Health Clinic, our work has always been rooted in harm reduction. We started in the 1970s as the CRYPT, the Committee Representing Youth Problems Today, and Women's Health Clinic was eventually established in 1981. This has all been part of our journey.

Back then, the clinic didn't necessarily use that term, as language has evolved, but the clinic's approach always, and still is, harm reduction.

Whether we are offering supportive information to people who need it; giving abortions as a crucial form of health care; or handing out free socks, or birth control—the work is all harm reduction.

Harm reduction includes both frontline support for the community members who need it, and our advocacy work pushing for systems change.

While much has changed over the clinic's 44 years—as we have grown the number of locations and programs—our approach of offering non-judgmental, supportive, and intersectional feminist services has remained the same.

This clinic's dedication comes from seeing the humanity that we all share. One of the most powerful teachings that I have received is that “we are all relations. And that we should treat each other as relations—as family”. When you view someone, regardless of the circumstances they may be going through, as relations, the need to support them appropriately becomes clear.

There is a story I recall, about a brief exchange I had with a woman visiting our building, which illustrates the human side of the organization. One day I was walking around our building and I found a young woman who looked nervous. I asked her how I could help her, and quietly, she replied that she was there to get an abortion. While her nerves were palpable, I greeted her and pointed her towards our reception desk, which is there to welcome everyone into the clinic, including the 1,500 people who come for an abortion every year. When I reflect on this story, it strikes me how important our work is, especially due to the taboos around our work and the systems of oppression that hold our communities down. We are the largest abortion provider in the province, and we occupy the full building on Graham Avenue. If you cross through our doors, then you are here to receive support from us – in a non-judgmental and intersectional feminist way. While this story, which shows how deep taboos run, related to someone seeking an abortion, the same idea also applies to other areas of our work. We think of the

vulnerability that it can take to come through our doors and ask for a clean syringe, a free condom, or the fresh socks you need to get through a cold day in Winnipeg.

In our harm reduction pilot project, a wide range of harm reduction supplies are handed out, and this project emerged from our community's needs. It began during the pandemic when services and spaces nearby were closing. For someone precariously housed, even accessing a bathroom or a sink to wash up was a challenge. Finding important harm reduction supplies was challenging to anyone who couldn't afford them, or who experienced discriminatory profiling. Especially when you looked at our city with a lens of race and class, you saw who was being left behind, and who still struggles to find the services they need.

The clinic watched as the community's need for harm reduction support grew, and that's why we put the pilot project in place.

It's important to note that the pilot project is unfunded, both for the cost of the supplies and for the cost of staff time. While we have made a start and are doing the best we can, more support is needed, including the staffing required to fully support the community when they trust us, discuss their needs with us, and visit our sites. In this work, a community host is needed to help people to navigate services and connect them to other resources. Building relationships is key, as when people trust you,

they come to you. There is never the expectation that someone coming for safer use supplies will require additional services from WHC – however, it's possible. Leaving the door open for everyone and building a relationship grounded in trust and kindness allows everyone to make decisions for themselves. WHC is here for the journey, no matter what the path looks like.

At this moment, we have an opportunity to secure the future of the harm reduction program. I ask all of you to support our work in whatever way that you can, whether that is through spreading the word; accessing the program yourself if you need it; or walking alongside us as a donor or partner.

When our community needs us, we can't afford to be silent.

We can't be silent about racism and classism, as these issues underpin the challenges that our community deals with. We can't be silent when our community needs support.

Together, we will speak up and we will act. Together, we will build a future where all of our community members – our relations and relatives – are supported when they need it the most.

With solidarity,

Kemlin Nembhard
Executive Director

MESSAGE FROM ELDER WA WA TEI IKWE

Greetings relatives,

Several years ago, I met a young girl named la'fiy, who was about a year and a half old. I was attending Ceremony when I noticed a young mother nearby, sitting on the ground in tears, struggling to hold on to her daughter who simply wanted to explore, play, and be a child. After watching for a few minutes, I moved to sit beside her. She leaned into me and wept harder. I held her and gently tended to la'fiy as she moved about, bright and curious.

Eventually, through her tears, the young mother shared what had happened. Some people sitting nearby had told her she wasn't a good mother because her daughter was walking around and touching things. They told her she should move away from them. This wasn't just a painful moment—it was a deep betrayal of the values our Ceremonial spaces are meant to uphold. She had come to this sacred place to support her husband, who was in the midst of a four-day fast and Ceremony. She had just completed her Master's degree and was preparing to begin her PhD in Saskatchewan, and their family was making sacrifices for their cultural and spiritual journey. This moment of connection and support was stolen from her by words meant to shame and exclude.

That judgment, spoken in a place of Ceremony and healing, should never have happened—especially not on Ceremonial grounds. The individuals who made her feel unwelcome appeared to be non-Indigenous in appearance, clothing, and behavior. It was clear they were unfamiliar with the spirit of Ceremony, and their actions reflected that. What I witnessed was not disruption—I saw a child deeply in tune with the world around her, leaving blessings with every touch. I saw

a mother watching her daughter with care and love, ensuring she was safe as she explored. And I saw people who valued control and judgment more than kindness and understanding.

That morning, I became Kokum to la'fiy. I witnessed her light everything she touched with her fire. Her eyes lit up each time her father danced by. I saw a mother nourishing her child with love and grace, embodying the strength of our women and the heart of our ways. This was a family living their culture and walking their path with integrity and purpose. And yet, there were others who sought to impose their own expectations, regardless of the hurt it caused.

