

ANNUAL REPORT 2012-2013



Richmond Women's Resource Centre

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Annual General Meeting report 2012-2013

Tuesday, May 28, 2013

Richmond Caring Place

Room 340 – 7000 Minoru Blvd, Richmond

AGENDA

6:30 pm Registration

7:00 pm Opening

7:05 pm Annual General Meeting

1. Call to Order and Approval of Agenda
2. Approval of Minutes of Previous AGM, May 17, 2012
3. Annual Report
4. Auditor's Report
5. Stand Down of Previous Board
6. Election of Board Members
7. Update authorized signatories for Vancity account
8. Other Business
9. Closing Remarks
10. Adjournment

7:30 pm Volunteer Recognition

7:40 pm Entertainment

8:05 pm Followed by Refreshments

Richmond Women's Resource Centre
Annual General Meeting, Thursday May 17, 2012
Minutes

Present: Approximately 51 members, guests and friends

Staff: Florence Yau and Penny Menezes

Special Guests: Bill McNulty

Regrets: Mayor Malcolm Brodie

Colleen Glynn welcomed everyone to join in taking some light refreshments. She introduced our Honorary Board member Charlotte Diamond and invited her to open AGM with some songs.

1. **Call to order by President Colleen Glynn.** Agenda adopted as presented.
2. **Minutes of** the previous annual general meeting adopted as presented.
3. **Annual Report** presented – see attached.
4. **Auditor's Report** presented – as in the package.
5. **Stand down** of Previous Board
6. **Election** of Board Members – Nominations received for Colleen Glynn, Linda Ramsey, Iveta Williams, Marielle Demorest, Barb Knodel, Mary Scott, Chris McDowell, Gemma Hui, Katrina Lau, and Ramina Kaur Arora.

M/S/C that we accept all the nominees.
7. **Other Business** – Chris McDowell informed about the Tea & Trivia Fundraiser on June 23rd 2012 and the Penny Drive to help keep RWRC in the black.
8. **Closing remarks** and volunteer recognition followed by entertainment by Charlotte Diamond.
9. **Meeting Adjourned**



ANNUAL REPORT MAY 28, 2013

Thank you to our staff, volunteers, facilitators and board.

My name is Colleen Glynn and I am pleased to have served the membership for the past year in the capacity of President and look forward to what our new year brings.

I would like to thank our dedicated staff members, our Executive Director - **Florence Yau**, our Administrative Assistant - **Penny Menezes** and our Bookkeeper - **Fanny Tam**, who have managed, coordinated and supported all our programs and services to the women of Richmond.

I want to thank our program facilitators for serving our programs over the past year. They are: **Marielle Demorest, Carol Brindle, Laurie McEwan, Patience Tsai, Patricia Wang, Linda Chan, Kelly Shorrocks, Sarah Ross, Vicky Sun, Carolyn Hart and Ariel Yu.**

Thanks also to our 2012 Board of Directors: **Marielle Demorest, Chris McDowell, Gemma Hui, Ramina Kaur, Katrina Lau, Linda Ramsey, Mary Scott, Iveta Williams, Barb Knodel and Xinya Wang (YouthNow Leadership Mentorship Program).** Thanks for all your hard work! I want you to know that this is a hands-on Board and they collectively put in more than 683 hours of volunteer time in the last year.

I would also like to acknowledge and thank our Honorary Board: **Margaret Cornish, Charlotte Diamond, Devine Elden, Neeta Sandhu, Mabel Tung, Cherelle Jardine and Sibel Thrasher** for lending their names and visibility to the RWRC and for promoting our programs in the community.

Finally, a BIG thank you to all our **Volunteers** who help keep the programs going and spread the word about the good work done at the Women's Centre.

Accomplishments in 2012-2013

Funding

Despite the challenging financial climate, we have managed to keep our funding levels consistent, although somewhat lower than last year. Again this year we received grants from **BC Gaming, the City of Richmond, Vancity, Decoda Literacy Solutions and the Province of BC.** All funds go directly into delivering our programs and services. Our Richmond Community Foundation **Endowment Fund** is in its fifth year of operation. This fund will eventually enable us to be self-sufficient. Donations are gratefully accepted of course!

New Programs

Due to our new funding, we were able to establish a continuation of a very popular program this year: **Let's Read Together**, a literacy program for immigrant women and their children. This program reaches out to women to help them feel welcome and comfortable in the community while discovering new experiences and forging friendships with other women.

