



The Quesnel Women's Resource Centre Offers:

- Drop-in and/or telephone support & advocacy for all women.
- Opportunities for women to work to improve their self esteem, self worth, social and economic situations.
- Opportunities to develop leadership skills and learn about consensus decision making.
- Volunteer opportunities
- Community events: Recent events have included political forums, Connecting Northern Women: Northern Women's Conference, and meetings of community groups.
- A library with books & videos on subjects such as addictions, assertiveness, health, justice, mental health, self-help, violence against women, and women's equality.
- An Emergency Food and Toiletry Cupboard when supplies are available.

Statement of Purpose:

The Quesnel Women's Resource Centre is committed to providing information, resources, support and counseling for women to assist them with life choices. Our purpose is to work together to create a world that is free from violence, inequality, and oppression where all women have access to equal rights, universal child care, and the right to equal pay for work of equal value.

Mission Statement:

The Quesnel Women's Resource Centre is a feminist collective committed to promoting the rights of all women and providing women centered services in our community.



QUESNEL WOMEN'S RESOURCE CENTRE

Support the Quesnel Women's Resource Centre by:

- Becoming a member, volunteering on a committee and/or board.
- Making a donation: all donations are tax deductible. Donors will receive a charitable tax deductible receipt for income tax purposes.
- The QWRc is registered through the Canada Helps charity. Make a donation on-line at www.CanadaHelps.org
- Donations of non-perishable food and toiletries gratefully accepted.

Funding for the QWRc gratefully provided by Ministry of Public Safety & Solicitor General, Northern Health Authority, United Way, and Direct Access Gaming.

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E-mail: qwrc@shawcable.com

Website: www.qwrc.ca

Wheelchair Accessible Facility

Membership:

The Quesnel Women's Resource Centre invites you to become a member. The suggested yearly fee is \$15.00.

Annual General Meeting: TBA

Talk to the staff or any other coordinating collective member to become an active board member.



**Luna Women's
Wellness Clinic**
FREE AND CONFIDENTIAL

OPEN THURSDAYS 12 PM to 4 PM

- ❖ Pap Exams
- ❖ STI Testing
- ❖ Birth Control
- ❖ Pregnancy Testing
- ❖ Emergency Contraceptive

No Appointment Necessary

Stopping the Violence Counselling and Outreach Services:

- For all women whose lives have been impacted by violence.
- Counselling and emotional support
- Includes accompaniment to legal, medical and other appointments.
- Assistance to understand and navigate social services, government agencies and legal services.
- Referrals.

General Meetings:

Held the 3rd Thursday of every month: 3:30 – 4:30 at the Centre.

Groups, Programs, Committees & Yearly Events:

POPULAR WORKSHOPS

Anger Management Workshop

Self-esteem/Assertiveness Workshop

Other workshops can be arranged depending on the needs of the community and staff availability.

EVENTS

International Women's Day

Take Back the Night

Women's History Month

December 6th National Day of Mourning