My heart ached that day—and it still does. It was a moment that should have been protected, not tainted. A baby and a new mother were wounded, not by accident, but by willful ignorance. That pain lingers, not just in memory, but in the experience of la'fiy and her mother, who deserved better. Ceremony is meant to uplift, not exclude. We must remember who we are, and the responsibility we carry to make space for our children, our women, and our sacred ways.

Most of the time, I feel proud to work at WHC. Within these walls, I've witnessed the impact of deeply meaningful work carried out by compassionate and committed staff. Over the past year, I've also witnessed difficult moments—our front door locked, restricting the open access our visitors once enjoyed; valued team members leaving after experiencing bullying and shame; and others staying because they love their work, even though doing so means pushing through each morning with a heavy heart.



Amidst this turmoil, I have seen something powerful: staff digging deeper, working even harder, and showing up with determination and heart. They continue to care, to support each other, and to hold fast to the vision of a healthier, more inclusive workplace. Change is never easy, and moving forward in a good way takes immense effort. Many leave each day exhausted, not from a lack of passion, but from giving so much of themselves.

Over the past year we started a new event called Chāpān Games & Teachings. This event Chāpān is a Cree word that refers to the elderly in families, Grandparents and Great Grandparents. One of the Traditional roles of the Chāpān was to take care of the young - sometimes they would lead the little ones, and sometimes the little ones would lead their Chāpān. This was the cycle of life and a very special relationship. The event honour those young people who never returned home because of the erroneous government policies that removed them from their homes and sent them

to live elsewhere – all lost their culture and language, many died and were buried in unmarked graves—attending the event is also to honour them and those who survived and suffered, many with debilitating effects that are still being felt today. The event focuses on healing through the medicine of laughter and having fun with traditional Indigenous games.



IN THIS REPORT, YOU WILL READ ABOUT THE INCREDIBLE WORK LED BY THE KOKUMS — BUT THAT WORK DOES NOT STAND ALONE. IT IS ROOTED IN COLLABORATION AND FUELED BY A TEAM WHOSE STRENGTH LIES IN THEIR ABILITY TO HOLD EACH OTHER UP, EVEN IN HARD TIMES. THAT'S THE TRUE SPIRIT OF WHC.- ELDER WA WA TEI IKWE

PROGRAMS AND COMMUNITY IMPACT

● Health Excellence Canada (HEC)

We would like to send a very big Kitchi MEGWETCH to the folks at Health Excellence Canada. After I met their team at a conference in Victoria, they supported us with two years of funding for our Kokum Circle, which allowed us to be able to touch the lives of so many people in a positive way and create relationships that will be with all of us for a very long time.

● Chāpān Games & Teachings

This year, we launched Chāpān Games & Teachings, named after the Cree word Chāpān, referring to great-grandparents or Elders. In traditional teachings, Chāpāns helped guide the youngest among us, and often, the youngest guide them too. This intergenerational relationship has always been central to Indigenous life. The event honours children who were taken and never returned home due to colonial policies and residential schools. It also honours survivors and promotes healing. The medicine of joy and cultural connection remains a powerful tool in our collective healing.

● Full Moon Ceremonies at The Forks

We are now in our third year of Full Moon Ceremonies, with consistent attendance and growing partnerships. These Ceremonies have become a monthly spiritual anchor for many, averaging around 75 participants each time. These gatherings offer a space for renewal, reflection, and community connection.

● All Spirits Gathering (Accessibility in Ceremony)

In partnership with the Manitoba League for Persons with Disabilities (MLPD), we introduced the All Spirits Gathering, a ceremony tailored for individuals who may face barriers to attending traditional gatherings. It was well-attended, and included support from an Inuit disabilities group from the Northwest Territories.

● Granny Circles

The Granny Circles provide opportunities to learn more about WHC's programs and explore how Elders and Knowledge Keepers can support staff and clients alike.

● Hey Cuzzin – Year Three

In 2024, we celebrated the third year of Hey Cuzzin, a celebration held on International Indigenous Peoples Day, June 21. This annual event includes a free breakfast, Pipe Ceremony, drum group and Powwow demonstrations, jigging and fiddling, and a Friendship Dance. It remains one of our most joyful, inclusive community celebrations.

● Traditional Medicine Picking

Medicine picking continues to be a cherished summertime activity. We gather sage, sweetgrass, and cedar with our partners, reaffirming our commitment to Sacred Medicine and the joy that comes from reconnecting with the land.

● Ethical Space Training

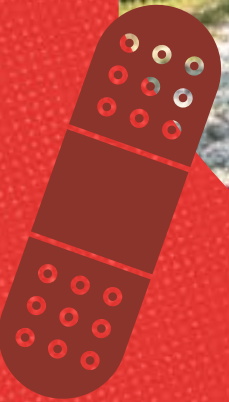
One of our Reconciliation tasks over the past year was an Ethical Space Training project that the Kokums, Board of Directors, and Upper Management completed, along with many of our staff.

● Dancing Northern Lights – 12-Hour Ceremony

Our October Dancing Northern Lights Ceremony marked another year of collective reflection and gratitude. This 12-hour event includes a Pipe Ceremony, Sharing Circles, traditional teachings, and a feast lasting throughout the day. This sacred time is dedicated to giving thanks for new life and honouring the Sacred Bundles born to Spirit. It's also a time to send our prayers to Creator for our journey down the road!