Continuing Programs

Continued funding enables us to offer our many popular programs and services, such as **Information and Referral, Computer Training, Peer Support, English Conversation, English Writing, Les Femmes Francais, Single Mother's support group, Grandmothers Support Group, Community Volunteer Income Tax Program, Hot Ink, Work Ready and Richmond Shares.**

Outreach and Partnerships

We have grown our relationships with the **Richmond Art Gallery, ROSE (Remember Our Sisters Everywhere), The Richmond Review, Richmond News** and **The Richmond Community Foundation.** We are continuing in our relationship with ROSE as a project of the RWRC and we continue working with them on the very important issue of violence against women.

Recently we established a relationship with **Richmond Multicultural Community Services** so our Work Ready students can gain volunteer practicum experience. We consolidate a rewarding relationship with the **Richmond Public Library** for our Literacy program where the library provides staff expertise and the venue and we introduce women to the library.

We continue to foster relationships with Richmond's community agencies such as: **Richmond Community Services Advisory Committee, Family Services of Greater Vancouver, Richmond Poverty Response Committee, Richmond Food Security Society, Richmond Affordable Housing Task Force, Richmond Literacy Committee, Richmond Civic Engagement Network, Richmond Family Violence Prevention Network, Chimo Crisis Services, Richmond Multicultural Community Services, Volunteer Richmond Information Services, Richmond Secondary School and St. Albans Anglican Church.**

Advocacy

The RWRC continues to support the **B.C. Living Wage** campaign in Richmond, being a living wage employer ourselves, and continue to campaign for the City to become a living wage employer. We continue to advocate for poverty reduction with the **Open Letter on Poverty Reduction.** We also work with other Richmond groups to advocate for more **Affordable Housing.** We work with **First Call BC** in speaking out about **Child Poverty** – Richmond has the second highest rate of child poverty in BC.

Appendix 1: As per RWRC Bylaws, please see Stand-down of Previous Board and Slate of 2012-2013 Board.

Respectfully submitted
Colleen Glynn
President, RWRC

APPENDIX 1

STAND DOWN OF 2012-2013 BOARD

Marielle Demorest

Colleen Glynn

Chris McDowell

Barb Knodel

Linda Ramsey

Iveta Williams

Mary Scott

Gemma Hui

Katrina Lau

Ramina K Arora

SLATE FOR 2013-2014 BOARD

Marielle Demorest

Colleen Glynn

Chris McDowell

Gemma Hui

Iveta Williams

Judy Chu

Katrina Lau

Linda Ramsey

Mary Scott

Stella Pardos

Shireen Grégorious



EXECUTIVE DIRECTORS REPORT

The Richmond Women's Resource Centre continues to serve the community by delivering programs and services that make a difference in women's lives. This past year, as always, was a busy year. We are proud to report that from April 2012 to March 2013 we responded to 8748 individuals and provided them with important community services.

Programs

Continued funding from our core funders namely the Province of British Columbia, City of Richmond, Vancity, Decoda Literacy Solution and financial support from our members and donors enable us to offer these popular programs and services: English Conversation and English Writing, Computer Training, Information and Referral, Book Club and Movie Night, Volunteer Training, French Speaking Women's Support Group, Grandmother's Support Group, Single Mother's Support group, Hot Ink Creative Writing for Teens, Ivy Cultural Group, Community Volunteer Income Tax, Peer Support, Canadian Work Experience Program, Richmond Shares and Let's Read Together.

Events

We also appreciate and enjoy the support and participation in many of our events such as potlucks, movie screening, December candle light vigil, Christmas party and fundraising initiatives such as Plants & Seeds Sales, Tea & Trivia, our fundraising letter campaign, the International Women's Day celebration and breakfast fundraiser.

Highlights

We are delighted to report that this is the sixth consecutive year that a member from our Centre received the annual Richmond Review Ethel Tibbits Scholarship award to improve her educational qualifications in order to better provide for her family. Congratulations to May Wang as the 2013 Richmond Review Ethel Tibbits Scholarship award recipient! We would also like to extend our congratulations to Mary Scott our dedicated board member as the 2013 Ethel Tibbits Award nominee, to Laurie McEwan and the Richmond Women Resource Centre as the 2013 Volunteers Are Stars Nominees!

Resources

Our work is made possible with the talent and commitment from our dedicated staff and facilitators team and over 83 amazing volunteers with over 3,200 volunteer hours in total! Thank you for contributing your time, talents and diversity to help build the work at the Centre to serve women and make a difference in our community! We are grateful for the resources we have and are looking forward to another year of strength!

