Land Acknowledgement

Women’s Health Clinic and all of our sites are situated on Treaty 1 territory, made up of the traditional and ancestral lands of the Ininew, Oji-Cree, Dene, and Dakota and in the homeland of the Red River Métis. As a non-Indigenous organization, we commit to the principles of decolonization and reconciliation, and the integration of the Truth and Reconciliation Commission of Canada (TRC): Calls to Action into our work.

To do the Land Acknowledgement is a reaffirmation of our commitment and responsibility in improving relationships between nations as well as improving our own understanding of local Indigenous people and their cultures. We should all acknowledge and respect the Treaties formed on these territories, acknowledge that we are all treaty people and, as settlers, we recognize the rights of the Indigenous people and recognize our responsibilities to uphold and respect the treaties. In our treaties we adopted each other as family so we must to treat each other as family. We must acknowledge and recognize the history and harms of colonization on Indigenous peoples and commit to active accountability, justice, equity, and reconciliation.

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Greetings from Elder Wa Wa Tei Ikwe (Northern Lights Woman)

In the spirit of transparency, I want to let you know about the racism and discrimination that happened to me as an employee of WHC – how I dealt with what happened and why I'm still here.

To do that, I must first tell you about Dragonfly:

“When dragonfly comes to you, it brings with it the connection to the power of transformation – to the possibility of leaving the old or the dysfunctional behind – that you should not be fearful of change because you have it within you to break free of old paradigms and illusions that are dysfunctional …”

Before joining the clinic, I was aware that there were a lot of challenges at WHC. Within my first ten days, two key people on the Leadership team resigned. Both described racist and discriminative behaviour directed towards them, and how white fragility perpetrated attitudes and behaviours that allowed racism to flourish at WHC.

I soon learned for myself that systemic racism was alive and doing well within our walls. Within my first year, I experienced it personally. I didn’t say anything immediately but other witnesses brought the allegations to light. The perpetrators moved on and I received numerous apologies from Leadership.

I thought that would be the end of that behaviour towards me. I was wrong. Within the next few months, it happened three more times. It seemed unreal that it kept happening. Each time I hesitated to tell anyone.

I prayed to Creator and asked my ancestors for their guidance. Then I let them guide my actions. In the midst of these ordeals, I often wanted to grab control and steer the outcome, but I resisted. I'm happy I did because when I look back, I can see the magic of the medicine of Dragonfly coming to me. I've worked closely with staff who said that, even after 20 years, they had never participated in anything extra-curricular until recently.

We have done a lot of work at WHC in the spirit of reconciliation. Some time ago, a staff member brought the medicine of Dragonfly to us. Since then, I believe we have connected to the power of transformation and are slowly leaving the dysfunctional behind. With time, we get better at using this medicine. Slowly we have started to heal. Eventually there will be no place here for dysfunction to prosper, nor a place for those who sow its seeds.

That is the promise of Dragonfly: “… that if you pay close attention and do the work, dragonfly can and will show you the path to new worlds where you can hear the wisdom of your soul / spirit… and that our magic is found within, we were born with it!”

Everyone at WHC may not see the magic yet but it is there, closer to the surface than many may believe. I see it in peoples’ behaviours and actions, and I hear it in their voices often.

During my time here, I’ve watched a shy young staff member - whose family came here from another country - find their own voice and become a self-assured and confident person.

A’ho!

Sacred Fires

At the WHC Board’s first meeting in September, we had a Sacred Fire at Ode’imin, to close last year’s Circle and to open their new Circle for the coming year in a Traditional Way. Tobacco was presented and ten with prayers for a good year ahead were put into the fire. Food was shared and it was a great evening!

Full Moon Ceremonies

In the fall, we began to plan our first Full Moon Ceremony. Typically, Ceremonies are held in remote locations, making it a challenge for many to attend. Deciding that a more central location would make it easier for anyone to attend, we chose to do our Ceremonies at Odenda Square at the Fort. We partnered with other organizations to host these ceremonies: Huddle, Kanikaniichihk, Manitoba Keewatinowi Okimakanak (MKO), Manitoba Voice of People (QPOC), and Sunshine House.

Over 135 folks braved a cold, stormy night on October 12th as WHC hosted the first Full Moon Ceremony. Around that time, one of our relatives began her Spirit Journey - she was sleeping outside in the cold of winter. In honour of her struggles and others going through the same challenges, we decided we would continue gathering - no matter how cold the evenings were when Grandmother Moon came to visit.

