

## Objectives

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To work towards ending violence against women and children by providing immediate assistance through the Interim Housing program.

To assist women and youth to plan and apply changes toward personal growth, increase independence and empowerment in their lives through provision of individual and group counselling, information and referral.

To provide public awareness on women's and youth's issues through workshops, public speaking, counselling services and walk-in resource facilities.

To provide safe alternatives through development and implementation of programs structured to the holistic wellness of youth, women and children.

To assist in the development and support of related organizations to further address the needs and concerns of women and youth. To maintain liaison with government representatives and community workers regarding the needs and concerns of women and youth.

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## HOURS

Monday to Friday 9:00 am—5:00 pm  
After hours counselling is available by appointment, please call 681-3105.

After hours and on weekends in Manitoba call Aurora House at 1-877-977-0007 or your local RCMP.

Saskatchewan residents can call collect to Aurora House at (204) 623-7427 or the Prince Albert Shelter at (306) 764-7233.

**The Women's Resource Centre** offer counselling services free of charge for women and youth in Flin Flon and area.

**We are here to listen and we care!**



*Women's  
Resource Centre*

*“Serving Women of  
the North”*

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**We are an organization that is committed to empowering women and youth through support, interim housing, referrals, resources, information and counselling to make informed decisions in their lives.**

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60 Hapnot Street  
Flin Flon, MB R8A 1L6  
Phone 681-3105  
Youth Worker: 681-3111  
(Collect calls are accepted)  
Fax: 687-3322  
Email: [womensresourcecentre@mts.net](mailto:womensresourcecentre@mts.net)  
Website: [www.womensresource.ca](http://www.womensresource.ca)

## **Violence Against Women Awareness Events**

**Candle Vigil on December 6th.** This is to commemorate the Montreal Massacre

**Take Back The Night on November 25th**

This is a **march** to demand safety and equality for women.

**V-Day is a different date every year.** It is a global movement to end violence against women and girls.

**November is Domestic Violence Prevention Month.** Displays and information pamphlets are set up at various resources and schools in and around the community.

## **Other Happening**

**International Women's Day and the Woman of Honour Lucheon** is March 8th, where the community honours their outstanding women.

## **Fund Raising Events**

**Soup and Bunwich** is held at St. Peter's & St. James Anglican Church the 2nd Friday in February.

**Tag Days** are twice a year, once in the spring and one in the fall.

**Tea and Bake Sale** is held at St. Peter's & St. James Anglican Church the 3rd Saturday in September.

**Orlando Trip** tickets are ready for sale by the end of October. You have a chance to win a trip for two plus accommodations. Draw date is around Christmas every year so they made great stocking stuffers.

## **What Services are Provided**

**Information & Referral:** To provide women and youth with information and support in making informed decisions. Where necessary, support and accompaniment are provided to assist women in their interactions with other related systems.

**Support Counselling:** To provide assistance to women and youth who are planning long term and on-going changes to their personal lives through individual counselling, outreach counselling or support groups.

**Interim Housing Program:** To provide women and their children with protective, short-term emergency accommodations. To provide women with individual Protection Plan that addresses their personal safety needs and those of their children.

Long term housing is available to women who have left an abusive relationship and are no longer in crisis.

**Women and youth have the right to receive services which are sensitive to their culture/religious beliefs, sexual orientation, and language.**

We have information and pamphlets available on a wide range of topics including:

- family violence
- sexual assault
- dating violence
- safety planning
- peer pressure
- bullying
- drug and alcohol
- legal aid
- victim services

**We are here to listen and We Care!**



## **Some of the Groups offered through the Centre:**

- **What About Me** (Self Esteem)
- **Anger Management**
- **Step by Step** (Blended Family workshop)
- **Parenting** (How To Talk So Kids Will Listen...)
- **Connections, Shame & Resilience**

## **Drop-in Group Discussions:**

- **Coffee and conversation:** speakers from other organizations on various topics of interest.
- **Parenting:** topics of interest to women, gaining support from each other.

## **We also offer presentations throughout the northern communities on a number of topics:**

- **Abusive Relationships**
- **Healthy Relationships**
- **Dating Violence**
- **Cycle of Abuse**
- **Communication**

## **Some of the Presentations offered in the schools by the Youth Worker:**

- **Healthy Youth Dating Relationships**
- **RespectED:** Violence and Abuse Prevention
- **Teen Talk**
- **Kids in the Know:** a Personal Safety Program

Check out our website @ [www.womensresource.ca](http://www.womensresource.ca) to find out what's being offered at any given time or call the Centre @ 681-3105.

