



2024/25 ANNUAL REPORT

WEST CENTRAL WOMEN'S
RESOURCE CENTRE



Families are the Fabric of Community

They hold us together through joy and hardship, weaving strength, love, and resilience into every corner of our lives. At WCWRC, we honour the truth that family means something different to everyone—and that every family, no matter its shape, size, or story, deserves to be seen, supported, and celebrated.



West Central Women's Resource Centre is located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. The water we drink is sourced from Shoal Lake 40 First Nation.

GREETINGS FROM

Our Board Chair and Executive Director

*What an exciting year this past year has been!
We are pleased to share with community some of the
highlights of the past twelve months.*

Our new transitional housing building officially opened in April 2024, and in the past year we have housed 25 women and their children, as they exit situations of violence. We have been able to support these families in their healing journeys and helped some quickly move on to permanent, safe, and secure housing. Others continue to be supported by our team until they feel ready to take their next steps. It has been so joyful to hear the laughter of children in the halls and to hear from tenants that the opportunity to be safely housed has changed their lives. We are grateful to our referring partners for their continued support – North End Women’s Centre, Ikwe Widdjiitiwin, Willow Place, End Homelessness Winnipeg



(Naatamooskakowin), Tunngasugit Inc., and North Point Douglas Women's Centre.

We launched an exciting new program called the Purple Kitchen, which works with community members to build their knowledge around nutrition, gain new culinary skills, and complete their Food Handler's certificate, to help them gain employment. The program has been a huge success and we are excited for the next round to begin.

Our staff continue to do vital and life-saving work in housing, outreach, gender-based violence, family supports, settlement services, and supporting people to meet their basic needs. The needs in our community continue to grow and agencies like ours continue to be stretched as we do our best to support our community members.

We are grateful to our incredible funders and donors who support this work, especially as families everywhere struggle more to make ends meet. None of this would be possible without you!

We want to thank our wonderful group of volunteers who are committed to giving back to their community. You truly help make our centre feel like home for so many. And to our outstanding board members, thank you for your guidance and for sharing your

knowledge with us, to strengthen the work that we do.

We especially want to extend our heartfelt thanks to our dedicated, passionate, and committed team of staff, who show up every day with their whole hearts, to walk beside people with compassion and care. This work is hard, and we value and appreciate each and every one of you.

And finally, to the people and families that we walk with – you truly are the fabric of our community. Thank you for letting us share in your journey, for trusting us with your stories, and for allowing us to celebrate in all your successes.

Sincerely,

Nicole Barry, *Board Chair*
Lorie English, *Executive Director*



Programs and Services

DROP-IN

Washrooms, shower, laundry, phones, community computer with Internet access

Access to hygiene items, harm reduction supplies, extreme weather supplies, Indigenous medicines, diapers and formula

Information and referrals to other WCWRC services and external organizations

Community programming and workshops

FOOD SECURITY

Daily meals for drop-in and outreach participants

Emergency food kits

Community garden

HOUSING

HOMES – homelessness, housing and income security support

Support for women exiting the Justice system through HOMES

More Than 4 Walls Housing First program

Access point for Naatamooskakowin - Winnipeg's Coordinated Access system

Housing and Income workshops and presentations

OUTREACH

Daily encampment visits

Access to hygiene items, harm reduction supplies, activity kits, Indigenous medicines, and extreme weather supplies

EIA intakes, housing searches and connection to WCWRC Housing programs

Information and referrals to other WCWRC services and external organizations

Safe rides to shelter and scheduled appointments

EMPLOYMENT, TRAINING & EDUCATION

Group and one-on-one job readiness support and programming

Workshops and skills training opportunities

Volunteer, Mentorship and Student placements

Happy Sprouts Social Enterprise

NEWCOMER PROGRAMS

Settlement services

One-on-one gender-based violence supports

Conversation Circles

Newcomer Education and Workshops

Community Connection programming

POLICY & RESEARCH

Contributions to research reports with public policy recommendations

Public education and media engagement around public policy solutions

Public policy advocacy and systems change

STRENGTHENING THE CIRCLE

Family Violence Prevention: Red Road to Healing for women/gender diverse people and Men