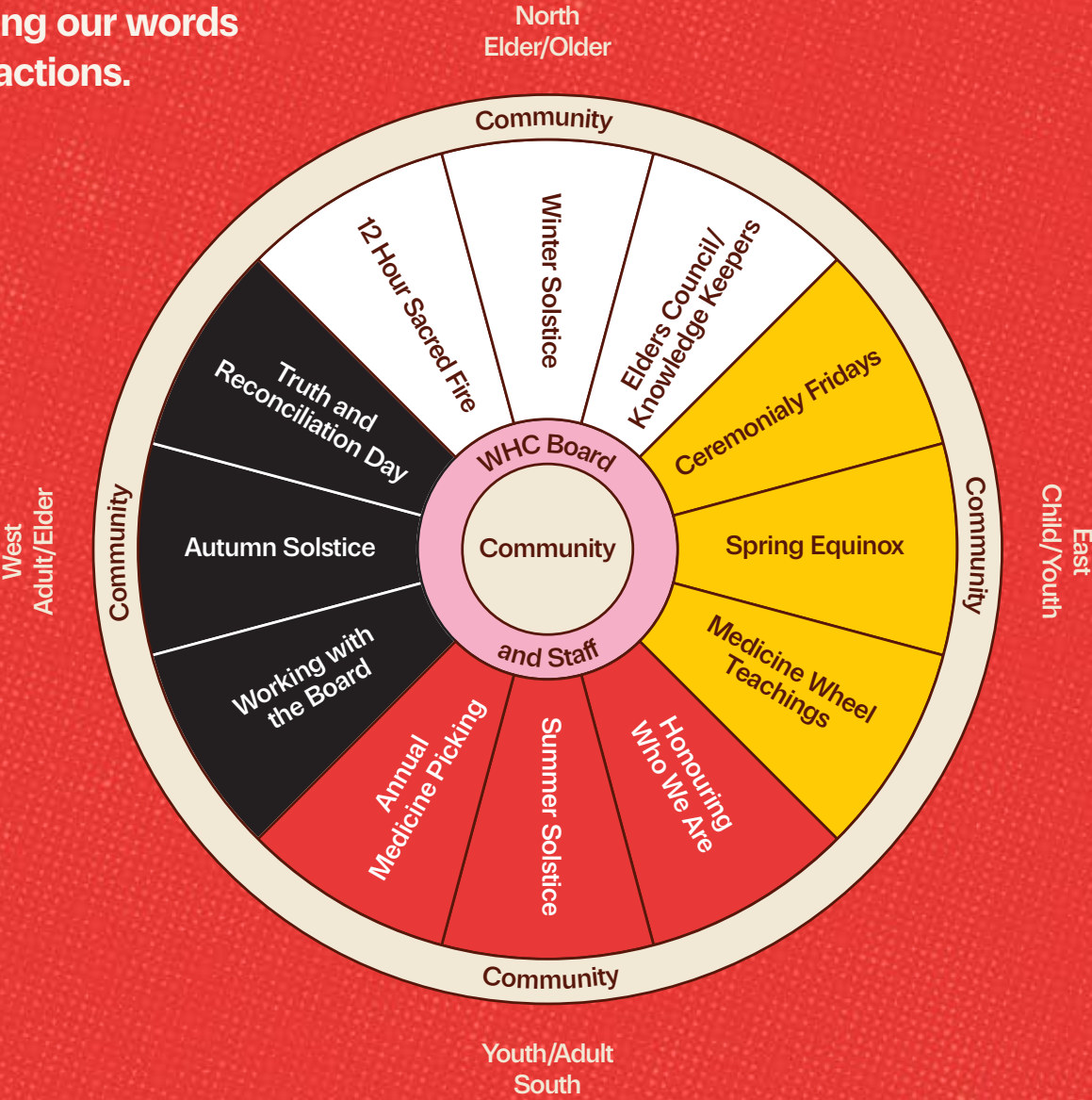
● Board Engagement and Ceremony

Our Board of Directors continues to participate in Ceremony as part of their governance year. Each new Board year begins and ends with Ceremony, grounding our leadership in cultural protocol and collective purpose. This year, Board members also engaged in deeper learning around the TRC Calls to Action and the MMIWG Calls to Justice.



RECONCILIATION + DECOLONIZATION

Putting our words
into actions.



Part of our commitment to reconciliation must include an affirmation of our commitment and responsibility in improving relationships between nations, as well as improving our own understanding of local Indigenous people and their cultures. This work represents a part of that ongoing commitment.

Katapweyot

- Albert at Graham (Ethical Space Training)
- Jeannie at Portage (Cedar House)
- Margaret at Ode'imin (Teachings)
- Storytelling
- Meetings (Ops, ASM, Board)

Partners

- Full Moon Ceremonies (and Partner Meetings) + All Spirits Gathering
- Ceremonial Fires (staff)
- National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit Peoples (Red Dress Day)

- Red Ribbons
- Hey Cuzzin
- Chāpān Games and Teachings
- Dragonfly Support Program
- Service Provider Training
- Medicine Picking (Sage, Sweetgrass and Cedar)
- Feminine Energy and Teaching Ceremony – Community Oven
- National Day for Truth and Reconciliation / National Day of Action for Missing and Murdered Indigenous Women, Girls and Two-Spirit Peoples
- Dancing Northern Lights
- Meeting with previous employees of WHC
- Drum Making
- Ceremonial Fridays

- Ribbon Skirt
- AGM
- Relationship Building
- Program Integration (Counselling + Provincial Eating Disorder Prevention and Recovery Program, etc.)

Community Events

- Dancing Northern Lights
- Full Moon Ceremony
- All Spirits Gathering
- Chāpān Games
- Hey Cuzzin



MEET THE KOKUMS CIRCLE

KA TA PWAY YOOT (KATA PWAY YA-OOT),
OR 'THOSE WHO TELL THE TRUTH'

The Kokums 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-ooot), or 'those who tell the truth.'