Knowledge Keepers told us that we had to continue the cycle until we complete our journey around the Medicine Wheel. We will complete this cycle in September 2023. Throughout the winter, even in the midst of some very cold weather and cold storms, we gathered with participants joining us. To all, we offer our most sincere appreciation and say Megwetch, Mani, Eksou, Merci, and Thank-you!

Ceremonial Fridays at Ode’imin

In February, we began meeting at Ode’imin: to make a Ceremonial Quilt for WHC work on Ribbon Skirts with Elder Ivy Canard; and to make a medicine blanket for a staff member who is away ill. We share food and snacks and there’s a lot of camaraderie – a good way to de-stress and have fun!

Fire Keeping

During the year, our staff learned more about Fire Keeping. With Sharing Circles being held off-site, we needed to have our own fire pit and other items for Sacred Fires. We purchased a travelling fire pit and other portable items that allow us to move around wherever needed. We also purchased copper vessels for our Full Moon ceremonies so we are now able to have ceremonies and Sacred Fires wherever Spirit moves us.
Message from Kemlin Nembhard, Executive Director

“We’ve learned some important lessons from our southern neighbours across the border. We see how restrictions to abortion can grow within the silence of complacency. We cannot take the access that some Canadians have – and all Canadians should have – for granted.”

“That can’t happen here. Abortion is legal in Canada, right?”

Yet again, headlines of another abortion restriction in the U.S. raises inevitable questions about what that means for Canadian abortion providers. Closer to home, some wonder what that might mean for us at Women’s Health Clinic.

Some things we know: Access to abortion care – a legal, regulated healthcare procedure in Canada – is not a new worry. But it is a matter of growing concern. While the demand for timely abortion services has increased in Manitoba over the past few years, funding for the essential healthcare procedure has remained the same. In the past fiscal year, WHC has once again provided more – about 30% more - abortion services than we received government funding for. Regrettfully, in spite of extending our reach, demand exceeded capacity and we had to refer 500 people to other services elsewhere.

Access to abortion care has always been uneven across the Canadian landscape and remains so. Timely access is especially difficult for people living in rural and remote areas. It’s simply not enough for abortion services to be legally available. For real access, services need to be community-based. They need to be within reach across the many intersections of people’s lives – as students, workers, parents and caregivers – both geographically and financially. And as we work to deliver services as best we can to all who seek them, we continue to fight for abortion access in all communities.

We’ve learned some important lessons from our neighbours across the border. We see how restrictions to abortion can grow within the silence of complacency. We cannot take the access that some Canadians have – and all Canadians should have – for granted. We must keep the conversation going; we have to be loud and clear that reproductive justice matters to everyone.

People often ask us what can they do to help. Talk to your elected officials. Let them know where you stand: remind them that abortion care is basic health care. And that as such, it needs to be available and truly accessible to all who seek it. It just makes economic sense for our health care system to ensure that people can access this healthcare service in their community or as close to it as possible.

We gratefully acknowledge that this fight for reproductive justice is not just our fight. Time and time again you show us how much it matters to you. Year after year, our community provides incredible support to our free and low-cost birth control supply program to help people access the supplies they need. In late December, you rallied strong to help us purchase a new ultrasound machine that not only improves our abortion care, but allows us to extend our gynecological services. For these, and all the many ways you support the important work of reproductive justice, we thank you.

We invite you now to read through our Annual Report to hear more about how we met some of the other challenges of the past year. We’re also quite excited to share how some new community partnerships are helping us deepen our reconciliation and decolonization work. Miigwetch to Wa Wa Tei Ikwe (Northern Lights Woman) for leading us on that journey - you can read more about that on page 4.

We are also pleased to share our new Strategic Plan with you on page 8. We thank you for your support and look forward to an exciting year ahead!
New Strategic Direction

At WHC, we pride ourselves on being reflective. As such, with an almost entirely new leadership team and on schedule to review our strategic vision, it was time to take a look at our mission, vision, and values. It was time to see if they still met the needs of our community.

Over the span of a few years, and working in tandem with Health In Common and several stakeholders (volunteers, staff, community, and board members), we are proud to share the new strategic direction that will govern us from 2023-2028.

**MISSION:** Women’s Health Clinic offers sexual, reproductive and mental health care and support for people of all genders.