Indigenous parenting program

Supporting families with CFS navigation

Indigenous ceremonies, access to medicines and medicine picking opportunities

Elder and Knowledge Keeper supports

Traditional crafts workshops

Truth and Reconciliation learning activities

Staff, Childminders, Mentors, and Board Members

STAFF

Adrea Meades
Agnes Njuguna
Amasiles Buzato
Andrea Taillieu
Angie Hutchinson
Anisha Saddler
April Linklater
Ashley Meredith
Betty Basa
Braelynn Hofer
Breanna Quirion
Bridget Burke
Carey Richards
Cathy Ruiz Moreno
Charlie Eau
Charlotte Roulette
Christie Paul
Debra McKay
Diana
Jarzab-Perchak
Ella Taylor
Gloria Knott
Grace Klassen
Haidee Maderal
Halima Jelloul
Heather Grant
Inna Provozina

Iqra Liaqut
Ilyana Gottschalk
Janis Ducharme
Jen Buhr
Jessica Chartrand
Jessica M.
Jo Salazar
Jolene Wilson
Karina Flores
Katherine Angulo
Kirsten Bernas
Kora Vandale
Krys Korman
Krystyne Hastings
Lara Rae
Laurie McDougall
Levi Bone
Liliana Sanchez
Cortez
Lindsay Tose
Lorie English
Mareike Brunelli
Maria Mairongo
Mayran Kalah
Meg Burton
Megan Michell
Melissa
Omelan Barnes

Melissa Palmares
Mercado
Mercy Macharia
Molly Dunbar
Monisha Shah
Neenerz Roulette
Nunu Ajak Deng
Oriana Perez Conde
Pam Mulhall
Rachel Bergen
Rae Roller
Ren Armstrong
Sharlene Penner
Shena Alcock
Shy Narciso
Soheli Akhter
Stephanie Bouska
Stephanie Junghans
Tammy Leask
Taryn Hunter
Tia Alsaidi
Tianna Greaves

**CHILD
MINDERS**
Amie Cowan
Cheryl Bruce
Colleen Moose
Ilham Mohamed

Molok Al-Hebshi
Shanpeng Guo
Shukri Shikh
Suad Ahmed
Tetiana Somina
Zeinab Thabit
Hibo Ali

BOARD OF DIRECTORS

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Vice-Chair
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Deborah Chan
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Director
Natalie Smith
Director
Shannon Contois
Director
Sherry Lyn Lam
Director



Families are the fabric of community



They hold us together through joy and hardship, weaving strength, love, and resilience into every corner of our lives. At WCWRC, we honour the truth that family means something different to everyone—and that every family, no matter its shape, size, or story, deserves to be seen, supported, and celebrated.

We are privileged to walk alongside families whose courage and care

inspire us daily. From Indigenous families grounding their children in ancestral wisdom, to refugee families rebuilding their lives with hope and determination. From 2SLGBTQIA+ families creating safe, affirming homes, to single parents navigating life's challenges with grace—we witness the beauty and power of connection in all its forms. We've stood with extended families

sharing responsibilities across generations, and with families of choice who remind us that love—not biology—is the foundation of belonging. These families are the threads that make our community strong, vibrant, and whole.

This year, as trans and gender diverse communities face escalating hostility across North America, our commitment to these families has only deepened. The attacks on trans rights are not just political—they are deeply personal. They affect families trying to protect and affirm their loved ones, often while navigating systems that weren't built with them in mind. And yet, these families continue to show extraordinary resilience, courage, and love. We are proud to be part of a movement that refuses to be silent. We continue to learn from the trans community, to advocate fiercely, and to create spaces where every family can live with safety, dignity, and freedom.

Our programs reflect this inclusive vision. Pam, our Family Support Worker, has helped parents reunite with their children and prevent separation. Halima and Haidee, our Settlement Workers, have supported hundreds of newcomer families as they build new lives in Canada. Our transitional housing program has sheltered 25 families escaping violence, with

wraparound support from our GBV Workers, Rebecca and Amasiles, Tenant Support Worker, Mayran, and Property Manager, Jessica—helping them heal and rebuild.

At the heart of our work is a simple truth: we are stronger together. Our team doesn't just work side by side—we show up for each other like family. In a sector where the work is personal and the challenges are great, we lift each other up, share our burdens, and celebrate our wins together. This spirit of unity extends beyond our walls. Across the non-profit community, we see collaboration, solidarity, and shared purpose—organizations coming together like an extended family, working toward a future where every family can thrive.

