

1981-2021

YEARS *and*  
GROWING STRONG



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40 YEARS • 40 DAYS • \$40 K

## Grow with us!

Sudbury Women's Centre (SWC) provides support services to women who have been impacted by difficult life situations.

SWC clients regain their self-confidence and address concerns through access to basic needs items, peer support, and/or programming to make the most of their lives.

SWC is proud to celebrate 40 years in 2021! As part of the celebration, we have been promoting 40 Years, 40 Days, \$40K. This commemorative book, *40 Years and Growing Strong*, is one element of this 40/40/40 campaign. We hope you appreciate its contents, and the care that went into its creation!

We are grateful for this opportunity to celebrate our 40 years with past Members of the Centre, Board of Directors, Clients, Volunteers, and Supporters. March 8th is International Women's Day, and this is the perfect time to celebrate the achievements of women in our community and

their commitment to growing a better life for themselves. We are celebrating to acknowledge their efforts, and also to inform the community about the life-changing aspects of the Sudbury Women's Centre.

We are a part of Sudbury women's lives, supporting them to thrive! SWC is campaigning to grow our capital and operational funds, and sustainable support for the future. We have been considering a "hub" model for the benefit of clients shared between our community agencies. We also recognize the need to continue to deliver highly accessed programs and services to women in our community. We want to offer a safe place to support women in their journey in getting from where they are now to where they want to be. SWC has seen unprecedented growth in the last few years,

indicating an increased need among Sudbury women and families.

SWC has already raised approximately \$80,000, and our goal for Phase 1 is \$500,000. To plan to work together is what our community needs, and we thank you for your contribution and involvement in supporting those who need it most. Our community needs your support. Please grow with us!

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## MESSAGES FROM SWC

**In this incredibly special year, The Sudbury Women's Centre is celebrating its 40th anniversary - a happy and important occasion for the organization.**

This is an opportunity to honour the past, while also projecting our future.

Our growth is indeed to be celebrated, but it also illustrates our responsibilities, now and in the future, to those that hope and struggle for a better life.

Being a part of the SWC Board of Directors, the past 5 years has been a challenging and rewarding experience. It has been my honour to serve as Chair of the Board for the last four years and a privilege to witness the growth of the organization.

I would like to take this opportunity to express my sincere appreciation to our incredible staff who work tirelessly for our clients. As well, the Board of Directors for its commitment to mapping the Centre's strategic direction. Together we will help clients thrive for years to come.

DANIELLE AUDET  
Chair

Sudbury Women's Centre - Board of Directors

We take stock as we celebrate this milestone anniversary and recognize that our success and our growth over 40 years have been the result of contributions by many individuals, partners, funders and supporters. **We would not be where we are today without the passion and investment of the people in our community!**

It is amazing to see how we started in 1981 with a handful of women looking for support to where we are today. The amount of women that we have assisted throughout the 40 years has been astonishing!

Communities play an important role in every aspect of our lives. It is important for every person to have a sense of community. A strong community can greatly benefit families and businesses in a variety of ways. Sudbury Women's Centre provides that sense of community here in Sudbury; it is an important place for many women in our community.

They feel comfortable coming through our doors knowing that whatever is happening outside they are safe here and we will make sure they are taken care of.

GIULIA CARPENTER  
Executive Director  
Sudbury Women's Centre



# THROUGH THE YEARS



“It **HELPS A LOT** with hygiene and clothing that I cannot purchase at retail cost. Also with **FAXING** and using the **COMPUTER**.

Everyone here is **EXCELLENT!**



“I have been coming here for **5+ YEARS** and to my daughters and I, it is essential. **WE LOVE THE PROGRAMS** especially *My Sister's Closet*. For a single mom, this is a **TRUE BLESSING**.”



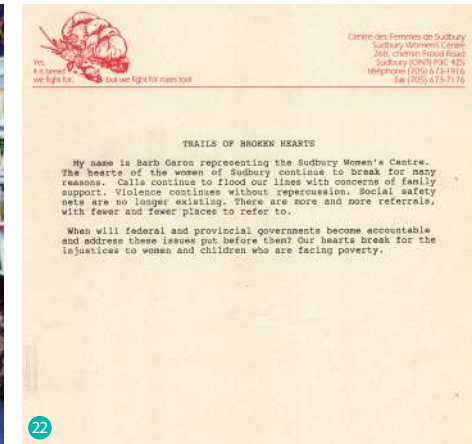
1 Celebrating 40 years of teamwork 2 SWC banner proudly displayed in the former centre 3 SWC 10th Anniversary celebration 4 Hi, come on in! Everyone is family at SWC 5 International Women's Day 1992 6 40 years of women coming together

7 Together we stand 8 Standing up for pay equity 9 UNITY 10 SWC community joining together in song 11 SWC marching for justice 12 Take Back the Night March



“The staff treat us with **respect** and are always **kind** to us on each visit. We are deeply grateful for the food drive.

GOD BLESS THE CENTRE.



“THE WOMEN'S CENTRE SAVED MY SANITY.

I suffered a traumatic experience in 2017. A friend told me about this **cool place** for women and this place has always made me feel like family!



13 Not even the cold will stop us! Women Standing Strong in Sudbury 14 In the spotlight - together 15 Celebrating 40 years of speaking up for women! 16 You're always welcome at our table 17 Women Helping Women - banner proudly displayed at the former SWC 18 Gathering to share a love of song - Women's Choir

19 Getting together, nothing could be better! Women gathering for an event 20 Come in, we're open! 21 SISTERS 22 Trails of Broken Hearts - A plea for sufficient family support to government 23 Feminism is here to stay! Rallying outside of what was once the "Funky Parrot", 93 Durham Street 24 A woman's place is in her union - 1990



“ I was homeless and although the facility was by appointment only the Women’s Centre allowed me to look for clothes and shoes, **because all I had was tattered and worn.** I love how WELCOMING all the staff are and am looking forward to taking programming.



“ The Sudbury Women’s Centre has **HELPED MY GIRLS AND ME immensely** by providing us monthly personal hygiene products. **WE WERE ALSO BLESSED** to get **clothing items, underwear, socks and slippers.**



“ I’m a senior with lowered pension cooking **FOR MYSELF AND A FRIEND.** **I love the closet!** It helps a lot. **I LOVE THIS PLACE.**

25 There’s nothing sweeter than celebrating “us” except maybe cake! 26 All smiles outside the former SWC 27 Gathered to watch a tap dancing performance at the Women in Science and Engineering event 28 Self-defense at SWC 29 Teamwork! SWC renovations 30 Media cameras setting up at Women’s March in Sudbury

31 Generous donations from these young ladies 32 SWC women march in support of Ontario Nurses Association (ONA) 33 SWC - A place to come together. Then, now, and always 34 Sharing is caring 35 “Every Woman has a Sister” t-shirts on display

# COMMUNITY CONTRIBUTIONS



These photos reflect some of the many generous contributions from our community.

Whether they are cash or in-kind, these donations ensure that essential items are available for those who need them the most. Thanks to all of our donors – you are a big part of what makes our work possible! **And a special thanks to our young donors for warming our hearts and helping families in our community!**



**“ This Centre is ABSOLUTELY GREAT.**

When my family moved North, I got something for everyone for the winter plus toiletries. I hope that I will be able to **give back** someday so that other families can **experience the warmth** here.