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

**VALUES:**
- We listen and learn – We believe people are experts in their own health care.
- We believe that everyone has the right to make their own choices.
- We recognize and honour intersectionality – multi-layered experiences and identities.
- We embrace anti-oppressive, feminist, anti-racist, intersectional, inclusive and 2SLGBTQ+ experiences and frameworks. This is also reflected in our staff, volunteers and Board of Directors.
- We commit to the principles of decolonization and reconciliation, and the integration of the TRC calls to action in our work.
- We are mindful about amplifying people’s voices.
- We advocate.
- We celebrate our diversity and embrace having fun together.

“After celebrating the Clinic’s 40th anniversary in 2021, it was important to our Board of Directors that we set out a path for the future of our organization. This plan establishes a clear vision for the Clinic: one that is rooted in meeting the needs of those who experience the greatest barriers to health equity.”

This plan also affirms the values that we have carried with us since the Clinic’s inception: of providing feminist, anti-oppressive, anti-racist, intersectional and inclusive care that honours the knowledge, experience and agency of those we serve. We will not only honour our past by continuing to build upon these values, but we will also continue to stand firmly and resolutely for the right of every person to safe, accessible and timely abortion care across the province of Manitoba.”

- Karen Sharma, WHC Board Chair.

**Areas of work**
- Women’s Health Clinic provides access to sexual and reproductive health services.
- Women’s Health Clinic provides wellness education, counselling and support.
- Women’s Health Clinic advocates for system change, equity & social justice.

**Strategic priorities**
1. Women’s Health Clinic will strengthen capacity to provide services to communities that experience inequitable access to health.
2. Women’s Health Clinic will strengthen relationships and identify partnership opportunities that extend service reach.
3. Women’s Health Clinic will strengthen organizational culture and processes to support staff well-being, equity and organizational effectiveness.
STRATEGIC GOAL #1
PARTNERING TO
IMPROVE ACCESS

WHC understands that community knows what community needs. We partner with other organizations to improve access to critical, timely healthcare and social services.

Willow Place
Our partnership with Willow Place highlights a core WHC value – to provide client-centred care and meet clients where they are at. Our Medical Program staff attends their shelter bi-weekly to provide their clients with sexual and reproductive health services and some primary care.

Manitoba Inuit Association
Teams from Ode’imin and our Medical Program are working with the Manitoba Inuit Association to explore and address the lack of equitable and inaccessible health care for Inuit women and girls. This partnership kicked off with meetings at each other’s sites, while getting to know more about each other and the work we do. We’re working towards building a model to include a remote clinic to serve the needs of their communities. We’re grateful for this opportunity to embark on an active reconciliation journey with Inuit communities.

Birth Control and Pregnancy Counselling
Our Birth Control and Pregnancy Counselling (BCPC) program volunteers work with people from all over Manitoba navigate reproductive health services, both within WHC and beyond. They provide WHC with valuable and important feedback about gaps or barriers to receiving care.

Whole Self Project
Our Family & Community Program is currently working with Elmwood Junior High to reach parents and students as part of the Whole Self Project, a community-based anti-bullying initiative.

Over 6,000 students attended workshops about sexual health, consent, communication, body image and other topics to support positive mental health and relationships. We also distributed 6240 healthy snacks and self-care items like journals and hygiene items.

Let’s Talk About Sexual Education
We made a comprehensive junior high sex education manual available online, as well as 23 Kahoot! games on the program topics – nine new this year. Six of the Kahoot! games have been translated into French. Over 200,000 players have tried these educational online games.

Informed Choice in Mental Health Project
Partnering with Dr. Jan DeFehr from the University of Winnipeg, our Counselling Program team created and internally distributed information about informed consent for folks who are accessing mental health care.

Informed consent – a core model of care at WHC since our beginning – means the client is the decision-maker when offered any treatment or care plan. Once the client knows all choices available to them, they make the decision. The healthcare provider shares potential risks and benefits, supporting the client’s right to make an informed choice. We’re currently piloting these resources internally and looking forward to sharing our learnings with you in the next year’s annual report.

Online Abortion Intake Form & Phone Line
We had ongoing meetings with leads from Women’s Hospital and Manitoba Clinic to re-establish the Reproductive Health Committee. Our collective intention and focus is designing and lobbying for a provincial centralized abortion intake to more effectively improve access to services for all Manitobans. To help more Manitobans access abortion care in their home communities – or at least closer to it – we collaborated with a group of rural abortion providers to build a robust referral system.