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 2SLGBTQQIA+ 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.



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.



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.



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.

From all Women's Health Clinic programs and services, staff and volunteers, we want to offer our sincere gratitude for the opportunities, teachings and guidance that the Kokums have offered over the 2024-25 year.

Their Circle of truth and strength, is invaluable in the journey that Women's Health Clinic is on- guiding our organisation with spirit and light through to the heart of reconciliation. Women's Health Clinic recognises its privilege to be held in a space where mistakes can be made, curiosity is encouraged, and true vulnerability is honored. With our deepest respect, Chi-Migwetch.

MÎKWÊC KOKUMS CIRCLE

KA TA PWAY YOOT (KATA PWAY YA-OOT),
OR 'THOSE WHO TELL THE TRUTH'

PROGRAMS + SERVICES

Women's Health Clinic offers care and support to approximately 50,000 clients across all locations – with around 30,000 being seen at the Graham Ave. location. Keep reading to learn more about some of the programs and services that we offer.

HEALTH SERVICES

WHC continues to provide abortions in a pro-choice and supportive environment, meeting people where they're at. WHC's abortion care is sought by people from Winnipeg, people from across the province of Manitoba, some in Nunavut, North-Western Ontario and in the United States. Abortions remain available through WHC to people who do not have Manitoba Health.

After years of advocating for an increase to abortion care in community, WHC received provincial funding to increase access to abortions. Increasing the amount of abortions available from 1,600 to 2,300 a year. Abortion care is provided at two of WHC's locations.

CENTRALIZING ABORTION INTAKE

We continued to work 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.



12

Workshops held

EATING DISORDER PROGRAM

WHC's Provincial Eating Disorder Prevention and Recovery Program (PEDPRP), includes Nurse Practitioners, Social Work, Counsellors, and Dietitians who use a decolonised and anti-oppressive approach to their work. The multidisciplinary team is focused on the power of community-driven solutions, innovative care models, and insightful educational opportunities that aim to transform the eating disorder and disordered eating care landscape. Not only does the team offer virtual and in-person one-to-one sessions with individuals, they facilitate workshops ranging in topics including:

- Healthy communication in relationships,
- Weight neutral approach to wellbeing,
- Nutrition basics,
- Transforming body image,
- Overcoming perfectionism,
- Supporting loved ones,
- Strengthening connection to body.

In February, Women's Health Clinic received new on-going funding from the Department of Housing, Addictions and Homelessness to expand the PEDPRP services to include programs and services for youth and families. The expansion will provide WHC with the ability to establish a community-based Youth Eating Disorder Program in Manitoba that compliments existing services while addressing key gaps. This exciting work will have an emphasis on ensuring equity seeking groups have access to preventative educational resources and youth-focused eating disorder prevention and intervention services.

This monumental announcement was made in the Legislative Building during national Eating Disorder Awareness Week, 2025 (February 1-7).

BIRTH CONTROL AND PREGNANCY COUNSELLING PROGRAM

In our Birth Control and Pregnancy Counselling Program, trained volunteer counsellors provide pro-choice, non-judgmental, compassionate support, information, and referrals. The volunteer counsellors support community members seeking information about birth control; pregnancy options (abortion, adoption, and parenting); preventing sexually transmitted infections and HIV; safer sex practices; and issues about sexuality and relationships.

Total number of clients seen for the full year: 972
Birth Control Information sessions: 465
Pregnancy Choice Counselling Sessions: 655

48 VOLUNTEERS

Plan B Barriers

With the recent roll out of the Manitoba Prescription Birth Control Program, Plan B now requires a prescription if you want to be eligible for free emergency contraception to be dispensed by a pharmacy. To address these barriers, Women’s Health Clinic continues to supply free Plan B on a drop-in basis at our Graham Location.

Don’t have a Manitoba Health Card?

We got you! We provide free birth control and emergency contraception (Plan B) to the community, regardless of health coverage.

What our volunteers are saying:

“The sense of community at the clinic and within the Birth Control and Pregnancy Counselling Program volunteer program is what motivates me to come back every week. I love being able to give back to the community that I am a part of.”

“The actual volunteer experience has been incredibly rewarding, as each phone call is unique. To sit with and walk alongside clients is really something I don’t take for granted!”

“It has been incredibly meaningful to be a volunteer counsellor and be a supportive resource for people making decisions about their health. Clients are often trying to navigate challenging circumstances and being able to take a moment with them to sort out the options and check in with what feels right to them is powerful. This volunteer work has made me a more present person in all aspects of my life. I am a better listener, more empathetic, less judgmental of myself and others, and more confident in myself.”



GIO RECENTLY RETIRED FROM WOMEN’S HEALTH CLINIC AFTER ALMOST 39 YEARS, WHERE SHE SIGNIFICANTLY SHAPED REPRODUCTIVE HEALTH SERVICES.

If you are a Manitoban who had peer counselling for birth control or options at WHC any time in the past 39 years, the volunteer counsellor supporting you was trained and supervised by Gio. This remarkable woman dedicated her life to respectful, empowering, and life-giving intersectional feminist health care, training over 700 people over the decades. Many of those volunteers have gone on to be nurses, social workers, doctors, or to care for people in a myriad of ways each with a strong foundation of pro-choice, feminist values learned in Gio’s program.

GENERAL COUNSELLING

The General Counselling Program at Women’s Health Clinic acknowledges someone as the expert of their own life and offers low-barrier, strengths based, person-centred counselling sessions in-person and virtually. Over the 2024-25 year, the General Counselling Program had a steady engagement of teens, young adults and adults through both individual and group programming. The Counsellors supported the process of self-learning, created space for individuals to feel heard and safe to do the heart and head work, making a significant impact to an individual’s healing journey.