**THANK YOU ALL FOR EVERYTHING.**



**“ THE SUDBURY WOMEN'S CENTRE has been very HELPFUL and wonderful to my family and I. Always **responsive** and **ready to help**.**

**Thanks so much for being there.**

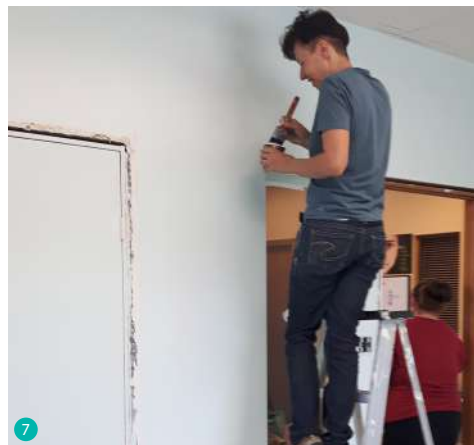
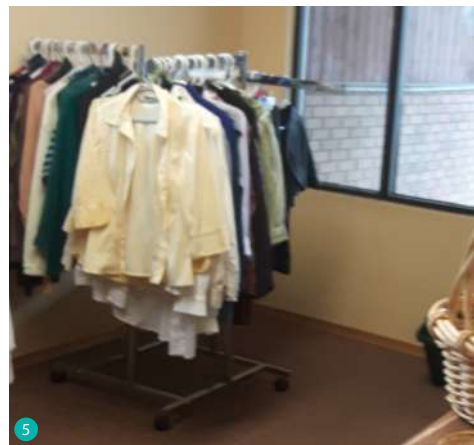
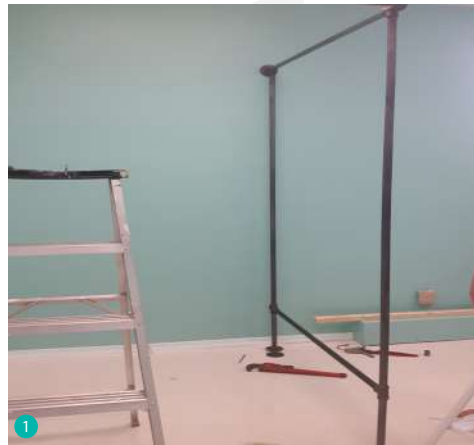


1 Brighten's community contribution 2 Community contribution with Giulia 3 Community contribution with Tracy 4 Our supporters make us feel like we've won the jackpot! 5 Pharmacie Health Care Pharmacy's donation makes us feel all bubbly inside! 6 Network Marketing Masterminds raises \$495 for SWC - Oct 2015 7 Iron Sirens donate to the SWC - August 2014

8 Through the support of our SWC community, we can! 9 Baby Diaper Donation 10 Community contribution with Tracy 11 Giulia accepting generous donation 12 Keeping warm with the support of the SWC! 13 GENEROSITY 14 Staff and students hold a gift

# BUILDING "MY SISTER'S CLOSET"

These photos reflect the renovation of our community closet, also known as "My Sister's Closet." From humble beginnings, these renovations have made it what it is today – a full shopping experience without any of those pesky price tags! It is through the generous donations of SWC community members that we are able to provide this service to our clients. **Thank you!**



1 Building My Sister's Closet 2 Teamwork! 3 It's painting time 4 Piece from My Sister's Closet 5 Before renos 6 How it all started 7 Painting My Sister's Closet



SUDBURY  
WOMEN'S CENTRE

# THROUGH THE YEARS

This Timeline touches on significant periods within SWC's forty-year history. We thank our student volunteers for their efforts in researching points for this Timeline. For SWC's 50th celebration, we welcome additions to what we have here. Please direct submissions to: [erin@sudburywc.ca](mailto:erin@sudburywc.ca)



**1993**

- Centre undertook a research study to stop workplace harassment
- Custody and Access workshop
- Centre undertook the recording of "Her Story"

**1991**

- SWC's ten-year milestone had celebrations such as International Midwifery Day, Women's Centres Day, and Volunteer Recognition Night
- Women's Health and Research Steering Committee's assessment on women's health is completed
- Labour support to OPSEU laboratory technicians
- "Take Back the Night" March

**1988**

- Another move (Victoria Street)
- Monthly newsletter created
- Bilingual pamphlet
- "Soup's On" Luncheon, made sweaters for fashion show to support women in Africa
- Participated in first "Walk Around the World"

**1986**

- First free legal clinic
- Published resource book, *No More Roses: Handbook for Battered Women in Sudbury*
- Strike support for clerical workers at Laurentian University
- First women's art exhibit organized
- Centre moved to Minto Street

**1983**

- Lobbied for abortion rights and rights of women, in general
- Speaker Bureau created to discuss topics such as sexual harassment, pro choice, and pay equity
- SWC is the region's largest feminist women's organization
- Pornography Action Group fought against pornography

**1981**

- Sudbury's first Women's Centre established
- Participated in International Women's Week
- Facilitated Laurentian University placements for student work
- Host to Rape Crisis Centre
- Created the Rosebud logo, symbolic of women's potential to grow and flower
- Moved locations in August (Beech Street)
- Supported striking clerical workers
- Joined NAC (National Action Committee on the Status of Women)

**1992**

- Campaign to keep the Centre open
- Health minister Murray Elston's recommendation that midwifery becomes a recognized part of the health care system was finally implemented
- Full Moon Dance
- WENDO workshop
- Community Action Coalition formed
- Sudbury Coalition to End Violence Against Women
- October became Women's History Month

**1990**

- Rebirth
- Ethnic potluck supper
- Participated in "Separate Paths," an informative series on women's rights during divorce
- Co-sponsored first intensive two-day self-defense workshop
- Strike support to unionized workers at The Sudbury Star
- SWC banner flies at Parliament Hill

**1987**

- Creation of SWC Calendar
- Event of the year: production of "Nellie's Cabaret"
- Another event: "Words and Wine"

**1984**

- Conferences for teens and teen moms (activities focused on families)
- Co-sponsored four-part series on wife battery
- The overall goal of the Women's Centre was to provide education and to advocate for women's equality. In 1984 the Women's Centre started to dream about creating a Family Resource Centre to meet the needs of their families. In approximately 1988, the Playcentre/Joujoutheque of the Women's Centre rented the Ukrainian Cultural Centre basement. The two organizations decided to pool their resources and envisioned a centre that would house both a Play Centre and a Daycare Centre. They approached the Ministry of Community and Social Services for funding to purchase and renovate the existing Cultural Centre. The dream became reality in 1992 when les ressources familiales Jubilee Heritage Family Resources opened its doors to the public. [jhfr.ca/about/our-history/](http://jhfr.ca/about/our-history/)

**1982**

- Facilitated workshops on violence against women
- Started section in newsletter to encourage women to express their voices through letter writing campaigns
- Joined national movement during Sudbury's first "Take Back the Night March"

**1994**

- Continued to work on the workplace harassment study
- Started a meditation group
- Started a "Sharing and Caring" Circle
- Engaged in the concepts of unity and diversity

**1995**

- Canada adopted the Beijing Declaration and the Platform for Action where we committed to advance the goals of equality, development and peace for all women and girls

**1999**

- United Food and Commercial Workers Union (UFCW Canada) holds its first "Independent Women's Conference"

**1996**

- The Canadian Human Rights Act was amended to prohibit discrimination on the grounds of sexual orientation

**2012**

- Started three-year strategic plan, focusing on finance, program review, collaboration, education, and bigger building
- Partners Calendar
- Sexual health nurse visits
- Weekly legal clinics

**2013**

- Reached out to multicultural and First Nation communities for representatives on the SWC Board of Directors

**2015**

- Launched accounting, legal, and counselling support services
- Volunteer base increased by 15%
- Media presence developed to share SWC's knowledge on women's issues

**2016**

- IODE Yardsale (portion of door sales went to SWC)
- Created a social media presence through facebook, twitter and LinkedIn
- Connected with Business students at Cambrian (Human Resources work)
- Fashion show at Art Gallery
- Refreshed the Centre with colour from Barrydowne Paint

**2017**

- More than 5 million people globally participate in over 380 Women's Marches and rallies to call for a more inclusive, equitable, and just society for all
- The #MeToo movement – which seeks to raise awareness of the longstanding and widespread prevalence of sexual harassment and assault, particularly in the workplace – goes viral

**2000**

- 58.9% of women aged 15 and older were part of the Canadian labour force
- UFCW Canada women members participate in the "Women's World March" in Ottawa and New York

**2001**

- The Canadian Human Rights Commission recommends to Parliament that a proactive pay equity system be established so that employees proactively get equal pay, without needing to file a complaint to receive it