DID YOU KNOW...
Transmission work is always inclusion work. With thanks to WRHA Translation Services, we’re thrilled to offer many of our Kahoot! learning games and other resources in French, making them available and accessible to more people!

DID YOU KNOW...
Age-appropriate and inclusive sexual health education plays a critical role in maintaining health throughout the human lifespan.

With support from community members, educators and youth, we’ve assembled helpful resources for youth as well as information and resources for educators and parents to support their learning.

(Visit Resources for Educators at womenshealthclinic.org)
STRATEGIC GOAL #2  
EXPANDING CORE SERVICES

Committed to making relationships in a good way, we collaborate with government, Regional Health Authorities, and First Nations and Indigenous Health to improve community-based access to some essential services for people in diverse communities across Manitoba.

Counselling and Eating Disorders

To support people who are waiting for counselling services, we worked with external practitioners to offer workshops in Breathwork and Art Therapy. To encourage community healing and wellbeing, we created several new counselling workshops: fight/flight/freeze response, circle of security, and social media awareness for parents and teens.

Pregnancy, Birth and Postnatal Care

To help make midwifery more accessible in Manitoba, WRHA midwives continue to take approximately two applicants each month into care from the Interlake Eastern Regional Health Authority.

Our Community & Family Program added in-person perinatal mental health support group Coping with Change and Nobody’s Perfect Parenting at Ode’imin, offering 18 program workshops to support mental health and to break isolation for people with young children up to age six.

Reproductive and Sexual Health Care

WHC leant our expertise processes and systems to a team in the Prairie Mountain Region to support the opening of Wellness Clinic Brandon, a new clinic that focuses on sexual and reproductive health care for people in the area.

WHC launched the province’s first abortion intake interest form available on our website. This provided another route for clients to express their need for an abortion.

STRA TE GIC GOAL #3  
INFLUENCING THE HEALTH CARE AGENDA

Our feminist approach to community health care is both reflective and dynamic, grounded in social justice and harm reduction. We connect with community and other organizations to exchange ideas and energy. We work to ensure health care practice and policy include the needs of women, non-binary people, and other disenfranchised groups of people. Together we identify emerging needs, innovative trends, and evidenced practices in community health, and actively advocate for inclusive support for the diverse communities we serve.

Training and mentorship

Our Medical Program accepted Medical Residents, Nurse Practitioners, Registered Nurses (Authorized Prescriber) - and our first ever Manitoba Institute of Trades and Technology (MITT) Medical Office Assistant students - for practicums and shadow experiences during this fiscal year.

Community & Family Programs offered training for service provider for our Coping with Change perinatal mental health program, and Sexual Health Information Facilitator Training (SHIFT) programs. They also held workshops for students from Children of the Earth High School for their Medical Careers exploration program and hosted two Grade 12 practicum students from Seven Oak MET School.

Our Whole Self Program and Dragonfly Program (Community & Family Programs) hosted two Social Work practicum students from Université Saint-Boniface.

Our Dragonfly Program assisted in creating a CIHR proposal with Kishaadigeh Collaborative Research Centre

Our Counselling Program mentored two practicum students from the Marriage and Family Therapy Program at the University of Winnipeg.

Birth Control and Pregnancy Counselling

Past and current BCPC volunteers have been hired into paid positions at our three sites of service. They bring their BCPC volunteer program skills, knowledge, perspectives and life experiences to their new paid positions. They bring their commitment to social justice, anti-racism and anti-oppression to their work and together strive to ensure WHC programs and services are inclusive to all.
INFLUENCING THE HEALTH CARE AGENDA CONTINUED...

Influencing philosophy and practice

WRHA dietitians across the region selected our Community & Family Programs Eat Your Heart Out program to replace a previous program, citing it as a better and safer program for supporting people to have more peaceful relationships with food. Additionally, one of our Health Promotion dietitians was part of the group creating a new weight-neutral values statement.

WHC Elder Louise McKay provided the opening prayers, smudge and teaching for the National Abortion Federation (NAF) Conference held in Winnipeg in October 2022. Other WHC staff members lent their expertise as guest speakers and presenters.