Peer Support Groups

Part of the General Counselling Program included a bi-weekly support group where teens and young adults were offered a safe space for exploration and self-expression, with participants supporting one another through life’s challenges and triumphs. Discussion topics included family dynamics, body image, self-esteem, and much more while the group activities included favourites like board games, to pumpkin carving, and field trips.

The group is often a place where strengths are shared and discussed - somewhere to celebrate victories. Each participant has been open and vulnerable, sharing parts of themselves and inviting new possibilities. The positive impact these support groups have for youth has been seen and heard.

“I believe the groups have helped to create personal connections that never would have happened otherwise. The youth involved share deeply personal parts of themselves and feel validated and encouraged. Participants have formed lasting bonds and friendship; they have talked about the way this experience has helped them to take risks outside of the group. They are more likely to reach out and talk to new people at work or school, and many reported feeling more confident overall.”

Circle of Security

Circle of Security is a program for parents who want to better understand and respond to both their own, and their child’s behavior, reactions, and needs. Increasing understanding of one’s child can contribute to their development in many ways including self-esteem, confidence in their relationships with others, and interdependence. This evidenced based program was facilitated in community and through collaboration between the General Counselling and Community and Families Programs. To reduce barriers to access, childminding was provided.

Top left photo: Gio with Lisa Naylor, Manitoba Minister of Transportation and Infrastructure and Carol & Rhona Pike
Top right photo: Gio with Uzoma Asagwara, Manitoba Deputy Premier and Minister of Health of Manitoba, Anita R. Neville, PC, OM, Manitoba Lieutenant Governor, and Lisa Naylor
Carol & Rhona Pike were Gio’s invited guests. Gio wanted to honour both friends for their work in the reproductive healthcare care-especially abortion care. Rhona was a past BCPC volunteer decades ago & worked as a nurse at the Morgentlar Clinic.

FAMILY PROGRAMS

● Dragonfly Program

In the Dragonfly Program, our compassionate and creative volunteers support and engage people who have experienced pregnancy loss or a baby born to spirit.

- 82 individuals participated in individual counselling
- 24 sessions of group therapy were held with 4 unique participants

Peer volunteers provided 175 individual sessions and 32 group sessions, a significant increase over previous years.

● Health Promotion in Schools

Whole Self Program made 231 school visits and held 373 workshops for 8,862 students about topics like healthy relationships, consent, mental health, sexual and reproductive health, digital literacy, body image, substance use, and more. Our partner schools for this year were Elmwood High School and Gordon Bell High School. Through this program, we stress that learning about your own body is harm reduction.

ODE'IMIN

MIDWIFE OFFICE VISITS

4627

MIDWIFERY LED BIRTHS

217

BIRTHS AT ODE'IMIN

187

WHC PRE/POSTNATAL PROGRAMS

57

● Medical Careers Exploration Program / Mashkiki Makwa

This program invites Indigenous students from Winnipeg School Division 1 to explore medical careers by spending time in medical facilities. We partnered with St. Boniface Hospital Youth BIOlab jeunesse to facilitate a placenta study for the students.

● SHiFT Program (Sexual Health Facilitator Training)

Talking about sexual and reproductive health is harm reduction. The SHiFT program is working with University of Manitoba 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.

● Dietitian / Empowered Eating Program

We held a series of "Empowered Eating" events in partnership with a Youville clinic dietitian, leading to a record-high enrollment of 13 participants. The program was previously called "Eat your Heart Out" but was renamed as part of a fulsome update in partnership with Southern Health dietitians.

RESEARCH + PARTNERS

We had a busy year filled with new and ongoing research projects and partnerships to advance health care and support for our communities.

Participation in Reproductive Justice Manitoba's Research Project, Migrant Reproductive Justice

This research initiative in Manitoba will explore the experiences of medically uninsured pregnant migrants who access health care in Manitoba and show how migration impacts reproductive health care and the overall well-being of families. This research will support the development and implementation of a program to support uninsured clients.

Partnering with Two Research Projects Through The University Of Manitoba, Dr. Esyllt Jones – CIHR Project, Pelvic Health and Public Health in 20th Century Canada

We are participating in a research project on the history of community health in Winnipeg. One of the case studies will be Women's Health Clinic, as Dr. Esyllt Jones of the University of Manitoba will study WHC's emergence and early history alongside

broader Winnipeg-based community health projects taking place during the 1970s, 1980s, and 1990s. The project's goals are to explore and preserve the history of the clinic. WHC has continued to work alongside Dr. Jones on this project over the past two years.

She Walks with Me: Supporting Urban Indigenous Expectant Parents

This project is a partnership with multiple Manitoba Indigenous organizations, the Aboriginal Health and Wellness Centre of Winnipeg, Inc. (AHWC), and the First Nations Health and Social Secretariat of Manitoba (FNHSSM), Ka Ni Kanichihk Inc., along with other partners involved in this project including: Mount Carmel Clinic, Klinik Community Health, Women's Health Clinic and others.

She Walks with Me: Supporting Urban Indigenous Expectant Parents Through Culturally-Placed Doulas is a five-year project focused on research, developing training and the delivery of an urban Indigenous doula service in Winnipeg to improve health outcomes for Indigenous parents and their babies residing in the city. It builds on the Winnipeg Boldness Project's (WBP) Indigenous doula pilot.

This project works alongside the University of Winnipeg as the research lead.