**2007**

- Sheila Watt-Cloutier, the longtime Inuit leader, activist, and environmentalist was nominated for the 2007 Nobel Peace Prize

**2010**

- Bill 94 was introduced, which challenged the citizenship rights of niqab-wearing Muslim women

**2011**

- Received funding from Ontario Women's Directorate

**2020**

- Kamala Harris has become the first woman and first woman of colour to be elected Vice President of the United States
- Successful "Each for Equal" Luncheon on International Women's Day
- Participated in Coalition mall set up with other women's organizations within Sudbury
- Year of COVID-19, but we kept growing and helping our clients to the best of our ability
- Created more partnerships within the community based on current needs

New funding during COVID-19:

- United Way Emergency Grants - Community Response funding for "Grocery Giveaway and Deliveries" (directly to client's home during lockdown)
- United Way (UWCNEO) Horizons for Seniors Program funding, provided by the Government of Canada, for grocery delivery to Seniors
- United Way (UWCNEO) ECSF funding for "Basic Needs Curbside Pickup." The launch and oversight of "My Sister's Closet - Online" by a temporary staff is another way the Centre has adapted through the pandemic
- RBC funding for the "Full Circle" (mask-making) Program, where "Sewing Circle" participants and community volunteers used their sewing skills to make masks for our clients and others within the community. Our goal was 300 masks and we ended up with 1,200. We shared the surplus of youth masks with elementary schools in the Centre's surrounding area
- Second Harvest, partnered with Agriculture & Agri-Food Canada to offer emergency funding streams to support registered charities and non-profits across Canada during COVID-19, directed \$19,613.88 funding for "Grocery Giveaway" and "Food Basics Grocery Gift Card" Programs as part of our Basic Needs assistance
- Sudbury Community Foundation ECSF funding to hire temporary Client Services Worker to assist clients in accessing our services in a new reality, with COVID-19 safety precautions top of mind

NOHFC funding for two internships: Marketing and Finance



Sudbury Women's Centre has GREAT PROGRAMS to help with socialization, CLOTHING, education and jobs.

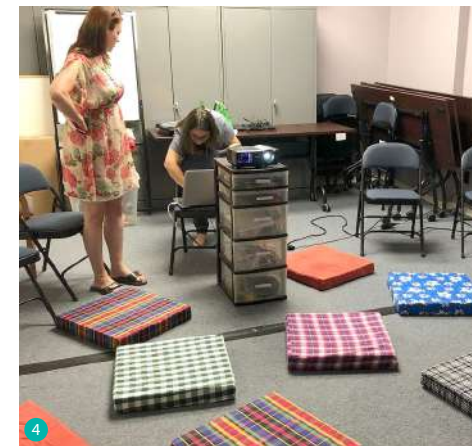


1 Brushing up on our skills at the SWC paint social 2 Adopt-A-Family Gifts Underneath the Tree - Christmas 2018 3 Making dreamcatchers in Sisters Offering Support (S.O.S) programming 4 Educating the public on SWC's programs, services, and workshops 5 Educating the public on SWC's "Sew Eco" project 6 Brushing up on our skills at the SWC paint social 7 SWC clients participating in our programming

## SISTERS OFFERING SUPPORT (S.O.S.)

We're all about women supporting women!

Sisters Offering Support (S.O.S.) is a weekly drop-in and socialize program at the SWC. Women and their children enjoy recreational and social activities in a safe, fun, and welcoming environment.



My *experience* WITH THE WOMEN'S CENTRE is the staff are *always welcoming* and *very nice*.  
  
LOVE IT!  
*Great Job!*  
Keep up the good work!  
:)



1 Beaded bracelets 2 Healing stones made at "get crafty" event - July 11, 2014 3 Nail polish art mugs 4 Movie night 5 S.O.S. event July 17, 2015 6 Pumpkin painting at SWC

## COLLECTIVE KITCHEN

What's cooking this week? Collective Kitchen is a program where women get together to cook healthy and economical meals they take home to share with their families.

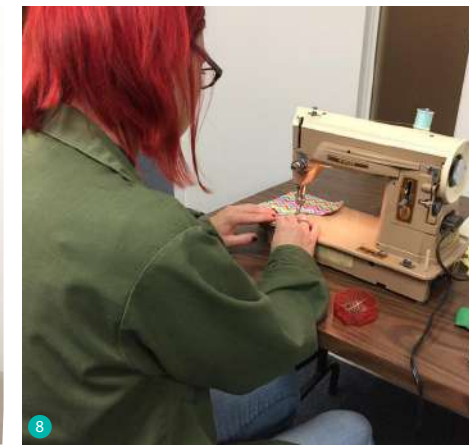


Sudbury Women's Centre  
has amazing  
COMMUNITY PROGRAMS  
for **FAMILIES** and  
women *in need*.

1 Collective Kitchen Baking 2 Collective Kitchen program October 2019 3 Cutting and Peeling at Collective Kitchen May 2018 4 The start of something good. 5 Caramel apples at Collective Kitchen 6 Collective Kitchen May 2018

## SWC SEWING CIRCLE

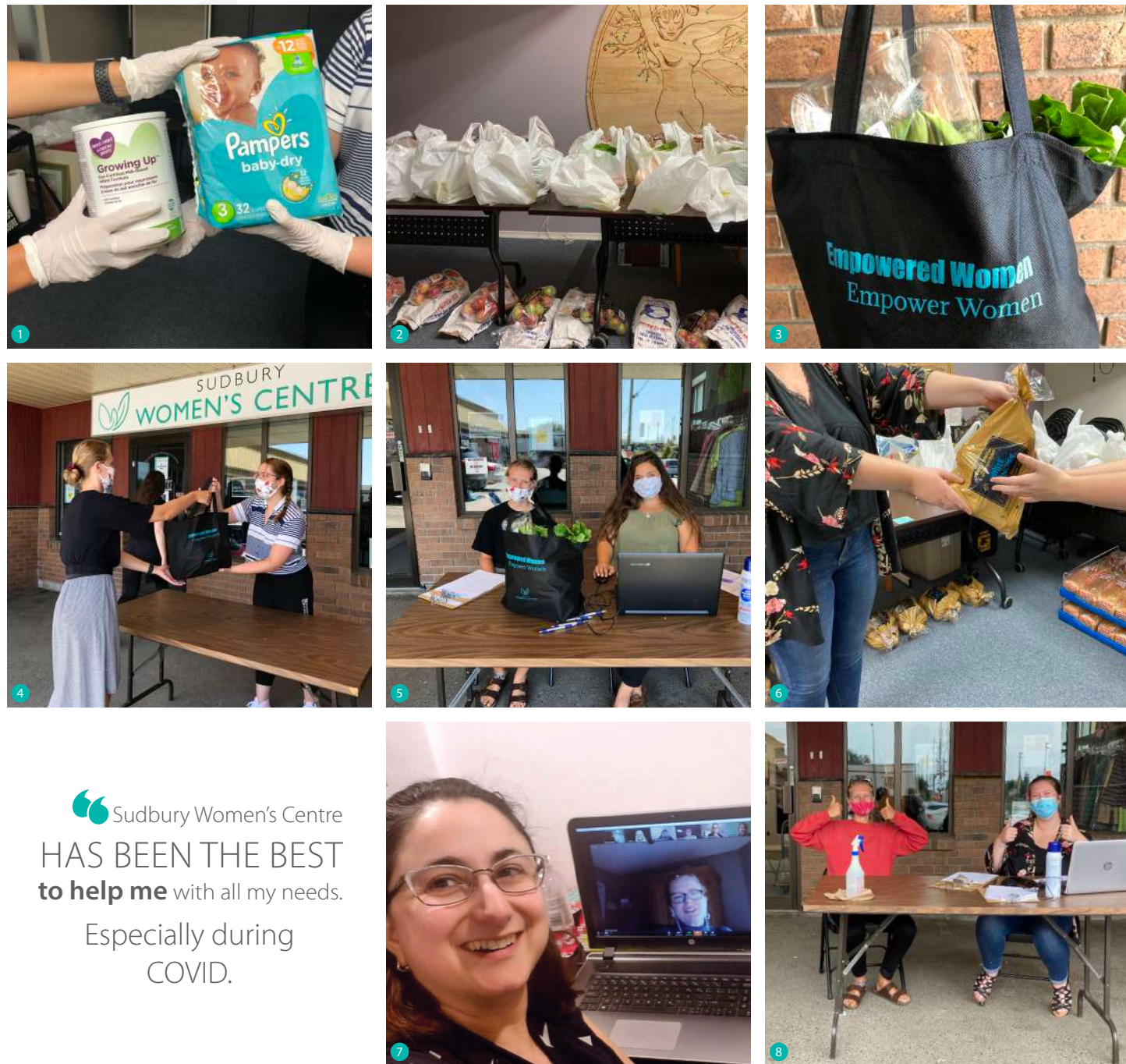
Our clients are "sew" wonderful! Every Monday and Thursday, women are invited to participate in small sewing projects to encourage development and strengthening of both skills and relationships. Attendees enhance their creativity and sewing skills with support from a volunteer instructor and access to a large assortment of materials.