Respectfully submitted,

Florence Yau
Executive Director

WORDS FROM OUR VOLUNTEERS

I am very happy volunteering at RWRC because it gave me tremendous support and opportunities to acquire skills that I lacked. As an immigrant to Canada I learned many things about Canadian work environment and how to approach the work force with confidence.

RWRC is a very interesting place to volunteer because of the happy environment and very supportive staff. Volunteering at RWRC teaches me something new about people in different cultures, about RWRC services for women; about compassion and about myself. In helping others, I am reminded that we are all in this together we need to remember to support each other.

Priyani Ratnayake

"Work Ready Program" – 2011 and Front Office Volunteer

I consider myself extremely lucky to have found Richmond Women's Resource Center within two weeks after my arrival in Canada, because I found a community of sisterhood and no longer felt alone and lonely in a new land and new culture.

From the first time I stepped into the office, I have always felt the inviting openness and friendliness which makes me keep coming back ever since, sometimes to get help, sometimes to volunteer my service to other newcomers, sometimes just because I miss the laughter and the fun there. I also joined the Work Ready Program and had a wonderful time not only learning new skills in Business English, computer, office administration and job hunting, but I have also benefitted immensely from the humorous, caring instructors. They are not only there to teach, but also ready to listen and offer advice to our frustrations in getting settled into the new culture. I have also made new friends with classmates with whom I can share my experiences as a newcomer and enjoy a completely girls' time over a cup of coffee and a box of Tim Bits.

On top of all that, during my work as volunteer for office support, I have seen women coming in and getting help in numerous ways: a tearful mother seeking help in dealing with bullying at her son's school, an anxious woman who lost her job and don't know how to start all over again, a single parent seeking consultation on how to apply for government subsidy, groups of women enjoying dancing lessons, grannies having fun meeting and talking to each other which keep them away from the "November Blues" And then one day I saw a woman happily coming to the Centre and going away with several bags of donated new clothes for herself and her son because the breakup of her relationship left her homeless and possession less. It was only then that I became fully aware of the meaning and power of sisterhood. It means you won't ever have to stand all alone, in despair, in isolation, or in humiliation.

As newcomers, one unkind word can draw tears to our eyes, one indifferent glance can make us shrink from asking for help, one trifle frustration can lead to sleepless nights, and I am glad to say that, being a member of the Richmond Women's Resource Centre has helped me through the most difficult times in my first three months here. I am not saying there will be no troubles and frustrations in the future, but you see, I am not scared, because deep in my heart, I always know there is a community to turn to, in that cozy, laughter-filled office in the Caring Place. Indeed, it is a caring place.

May Wang

Work Ready Program -2012 and Office Volunteer

Grandmother's Support Group

The Grandmother's Support Group helps to make new friends in the community, share experiences, dreams, talents or family concerns; discover multiculturalism through ethnic customs and cuisine; discuss health, economic, legal and citizen issues; learn about community resources and talk about topics that interest the group.

Program Statistics:

Total Number of Participants: 273

Number of sessions per month: 2

Facilitators:

Patience Tsai

Patricia Wang

Volunteer Facilitator:

Mary Scott

In the past year, Grandmother's Support Group had many workshops on health, home and care services and support. For instance, we had a workshop on "Understanding Osteoarthritis" facilitated by COSCO BC, the Council of Seniors Citizens' of BC. Grandmothers also enjoyed visits or tours together in the community of Richmond. We visited Richmond Art Gallery, Rufus Lin Gallery, Richmond Museum, the Maple Residences (seniors' residences), and had a good walk in the Minoru Park. In order to understand more senior programs provided in Richmond, we visited the South Arm Community Centre for obtaining more information about the seniors' services and resources there. Of course, we also enjoyed our group time to chat, to plan, to sing and even to eat. We had a Christmas party at the end of 2012 year. Moreover, we held a session on storytelling—how I came to Canada and how my life is in Canada compared to that in my home country. Grandmothers had a good time in exchanging their experience, wisdom of life and humor.

The significant achievement this year is that grandmothers can participate in the community by joining the consultation event with Canadian Centre for Elder Law for the Older Women's Project. In the event they were given opportunities to share the experiences, problems, barriers and thoughts about the pressing law and social policy issues. For example, they expressed their barriers in accessing health services as Canadian citizens and shared their experiences how they were adapted into the Canadian society.