Advocating for Sexual and Reproductive Justice, Bill 08 – The Safe Access to Abortion Services Act (Buffer Zone)

After years of advocacy to ensure and protect safe access to abortion and reproductive care, Bill 08 – The Safe Access to Abortion Services Act became the law of the land in Manitoba. The bill protects people's rights to seek care free from intimidation, harassment, and obstruction; ensuring abortion services are truly accessible in a free and open

manner. The protection zones also prevent activities like advising, persuading, informing, disapproving, requesting, or dissuading people from seeking care.

In addition, the bill ensures the protection of every worker at all locations where abortion services are provided, including their residence(s).

Simply put, it is now illegal in Manitoba to impede access to abortion care. Bill 8 is a significant advancement for sexual and reproductive justice in Manitoba, protecting access to basic medical care.

HARM REDUCTION PILOT PROGRAM

JANUARY 1ST TO MARCH 28TH, 2025

Access to necessities and harm reduction supplies is essential for the health and well-being of our community.

Our Safe Supply Distribution Program operates to provide non-judgmental, low-barrier support to individuals in need. Through our vestibule-based distribution model, we ensure that community members can access food, water, and essential harm reduction supplies—including safer sex and drug use supplies—in a safe and stigma-free environment. We also provide clothing, as ensuring access to warm, clean clothing is a key part of supporting dignity, comfort, and well-being—especially during Winnipeg’s colder months. These items play a vital role in supporting harm reduction efforts, helping individuals stay safer while fostering trust and connection through compassionate care.

Harm Reduction Supplies Distributed Included:

Safer supply items

- Sterile needles
- Cookers
- Tourniquets
- Sterile water
- Alcohol swabs
- Info pamphlets
- Sterile bubbles
- Sterile mouthpieces
- Sterile stems/crack pipes
- Sterile stem mouthpieces
- Naloxone

Clothing items

- Socks
- Bags

Personal hygiene items

- Menstrual products
- Toothpaste
- Moisturizer
- Shampoo and conditioner

Safer sex supplies

- Condoms
- Lube

Food and drink

- Snacks
- Bottled water

HARM REDUCTION AT WOMEN’S HEALTH CLINIC

While some people may only think of harm reduction as it relates to substance use and sex, it is a much broader concept that connects all of our work together at Women’s Health Clinic.

Our impact in harm reduction spans from our work with safe supplies to grief counselling, from reproductive health to our eating disorder clinic, and beyond. It is all harm reduction. For some of our community members, receiving crucial items like water, socks, and other items that they need is a form of harm reduction.

For years, we have also provided free birth control, not just for one month but on an ongoing basis, and this is also harm reduction. Whether we are distributing birth control pills, condoms, water, socks, or just helpful and non-judgemental information, this is all harm reduction.

THE WOMEN'S HEALTH CLINIC'S APPROACH TO HARM REDUCTION

Learning, Listening, Transforming

When we work with individual community members, using a non-judgmental and open-minded approach, we acknowledge that everyone has the right to make decisions for themselves. We support community members by offering the strategies and tools they may need to stay safer, while they hold decision-making power. Meeting people where they are and recognizing their humanity is essential.

When we look at our communities at a societal level, it shows us how we need to advocate to change the systems that have created conditions for harm and stigma. This is how harm reduction shapes our organizational advocacy across various areas—whether we are pushing for informed consent for youth, safer care during pregnancy, or inclusive reproductive health policies.

In practice, harm reduction means meeting people where they are, advocating for decolonizing practices, challenging weight stigma, providing safer sex supplies, offering informed choice, eating disorders support and offering care to youth, counselling, and supporting clients in defining what healing looks like for themselves.

Harm reduction has always been part of our grassroots work in our community. For nearly 45 years, it's shaped how we care, connect, and advocate for others, ever since with our humble yet hardy beginnings offering non-judgmental information related to birth control and abortion. Part of harm reduction is offering access to information so individuals can make informed decisions. Our philosophy is non-judgmental, presenting all information from a feminist perspective.

We acknowledge that colonialism, poverty, racism, trauma, homophobia, transphobia, and other social inequalities affect people's ability to access services. We also recognize Indigenous harm reduction, which works to reduce the harms of colonialism by supporting decolonizing practices.

WHC distributed essential items,

3,000

including food, water, and harm reduction supplies

WHC distributed safer drug-use

1,400+

supplies

Monday was the peak distribution day, with an average of

110+

supplies handed out

The most frequently distributed supplies were safer drug-use materials, with a total of items provided to

1,448

community members.

404

clothing items

285

personal hygiene products

208

safer sex supplies



WHC recieved additional

90

types of requests which reflect the complex and diverse needs of the people we serve – from access to basic amenities like a washroom or a warm cup of coffee, underscoring the importance of safe, welcoming spaces.

In January, the average was around

45

supplies per month, which increased to approximately

55

in February and peaked at over

70

in March.

PARTNERSHIPS

PROGRAM & SERVICE DEVELOPMENT PARTNERS:

We are grateful for these community organisations 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 in these organisations who work, volunteer and lead. We 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
- Manitoba Blue Cross
- MB Reproductive Justice

OTHER AGENCY & COMMUNITY PARTNERS:

We are grateful for these community organisations 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 in these organisations who work, volunteer and lead. We support our community partners.

- Aboriginal Health & Wellness Centre
- Actions Canada Network
- Canadian Association of Community Health Centres
- Canadian Centre For Policy Alternatives
- Centre de Santé
- Huddle
- Klinik
- Main Street Project
- Manitoba Health Coalition
- MFL Occupational Health Centre
- Mount Carmel
- Nine Circles
- NorWest Co-op Community Health
- 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
- Bear Clan Patrol
- SERC
- Social Planning Counsel
- Youville



FUNDRAISING

Over the past year, the Fundraising Department has helped strengthen connections between the clinic and our community, while supporting critical program needs through both financial and in-kind contributions.

