



WESTERN MANITOBA WOMEN'S CENTRE



Pictured above are 3 of our allies (Jamie, Jenny & Leanne) who took the time to go to the Pride flag raising and the official signing of the Pride Month Proclamation at City Hall.

We also had teammates go celebrate Pride in the Park, the rally and the march. From joyful conversations to powerful moments of solidarity, we were reminded that Pride is both a celebration and a call to action.

At the WMWC, we're committed to creating spaces where everyone feels seen, valued, and supported. Thank you to everyone who shared their stories, their smiles, and their pride with us.

FEATURED THIS MONTH:

- Upcoming Programs and Events
- Last Months Highlights
- Empowered Traditions Updates
- Breakfast Program
- Donation Corner
- July Program Calendars



QUESTIONS?
CONTACT US AT RECEPTION@WMWC.CA
OR 204-726-8632
WEBSITE: WWW.WMWC.CA

REMINDER:
WE ARE CLOSED ON WEDNESDAY,
JULY 1ST



UPCOMING PROGRAMS AND EVENTS

July 2026

CLOSED-July 1st (Canada Day)

BINGO-July 3rd (1-2:30)

Cop O' Coffee- July 8th (10-12pm)

Beading with Ana- A&K Beading- July 10th

Board Games- July 10th (1-2:30pm)

EIA Drop-in- July 15th (10-12pm)

Making Emoji Bracelets etc. -July 17th (1-2:30pm)

Antler Earrings- July 17th

Fishing- July 24th

Traditional Foods & Language Workshop- July 31st

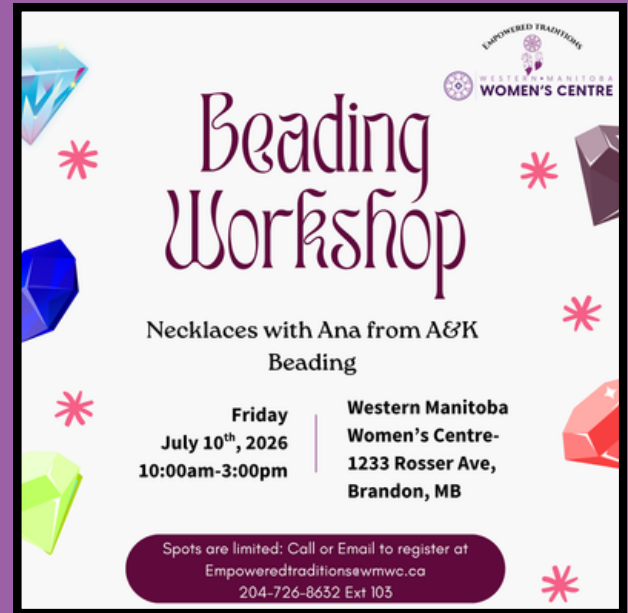
Karaoke- July 24th (1-2:30pm)

Annual BBQ-July 30th (11am-1pm)

Family Law Legal Clinic- July 31st

Make-it-Mondays- Monday mornings (9:30-12pm)

Fun-Friday-Programming- Friday afternoons (1-2:30pm)



Addressing Gender-Based Violence in the Workplace



1 in 3 workers
experience gender-
based violence. Over
50% of incidents
happen near or at
the **workplace**

When employees are unable to work,
agencies feel the impact.

In this 5-hour training, managers, supervisors, directors, and employees will

- Explore what gender-based violence (GBV) is and what it looks like
- Gain an understanding of how GBV impacts employees and the workplace
- Develop trauma-informed approaches to recognizing and addressing GBV in the workplace to support workers

**Prepare your agency and reduce the impact of GBV on the
workplace by registering your organization today.**

**Pricing starts at \$60 per participant, reduced rates apply for non-profit agencies.*

To learn more or to register, please contact:

Kelsey Crandall: kelsey@wmwc.ca

204 726 8632 ext. 105



**WESTERN • MANITOBA
WOMEN'S CENTRE**

Western Manitoba Women's Centre
can turn your vehicle into valuable
dollars to help support our cause.