In the future we still look for opportunities that the grandmothers can be more connected to the society by participating in the community activities. Furthermore, they show great interest in learning English because they find the language is the barrier for them to have communication with local people, participate in the activities or programs, and access the community resources.

Patience Tsai

Basic English Conversation

The Basic English Conversation program is a fun and creative way to learn conversation, grammar & vocabulary; Canadian culture; making friends and to learn what's happening in Richmond.

Program Statistics:

Total Number of Participants: 524

Number of sessions per month: 4

Facilitator:

Carol Brindle

Volunteer Facilitator:

Jacquie Siemens

It's most rewarding when I see learners understand and then practice communicating with others. One of my greatest rewards is hearing students speak louder which shows growing confidence. Often, laughter tells me they are comfortable, eager and understanding.

"The best way to learn is to teach". For me, research and preparation for each class is a form of learning. I encourage mothers to play 'school' with their young children. The imagination is endless. Playing school provides fun and quality time between mother and child, allowing the child to take the leadership role of teacher with Mom as pupil. It's delightful and surprising to watch and hear how much a child knows, not to mention the giggles that happen when the child gets to give Mom a detention for not completing homework.

Many students are involved in other ESL learning environments. I'm happy to hear how coupling learning from the RWRC classes and doing well in tests from other courses has been successful for them. Seeing the students at RWRC events is an opportunity to relax, have fun and personalize and demonstrate English learning.

The Westcoast Reader, known as our 'textbook', has been a very resourceful tool for all of us. The articles are current and aimed at all levels of learning. I especially like its focus on British Columbia's history and inclusion of many cultures. Combined with handouts the WCR can be taken home and the days lesson can be reviewed at one's own pace.

Our volunteers, Jacquie, Marjorie, Jenny and others, are indispensable, without whom the class's needs would be lacking. Personal attention, explanations of words and phrases as class practices, keep members on track. The volunteers give me confidence. During break is when some of the best ESL learning takes place.

Balancing the needs of beginner, intermediate and advanced can be challenging. Handouts help in this challenge, allowing learners to review, reread and practice at home.

In a "perfect" classroom a globe, a round table, a filing cabinet in the classroom would all enhance learning time. Unexpected numbers and levels each week requires extra trips to the office which cuts teaching time.

Carol Brindle

Basic English Writing

The Basic English Writing program is a fun and creative way of learning to write using magazine pictures, newspaper articles and handouts.

Program Statistics:

Total Number of Participants: 281

Number of sessions per month: 4

Facilitator:

Carol Brindle

Grammar is a priority in basic writing. To teach such things as past participle, conjugation, or verb agreement is demanding and impersonal. Grammar by example, well-timed corrections and class feedback to each other lightens the drone of grammar.

The most requested lessons I get for English Writing is to increase vocabulary. As there is no quick way to expand vocabulary, one of my suggestions is to keep a vocabulary book. Recording new words and their use helps them practice how to use the words in conversations.

Lesson continuation is ideal, however inconsistent attendance, new comers to the group, and the lack of a text book makes each Tuesday a new lesson. Homework is also ideal however I haven't been able to ensure this since the learners have their own schedules, jobs, and families to attend to and other commitments that make homework hard to do.

The students also see this as a good opportunity to practice conversation as well. Most of the Tuesday students also attend the Monday group as well. I've decided extend Monday's class topic (as per West Coast Reader) into Tuesday's writing class. This will provide a 'textbook' for Tuesday. We can study and identify grammar structure on Tuesday as the class is smaller and time will allow grammar study of the article.

A Thesaurus and a good quality dictionary in the classroom would be helpful. These books would be kept at the RWRC and used only in the classroom.

Carol Brindle

Computer Training

Computer Training program offers Office 2010 training in Excel and Word and Internet – email, helpful search tips for everyday needs. It also provides training for Work Ready program participants.

Program Statistics:

Total Number of Participants: 219

Number of sessions per month: 4

Facilitator:

Laurie McEwan

Every month files left on the computers are removed. All software is updated so we stay current as well. By keeping the computers clear of files we can insure our computers remain relatively fast and not get bogged down. That way too, students always have their files on their flash drives. We installed a newer version of Professor Teaches. We now use **Professor Teaches Office 2010**. We continue to use **Professor Teaches Office 2007** for those who have an older version of office they need to learn or relearn. All the computers now can have headphones plugged in so they can listen to files on the internet such as YouTube. **Mavis Beacon** is also used in the lab for practicing typing skills.

In the summer the computers are maintained. We do in-depth scanning for viruses and malware.