As you read through this report, we hope you feel the heartbeat of our work. Families are the fabric of our community—and in every thread, we see love that refuses to break, courage that rises in the face of adversity, and hope that dares to imagine a better world. Together, we carry these stories forward, weaving a future where every family is held, heard, and empowered to thrive.

**Thank you for being part
of our family.**

THIS YEAR:

29,367

DROP IN VISITS

SUPPORTED PARTICIPANTS
FROM **67 DIFFERENT**
COUNTRIES OF ORIGIN



27,468
meals
PREPARED + SERVED

PEOPLE WERE HOUSED OR REHOUSED
108 EVICTIONS PREVENTED

482
PEOPLE
SUPPORTED THROUGH
HOUSING
PROGRAMS



25 families housed in our
Transitional Housing Building

130

GENDER-BASED
VIOLENCE SURVIVORS
SUPPORTED

299

PARTICIPANTS RECEIVED
SETTLEMENT SUPPORT

207

PARTICIPANTS RECEIVED
EMPLOYMENT SUPPORT



1057 SHOWERS TAKEN **600** LOADS OF LAUNDRY
5944 **HYGIENE KITS PROVIDED**
9,708 **CONNECTIONS ON OUTREACH**

1600 HOURS
OF CHILDMINDING
PROVIDED



13240

Harm Reduction
KITS DISTRIBUTED



2382

Naloxone kits
DISTRIBUTED

1155

CALLS
SUPPORTING PARENTS
NAVIGATING CFS

39

CHILDREN
WENT HOME TO
PARENTS OR
FAMILY

36

CHILDREN
REMAINED IN
CARE OF THEIR
PARENTS WITH
OUR SUPPORT

61

FAMILIES SUPPORTED
WITH CFS CASES

3 CYCLES OF
RED ROAD TO HEALING
PROGRAM

2 SWEAT LODGE
+ 13 FULL MOON
CEREMONIES

FOUR SEASONAL
EQUINOX/SOLSTICE
CEREMONIES

Pam Mulhall

My name is Pam Mulhall, and I am from Winnipeg, Manitoba. I am the Family Support Worker at West Central Women's Resource Centre, and have worked with WCWRC since May 2021. Prior to this time, I had heard about the Centre's valuable support services and the workshops it offers from working in the sector for several years. The community's positive remarks and the reputation for providing helpful support truly resonated with me, drawing me to contribute to the important work of WCWRC.

Here at WCWRC, I work as a lifeline, reaching out to offer support and guidance to parents who are navigating the complex systems involved with Child and Family Services (CFS). I understand that these situations can feel daunting and isolating. So, that is where I come in, to be that lifeline of support through the often-overwhelming legal process of the CFS system.

WHEN I GET TO
WITNESS A PARENT
CHECKING OFF A TASK
ON THEIR CASE PLAN,
AND SEE HOW PROUD
THEY ARE OF THIS
ACHIEVEMENT, IT REALLY
MAKES MY DAY!

I use mediation and advocacy skills to build a respectful, constructive relationships between parents and CFS. I work closely with parents to help break down their case plans into manageable, achievable steps. This approach not only clarifies what needs to be done but also demonstrates that progress is possible! Reducing the stress for parents helps foster confidence in my ability to meet their goals.

It is encouraging to see parents who have been successfully reunited with their children, whether through their return home or by establishing meaningful

relationships through supervised visits. I understand the challenges the parents may face when dealing with CFS, and I want to assure them that they are not alone. I think of myself as the parent's cheerleader—here to encourage and empower them to do what is needed to bring their children back home.

There are many challenges in this work, but not every day is hard. Most days there is always something that happens to remind me of the reasons I keep going. Working alongside amazing colleagues has truly made a difference; their kindness and humor often make me laugh and look forward to the next day. This work has been a rewarding experience to contribute to an organization that makes such a meaningful difference and see real life examples of how I as an individual can make a real impact in the lives of the parents I support.



Parenting Programs

WCWRC SUPPORTS FAMILIES IN A DIVERSITY OF WAYS ACROSS ALL OF OUR PROGRAMS AND SERVICES. ACCESS TO A VARIETY OF PARENTING PROGRAMS AS WELL AS SAFE, FREE CHILDMINDING IS OFTEN WHY PARTICIPANTS FIRST WALK THROUGH OUR DOORS.

Group Programs for Parents

Our parenting programs offer safe, supportive spaces for connection, learning, and empowerment. Through group sessions and one-on-one support, parents gain tools to navigate challenges and build stronger futures for their families.

