

CELEBRATING TWENTY YEARS OF THE
FORT GARRY WOMEN'S RESOURCE CENTRE

OUR THOUGHTS FROM THE OUTREACH CENTRE

During one of our morning check-ins, some of women expressed the following comments:

I have been coming for 2 ½ years and it is friendly, welcoming environment - its fun.

Annie.

For five years I've been coming here, I have made lots of new friends, gives me a chance to relax, I enjoy all the outings and I'm volunteering with the monthly food program - Tinna.

I come to relax, sit and have my coffee. I enjoy hearing other people's stories, I've made good contacts and get information from other people. I can pick up some good clothes that we couldn't afford otherwise. I don't have a lot of family here so it gives me a chance to share my news - Tracy, attending for 6 months.

I have been attending for 2 ½ years, I enjoy it because of the people, I can practice my communication skills and my children love coming here. I lack family and this is a community/family connection. It's a learning and teaching process, I learn lots about self-care too. I am very grateful for the clothing exchange - Stephanie.

I'm Danielle and I've been coming for 3 years. It is relaxing and an open place to come and to meet people. The drop-in makes you think, helps you make changes.

I have been attending (on & off) for 13 years. I met my very best friend here. I enjoy the activities. It is safe and emotionally supportive. I originally came for my daughter to socialize. There is lots of information to absorb. I don't have a lot of family so it is nice to come and talk to adults I didn't attend for a long time but then came back with my second daughter - Debby

I first started attending about 9 months ago. I find it resourceful, understanding place, confidential - a great way to bring the best out of yourself - Georgia.

I'm Nicky and I've been coming for 2 ½ years. The Clothing room is a great asset, I am making friends & having a spot to feel relaxed is super!

Wow, I have been coming for 10 years. It is hard to put in words how the centre has impacted me!! The fellowship from other women, the programs that I have attended have given me new perspective on raising my very active son, an outlet which has built my self-esteem, helps me cope with the 9 - 5 clutter at home, the ongoing knowledge I gain keeps me coming back, knowing that I'm not the only one, and it is a comfortable, safe environment. The Women & midlife group is supportive & the Community Kitchen really makes a difference in my life, I am constantly learning. When I'm truly on overload I can go to the drop-in and come away feeling uplifted and energized - Eleanor.

I've been coming for 5 months. I have met a lot of people, I talk to my friends whom I may not have a chance to see elsewhere. I've learned coping skills. Coming to the drop-in has opened me up, I am less shy and have a positive attitude - Jane.

I have kept coming back for 10 years. The Staff is knowledgeable & patient, I can clothe my family. It is open & warm & non-judgmental. There's a million good things I could say - Sharon.

I'm a new participant, my second time coming. Has constructive resources, an outreach I can make when I am drowning. The energy of all women here keep me grounded. It is one of the 1st times I've had a break from my son in 11 months. It adds structure to my life.

It is a beautiful place to come for friendship and companionship. I have met a lot of interesting, diverse people coming from all walks of life. The Resource Centre has given me a lot of challenges I never had before and at this time of my life, I really, really need it. If this place wasn't here I would be 'stagnant'. At my age I really need to connect with other women, it has been a huge godsend for me, enhanced my self-esteem, and given me an awareness of women's issues - Marylen, attending for 3 years.

I'm Shan and I've been coming for 10 months. I keep coming back because it gives me routine, if we can make it easier for each other it's great, great childcare, good place for kids, I get recharged.