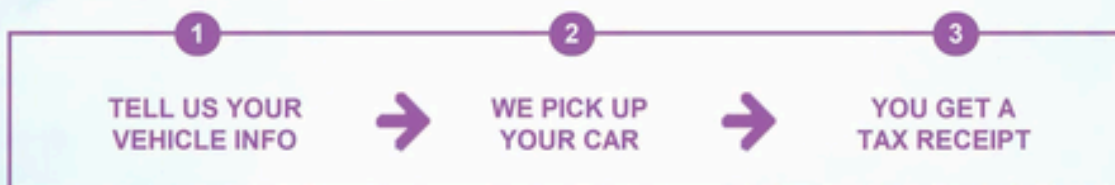
1-877-250-4904
info@donatecar.ca



Donate Your Car to Western Manitoba Women's Centre

We will arrange the pick-up of your vehicle at no cost to you. The vehicle will then be sold, and once we receive the funds, you will receive your tax deductible receipt within 2 weeks.

It's incredibly easy!



We accept any and all vehicles across the country, running or not, new or old.



For more information, visit
www.thewomenscentrebrandon.com

Growing Together - Garden to Table

A class series on using garden produce with mom's and children in the kitchen cooking and eating together!



Session Dates & Times:

May 29 - 1:30 - 4:30 pm

- **PLANTING AFTERNOON!** Container Gardening - Take home a container garden for you to enjoy at home!
- **PLEASE REGISTER BY MAY 25**

June 24 - 5:00 - 7:00 pm

- Using seasonal vegetables - Enjoy salads and learn new side dishes
- **PLEASE REGISTER BY JUNE 22**

July 28 - 1:30 - 3:30 pm

- Cooking with Seasonal Produce
- **PLEASE REGISTER BY JULY 24**

August 25 - 1:30 - 3:30 pm

- Prepare a quick & easy summer time meal
- **PLEASE REGISTER BY AUGUST 21**

September 23 - 5:00 - 7:00 pm

- Savour the Season - Preserving garden produce
- **PLEASE REGISTER BY SEPTEMBER 21**

October 28 - 5:00 - 7:00 pm

- Community kitchen making meals for your freezer
 - **PLEASE REGISTER BY OCTOBER 26**
- Limited Spots Available!**



All Sessions **FREE** !

But Pre-Registration is required



To Register :

Call: 1-204-726-8632



Need transportation assistance? Please let us know when registering!



All sessions take place at the Western Manitoba Women's Centre kitchen and garden - 1233 Rosser Ave.

Our Partners:



WESTERN MANITOBA
WOMEN'S CENTRE

PAIRIE MOUNTAIN HEALTH



BNRC
BRANDON
NEIGHBOURHOOD
RENEWAL
CORPORATION





WESTERN MANITOBA
WOMEN'S CENTRE

Wellness Wednesday's

Support Group

Wednesday's 1:30-3pm
July 8th - August 26th

Join us in exploring a variety of ways to process and cope with trauma and stress with interactive and mindful activities through a wellness approach.



This 8 week group offers:

- Ways to explore new and fun hobbies
- Connection with new people
- Every day practices to help you stay grounded and connected to your mind and body
- Time to practice different coping mechanisms and activities

Group is free of cost. For more information or to register, contact reception:
204 726 8632 ext. 100 reception@wmwc.ca

July 8th- Intention Setting & Vision Boards

July 15th- "family friendly" Lawn Games

July 22nd- Bird watching

July 29th- Yoga & Meditation

August 5th- Fitness for Everyone

August 12th- Artsy Afternoon

August 26th- Farewell to Summer



LAST MONTHS HIGHLIGHTS

WELCOME OUR NEW COMMUNITY ENGAGEMENT SUPPORT, PATTY!

As most of you know, a welcome page is something of an initiation for our new workers here at the Centre. Patty has actually worked with us years ago when we were known as TWRC and located on Princess ave, so we are thrilled to have her back at our new and improved building.

Welcome
Back



KEEP UP
THE
GOOD WORK

The WMWC would like to welcome Patty C, as a Community Engagement Support. Patty has been in the health & social services field for 10 years. Prior to coming to the centre, Patty has held various roles such as Case Manger for Disaster Recovery, HFLE Instructor, Domestic Violence Counselor & Housing Resource Worker. When she's out of office, Patty also enjoys traveling across Canada as an emergency responder with the Canadian Red Cross. As CES, Patty will help continue the work on our WAGE project, to expand gender-based violence supports for women in rural MB. You can also catch her in drop in supporting clients with systems navigation.