Our Provincial Eating Disorder Prevention and Recovery Program (PEDPRP) helped edit provincial science curriculum to use more weight neutral language. Our program dietitian attends monthly grand rounds to share information about eating disorder treatment, offering service providers an opportunity to explore eating disorder topics or to share case studies together.

WHC’s Community & Family Programs team developed the program agenda for Adolescent Parent Interagency Network (APIN) 2022 conference; featuring guest speakers WHC Elder Louise McKay and author Renee Linklater (Decolonizing Trauma Work: Indigenous Stories and Strategies. Fernwood Publishing, 2020).

We have a new ultrasound machine!

Our year-end campaign focused on raising funds for a much-needed ultrasound machine. Our generous donors answered the urgent call of our late December email and social media campaign, raising $40,561. Thanks to them, we’re pleased to able to expand gynecological services for our clients.

Women, Wine and Food

Back in person for the first time since the COVID-19 pandemic, we hosted this year’s event celebrating International Women’s Day at the Canadian Museum for Human Rights. Attendees enjoyed a variety of wine, beer, mocktails, appetizers and desserts from ten different local chefs. We thank our six chef and cocktail sponsors for their support: Assiniboine Credit Union, Taylor McCaffrey Lawyers, Stantec, Manitoba Liquor and Lotteries, PayWorks and Manitoba Pork. Our exclusive event swag bags – always in popular demand – sold out in less than 25 minutes! Women, Wine and Food raised over $66,200 to support clinic programs and services.

Client Emergency Fund

Although core health services are government funded, the additional expenses of transportation, lodging and food prevent some people from accessing essential reproductive health services that aren’t available in their home communities. This year, our Client Emergency Fund - dedicated to help cover the costs of supplies for our free and low-cost birth control program. Once again, our outstanding community of supporters rose to meet the challenge and raised $6,500 - well beyond our original $4,000 goal!

Ode’imin Fund

Created in 2021 to provide donors an opportunity to support community-based Indigenous-led initiatives at WHC, the Ode’imin fund raised $2,917 in this fiscal year. The fund helps cover honoraria for Elders and cultural workers who share their time, teachings and knowledge with us as we deepen culturally appropriate support for Indigenous people and other clients in pregnancy, birth, post-partum and infant and pregnancy loss.

Enhancing client and community experiences

We are grateful to:

• The Canadian Women’s Federation (CWF) for supporting our Abortion Program with a grant to provide better snacks, drinks, and to offer ceremonial options for clients receiving abortion care.

• The community of caring folks who donate items and supplies to our sharing shelves at Ode’imin and the Community Safer Spaces drop-by initiative at our Graham clinic, helping ensure that people in the community get some of the essential items they and their families need. We thank the students of Nelson McIntyre Collegiate and the University of Winnipeg Global College Student Advisory Council for independently organizing clothing and product drives to support WHC’s Community Safe Space.

• The Winnipeg Foundation for grant funding to provide food supports for families at Ode’imin and in our Families Connecting programs.

Identifying Emerging Needs

WHC’s Medical Program continues to provide care to clients who don’t have Manitoba Health coverage. Community needs for pre-natal care, abortion care, STBBI testing and treatment - along with other services - increased steadily during the pandemic and show no signs of stopping. We continue to seek adequate funding for the Abortion Program to address the backlog of funding deficits from previous years and to meet the growing demand for services.

STRATEGIC GOAL #4

DIVERSIFYING ORGANIZATIONAL REVENUE

General Fund For Fiscal Year 2022-23

WHC raised $175,054

Giving Tuesday

Each year we rely on our Giving Tuesday campaign to help us cover the costs of supplies for our free and low-cost birth control program. Once again, our outstanding community of supporters rose to meet the challenge and raised $6,500 - well beyond our original $4,000 goal!
STRATEGIC GOAL #5
STRENGTHENING ORGANIZATIONAL HEALTH

We make it known that we are committed to answering the TRC Calls to Action and to improving access to reproductive health care services in Manitoba.

That work is only possible because our passionate and dedicated staff. Time and time again, under social and systemic challenges alike, they rise up to meet to ever-growing and increasingly complicated needs of our community.

Our staff and volunteers are the strength of our organization. It’s critical that we provide the resources, knowledge, systems and tools our teams need to provide innovative person-centred care across all WHC programs, services, and sites.