"I am so **grateful** for this organization, and **MY SISTER'S CLOSET clothing for my kids.**"

1 A fun Sewing Circle purse 2 Making reusable pads, September 2017 3 Sewing Circle, July 2017 4 Sewing Machine Winner 2019 5 Pumpkins 6 Book pillowcases 7 A special bear 8 Sewing Circle, September 2017

# COVID-19 BASIC NEEDS SUPPORT



“Sudbury Women’s Centre HAS BEEN THE BEST to help me with all my needs. Especially during COVID.”

1 Baby necessities - Grocery Giveaway Day 2020 2 Grocery bags lined up - Grocery Giveaway Day 2020 3 Groceries in a reusable tote 4 Sami and Hailee prepare outside the Centre 5 Sami and Mel – all smiles! 6 Grocery Giveaway Day 7 Our new normal...Zoom meetings! 8 Sami and Spencer – two thumbs up!



SWC’s Grocery Program was one way we helped our clients during the pandemic.

Through various successful funding applications, the Centre was able to help clients with approximately \$30,000 in groceries, grocery deliveries, and grocery gift cards in 2020 helping approx 600 families!



“They help me with CLOTHES and FOOD. Also, this is a nice group, and I think this group is good for all women and families.”

9 Sami packing groceries 10 Group outside our centre 11 Packing groceries for Grocery Giveaway Day 12 Hailee packing groceries for Grocery Giveaway Day 13 Grocery Giveaway Day bags 14 Hailee and Sami – all smiles and two thumbs up! 15 Preparing for our Grocery Giveaway in the workshop room



“IT'S BEEN A WONDERFUL **journey of support, inspiration and encouragement,** HOPE for the future. *And a sense of belonging to a loving community of love and family.*”



“SWC offers great **friendly service** for **people who need help** AT TIMES LIKE THIS.”



1 MPP Jamie West stops by the Centre to visit 2 PEACE 3 Grilling for the girls - SWC Barbeque 4 Angels on the Rock Gala 5 Volunteers give more than just time, they give hope! 6 Under the B, we have the BEST volunteers at SWC! 7 Female accomplishment messages for IWD 8 Don't forget to SMILE! 9 SWC celebrating volunteer week - 2019

10 Lisa, Giulia, Tracy at the YWCA Women of Distinction Awards 11 YWCA Women of Distinction Awards 12 Grilling for the girls - SWC Barbeque outside of the Centre 13 Angels on the Rock Gala 14 IWD 2018 Women Wine Chocolate event 15 Celebrating International Women's Day! 16 YWCA Women of Distinction Awards 17 IWD 2018 Women Wine Chocolate event 18 The "Downtown Sudbury Witches Walk" was pure magic

## INTERNATIONAL WOMEN'S DAY 2019 Angels on the Rock

The Angels on the Rock Gala, held on International Women's Day in 2019, raised over \$22,000 for SWC. Local artists, all within Ontario, volunteered their time to make all of this possible. We have to say, it rocked!



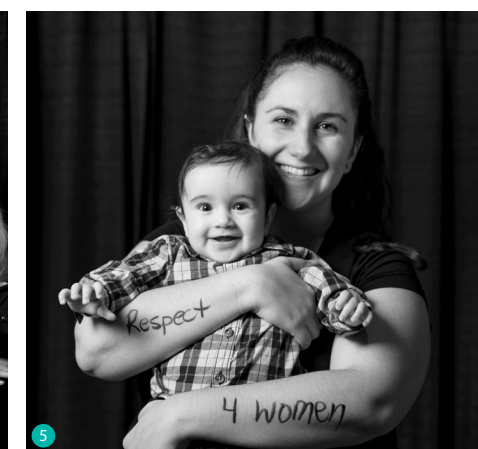
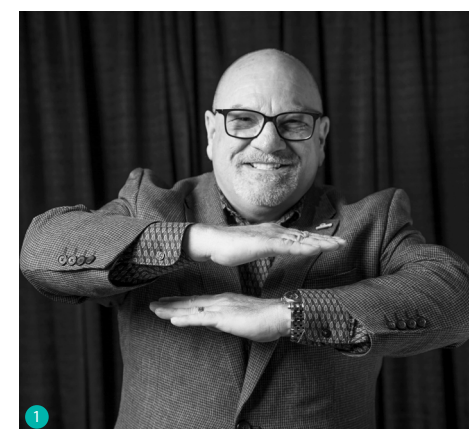
“I'm on **Old Age** and getting **small cheques**. THIS REALLY HELPS OUT.

1 A few words 2 Giulia and Danielle – taking care of the details 3 In honour of International Women's Day, we are celebrating female accomplishment! 4 All smiles at the 2019 Angels on the Rock Gala 5 A full house!

## INTERNATIONAL WOMEN'S DAY 2020 Each for Equal Luncheon

These photos reflect “Each for Equal” calls to action from SWC supporters in our community. From Board Members to Staff, Volunteers to Community Members, these photos taken by Helga at Helga Himer Photography show that although there is a way to go, we are in this together. **Thanks to all who shared in this special day!**

“The Women's Centre has been **great** for my *mental health*.”



1 Mayor Brian Bigger 2 Each for Equal 3 Mera, Gloria, and Olivia at the 2020 IWD Luncheon 4 SWC Board of Directors 5 40 years of respect for women 6 40 years of women supporting women 7 Giulia and Tracy 8 Each for Equal

## SWC AT SUDBURY PRIDE

The Sudbury Women's Centre takes great pride in community involvement, and is proud to show its support for Sudbury Pride year after year. Love is love, and we love our community!



“Sudbury Women Centre helps me in getting basic needs to **keep me standing**, and **HELPS MY FAMILY** to **meet some of their needs**. I really appreciate every bit of it.  
*Thank you.*”



1 Show us your pride 2 SWC Pride at the Park 2018 3 Pride March Sudbury Pride 2018 4 SWC at Pride on the Park 2018 5 We take PRIDE in all that we do at SWC



## A MESSAGE FROM MPP OF SUDBURY

### – JAMIE WEST –



JAMIE WEST  
MPP for Sudbury  
(Bev's kid)

“I'm writing this on behalf of my mom, Beverly Holmes (Bev West), who regularly brought my sister and I to Women's Centre meetings when I was a kid. My mom described the Sudbury Women's Centre as “a place where women could be strong; where we wanted each other to be strong.”

In those early days, not all the meetings happened at one location. Meetings were often held at the homes of different members. Most of my memories are of playing with other kids who came with their moms. We were a hodgepodge of different ages, but we'd all play together until one of the moms let us know it was time to eat.

The meals were always pot-luck; an experience that seems to happen less and less often. One of the joys of pot-luck is that it's essentially a way to share with each other. To this day, I still believe that people tend to work better when they share a meal together – probably even more so when everyone brings a part to share.

In hindsight, I'm fascinated that my mom found the time to participate at all. As an MPP, whenever I speak about the need to eliminate poverty, or income-inequality, I speak from a place of lived-experience. My mom worked full-time at the Canadian Revenue Centre, we lived in geared-to-income housing, and we still lived under the poverty line.

