

Annual Report

2025-2026



WHC **45** Years of Care
Through a Feminist Lens –

*Then,
Now, &
Next.*

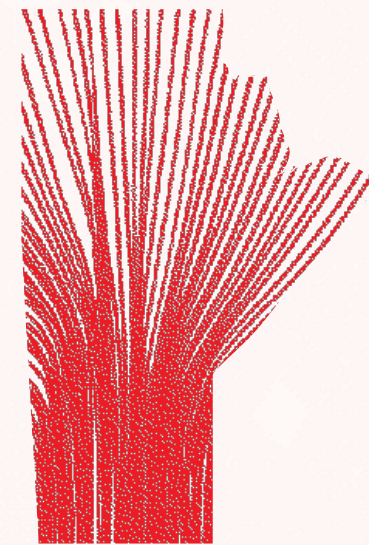
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Land Acknowledgment

We provide services to all nations on the traditional and ancestral lands of Anishinaabeg, Anishinewuk, Dakota Oyate, Denesuline and Nehethowuk Nations. We acknowledge Manitoba is located on the Homeland of the Red River Métis and that northern Manitoba includes lands that were and are the ancestral lands of the Inuit.

We are thankful for the benefits that sharing this land has provided us. We acknowledge that Winnipeg takes its drinking water from Shoal Lake 40 First Nation.



We acknowledge that the acts of colonization which are part of our history have caused deep, lasting harm, which continues today. We respect the spirit and intent of Treaties and Treaty Making and remain committed to working in partnership with First Nations, Inuit and Métis people in the spirit of truth, reconciliation and collaboration.

Learn more about the Truth and Reconciliation Commission (TRC) Calls to Action here:
<https://nctr.ca/about/truth-and-reconciliation-commission-of-canada/>

Reconciliation Update

What is UNDRIP?

The Truth and Reconciliation Commission's Call to Action #43 calls upon all levels of government to adopt the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) as the framework for reconciliation.

UNDRIP recognizes the Rights of Indigenous Peoples to the highest attainable standard of physical and mental health. Article 22 specifically requires particular attention to the rights and special needs of Indigenous women and girls.

What does this mean for WHC?

As an organization that provides health services, the WHC Board of Directors felt this framework would also be a useful tool to help us along the path of reconciliation.

This spring, the Board of Directors voted unanimously to adopt UNDRIP as a guiding framework for Women's Health Clinic.



What will that look like in practice?

UNDRIP will now serve as a foundational framework to guide WHC's governance, policy development, and clinical service delivery. We'll make sure that our policies, governance, and services meet UNDRIP's standards.

It's an additional lens and reference point to help us continue our work towards decolonization of our healthcare services, supported by initiatives like Kokums Circle and developing a Cultural Safety Framework.

We'll start developing an implementation strategy to align WHC's operations with the principles of UNDRIP.

Most importantly, this commitment and the resulting framework will make us accountable to ensure that, Indigenous peoples are given the space to be experts in their own care and that their rights to self-determination and cultural safety are upheld.

Introduction

This year, Women's Health Clinic (WHC) marks a powerful milestone: 45 years of pro-choice, inclusive feminist care. Our anniversary is an opportunity for us to reflect on both WHC's radical roots and our evolving present.

WHC's commitment to inclusive, feminist, client-centered care has shaped who we are. This commitment has been reflected in our programs and services across decades, serving generations of people.

None of this happens without the work, care and conviction of WHC's community.

WHC exists because of the volunteers who started and staffed the Pregnancy Information Service in 1973.

Our community is empowered to make informed reproductive choices about their own bodies with support from peer counsellors in the Birth Control and Pregnancy Counselling Program.

Peer counsellors in the Dragonfly Support Program, support community navigating the impacts of pregnancy loss, infant loss, and babies born to spirit.

WHC has increased free mental health services - our General Counselling program, teen programming, Health Education workshops and our Families Connecting program have expanded because of the dedication of the staff who saw needs in our community and rose to meet them.

Additional stable funding, provided by the Government of Manitoba allowed our abortion care team to increase access to abortion care, providing more community based options and greater accessibility.

At Ode'imín, thanks to WRHA Midwifery Services and WHC's Birth Centre Assistants, 2700 babies (and counting!) have been brought into the world. Midwifery care respects pregnancy as a state of health, centering education, choice, and empowerment.

Provincial Eating Disorder Prevention and Recovery Program has found its home at WHC and provides community-based treatment for youth and adults across the province thanks to the Government of Manitoba

We're able to give teens affirming, non-judgemental tools, education, and medical care they deserve because of the dedicated educators, clinicians, and practitioners who passionately provide these services.

As we prepare to write the next chapter for our organization, we're set to become stronger than ever because of the Kokums, staff, volunteers, and clients who have pushed us to grow, to embrace an intersectional and decolonial way of working, and to be more inclusive than ever.