We get a lot of compliments on our tutorials that we use from our Work Ready students. The tutorials, with skill consolidation exercises, are designed to teach **Word** (including mail merge), **Excel** (including formulas, graphing, charting and Lookup Tables), and time permitting, **PowerPoint**. They also include a lesson on the Office **drawing tools**.

Laurie McEwan

Richmond Shares

The Richmond Shares website project is a public-service program designed to help low-income Richmond families. This website was developed as a result of wanting to encourage community giving & sharing above and beyond the peak seasons of giving to a year round practice. It is a place where Community members can benefit, either by donating items or receiving items

Program Statistics:

Number of matches:
295

No. of New Transportation Volunteers: Two

No. of New Swamper Volunteers: One

Facilitator:

Laurie McEwan

This year was HUGE for Richmond Shares!

We were offered a house for one dollar a month. Clive Alladin from Balandra Development offered a house for a low income family in need. This is not something we usually do so being a Women's Centre and knowing the child poverty rate in Richmond I thought I'd call Chimo Crisis Centre with their Nova Transition House for women and asked them. They had a woman with four kids in need. The family, who was chosen, was in need of a lot of help.

Richmond Shares does not usually get the opportunity to set up an entire home. We decided to set up the whole home for them so they could just move in and get on with their new life. Everything fell into place. When people learned that their item was going to this family they stepped up even more with other items for the family. The donations were greatly appreciated by the family. We also got them bicycles. The bikes were all checked for us for safety by Steveston Cycle and Mobility. The mother cried with joy when she first saw her new home.

We had our first very successful Plant Sale.



On May 6th we took over the back of the Caring Place parking lot. People dropped off their plant donations between 9am-10am. The place was abuzz with excitement and confusion. There was lots of perennials and vegetable plants, hanging baskets,

lettuce planters, strawberry baskets you name it we probably had it. We sold on that day \$400 worth of plants.

Laurie McEwan

Single Mother's Support Group

The Single Mother's Support Group meets to exercise; share concerns; provide social support and exchange information on available community services.

Program Statistics

Total Number of Participants: 199

Number of sessions per month: 4

Facilitators:

Patience Tsai

Linda Chan

Single Mother's Support Group was resumed in May, 2012, with a highlight on exercise and discussion. We meet every Thursday evening to have one-hour exercise first, and then followed by the group time to chat, to share experience and exchange the resources available in the community. All the ladies get acquainted with one another through the exercise, paired up with partners. We also play different games with the purpose to exercise for fun. We use dumbbells, the resistance band, the yoga mat, and sometimes the yoga ball. We also practice Taichi and learn the basic movements. During the second part of the program, ladies feel free to chat about health, nutrition, losing weight, culture, family and work experience. The environments make the members comfortable, safe and free to share their concerns.

Besides the exercise and discussion, we also like to hang out together for coffee, for visit or for walking. We visited the London Heritage Farm last summer, had a hiking around the Fraserview Golf Course Trails. Moreover, we visited the Fitness Centre at South Arm for an orientation and exercise. In order to seek more information about exercise and health, we held a workshop by inviting the dietitian to speak on the topic of "Eating for Health".

In the future we look for the possibility of childminding service during the group time. We received a few phone calls and emails inquiring about the group but they have young children with them. Even some members need to stop attending the group because the lack of childcare at home. We hope that with childminding service it will become possible for the single mothers with young children to join the exercise.

Patience Tsai



Ivy Women's Cultural Group

Ivy Women's Cultural Group helps immigrant women to adapt and achieve their life goals through a variety of activities; helping them to feel healthy physically and spiritually. They contribute to the community by making group presentations.

Program Statistics

Total Number of Participants: 499

Number of sessions per month: 4

Volunteer Facilitator:

Vicky Sun

Ivy Women's Cultural Group gave a scintillating performance at the RWRC Winter Potluck on December 12, 2012.

We are scheduled every Wednesday afternoon, 2:00-4:30pm, our activities include:

- Chinese traditional dance teaching
- Chinese health Gongfu
- Chinese women's exercises body dancing
- Specialized heart health exercise.

Vicky Sun



Hot Ink Creative Writing for Teens is for female students in grade 8-12 from all Richmond Schools. This fun and creative program includes: writing exercises, activities, workshops, field trips and publication of a year-end magazine.