Recently, I asked, “How does a single mom, raising two kids and working full-time, find the time to volunteer?” Her response was relatively simple: “I liked to do volunteer work. I was

drawn because the people were nice. We knew each other's children and could bring our children to the meetings. We would learn from each other and talk about issues.”

As a way to exchange information and respond to the needs of the community, my mom, and friends like Joan Kuyek and Mercedes Steedman, created a booklet called “Alternatives to Hysteria”. It was about the size of a comic book. 15,000 copies were printed and distributed to women across Sudbury. Three films, based on the book, were also produced.

The booklet addressed topics such as hygiene products, poverty, nutrition, harassment and physical and sexual violence against women. My mom's section was usually about alcoholism and addictions (my grandfather was an alcoholic). She would read books from the library, and get pamphlets from support groups. Then she'd summarize and share the information in their booklet.

My mom is very proud of those booklets. She said, “Sometimes people have strict ideas about what being a feminist is. I think it's about fairness – being treated equally. Education and awareness are the key to that.”

My mom is in her 70's now. When I asked her about moving on, she said, “We always wanted each other to be strong. Good leadership should make room for new leaders, and there were strong leaders coming up. It was just time to move on. I always loved art, so I enrolled at Cambrian; volunteered with LUMAC and the NLFB. Then, I started my own business.”



STORIES

The courage it takes to share your story might be the very thing someone else needs to open their heart to hope.

- Unknown

“I was a member from 2004 to 2009 and president from 2006 to 2009. Under my presidency, we established *My Sister's Closet* to assist women, initially, to go to job interviews. It grew to include children's and men's clothing, as many women had young male children or teenagers. As someone who has always been in non-traditional female roles, such as the first elected female Mayor of Greater Sudbury, we have still a long way to go. One example is the gender wage gap that is still prevalent and is not closing. Women must support each other so we close the gap. It is unacceptable in this day and age to be this far behind.

MARIANNE MATICHUK



“I began volunteering with the SWC in September 2018 as a general program volunteer, most often coming in for S.O.S. nights. I have also volunteered with the Collective Kitchen program for about one year. My experiences at the SWC have been nothing but positive.

I love being able to see familiar faces week after week and to connect with women and their families. Most importantly, I have been fortunate enough to listen to countless stories about the clients' triumphs and struggles. I have learned immensely about how one's life circumstances can impact their ability to maintain good health, and how the amazing team at the SWC provides support to women and families who are struggling. Interacting with clients at the SWC has fostered my interest in women's health and has made me consider pursuing a career in obstetrics and gynaecology. There is such a special bond that exists between the SWC and its community members; something I hope to provide for my future patients as a healthcare provider.

BARB YOUNG

“There are many who are not as fortunate to have a “happy family,” be it for food, clothing, and a loving partner.

My wife and I had 52 good years of all these. **She has passed away, and I have passed on her clothing to others less fortunate.**

I am pleased the Sudbury Women's Centre is there for them.

*They come to you for comfort,  
You wipe away their tears.*

“I first heard of the Sudbury Women's Centre when a business associate asked if I would come and help on the Board of Directors.

WHAT A REWARDING experience!

I learned what a valuable resource the SWC was to so many in our community. I was so inspired by the work done by the staff and volunteers of the centre. When I was no longer available to sit on the board, I began volunteering at bingo to help raise funds that are needed for this work to continue.

“My healing began at the Sudbury Women's Centre! In 2017, I had a very difficult year, I lost all my worldly possessions including my mind! I was on a mad quest for a place to live when I met a total stranger. I was viewing her flat when suddenly, this lovely lady asked me “Are you ok?” I burst into tears and briefly told her why I was so upset. She immediately made me feel at ease and began talking about this amazing place that could possibly help me with my present situation.

I met a lovely lady at the front desk who instantly made me feel at home. She went on to explain the many programs they had to offer, including a sewing circle that met once a week, and a creative arts

program for young children! How come I have never heard about this place? I've lived in Sudbury for 60 years! I guess it took a major tragedy to become enlightened!

It is now 2020 and the Women's Centre is still a huge part of my life. When I find myself feeling blue, I visit the centre and magic happens! Their staff is amazing and seem to breathe life into my broken spirit.

When I leave the centre, I feel serene, focused, and ready to tackle any challenge this planet has to throw at me.

In 2017, my tragedy turned into a happier journey that I did not think could be possible. A lot of special human angels work at the Sudbury Women's

Centre, and I am certain that the stranger who became my friend was one of God's amazing angels sent to Earth to help broken spirits like myself!

Thank you to my friend, for introducing me to the Sudbury Women's Centre, and a very special thank you to all the staff and volunteers who invest their time and energy guiding women to a better, healthier, happier journey on this planet I call Boot Camp!

I recommend visiting the Sudbury Women's Centre to all the women out there who may be experiencing a difficult time, perhaps you may experience a miracle too!



Empowering change

“Before coming to the Women's Centre, I had no sense of self or belonging. I didn't know who was or how to be loving and respecting towards myself.

I was first introduced to the Women's Centre while I was completing a 28 day treatment program. I was clean and sober but still very lost. I participated in a workshop called *Empowering Change* which shifted my perspective and empowered me to protect myself.

Once I went to the actual Centre, and participated in Self-Compassion, I felt my soul open up. It happened to be the creation of a toolkit which I still use and carry around with me. I learned skills I needed to help me make wholehearted decisions and to take care of my whole wellbeing.

As a client I was given support, strength, sisterhood, sense of self and belonging which has allowed me to grow.



## To the Supporters of the Sudbury Women's Centre

There I was, a 44 year-old widow, with my husband dying unexpectedly, in debt with my house taxes and very confused, but determined. I worked as a cleaning lady and dishwasher to pay back my taxes. I had yard sales and sold my art, and my friends rallied support to save my house. Of course I miss my husband, but life is a lot more expensive with one person instead of two. I was determined to get healthier, and in the last five years I have lost over a hundred pounds. Taxes, food and shelter took all of my income (not to mention cat food) and with my shoes wearing out, I felt like a bag lady. Then, I found out about *My Sister's Closet*. As I had lost so much weight, it was amazing to find shoes, boots, and beautiful clothes. I got a beautiful skirt, suit,

leggings, dresses, pajamas... everything! I had art to sell, and started to volunteer and promote a local art and thrift store. I had a chance to wear my beautiful clothes. I looked and felt wonderful. I was even on the news! As guests and customers came in, I could present myself in such a classy and professional way. I was so confident about my appearance!

I am now a personal care assistant and I couldn't be happier with my job. At night, I slide into my beautiful pajamas and my wonderful nightgown. There is no way that I could afford to have the beautiful wardrobe that I have now. All of my life (when I can), I have been a donator. In college, I used to gather old clothes, give them to my friends, and donate the rest. Twenty years later, my



good karma has come back to me! Humans are most comfortable around people who present themselves well. Thanks to the wonderful donations, I can walk down the street proud of what I look like, and thus people are more comfortable interacting with me. I now have the confidence about what I look like.

To all the donators, thank you. I am a working woman, unable to afford these things, but now I can have these beautiful clothes that give me confidence in my appearance. God bless you, your donations are greatly appreciated!

**Thank you!**

To participate as a board member for the Sudbury Women's Centre was an honour. To contribute to the Centre's growth, which will service Sudbury women in a diverse and inclusive environment, was a privilege. To empower women living in our community makes us richer. True investment in women creates a return that flows through generations.

LAURA HALLORAN

In June 2015 I was approached to be a member of the new Board of Directors of the Sudbury Women's Centre. It was so rewarding to work with a great team of women to help move the Centre forward to enable more women to get the support they need.

CATHERINE MUIR

When I joined the SWC Board of Directors I thought I was the one who was helping others. Little did I realize that it was I who was going to be helped. Every woman I met at the Centre, fellow board members, staff, volunteers and clients taught me valuable life lessons that I will carry within me. There is nothing more powerful

than being a part of women supporting each other. For me this was best illustrated in our S.O.S. fashion show at the art gallery. There was a vibe in that room that I haven't experienced since. It was the belief that when we support women, we support ourselves.