“YOU FEEL EXACTLY
WHAT I FEEL. YOU
KNOW WHAT I AM GOING
THROUGH.”

The Empowering Parents Program is facilitated by our Family Support Worker. This program helps parents and caregivers understand and navigate the



Child and Family Services system, manage stress, build healthy relationships, and work toward reunification with their children. One-on-one support is also available to parents and caregivers to work on their CFS case plan step-by-step, until they are ready to bring their children back home.

Indigenous Parenting Program is facilitated by our Cultural Support Worker. This program shares traditional teachings through Elders and Knowledge Keepers, fostering cultural pride, balance, and a deeper understanding of family roles and values. Parents often finish the program with a strong interest in continuing their learning and are excited to pass on these teachings to their own children.



“EVERYTHING SEEMED SO OVERWHELMING... BUT WITH WCWRC HELPING BREAK DOWN THE STEPS, I WAS ABLE TO GET MY LIFE BACK ON TRACK.”

The Newcomer Parenting Program is facilitated by one of our Settlement Workers and is sometimes offered in collaboration with partner agencies. Topics include cultural adaptation, parenting in a new place, understanding Child & Family Services, gender-based violence and its impact on adults and children, self-care and the importance of mental health and wellness. Many mothers share that they feel more equipped to support their families through the many changes they face in their settlement journey.

Childminding Services

Offering childminding services ensures that parents are able to engage fully in the programs and supports available to them. Childminding is offered during group programs, workshops, and one-on-one appointments—giving caregivers the freedom to focus, connect, and breathe, knowing their children are safe and cared

for. From drop-in childminding at our Centre to in-house childminding at our transitional housing building, these services create space for rest, healing, and growth.

Tenant Support Worker

Opening our transitional housing building in the spring of 2024 offered new opportunities for direct family support, as WCWRC is now home for 16 families at a time. Within a few months of opening, a tenant support worker was hired to nurture relationships with the tenants, build bridges to other services offered by our team and foster a sense of community among the tenants. Over the past year these families have participated in monthly tenant meetings, art and storytelling programs, money management workshops,

sharing circles, and met with various staff to navigate the systems involved in their lives.

“THIS ROOM IS FULL
OF OTHERS WHO ARE
LIKE ME.”

Across all programs, when parents join, a powerful theme emerges: the relief of knowing they’re not alone. Whether navigating complex systems, reconnecting with culture, or adjusting to a new life, they find comfort in shared experiences and support.

For every parent who walks through our doors, there is a circle of care waiting to remind them: you are not alone, and your journey matters.



PEOPLE OF DISTINCTION AWARDS



WCWRC was built by and is sustained by remarkable people. As a way to honour their contributions, every year we present West Central People of Distinction awards. These awards recognize those that have gone above and beyond expectations in their contributions and commitments to the well-being of the Centre, our values, and our community.



NICOLE BARRY

Nicole joined the Board of Directors at WCWRC in September of 2020, jumping right into the role of Treasurer. As a CPA and a successful business owner, Nicole brought a wealth of knowledge to our Board. Over the past five years, Nicole has provided wisdom and guidance to the staff team as we navigated through the largest capital project the centre has undertaken – the development of our transitional housing. Beyond her financial and business acumen, Nicole has been steadfast in her commitment to the values

of the organization, approaching governance from a place of compassion, care, and deep commitment. Even after her relocation to Toronto, Nicole remained a part of the board to ensure good continuity through the

completion of our capital campaign and continued to provide guidance to the leadership team on many fronts, including supporting our most recent strategic planning endeavour. She will be deeply missed on our board, and we are incredibly grateful for all that she has given to the centre.



HEALTH OUTREACH AND COMMUNITY SUPPORT (HOCS)

Health Outreach and Community Support (HOCS) has been a vital partner in WCWRC's efforts to support women and gender-di-

verse individuals facing housing instability. Their holistic team includes clinical coordinators, trauma workers, and outreach staff, bringing expertise in social work, nursing, occupational therapy, and mental health to collaboratively address the complex needs of our participants.

The words of one of our housing staff helps encapsulate this:

"We meet weekly as a team to talk through the challenges and barriers we encounter in our work, and it's often during these times that complex situations arise where we need additional support. Meeting with HOCS each month has become an incredibly valuable part of our process. Sometimes they offer the simplest suggestion that completely shifts our perspective. Their knowledge, openness, and willingness to share, even from their own lived experience, makes them personable, trustworthy, and non-judgmental. It's this approach that helps us grow in our roles and feel supported in the work we do."