Program Statistics

Total Number of Participants: 272

Number of sessions per month: 4

Facilitator:

Kelly Shorrocks

Hot Ink Creative Writing For Teens

Hot Ink was extremely successful this year, with a consistent turnout of approximately fifteen girls each week. I felt this was in part due to opening up the age range and also, providing a warm and accepting environment in which the girls could create and share their writing.

1. We had several special workshops in Hot Ink this year. In one event, we had an author come and speak to the girls about writing skills and the process of becoming published. In another event, the Regional Assembly of Text lent Hot Ink four typewriters, in which the girls typed copies of their poems and created letters from their favourite childhood characters. They really enjoyed this class! Throughout the school year, the girls received lessons on character development, plot, poetry, found poetry, fiction, nonfiction, setting, postcard stories, dialogue and other writing skills.

2. We had four different students become published authors over the school year, in two different writing contests, using their work created in Hot Ink. It is still unknown if these girls won the contests (to be determined at a later date) however, their success was celebrated by the class.

Suggestions and Recommendations:

I would recommend that the program end slightly earlier in the school year, around early May, and begin in approximately the end of September. This is for several reasons: Firstly, starting earlier in the school year allows the girls to plan their annual commitments and ending earlier in the year allows the girls to prepare for exams, especially the students in the special enrichment programs (who have an extra set of exams in Mid May). Attendance is extremely low before exams as the girls prepare and having to attend extra-curricular activities only stresses them further. At the end of the school year, the girls are also running out of proverbial steam, meaning they have shown themselves less likely to engage in writing exercises, simply out of exhaustion!

I would also suggest maintaining the new age range of grades 8-12 vice 10-12 in previous years. Originally, I was concerned about the large age range, however, most of the girls raised their maturity levels to the highest in the class and their wide range of experience lent to all of the girls improving their writing skills.

Kelly Shorrocks



Work Ready

The Work Ready Program is a 3 months career development course that teaches office and computer training; Business English & communication skills and job search skills. Participants are also expected to complete 30 hours of volunteer work at the Centre.

Program Statistics

Number of Participants:
average of 6 each
session

Number of sessions per
year: 3

Facilitator:

Sarah Ross

Laurie McEwan
(Computer Training)

Volunteer Facilitators:

Deborah Turner

Carol Lowen

The Work Ready Program has now been in existence for five years, and is growing in popularity as an increasingly larger number of women have participated in the Program. Most candidates come to us through word of mouth.

At the end of March 2013, we have completed 14 sessions and trained 18 participants. Over the past five years, the level of education and experience of our participants has significantly risen, and consequently more women are finding suitable employment after completing the Program and sometimes even before completion.

This year has seen the contribution of two career coaches to assist in the Job Search Skills section of the Program, and our participants have found their input to be extremely helpful.

Our sponsor, VanCity, offers a 2-hour presentation to each group providing information about Basic Banking and Budgeting which is always well received and appreciated.

Once again this year, one of our participants was the recipient of the Ethel Tibbits Award which will enable her to attend UBC to obtain an Education Degree to complement the M.A. in English Literature awarded to her in China.

When agreeing to facilitate this Program in 2008, I never expected it to be as successful as it has proven to be, so there seems to be very little doubt that it will continue into the next year.

Sarah Ross



Peer Support

Peer Support provides an opportunity for women to talk to women in a private setting. We offer information and support.

Program Statistics

Total Number of Participants: 73

Facilitator:

Ariel Yu

Volunteer Facilitators:

*Anna Marie Parayno
Diane Scott*

Together, Diane, Ariel, and I spoke with a total of 25 women.

Because this program offers peer support through single appointments there is much shorter wait time compared to what some women face when needing to access counseling services. We provide women the opportunity to express themselves freely to someone who is concerned and cares about their lived experience and the variety of issues they are dealing with. It is extremely rewarding to be able to walk away from a session with a feeling of accomplishment and a sense of direction for both the peer support worker and the women who come to see us.

As the new program facilitator, I'm hoping to organize workshops to promote wellness and information for the women who access the centre. Some wellness workshops I have in mind are laughing yoga sessions and other workshops on self-care techniques. I'm also hoping to facilitate workshops to train volunteers in conflict resolutions through role-playing scenarios. On a more serious note, I want to have workshops for women to provide information about their legal rights since one of the major issues for women accessing services is that the legal system is difficult to navigate.

Anna Marie Parayno

French Speaking Support Group

The French Speaking Support Group meets for coffee every Wednesday at Richmond Centre Mall and has a workshop every month.