This annual report highlights the contributions, commitment, and heart work of the team that makes WHC what we are: the staff, volunteers, partners, board of directors, donors, funders, community, and our Kokums and Aunties. We don't exist without you.

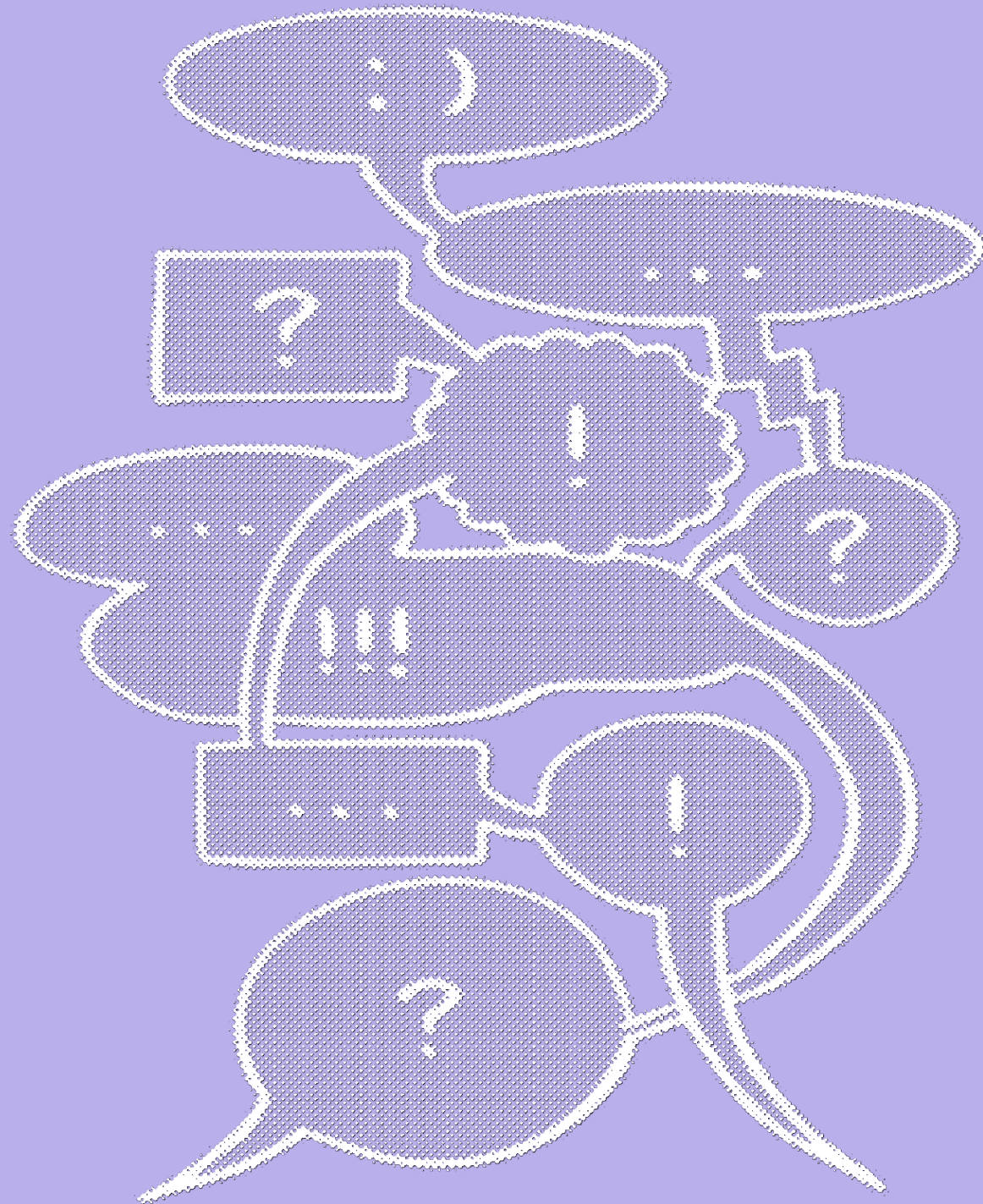


Women's Health Clinic
419 Graham, Winnipeg, MB

Ode'imín:
603 St Mary's Rd,
Winnipeg, MB

Abortion Care Location
WHC provides abortion care in a third location, the address of which is private for our clients' safety and discretion. Abortion is normal, stigma is not. We hope to one day live in a world where people can receive this care without judgement or fear.

Women's Health Clinic Strategic Plan 2023-2028



Vision

We promote personal agency, as we believe that all people should be empowered to take care of their mental, emotional, sexual, physical, and spiritual health and well-being.

Mission

We offer sexual, reproductive, and mental health care and support for people of all genders.