ANGELE POITRAS

I like and go to the Women's Centre to learn, get clothing, express compassion, to sew, play games like bingo, warm my heart, and fulfill my soul, too!

My family and I endured hardship, lost all keepsakes and mementos from my previous life in Hong Kong. This was a very painful time for me.

I was struggling with being a newcomer in a place, where I had only a small family here and no friends. When I first saw the Centre, I was interested to open the door and learn more. I learned that there is programming for

kids. At the beginning, everyone sews like this. Just try your best, use your heart with concentration and it will be beautiful." Thanks to Steph so much for her nice and skillful teaching. Learning to sew is very important and helps the family to fix or alter clothing, so women can keep what they like. Sewing is also a way to reuse, which makes us more environmentally friendly.

Self-Compassion and Collective Kitchen are some of their other good programs.

The former Centre Director is a nice friend, caring for people and always giving a warm smile. I felt comfortable around her and knew she was all the time doing different kinds of work. She was working for the other young people and teaching, all good things.

Present Centre Director Giulia is also very nice and hardworking for the Centre. She teaches her sons to be very polite. I wrote a song for her and the Centre, to share my appreciation and encourage their hard and excellent work in empowering women. They also need support.

Thanks to Tracy, Erin, Kaylyn, and all the other staff and volunteers. They are a nice family. They give a beautiful, warm smile even when they are busy working. They are hard-working. The Women's Centre is a working, good organization. I enjoy and appreciate these friends, their words, and programs like making art and playing bingo. It is always full of people at the Centre, many times not enough room or chairs. Many people come to the Centre. They need support, too. Without supporters, we never can have success. We see results and are successful only when working together to make Sudbury a Great Sudbury, not just the name. But a real Great Sudbury! Hope more support will help more people who need it, to brighten Sudbury! I am making a donation to support the Sudbury Women's Centre and give back to the community. I hope it will help more women and encourage more supporters. Thank you to all! Wishing everyone all the best everyday, to be safe, healthy, and happy in life!



women, like Sisters Offering Support (S.O.S.) nights where children were welcome too. They have different kinds of clothing, clothing for four seasons, shoes, handbags, jewellery, coats, scarves, hygiene items, and more. But most importantly, the Centre gives women a lot of help and support that can release or reduce women's anxiety, depression, and stress. Through sharing their hard and difficult, painful time to heal unhappiness, they can have a happy, normal life. It is hard to find a place like this Women's Centre!

Their Sewing Circle program is very good. Steph is very good at teaching and helping us learn how to use the machine. She is very encouraging and helps make old clothes new and beautiful. When I was not sewing too well, she said, "practice makes perfect." Then I said, "you are really good to have patience to teach us." She said, "I always say this to my

In fact, it can be hard to learn to sew but it is wonderful to have a good place to learn at the Centre.

A beautiful and nice former lady at the Centre, Lisa, taught us different kinds of beautiful art that everyone, including little kids, can do. I always said to her, "you could open an art shop. Women come here, learn a lot, and could open a decoration gift shop." She was also nice and patient to teach us how to do the crafts. Once we had knitting coaching and yarn to take home and knit for people at the Centre. Overall, going to the Centre is a happy and great activity. Learning and sharing cooking and sewing makes me feel like I belong, and even makes me feel like a member of this family.

I enjoyed the tea, coffee and different snacks like fruitcakes they served during S.O.S.

They were very busy with this program every Wednesday.

### Still Standing and Strong

“ Since my involvement with the Sudbury Women’s Centre, I have grown in many ways through my attendance in workshops and the many networking opportunities that came with it. I started out by looking for ways to improve knowledge of overcoming abuse and the everlasting impact that it leaves on not only yourself, but the individuals immediately surrounding you. Taking these workshops provided me with tools to help manage and learn healthier ways to deal with the impact of abuse, as well as enhance my knowledge and ability to deal with current and past abusive situations. While my confidence grew, I wanted to learn more about myself and why I would deal with certain situations the way I did. As such, I felt a hunger to help others and it became a passion of mine. I just needed to find a way to feed the urge. I soon became part of an advisory group, with a bunch of wonderful women with similar stories. Due to these similarities, I found a great sense of belonging. We all had different thoughts and opinions on how to come together as a group, which made us stronger together. This led us to the first step of becoming a team and working on our first project. The project was coming up with a resource pamphlet that would suit individuals dealing with a wide variety of different crises in finding the right agency to call, all at your fingertips. Once the pamphlet was done, we had such a great feeling of accomplishment, both as individuals, and as a team.

*As a woman who has been abused in every way, shape and form, being part of Sudbury Women’s Centre has had a great impact in my life in the most positive ways.*

There is a starting point for everyone who has been victimized by any type of abuse. Finding your self-worth is the greatest gift you can give yourself. The Sudbury Women’s Centre was a great starting point for me to begin my healing process. I have grown in my self-esteem as a woman of abuse and continue to do so. I will always carry the wounds the abuse has left, however, I will not let it consume my life. The more I educate myself, the better a person I become. I am now part of so many other agencies and boards within our community and I am happy that I took the first leap in helping myself. I never thought I could have come this far, but, here I am stronger than ever.

*Still Standing and Strong.*

*This is the story of a Beautiful Woman, Mind, Body, and Soul.*

“ For me, being a member of the Board of Directors at the Sudbury Women’s Centre (SWC) is personal. It allows me to be an advocate for women’s rights and self-worth, and to let them know that they are never alone in their journey. My voice on the Board helps ensure the SWC has adequate services and resources that bring awareness to the systemic issues facing women who experience violence, and the long-term impact these experiences have on not only these women, but their children, as well. My goal would be to stop the cycle and let women know they deserve to be treated with dignity and respect. I want to ensure every woman in our community knows about the services the SWC has to offer and how to access them.

NATALIE PARENT  
Current Board Member



“ Serving on the Sudbury Women’s Centre Board has been an honour. **This small nonprofit fills a critical role in our community for women and their children.** What the SWC has done in 40 years, from tiny offices, with skeleton staff and a shoestring budget, is nothing short of astonishing. The SWC team is now taking the agency to the next level, and will one day soon, with the help of our community, provide more, desperately needed women’s services, from a new place...a new home.

GISÈLE GUÉNARD  
Current Board Member



## Self Compassion

“ I have been a client of the Sudbury Women’s Centre for approximately three years. During this time, I have accessed the library, the computer lab, and made clothing purchases at the closet. I have received peer support, and have also attended some of the special events put on by the Women’s Centre, such as the annual Christmas celebration. I feel fortunate to have been able to make use of these resources. My greatest benefit however, has come from my participation in the Self Compassion Workshops. I experienced a very traumatic childhood, filled with extreme abuse and neglect. As an adult, I have endured two abusive relationships. Words cannot properly describe the positive impact that attending the workshops has had on me, after undergoing all of that.