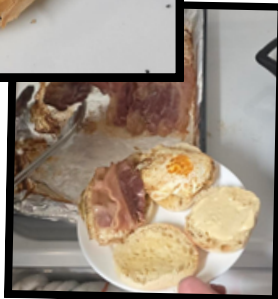


LAST MONTHS HIGHLIGHTS

MAKE-IT-MONDAYS

Bacon & Eggers

Bacon and eggs on bagels, toast, or English muffins- and of course a slice of cheese. This breakfast may have been even better than McDonalds if I do say so myself.



Fruit Salad

When you have extra yogurt and lot of granola, the only acceptable move is ordering more fruit to make a fruit salad.

Our ladies had fun mixing flavours and colours and were grateful for a healthy, and naturally sweet start to their day.



Quesadillas

Did you know the word "Quesadilla" translates into "little cheesy thing"? Which makes sense because thats exactly what they were! Can't forget the chicken, peppers and jalapenos though but either way, they were delicious- I'm sorry if you missed out.



Chicken Ceasar Salad

We all need some more greens in our life, so why not top those leaves with chicken, bacon bits, croutons and smother it in dressing? it may not be as healthy with the latter but hey, we tried.



LAST MONTHS HIGHLIGHTS

FUN-PROGRAMMING-FRIDAYS

Look at how proud these ladies are of their Tie Dye Tote Bags they made at last months Crafter-noon! In celebration of Pride, we got colorful and creative by having fun with all the colours of the rainbow.

No two bags turned out the same, and that was the best part because what better way to show off our uniqueness? It was a bright, cheerful afternoon full of music, laughter and plenty of Pride spirit!



EMPOWERED TRADITIONS UPDATES

The Indigenous Women's Program, Empowered Traditions provides a safe and welcoming space for Indigenous women, youth, two-spirit relatives to connect, reconcile, and heal through cultural workshops. Empowered Tradition's workshops are fundamental in nurturing cultural awareness, empowerment, belonging, and spirituality and with each workshop session, we ensure to include access to historical teachings, Indigenous medicines, Smudging, all designed to support the well-being, growth and identity of our Indigenous women, youth, two-spirit relatives

COMING THIS JULY!

- Beading- July 10th (10am-3pm)
- Antler Earrings- July 17th (10am-3pm)
- Fishing- July 24th (10AM-3pm)
- Traditional Foods & Language: Pemican- July 31st (10am-3pm)



To **register** for Empowered Tradition's programs, receive their monthly calendar or if you have questions, please contact Leanne at empoweredtraditions@wmwc.ca



BREAKFAST PROGRAM

This program is open to women or those who identify as a woman. Our clients appreciate the breakfast, but maybe more so appreciate sitting around the table and sharing their struggles, their triumphs and simply having space to be themselves in a non judgmental environment.

Our new 10 person limit has helped us monitor and help the drop in clients more efficiently and keep noise levels down. However, many women still line up at our doors eager to get inside to socialize and have a nutritious breakfast to keep them going throughout the day.

What do we offer in the Breakfast Drop in??

We regularly offer our ladies:

- coffee and tea
- porridge and cereal
- bread/toast, bagels and English muffins
- fruit and yogurt
- granola bars and fruit cups
-

From 9:30am- 12:00 pm on Monday,
Wednesday, and Friday.

Follow us on Facebook and Instagram to see
what we're up to for our Make-it Mondays
and Fun Programming Fridays!



**Drop-In located in the
back of the building,
up the ramp!**



DONATION CORNER

We are always in need of:

- socks and clean underwear
- hygiene products (shampoo, soap, lotion, tooth paste, toothbrushes, chapstick)
- feminine hygiene products, incontinence pads, Depends (adult underwear)
- Books would also be appreciated for our library and any sort of games for our new Fun Programming Fridays!

Summer Items:

- Water Bottles
- Sunscreen
- Sunglasses
- Deodrant/Fragrant Sprays



SCAN OUR QR CODE! IT'S AN EASY WAY TO DONATE ANY AMOUNT OF MONEY - IT WILL BRING YOU RIGHT TO OUR CANADAHelps DONATION PAGE, WHERE YOU CAN GET A TAX RECIEPT FOR YOUR DONATION!