Through challenges old and new, our organization continues to be self-reflective and open to change. We work to foster a collaborative team culture, committed to engaging the collective knowledge, insights and expertise of our diverse staff, volunteers, and community.

• Across all WHC programs, services and sites, staff expressed the benefits of having more opportunities to gather through a hybrid model of virtual and in-person meetings: timely responses and action, and flexible communication and problem solving.

• Our Medical Team embarked on a new quality improvement project to address lab errors and to reduce incidences of preventable mistakes.

• Our Community & Family Program staff continues to guide staff at all WHC sites though a newly-revamped values orientation program and discussions.

• The Provincial Eating Disorders Prevention & Recovery Program promotes a weight-neutral approach within Women’s Health Clinic.

• Our Abortion Program revised its consent form to be more inclusive. By covering more risks and possible outcomes, we support each client in making an informed choice for their own personal situation and circumstance.

Reconciliation & Decolonization

We look to Indigenous knowledge and intersectional feminism as twin guiding stars as we chart our organizational journey through the work of reconciliation and decolonization. Our feminist analysis and practices provide opportunities for us to come together and explore how exclusionary practices, privilege and power, and unpacking unconscious biased thinking all create harm in contemporary healthcare service delivery.

This model is not new to feminist or social justice organizing. In the tradition of Indigenous Sharing Circles, diverse members of our communities – both inside and outside WHC - join together in the spirit of caring, mutual aid, solidarity, and kinship. As we care for our community – too often ignored in the margins of healthcare policy and practice - we also try to centre their real-life needs as we work to deconstruct structures and systems that oppress and ignore their voices and experiences. Across all WHC sites and programs, we seek to listen, unlearn and learn together how to we can create a just, compassionate, and healing-focused health care system and society.

Highlights

• Staff at all sites continue to initiate and explore anti-oppression and anti-racism readings, discussions, workshops and training.

• Staff continues to received teachings from Elder Wa Wa Tei ikwe (Northern Lights Woman) and other Elders in the community for medicine picking and preparation as well as for fire keeping.

• With the direction of Elder Wa Wa Tei ikwe (Northern Lights Woman), we received a name for the pregnancy and infant loss program, now called Dragonfly Support Program.

• Community partnerships for Full Moon Ceremonies. (see page 5).

The BCPC volunteer counsellor training program is based on a feminist discussion/peer-based learning model and topics like power and privilege, exclusionary practices, biased default thinking are addressed and critiqued as to how they manifest in counselling and healthcare. The BCPC volunteer training program provides an opportunity to create circles of community caring, mutual aid, solidarity and allyship.

Self-reflective training exercises such as self-inventories, case studies and journaling provide opportunities for the volunteers to address their conscious and unconscious biases and assumptions based on age, class, culture, race, religion, gender identity, sexual orientation, body size, health status and abilities.
Community Safe Space

WHC resides in the core of Downtown Winnipeg. We have seen tremendous cuts to social services throughout the pandemic, leaving a major gap in resources where community members can go to access a safe space to rest, recharge, collect harm reduction supplies, and take care of basic human functions such as using the toilet.

Thanks to an extremely dedicated group of staff members, WHC’s Community Safe Space began operating in December 2022. It took place on Thursday evenings from 6-8 PM, featuring a hot meal, coffee, water, refreshments, and a group activity. WHC was able to secure temporary funding to hire a Community Host and began more outreach work with community members. Following its inception, it began running on a weekly basis.

All of this was done by the volunteer time and generosity of WHC staff. This wouldn’t have happened without the incredible contributions of the Community Safe Space Committee: Roza Janusz, Lea Neufeld La Rue, Kimberly Sourkes, Nina Ferrigno, Rayna Porter, Ladine Klassen, Karli Smith, Caitlin Zettergren Overly, Danielle Peebles, Erin Bockstael, Keesha Daniels, Ladonna Nabess, Blandine Tona, Holly Banner, and Kemlin Nembhard.

Women, Wine & Food

This year was our first year back in person since the start of the COVID-19 pandemic to celebrate International Women’s Day with our annual Women, Wine and Food event. We welcomed a sold-out crowd of over 350 WHC supporters. The Canadian Human Rights Museum was the perfect backdrop to our evening as we raised funds to help our community access the programs and services they deserve.

There were so many wonderful folks who helped make our 2023 event such a success including our ten Featured Chefs to our six wine representatives so we could sample over 20 different kinds of wine. Our beer, cider, cocktail and mocktail providers brought a delicious selection that everyone was eager to taste and we had over 31 donors for our Swag Bags which sold out in under 25 minutes raising over $5,000!