My participation in the Self Compassion Workshops began in the early summer of 2017. I was feeling very lost and unable to cope. By chance, I learned that the Women’s Centre was putting on a series of Self Compassion Workshops. Having nowhere to turn to and desperate for help, I decided to see if the workshops might provide me with the support I needed. At the time, I was quite literally exhausted from 60 years of always doing exactly what I was told to do. I believed that subservience was my purpose in life, and the effort involved in continuing to live like that had become unbearable. I had even taken my obedient behavior to such an extreme that I was trying to always anticipate what might be expected of me next, so that I could do whatever anybody wanted me to do before they had to tell me. This was my way of trying to avoid getting into trouble for not obeying quickly enough. Sadly, that is just one example of the many



unhealthy coping mechanisms I had developed as a child, trying to survive my upbringing. I was tired of living this life, and was secretly wishing that I would be diagnosed with a terminal illness. I saw cancer as a way out that wouldn’t create another reason for people to look down on me with disgust and disapproval. On the day that I attended my very first Self Compassion Workshop I was afraid to be noticed, afraid to speak, afraid of everyone around me. My greatest desire was to remain invisible. I felt so exposed that I didn’t even want to share my name. Thankfully, the program facilitator allowed me to provide my first name only, which gave me some semblance that I could remain anonymous. Since I started attending the Self Compassion Workshops, I have learned life skills that I was not taught as a child. I have learned

that I don’t have to be everything to everybody at my own expense, that it’s not necessary for me to be blindly obedient to others. I have learned it’s okay to be kind to myself, and that looking after myself is not selfish. I’ve learned that I don’t have to accept abusive treatment, and my mantra no longer has to be “Suck it up, Buttercup.” I am learning how to take care of myself, both physically and emotionally. I’m learning to forgive myself for being imperfect. The workshops are teaching me how to accept myself. The effects from the years of abuse and neglect I experienced as a child and young adult have been devastating to me, and the healing process will be lengthy. It will take years for me to learn and practice the new life skills I need to replace the survival skills I developed in the past. I’m hoping that someday I will be able to enjoy my life, instead of just existing. I am now beginning my third year of attending the Self Compassion Workshops, and my participation continues to have a positive effect on my life. I am grateful for the support provided by the workshops. I am very aware, however, that if I was no longer able to attend, I would quickly revert to using many of the unhealthy coping mechanisms that I learned as a child. I need steady encouragement to help me avoid sliding backwards to where I was 3 years ago. I anticipate that I will continue to rely on the Self Compassion Workshops for several years to come. Attending the weekly workshops provides me with a regular reminder that I am worth the effort of this difficult and lengthy healing process. It’s like I’m getting the gentle push from a loving parent that I never knew as a child.

*I thank you for giving me your time and hearing my voice.*

# THANK YOU SUDBURY WOMEN'S CENTRE

“ I have been involved with the Centre since 2018. I started off as a client. I was homeless and in need of a lot of help, as my spouse and I were sleeping in our car. Our first encounter was with Tracy, her smile was warm and trusting. She put me on the right track for finding shelter and assisted with clothing, blankets, and warm coats. I believe in the ladies at the Women's Centre and have gained many friendships. I am presently a volunteer at the Centre, and have enjoyed the many programs offered there - Collective Kitchen, S.O.S., first aid, budget preparation, and I truly enjoy Self Compassion as well as the Sewing Circle. I have grown and learned a lot about myself since becoming involved with the Sudbury Women's Centre and the beautiful and empowering women that work there.

“ I started to volunteer at the Sudbury Women's Center in the year 2009 to help women. I was going through such a horrible time in my life, and I wanted to help other women. My social worker recommended their services, and now I've been a volunteer for 11 years... **volunteering is my passion!** Getting an award from the YWCA was a real honor, as helping women and girls LGBTQ+ community is my calling. Some women and girls face uncertain circumstances. It is important to call for action and be a voice for those who can't speak for themselves, for example, if they have a disability and are in a group home facing violence, or any uncertain situation. It is our call to fill those gaps to be a voice for them and give them a new start to life. Let's end violence against women and girls together!

“ I have been a volunteer with SWC for about one year, providing support during S.O.S. nights. This allowed me to learn from and form connections with clients and their children. It is amazing to hear the stories of how the SWC has helped women in the community. My experience working with the community through SWC has taught me about the importance of women supporting one another. During one S.O.S. night activity, the clients created worry stones. I remember one of the women sharing her life story with me, and how she overcame so many barriers to get where she is today. She gave the stone she created which said "good life" to me, and I look at it daily as a reminder to be positive and continue to live a good life where I can help others.

The resilience and strength exemplified by the clients is inspiring. I am thankful that we have services like SWC that can provide much needed support to women in the community!

“ I became a board member with the Sudbury Women's Centre in 1995/96. At the time, I was considering returning to school to complete my Masters in Social Work. I was interested in volunteering for an organization that provided referral and support services to women. The Sudbury Women's Centre focused on empowering and supporting women in the City Of Sudbury. I was amazed at the work women can accomplish when everyone works together. I formed life long friendships and I gained so much knowledge on the responsibility board members have.

SHARON CLARKE



## MESSAGES OF SUPPORT



On behalf of the Client Centered Governance team, we thank you for supporting the Sudbury Women's Centre. You are helping women and families get through some of the most difficult times in their lives and thrive! Miigwetch Merci Kiitos Thank you!  
- GISELE GUENARD, CEO VISIONAREASE & ASSOCIATES

Thank you to the hardworking and dedicated volunteers of the Sudbury Women's Centre. The help and guidance that you bring to so many women in our community cannot be measured. Keep up the good work!  
- DEB SLYWCHUK, CO-OPERATORS

Congratulations to the Sudbury Women's Centre on their 40th Anniversary. Wishing you all the best as you continue to provide much needed support and services to the Women in our Community.  
- LISA BRAY, PRESENT SIMPLE

Thank you to the Sudbury Women's Centre for being a place of hope to so many in our community. Congratulations on making a positive impact on the women and children of our community.  
- JASMINE FINDLAY MORTGAGES

Congratulations on 40 years of Service to our community and for your valued contribution as a member of the Greater Sudbury Coalition to End Violence Against Women.  
- CEVAW

Jubilee would like to thank the Sudbury Women's Centre for their community partnership while supporting our staff and families.  
- JUBILEE HERITAGE FAMILY RESOURCES

In celebration of 40 years of service, we want to congratulate and thank the Sudbury Women's Centre for actively working to support women and advocate for social justice.  
- YWCA SUDBURY

The members of BPW Greater Sudbury are proud to support the Sudbury Women's Centre and we appreciate everything that is being done to help women in our community! Congratulations on your 40th anniversary.  
- BUSINESS & PROFESSIONAL WOMEN - GREATER SUDBURY

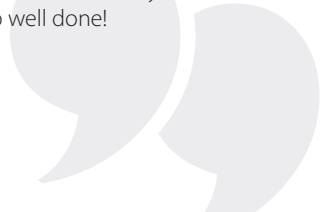
On behalf of Baker Tilly SNT, we are proud to support the Sudbury Women's Centre and all that they do to make our community a better place. The support they give to women and families does not go unnoticed. We are so grateful to be a part of that. Thank you!  
- BAKER TILLY SNT

Canadian Mental Health Association - Sudbury/Manitoulin is happy to support the hard work of our local Sudbury Women's Centre. We congratulate them for 40 years of service, and wish them all the best in the 40 Years, 40 Days, \$40 K campaign.  
- CANADIAN MENTAL HEALTH ASSOCIATION - SUDBURY/MANITOULIN

Félicitations au Sudbury Women's Centre pour 40 ans de service auprès des femmes du Grand Sudbury! Nous sommes fières de travailler en solidarité avec nos consœurs. Nous souhaitons bonne continuation à toute l'équipe du SWC et nous disons merci pour leurs efforts continus pour ressourcer et aiguiller les femmes en besoin. To our sister agency, sincere thanks and best wishes!  
- CENTRE VICTORIA POUR FEMMES

When we were looking for our charity of choice, we called the Women's Centre. During our first visit, we immediately connected with the staff. They make it their mission to support women to reclaim their self-worth which is an affirmation we can champion. We were particularly interested in supporting My Sister's Closet as we felt that we could rally our community of mamas for gently used items. We hope to continue our partnership for many years to come. Congratulations ladies on 40 years of service to our community and a job well done!  
- JUMPI! THE BABY STORE

The Women's Centre offers support and a voice for those women in our community who have experienced domestic challenges. A woman's voice is her strength. It is only when a woman finds her voice can she truly take back her life. Giulia and the team at the Women's Centre plays a huge role in our community, offering a safe place for women to make changes in their lives.  
- KAREN HOURTOVENKO, LIFE ZONE INC.



*With Gratitude...*

Sudbury Women's Centre would like to extend sincere thanks to those who have helped us grow as we celebrate 40 years!



Also, special thanks to our Media Sponsors!



*Thank you!*

*Here's how*

**40** YEARS  
40 DAYS • \$40K

**FLOURISH**  
SPONSORS

HELP OUR COMMUNITY GROW!