Through clinical consultation, direct service, care planning and staff training, HOCS has played a key role in improving access to housing, health, and social supports. Their ongoing commitment to trauma-informed, person-centered care has significantly strengthened our capacity to serve the community. We are honored to recognize HOCS with this year's People of Distinction Award.



From Our Heart to Yours: Thank you

The programs and services we are able to offer community would not be possible without your generosity and caring.

Because of you, we have been able to continue providing crucial supports to women, gender-diverse folks, and their families. **Thank you!**

2024/25 FUNDERS

Anonymous
Canadian Red Cross
City of Winnipeg
Employment & Social Development
Canada
End Homelessness Winnipeg –
Reaching Home
Manitoba Association of Women's
Shelters
MB Families
MB Green Team

MB Labour & Immigration
MB Non-Profit Housing
MB Northern & Municipal Relations
Royal Bank Canada
Toronto Dominion Bank of Canada
United Way Winnipeg
Winnipeg Foundation
Women & Gender Equality Canada
Women & Gender Equity Manitoba

*Please consider donating to our work
today at **wcwrc.ca/donate***



The smiling faces of the volunteers here at WCWRC help create a warm and inviting atmosphere while visiting the Centre.

Whether they are making coffee, helping with food prep, or beautifying our community garden, they are happy to help where the need is greatest. We're also grateful for our behind-the-scenes volunteers, from admin tasks to cleaning up. Our volunteers are really part of the family, and we are so thankful to them for the time they give to us and the support they provide to our staff, fellow volunteers and community members.

Alexandra McKane
Bridget Burke
Carelyne Masepela
Chanel Michaud
Cheryl Costen
Betty Basa
Elizabeth Naayen
Isha Khandelwal
Jackie Ross
Jennifer Cook

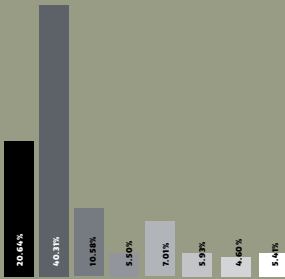
Jennifer Joseph
Julie Mousseau
Kasandra Hardy
Katherine Angulo
Kathy Hanson
Leidy Idarraga
Lena Faye Gott
Lina Moreno

Financial Report

In 2024-25, WCWRC's transitional housing opened its doors for tenants. Each of the 16 units were fully furnished and outfitted with all the housewares a family might need. The units were quickly filled and the sounds of little ones echoed through the hallways as almost 25 kids and their moms moved in.

When the building became operational, we began to amortize it as an asset. The building, which cost just over 10M, has now been amortized over 25 years. We also began amortizing the related deferred contribution for the building – which are all the donations and grants received for this project. At year-end, the assets value is \$299,736.

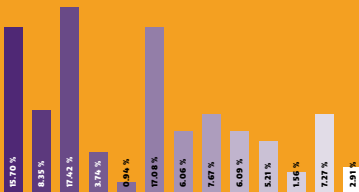
Day to day operations and maintenance of the building are covered by rent and supplemented by CMHB. The wrap around support services that WCWRC provides for all tenants are funded by the Province of Manitoba.



REVENUE

- Federal Government – \$882,596
- Province of Manitoba – \$1,723,541
- United Way – \$452,323
- Anonymous – \$235,000
- Amortization – \$299,736
- Donations – \$253,318
- Rental Income – \$196,819
- Other – \$231,921

TOTAL \$4,275,254



EXPENSES

- Administration – \$ 679,953
- Amortization – \$ 359,710
- Drop In – \$ 754,340
- Employment – \$ 161,826
- Financing – \$40,687
- Housing – \$ 739,806
- Outreach – \$ 262,404
- Occupancy – \$ 332,085
- Policy & Communications – \$ 263,686
- Settlement – \$ 225,682
- Staff Professional Development – \$67,524
- Strengthening the Circle – \$ 314,903
- Tenant Support – \$ 126,208

TOTAL \$4,328,814



West Central Women's Resource Centre

640 ELLICE AVE,
WINNIPEG, MB, R3G 0A7
INFO@WCWRC.CA
204-774-8975

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