“We were joined by Bear Clan Patrol Inc. on our first Community Safe Space night in December 2022.

“We was my first year attending and the event was magical! Well organized [and the] food was WOW!”

- 2023 Women, Wine & Food Attendee
Stats At A Glance

Our theme this year is access. When we look at these numbers of the services we have provided and how we are helping folks get the services they need, our hearts swell with pride.

**Ode’imin**

- Admissions: 240
- Midwifery Requests: 1192
- Birth Centre Midwife Office Visits: 5834
- Visiting Midwife Office Visits: 1802
- Workshop Student Attendees: 6240
- Pap Appointments: 891
- New Clients: 1902
- Total Number of Phone Contacts: 9879
- IUD/IUS Insertion Appointments: 975
- STBBI Testing & Appointment Appointments: 575
- Consults, Medication Abortion, Virtual Care Appointments: over 11,800

**Family & Community Programs**

- In-Person Parent Group Sessions: over 300
- Community Workshops about Adult Mental Health & Reproduction: 32
- Universal Newborn Hearing Screening Appointments: 494
- New Clients: 1902
- Workshop Student Attendees: 6240
- Over 4,000lbs of vegetables distributed at Families Connecting Groups

**Medical Program**

- Midwifery Requests: 1192
- Total Number of Phone Contacts: 9879
- IUD/IUS Insertion Appointments: 975
- Pap Appointments: 891
- New Clients: 1902
- Consults, Medication Abortion, Virtual Care Appointments: over 11,800

**Counselling/Provincial Eating Disorder Prevention & Recovery**

- STBBI Testing & Treatment Appointments: 575
- New Clients Registered: 2100
- Teen Clinic Visits: 2000
- New Adult Counselling Clients: 2100
- Eating Disorder Clients: 147
- New Adult Counselling Clients: 2100

**Abortion Program**

- Surgical Abortions: 1095
- Medication Abortions (Portage): 182
- Medication Abortions (Graham): 318
- Total Abortions: 1595

**Total clients seen:** 1061

**Birth Control & Pregnancy Counselling**

- Pregnancy sessions: 446
- Birth Control sessions: 615
- Teen Clinic Visits: 2000
- New Clients Registered: 2100
- New Adult Counselling Clients: 2100
- Eating Disorder Clients: 147
- Over 4,000lbs of vegetables distributed at Families Connecting Groups

**Total volunteer hours:** 5,161

**Number of volunteers:** 45 with 60-90 on the waiting list to join
Our Staff & Community

Board of Directors
Karen Sharma (Chair)
Debbie Campbell (Secretary Treasurer)
Ashley Kaufmann
Barbara Gonzalez Segovia
Faustine Muyenzi
Hema Krueger Vyas
Jamie Dumont
Jody Persaud (Staff-Elected)
Kerry Kirby (Volunteer-Elected)
Lindsay Larios
Samahra Singer

Finance Committee Community Members
Alison Bockstael
Claire Ann Deighton

Message of thanks to WHC Staff
The services WHC provides is only possible thanks to our incredibly dedicated, hardworking staff. We are deeply grateful for them showing up every day to the front lines and offering thoughtful and supportive care. Our organization wouldn’t be what it is without them. Thank you!

Our Donors
2022/23 Granters, Funders, & Businesses

Assiniboine Credit Union
Dr Heather Lehmann Medical Corporation
Dr Helen Pymar Medical Corporation
Dr Stephanie Amanda Johnston Medical Corporation
Estate of Linda Goold
Fitt Massage Therapy
Happyland Print Shop
Humanist Association of Manitoba
LILEA Doula Services
Manitoba Liquor and Lotteries
Manitoba Nurses Union - Head Office - Broadway
Manitoba Pork
MGEU
Moto 49
Narratives Inc
Payworks
Positive Perspectives
Prairie Crocus Polish
QUALICO
Royal Manitoba Theatre Centre Inc
Sarah Sue MacLachlan Design Inc
Shoppers Drug Mart/Pharmaprix Life Foundation
Stantec
Taylor McCaffrey Lawyers
The Manitoba Teacher Society
University of Manitoba
Upside Down Tree
Urban Systems Winnipeg
W.R.E.N.CH