KPMG provides Audit, Tax and Advisory services to many of the public and private businesses, not-for-profit and public-sector organizations in the region.

Our diverse practice in Sudbury ranges from the highly personalized services required by entrepreneurs, to the complex needs of organizations. We combine a multi-disciplinary approach with deep, practical, industry knowledge to help clients meet challenges and respond to opportunities.

Our KPMG Enterprise team is dedicated to working with private businesses ranging from entrepreneurs and family businesses to fast-growing companies. Our advisors understand what it takes for you to be successful at each stage of your business, whether you are looking to grow, or expand internationally, strengthen, or to exit your business. We recognize that the strength of our firm and the communities in which our people and clients live are interdependent and dedicate ourselves to being engaged in tangible ways.

Our staff and professionals are involved as volunteers and board members in over 30 different charitable organizations across the region.

[kpmg.ca](http://kpmg.ca)



Royal Bank of Canada is a global financial institution with a purpose-driven, principles-led approach to delivering leading performance. As Canada's biggest bank, and one of the largest in the world based on market capitalization, we have a diversified business model with a focus on innovation and providing exceptional experiences to our 17 million clients in Canada, the U.S. and 34 other countries.

We are proud to support a broad range of community initiatives through donations, community investments and employee volunteer activities. See how at [rbc.com/community-social-impact](http://rbc.com/community-social-impact).

[rbc.com](http://rbc.com)

# FLOURISH



Our group brings women together who care about the Greater Sudbury community, its people and causes, and those who are committed to community service.

The concept is very simple – 100 Women (or more), donate \$100 each (or more if they choose) at four one-hour meetings per year. The goal is for 100 Women Who Care Sudbury to collectively generate a minimum of \$40 000 annually for local charities.

If interested in becoming a part of 100 Women Who Care Sudbury, you can find us at [100wwcsudbury.com](http://100wwcsudbury.com). If you're part of a charitable organization that would like to be considered one of the chosen recipients, your group can apply through the website.

[100wwcsudbury.com](http://100wwcsudbury.com)



Our team of physicians and nurses provide Obstetrical and Gynecologic services to women of Northeastern Ontario. At NEO Fertility, we help make families by ensuring fertility services are accessible to people throughout Northeastern Ontario. Please visit our website for further information on the referral process.

[neowomenshealth.ca](http://neowomenshealth.ca)



The Lougheed Foundation was established to continue the community legacy of caring by the Lougheed family. The Foundation is proud to support the Sudbury Women's Centre in celebrating 40 years of action, commitment, and dedication to the people of Sudbury.



Life Zone is dedicated to the transformation of individuals to become the best version of themselves. At Life Zone we believe that people are people WITH behaviors and are Not their behaviors. This means everyone can transform to be a better version and create a fulfilling life.

Life Zone is dedicated to coaching people, supporting personal development, health and wellness, business and leadership success. Life Zone specializes in helping people just like you, to determine what actions and thoughts are getting in your way of success! Whether it is getting stuck with weight or other health concerns, maintaining your home, excelling to the top of the corporate ladder, or running your first marathon, I will mentor you along your journey to success. Life Zone teaches personal accountability for attitude and behaviours, to improve your life and the lives of others.

[lifezone.ca](http://lifezone.ca)



Plan A Sudbury provides long term care homes with a sustainable staffing strategy. Plan A hires nurses, PSWs and nursing students to support our most vulnerable seniors and the frontline workers who care for them.

[jointheAteam.com](http://jointheAteam.com)



Jasmine Findlay is a mortgage agent with Today's Mortgage Choice. She loves working with first time homebuyers, real estate investors and those who have challenging credit situations.

"I coach people through the process of buying a home, building a real estate investment portfolio or using equity to fulfill their goals."

Jasmine Findlay, 705-805-8252, [hello@jfmortgages.ca](mailto:hello@jfmortgages.ca)

[jfmortgages.ca](http://jfmortgages.ca)



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Postmedia Sudbury is part of one of Canada's largest premium audience networks, offering advertising and marketing solutions for businesses of all sizes. We are audience experts providing businesses a one-stop-shop for Traditional, Digital, Specialty and Content based advertising and marketing.

[thesudburystar.com](http://thesudburystar.com)



We are a locally owned business in Sudbury, Ontario Canada. Yes there is just 1 of us! We specialize in baby gear like strollers, car seats and cribs. We have a large selection of baby, toddler and up to size 8 girls' and boys' clothing and footwear. We offer in-store shopping, curb-side pick-up and e-Transfer phone orders. We love to talk!

[jumpbaby.ca](http://jumpbaby.ca)

# FLOURISH



Award winning Helga Himer Photography creates her stunning photographs outdoors, on site or in the comforts of Studio H, her private professional studio, which is located close to beautiful downtown Sudbury. Her one-of-a-kind boutique studio is spacious and appointed explicitly for your portraiture needs. She is also safety certified, an international instructor and an accredited newborn photographer. Her mission is to make every image a work of art that customers can share, treasure, and enjoy for years to come.

During the 40-40-40 event, I would like to offer \$50 to the Centre from every gift card that is purchased. Gift cards can be used as payment for a session or for products. They are in increments of \$100, \$250 or \$500. Beautiful Gold Cards in nice gift boxes are the perfect gifts for your loved ones.

[helgaphotography.com](http://helgaphotography.com)



Baker Tilly SNT is a locally owned CPA firm in Northern Ontario with offices in Sudbury, Timmins, North Bay and Sturgeon Falls. We partner with our clients for all of their business needs including accounting, tax and advisory services.

Baker Tilly SNT est un cabinet d'expertise comptable situé au nord de l'Ontario avec des bureaux à Sudbury, Timmins, North Bay, et Sturgeon Falls. Nous répondons aux besoins de nos clients avec des services de comptabilité, fiscalité, et des services-conseils.

We take pride in being a partner with our communities and clients. We are here to support with not only accounting and tax matters, but also be there to assist our clients with any opportunities or hurdles they need to navigate through.

Nous sommes fiers d'appuyer notre communauté et nos clients. Nous soutenons nos clients, non seulement avec nos services de comptabilité, mais aussi en les aidant à naviguer leurs besoins, et tous les possibilités qui leur sont offertes.

[bakertilly.ca/en/sudbury-ontario](http://bakertilly.ca/en/sudbury-ontario)

## OUR MEDIA SPONSORS



# FLOURISH



The Greater Sudbury Coalition to End Violence Against Women is made up of a number of partner agencies who collectively work towards eliminating the social, political, systemic and economic conditions that perpetuate violence against women. [coalitiontoendviolence.com](http://coalitiontoendviolence.com)

## Our partners:



## ACKNOWLEDGMENTS

The Sudbury Women's Centre would like to acknowledge the Robinson-Huron Treaty territory on which the Centre currently resides.

Our Centre is located on traditional Atikameksheng Anishnawbek land. We extend our respect to all Indigenous people past and present that continue to experience the ongoing effects of colonialism.

We would like to extend sincere thanks to those who have helped the Sudbury Women's Centre celebrate 40 years and grow! This campaign has been made successful through dedicated support. Thank you!

### 40/40/40 COMMITTEE

Gayle Akerman  
Stefanie Bernier  
Sami Dunlop  
Sara Gauthier  
Holly Horvath  
Jenna Robert  
Mandy Stans  
Hailee Thompson  
Cheyenne Ziegler  
Giulia Carpenter  
Valerie Cunningham  
Kasandra Henry  
Erin Medakovic  
Emily Schroer

### SWC BOARD OF DIRECTORS - 2020/2021

Danielle Audet, *Chair*  
Louise Bergeron, *Secretary*  
Chantal Makela, *Treasurer*  
Gisele Guenard, *Member*  
Natalie Parent, *Member*  
Laura Goulet, *Member*  
Liz Lamothe, *Member*

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Thank you all for your time and effort in the creation of this commemorative book, and for helping SWC meet its campaign goal! Your support makes our vision possible!

Seed – Sprout – Bud – Blossom – Flourish



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