Program Statistics

Total Number of Participants: 396

Volunteer Facilitator:

Marielle Demorest

We exchange news of the Francophone as well as local events. We had several workshops during the year:

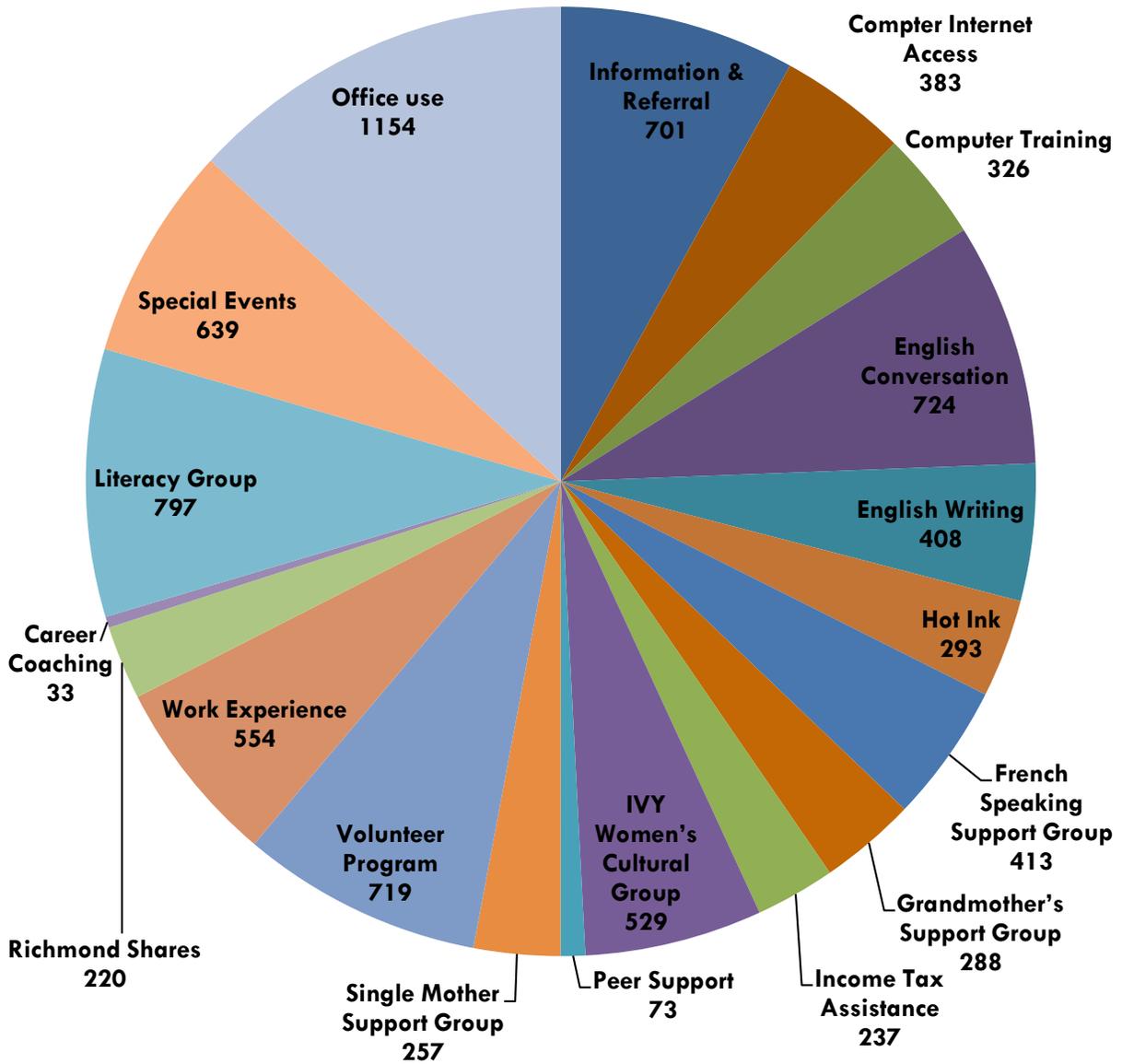
- Feet reflexology by Jacquelyn Johnston
- Trip to Steveston to visit the French speaking business owners
- Trip to Terra Nova park to study medicinal plants and herbs; and birds
- Hand reflexology and ways to keep optimal health with herbs by Jacquelyn Johnston
- Joined the Women's Centre to commemorate the December 6th students massacre and to remember all women who are victims of violence.
- Auto hypnosis and healthy wellbeing with Nathalie Ristord
- How to protect ourselves from both physical and mental abuse workshop conducted by two retired seniors from Victoria.