We've also prioritized community engagement, connecting with hundreds of community members throughout the year via outreach, events, and storytelling. We also invested more in donor stewardship, maintaining strong relationships by keeping donors engaged, informed, and appreciated—even when giving wasn't immediately possible.

One of our focused campaigns was the *Procedure Bed Ask*, which aimed to raise funds for vital clinical equipment. This campaign underscored the importance of providing safe, comfortable, and accessible abortion care for patients, and helped bring attention to the specific material needs of the clinic that directly support quality health services.

Our *Giving Tuesday and Year-End campaign* was anchored by an incredible \$25,000 matching gift opportunity in support of Ode'imin. This match generated enthusiasm and doubled the impact of every donor's contribution, creating urgency and inspiring generosity. The campaign was one of our strongest year-end efforts to date, highlighting community support for capitol repairs and midwifery led birthing services.

We're incredibly grateful for the passionate people behind our fundraising and community engagement efforts. This year, a heartfelt thank you goes out to **PEACH co-chairs Aveeve and Sam McLaughlin, whose leadership and dedication helped the program reach an incredible fundraising milestone this year.** We also want to recognize the entire PEACH Committee—your collective energy, creativity, and commitment to reproductive justice make this work possible and impactful. Your efforts continue to build a stronger, more supported community for parents and families.

We also want to extend deep appreciation to the Fête De Fem planning committee, whose tireless work brought together a powerful and joyful event in celebration of gender equity and community care. Special thanks to Flavia Fernandez Fabio, Chantal Hogue, Pamela Kirkpatrick, and Fête Jockey for their outstanding contributions—your vision, organization, and heart helped make the event a true success.

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 – by giving back as donors. This year, PEACH hit a milestone of \$20,000 raised.

PEACH is led 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 to the PEACH circle – for all that you are doing to ensure that people can access health care services when and where they need them!

Fête de Fem

Thank you for making Fête De Fem 2025 a powerful celebration! To our cherished community – thank you for being part of Fête De Fem 2025. Your presence helped create an evening that was not only joyful and inspiring, but deeply impactful.

This celebration of International Women's Day featuring the culinary brilliance of Winnipeg's women and non-binary chefs, perfectly paired wines, and the vibrant sounds of our local DJ was brought to life by your energy and generosity. But the impact of your support goes far beyond one evening.

By attending events like Fête De Fem, you are directly supporting inclusive, accessible, and affirming health care for thousands of people in our community. Your contributions help fund essential programs, from reproductive and sexual health services to mental health support and education initiatives. You help us show up without barriers or judgement for those who need us most.

Fête De Fem is more than a fundraiser. It's a statement: that we believe in equitable health care. That we believe in community-led care. That we believe everyone deserves to be heard, supported, and empowered.

Thank you for standing with us and for making moments like this possible.

VOLUNTEERS

We would like to thank the heart of WHC: our incredible volunteers, practicum students, and partner organizations.

A big thank you to our:

- Birth Control and Pregnancy Counselling (BCPC) volunteers
- Dragonfly Support Program peer support volunteers
- Knitters, crocheters, and sewers across Turtle Island
- Families Connecting / Healthy Baby program volunteers
- Practicum students
- Board of Directors
- Board Finance Committee Members - Alison and Claire Ann
- Fête de Fem volunteers
- Full Moon, Hey Cuzzin, and Chāpān Games partner agencies and volunteers
- PEACH, the WHC Circle of Support

Your care, creativity, and commitment power everything that we do!

A special thanks to LeBlanc (& co.) Communications – for writing and designing this annual report!



LONG SERVICE AWARDS

WHC staff came together to celebrate our 2024 Long Service Awards over tea, dainties, and meaningful conversation. We are deeply grateful for the dedication, passion, and unwavering intersectional feminist approach to care that each honouree brings to our work.

We would like to recognize the many retirements that have occurred over the past year. The decades of work these long-term employees have dedicated to WHC has been nothing short of amazing to advance our organization. They take with them years of institutional knowledge and history that will be sorely missed, however we welcome the new generation of employees and innovative change that we will see over the coming years.

To all of you who have retired over the past year, we thank you from the bottom of our hearts.



FUNDERS



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg



Shared health
Soins communs
Manitoba



United Way
Winnipeg



DONORS

\$1-249

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Jamie Dumont
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Bryan McKague
Brienne McKay
Stephen McLean
Alanna McLeod
Taylor McMillan
Doreen McNabb
Nicky Mehta
Kiera Melnyk
Lisa Mendez
Alexandra Merrill
Anastasia Meseman
Hannah Middleton
joel mieraui
Jennifer & Gordon Miles
Erika Miller
Eveline Milliken
Tannis Mindell
Stephanie Minor
Adrienne Moore-Bunney
Jess Morrow
Anne Morton
Sam Moskwa
Nuala Nazarko
Lindy Norris
Jared Novoseller
Brittany Odger
Sarah Olson/Gibbs
Iain Ormiston
Rachel Ort
Doris Mae Oulton
Amanda Outingdyke
Ana Palaganas
Rachel Panasiuk
Angelique Parajas

