

# EMPOWERED!



## Centre updates

### WE'RE MAKING MOVES!

Helping women get from where they are, to where they want to be.

After **23 years** at our location on Elm Street, we have seen the need for the services provided by the Sudbury Women's Centre grow, and with it, so have we. This summer, we packed up our space and have settled in to our new home at 174 Douglas, Suite 201. We've doubled the size of My Sister's Closet, with more room to display our clothes and accessories, and space to roam and shop. Our new space will be able to accommodate our expansion of staff, programming enhancements and welcome other vital service providers into a shared HUB space in the future. The goal of the SWC is to bring in other social service providers to share space and offer assistance from one central, easily accessible location.

### PROGRAMMING UPDATES

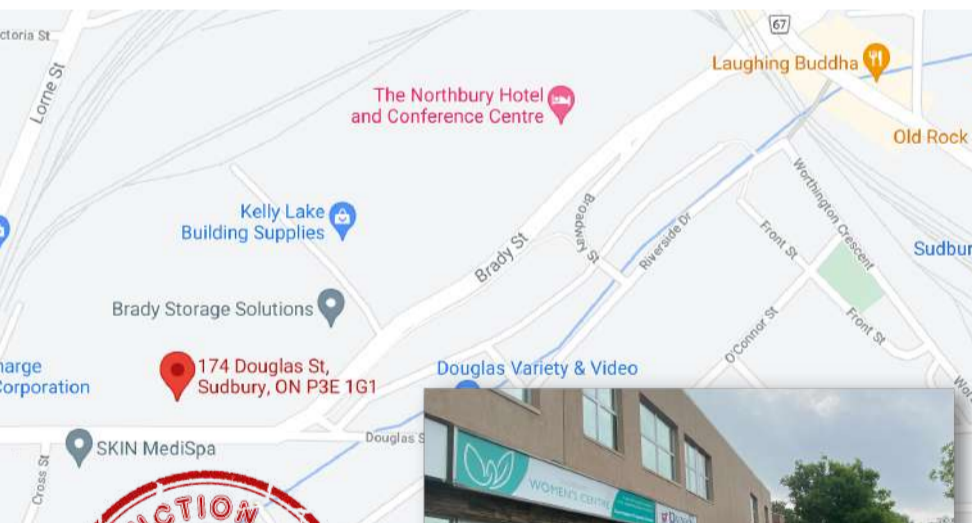
This Fall, the Sudbury Women's Centre will continue to provide its free, life-changing programming to women facing difficult life circumstances. In spite of ongoing COVID restrictions, the SWC will initiate a selection of programs and workshops to serve women in need.

**Sewing Circle:** women are invited to participate in small sewing projects to encourage development and strengthening of both skills and relationships.

**Healthy Relationships & Boundaries for Women:** looks at building healthy relationships through a self-compassion lens.

We will continue to offer **Safety Plan** development, creating a one-on-one personal safety plan to help before and after an assault, and continue to provide **basic needs**, such as toiletries, feminine hygiene products, food and infant items like diapers & wipes, as well as bus tickets to cover transit.

The Centre also provides free access to **library computers** to assist in employment searches, and also loans out technology such as cell phones and tablets to keep clients connected based on funding available. Our onsite Navigator can guide clients through the options for employment training and practical work experience.



This August, we hosted our **first ever** actual auction! Thanks to the generous donations from more than 25 local businesses, we created more than 60 fantastic items & packages available for bid.

From formal gowns to accessories, an autographed Letterkenny jersey to gift certificates, the line up of items available was varied and the auction featured something for everyone.

From August 23 – September 2, we opened up the bidding and the competition was fierce!

Our local businesses and makers generously contributed thousands of dollars worth of items and helped us raise over **\$3,400**.

## LOWE'S

The Sudbury Women's Centre has been selected as the charity of choice for Lowe's Sudbury's HEROES Campaign! For the month of September, customers of Lowe's will be asked to contribute \$2, \$5, or \$10 donations upon checkout to help support our organization. Our local Lowe's will also match contributions up to \$2000, so now is the time to finish up all of your indoor renos or outdoor projects, and show your support!

*Thank You!*