Values

- We believe people are experts in their own health care.
- We listen and learn together.
- We believe everyone has the right to make their own choices.
- We recognize and honour intersectionality.
- We understand that all people have multi-layered experiences and identities.
- We use an anti-oppressive approach. We embrace feminist, anti-racist, intersectional, inclusive, and 2SLGBTQ+ experiences and frameworks, and reflect these through our staff, volunteers, and Board of Directors.
- We commit to the principles of decolonization and reconciliation, and to integrating the TRC calls to action in our work.
- We advocate and amplify people's voices.
- We celebrate our diversity and embrace having fun together.

Areas of Care

- Free Counselling Program
- Eating Disorder Prevention and Recovery Program
- Birth Control and Pregnancy Counselling / Information Program
- Free Birth Control / Safer Sex Supplies Program
- Medical (Sexual and Reproductive Health) Program
- Abortion Program
- Families and Community Program
- Midwifery-led Prenatal, Birth and Postpartum Care and Parenting Support
- Dragonfly Support Program for Pregnancy and Infant Loss
- Health Education

Areas of Work

- We provide access to sexual and reproductive health services.
- We provide wellness education, counselling, and support.
- We advocate for system change, equity, and social justice.

Strategic Priorities

1. We will strengthen our capacity to provide services to communities that experience inequitable access to health.
2. We will strengthen relationships and identify partnership opportunities that extend service reach.
3. We will strengthen organizational culture and processes to support staff well-being, equity, and organizational effectiveness.

Board Message

This year, Women’s Health Clinic (WHC) celebrates 45 years of inclusive, feminist community health care. As we prepared to mark this milestone, we took time to reflect on how far we’ve come, where we are at now, and where we’re headed together.

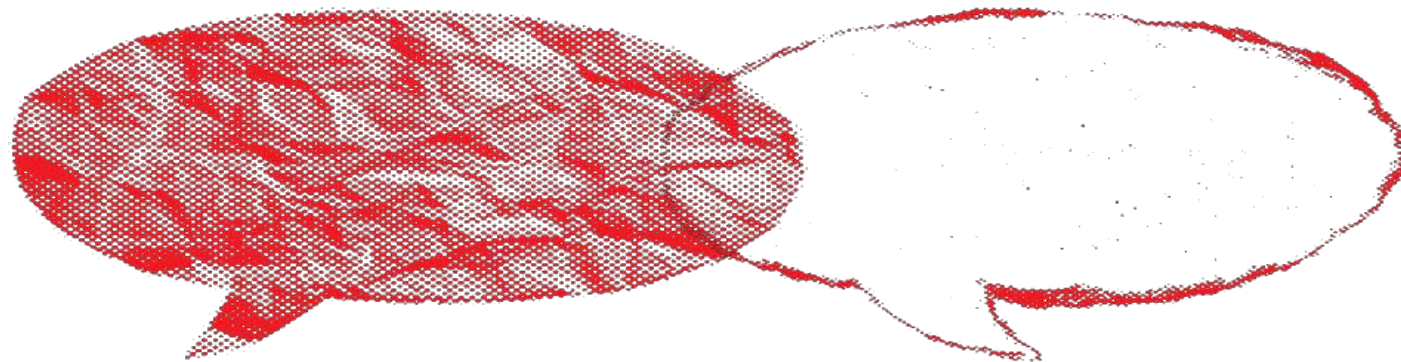
As you will read in these pages, two things come up consistently: continued transformation to meet the needs of the community and the dedication of our team that provides this care — volunteers, staff, Kokums, Aunties, partners, funders, and donors.

Embracing change is part of WHC’s DNA. We’ve grown from a Pregnancy Information Service to offer a full spectrum of care for individuals and families. We’ve expanded our mandate to embrace clients of many marginalized genders. We’ve added wraparound midwifery care through Ode’imin. We’ve evolved our governance model to move beyond traditional Western governance and incorporate the principles of decolonization, human rights, and systemic equity.

The 2025-2026 fiscal year has been a particularly transformative period for WHC, defined by a steadfast commitment to strengthening capacity.

As we reflect on the year, we are filled with immense gratitude for the resilience and dedication demonstrated by the WHC team: staff, volunteers, Aunties, and Kokums.

You’ve been there with us and our community partners every step of the way as we’ve expanded partnerships. You’ve walked beside us as we work to foster an inclusive organizational culture. You’ve been patient and resilient as we addressed critical infrastructure shortfalls. Thank you — your flexibility, commitment to community, and steadfastness continue to be our strength.



Appointing an Administrator

In the fall of 2025, the Board of Directors appointed Carolyn Loeppky as Administrator of WHC. Carolyn brings over 40 years of experience in education, social services, and non-profit operational leadership — skills needed to steady the organization during a period of transition.

The Administrator’s mandate has included a focus on stabilizing internal operations, establishing clear lines of accountability, bridging communication gaps across programs, and rebuilding partnerships. The role of the Administrator has been instrumental in stewarding the organization as we move from a state of crisis management to one of sustainable growth.