Honourable Mentions:

We get so many donations from our community members which we are all thankful for, but here are some honourable mentions!



Thanks to Samaritan House for the huge bread/bagel donation!



Thanks to Robin from the Body Shop for doing a Mothers Day Donation Drive!



Thanks to Brooke V.B for collecting water bottles and bringing them in for our ladies!

Thanks to Mikayla Smart for donating boxes of books to add to our library!





WESTERN • MANITOBA
WOMEN'S CENTRE

1233 Rosser Ave. Brandon, MB 204-726-8632

July 2026 Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			CLOSED Canada Day	To Go Bags: 9:30am to 12:00pm Open by appointment only	Breakfast Drop-in: 9:30am to 12:00pm BINGO 1:00pm to 2:30pm Black Hair Independence Day	CLOSED Independence Day (US)
5	6	7	8	9	10	11
CLOSED	Breakfast Drop-in: Make it Monday (Kabobs) 9:30am to 12:00pm Ashura (Islamic)	To Go Bags: 9:30am to 12:00pm	Breakfast Drop-in: (Cards & Coloring) 9:30am to 12:00pm Cop O' Coffee	To Go Bags: 9:30am to 12:00pm Open by appointment only. Martyrdom of the Bab (Baha'i/ Nunavut Day	Breakfast Drop-in: 9:30am to 12:00pm Board Games 1:00pm to 2:30pm	CLOSED World Population Day
12	13	14	15	16	17	18
CLOSED	Breakfast Drop-in: Make it Monday (Greek Salad) 9:30am to 12:00pm Orange Men's Day (NL)	To Go Bags: 9:30am to 12:00pm International Non-Binary People's Day	Breakfast Drop-in: (Cards & Coloring) 9:30am to 12:00pm EIA Drop-In	To Go Bags: 9:30am to 12:00pm Open by appointment only.	Breakfast Drop-in: 9:30am to 12:00pm Craftrooms (Emoji Bracelets etc.) 1:00pm to 2:30 World Emoji Day	CLOSED Nelson Mandela International Day
19	20	21	22	23	24	25
	Breakfast Drop-in: Make it Monday (Cauliflower Wings) 9:30am to 12:00pm	To Go Bags: 9:30am to 12:00pm	Breakfast Drop-in: (Cards & Coloring) 9:30am to 12:00pm	To Go Bags: 9:30am to 12:00pm Open by appointment only.	Breakfast Drop-in: 9:30am to 12:00pm Family Law Legal Clinic Karaoke 1:00pm to 2:30pm Pioneer Day (Church of Jesus Christ of Latter-day Saints)	CLOSED
26	27	28	29	30	31	
CLOSED National Disability Independence Day (US)	Breakfast Drop-in: Make it Monday (Omelettes) 9:30am to 12:00pm	To Go Bags: 9:30am to 12:00pm	Breakfast Drop-in: (Cards & Coloring) 9:30am to 12:00pm	To Go Bags: 9:30am to 12:00pm Open by appointment only. Annual BBQ 11:00am-1:00pm	Breakfast Drop-in: 9:30am to 12:00pm Family Law Legal Clinic Free Time Drop-In 1:00pm to 2:30	CLOSED

July is Disability Pride Month, French American Heritage Month, and National Minority Mental Health Awareness Month

****Pre-registration required for the Family Legal Clinic & The Sexual Assault Legal Clinic****

Please call the Centre to register! **Please see our posters from the newsletter for more details on events, Thank-you. ******

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Closed Happy CANADA Day!	2	3	4
5	6	7	8	9	10 Beading Ana-A&K Beading 1233 Rosser Ave 10:00am-3:00pm	11
12	13	14	15	16	17 Antler Earrings Michelle Wilk 205 College Ave 10:00am-3:00pm	18
19	20	21	22	23	24 Fishing Michelle Wilk 10:00am-3:00pm	25
26	27	28	29	30	31 Traditional Foods & Language Workshop: Pemican Julia Brandon 205 College Ave 10:00am-3:00pm	1

For registration or information contact :
Empoweredtraditions@wmwc.ca
 204-726-8632 EXT 103