Elizabeth Parsons
Edwin Peart
Lindsay Pellerin
Rin Penner
Julia Peristerakis
Sharla Perry
Carly Peters
Lesley Phimister
Emilene Pierce
Jessica Pincente
Robyn Pooley
Pierre Poulin
Karen Power
Israt Promity
Vivian Rachlis
Erica Radojewski
Cindy Rainkie
Danielle Rand
Rikki Redondo
Tanya Regehr
Arisa Reis
Caitlin Rice
Dee Dee Rizzo
Paige Robertson
Jessica Robinson
Jane Romio
Kaleigh Rosenblat
Rona Rosier
Jeni Ross
Lindsay Ruban
Jessie Sangster
Brigitte Savard
Damaris Sawatzky
Dana Sawatzky
Kelly Scallion
Kate Schellenberg
Milana Schipper
Madeline Schon
Renate Schulz
Mary Scott
Carol Scurfield
Salma Shaikh
Erin Shaw
Jennifer Sheridan
Westdal
Bryna Skelly
Jamie Skinner
Karen & Doug Smee
Susan Smiel
Mackenzie Smith
Kim Smith
Stephanie Smith
Kathleen Sorobey

Diane Sparrow Degrave
Kate Spencler
Emily Sprague
Emilie St.-Hilaire
Leslie Stafford
Dorothy Stephens
Lisa Stepnuk
Teri Stevens
Lyn Stienstra
John Stroich
Sandra Summers
Annick Svistovski
Jima Swanson
Veronica Tait
Laura Tapley
Hilary Taylor
Justin Taylor
Olivia Tefft
Dorice Tepley
Susan Tessler
Samantha Therrien
Jen Thiessen
Marieke Thompson
Courtney Thomson
Krysti-Anna Timko
Sheila Toller
Kelsey Tonn
Andrew Townsend
Linda Trinh
Christine Troop
Lindsay Trybell
Jodi Turner
Kelly Tye Vallis
Aimee Tymkin
Sarah Van Mackelbergh
Shannon Vaughan
Chloe Vickar
Zephyra Vun
Brittney Wade
Jamie Walters
Rachel Warkentin
Gail Watson
Bailey Watson
Lauren Watts
Robyn Webb
Victoria Weir
Stephanie Westdal
Annelies Whiting
Erin Whittaker
Staci Whitwell
Debra Wiens
Adrienne Wilson

Sarah Wilton
Karen Wokes
Jason Wood
Feng Dawn Xu
Libby Yager
Faye-Rae Yanofsy
Pavel Yarmak
Weiyang Ye
Andreas Youseph
Lexie Yurman
Tannis Zimmer
Maria Zoco

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Operations Inc.
Cathy Anderson
Jenwa Beaupre
Janet Bradley
Jon Brandt
Emilie Campbell
Heejune Chang
Patricia Clubb
Marika Dewar-Norosky
Katherine Dobosz
Julie Dunford
Lesley Eckstrand
Darlene Frederickson
Sheryl Hagenstein
Cynthia Hiebert-Simkin
Tanice Houston
Gemma Keatch
Andrea Kirkwood
Paula Kristjanson Hasiuk
Ellen Kruger
Céline Mack
Catherine Mann
Leda McDonald
Denise Miller
Cheryl Murkin
Theresa Oswald
Heidi Ouellette
Danessa Peters
Leila Praznik
Dale Sandmoen
Seven Oaks School
Division
Robbi-Lynn Sime
P. Louise Smith
Muriel Smith
Greg Stewart
Timur Syrota

Tarantism Dance
Company
Jennifer Tsien
Nastashya Wall
Catherine Wilkie
Liane Wychreschuk
Lisa Yaroshko
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Chantel Bacon
Bill Worb Furs
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shumeley
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Sandra Buckberger
Barbara Burkowski
Gaelle Camus
Canada Life
Cynthia Coker
Desa Desautels
Downtown Winnipeg Biz
Michel & Emma
Durand-Wood
Karen Dyck
Marion East
Brittany Enns
Erna Braun Charitable
Giving Fund
Elizabeth Ferreira
Fran Friesen Legacy
Fund Fran Friesen
Legacy Fund
Jason Goldberg
Sarah Griffiths
Judy Heppelle
Meaghan Houlbrook
Sylvie LaFleche
Emma McTavish
Aurelie Mogan
Stephanie Moski
Ellen Olfert
Adele Perry
Dulcie Price
Mahwash Saeed
Melina Zevaoglu

\$1000+

Darlene Abreau-Ferreira
Sonja Carney
Crisis Trauma
Resource Institute
Catherine Smith

Driedger Family
Charitable
Ashleigh Everett
Ashleigh & Stuart
& Stuart Murray
Hayley Guillou
Kaleigh Hamilton
Katie Hursh
I AM LOVE PROJECT
IA Financial
Jacked Up Jill Coffee
Jewish Foundation
of Manitoba
Kalshea Commodities
Lambert Nemec Group
Manitoba Blue Cross
Manitoba Liquor
& Lotteries
Manitoba Pork
Carol McArton
Payworks
Peak of the Market
Lana Reimer
Rene Rheault
Shoppers Drug Mart/
Pharmaprix
Megan Smallman
The Forks Renewal
Corporation
The Winnipeg
Foundation
Maryanne Thorkelson
Unifor Social Justice
Fund

PEACH

Ridgecrest Orthodontics
Ashleigh Everett
Darcie Ferguson
Ailish Griffin
Kaleigh Hamilton
Katie Hursh
Jane Johnston
Katarina Kupca
Lisa Malbranck
Aveeve McLaughlin
Whitney Morrison
Dulcie Price
Sydney Richardson
Tania Schaerer
Jill Stevens
Maryanne Thorkelson
Maria Zoco





**“WHEN OUR
COMMUNITY
NEEDS US, WE
CAN’T AFFORD
TO BE SILENT.” —**

**KEMPLIN NEMBHARD,
EXECUTIVE DIRECTOR**



Women's
Health Clinic