We thank the Women's Centre for helping to organize our events

Marielle Demorest



Program Statistics: April 2012 to March 2013

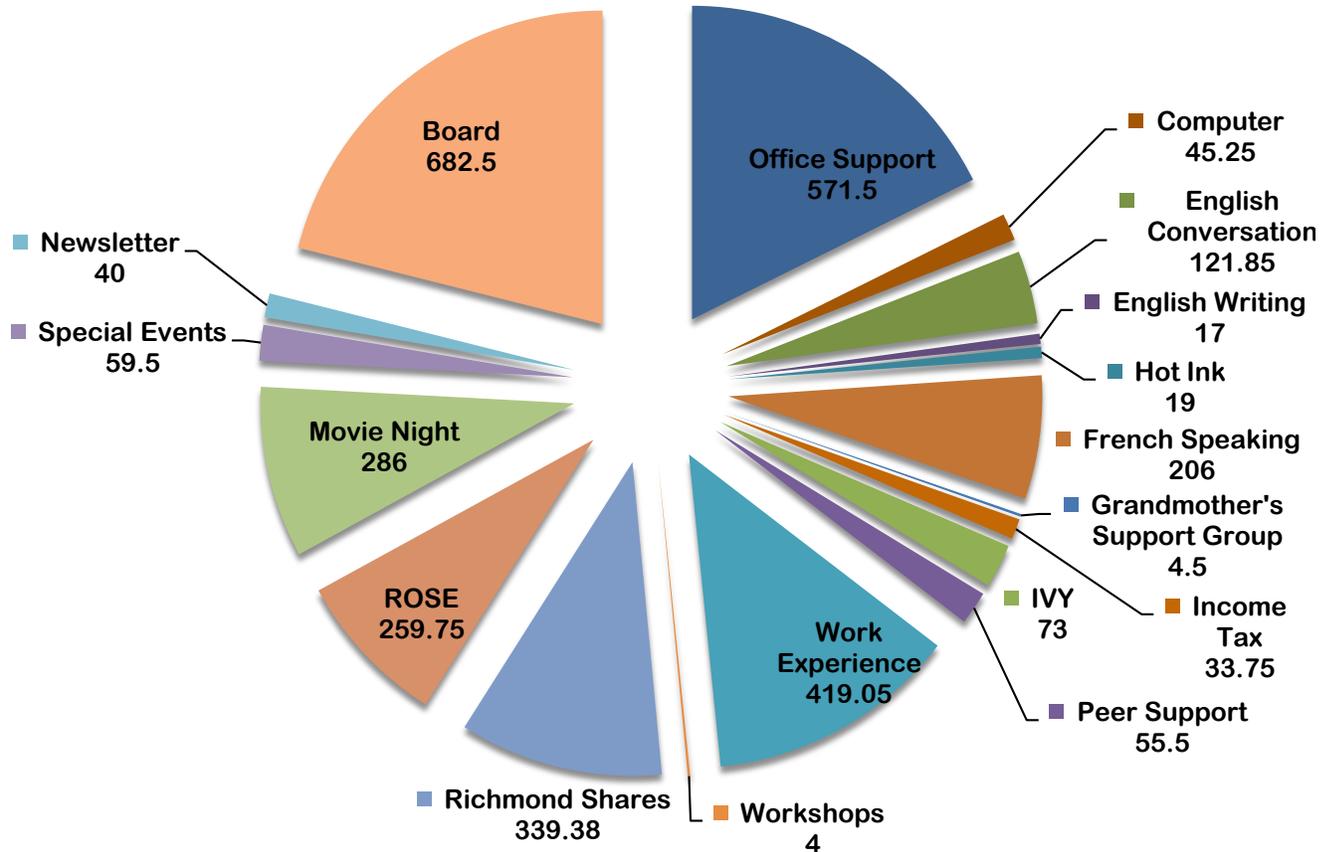


Total: 8748 persons used our programs and services

The number of individuals who attended our programs and/or used our services went up by **23%**

Volunteer Hours

April 2012 to March 2013



Total Volunteer Hours: 3,237.53

THANK YOU! VOLUNTEERS

During 2012-2013 fiscal year, we had the privilege of working with over 83 amazing volunteers. They have added a vibrant and diverse atmosphere to the Richmond Women's Resource Centre. We would like to thank each and every one of them personally for their enthusiasm and support of the women in their community. Without them, this centre would not be same.