Independent External Review

During this time of transition it became necessary to address systemic pressures, leadership transitions, and operational strains. This past fall, the Board commissioned an Independent External Review. This comprehensive, ongoing review will transparently and critically examine our workplace policies, processes, and systemic vulnerabilities. It will provide an objective roadmap to dismantle historical inequities, rebuild internal trust, and implement structural changes that hold us accountable to our core values, with results of the review coming later this summer.

Repairing Relationships

An essential element of our stabilization journey has been the intentional, rigorous work of rebuilding relationships. Relationships with our funders, donors, community partners, labour partners, and professional partners are central to our organization’s wellbeing.

We recognize that institutional challenges ripple outward, impacting the networks of trust we spent decades establishing. Over the past year, leadership and the Board have engaged in transparent, proactive dialogues with our government funders, philanthropic supporters, and grassroots allies.

We also want to explicitly recognize our community partners, professional bodies, and the vital labour representatives who walk alongside us as we navigate this hard work of internal transformation. We thank our colleagues, medical staff, and members represented by:

- Doctors Manitoba
- Manitoba Association of Health Care Professionals (MAHCP)
- Manitoba Nurses Union (MNU)
- Canadian Union of Public Employees (CUPE Local 204)

Your shared dedication to worker safety, professional excellence, clinical independence, and institutional equity remains foundational as we collectively rebuild a sustainable, compassionate workplace.

However, we recognize that true healing and trust are not built overnight. We are committed to earning back trust through every action we take moving forward, ensuring WHC remains a collaborative, accountable leader within the healthcare ecosystem.

A New Home: Moving Beyond 419 Graham and Renaming Our Clinic

For decades, 419 Graham Avenue has been the physical anchor of much of our work. However, our changing needs and the limitations of an aging facility have led us to a historic turning point.

For too long, our team has delivered exceptional, compassionate care while working in facilities that are less than ideal. Despite these physical limitations and the daily frustrations they bring, the team's dedication to our clients has never wavered. The staff and volunteers of WHC have continuously adapted, improvised, and overcome these obstacles to maintain the highest standards of care. The profound commitment the team has shown under these conditions highlights the true spirit of the WHC community and underscores why providing a safe, functional workplace is one of our highest operational priorities.

We have committed to a critical, long-term priority: moving from 419 Graham to an entirely new site that will become the new home of WHC. This future location will provide an accessible, modern, and dignified healing environment equipped to match the true volume and complexity of the community's needs.

As we welcome the fresh energy of a new space, we are also embarking on a deeply intentional, community guided process to rename the Clinic. We honour our history as a vital safe space founded for women and understand that our evolution requires an identity that mirrors the breadth of our current journey. This renaming process will actively engage staff, clients, Kokums, Aunties, and community partners to find a name that embraces our modern, intersectional scope explicitly welcoming people of all genders and our commitment to diversity and inclusion for everyone.

Turning Conviction into Action

We know that a new space and a new name do not change who we are, or the experiences people have had with us as an organization — both the triumphs and the challenges. At the heart of this new chapter of healing and restructuring must be an unwavering commitment to anti-racism, intersectional feminism, and reconciliation.

To move forward, intersectional feminism cannot only exist as a theoretical concept, it must live as an active organizational practice. It means recognizing that gender inequality does not exist in a vacuum; it intersects with race, class, ability, sexual orientation, gender identity, and colonial trauma and other experiences of oppression and marginalization. We acknowledge that failing to account for these intersections has harmed our staff, our clients, relatives and relations.

We firmly state our uncompromising commitment to reconciliation and anti-racist behaviour and practices.

We commit to the Truth and Reconciliation Commission's (TRC) Calls to Action, specifically Calls to Action 18-24 that focus on health equity.

It is time for these commitments to move beyond statements. We need deep, measurable organizational change. It is essential that this commitment to justice includes action.

Some ways you can expect this to show up over the next year:

- Regularly auditing our practices and service models to dismantle white privilege and systemic oppression
- Restructuring our hiring and retention practices to champion diverse leadership and staff complement
- Continuing to make space where we can challenge and confront biases in the system and ourselves
- Cultivating an environment where everyone — from Board members to leadership to frontline staff — actively practice anti-racism in their daily work.

To fulfill our mandate, WHC's programs and services must be truly equitable and safe for everyone marginalized by the health system.

Moving Forward, Together

As we move into the 2026-2027 fiscal year, we're united by our dedication to exceptional care and a humble, hopeful spirit. We find strength in our shared resilience. We carry the confidence of the operational direction of our Administrator. We look forward to finalizing our new home.

As we often do, we lean on the Teaching of the Strawberry: Ode'imín. The Strawberry shows us the beauty of creating new life. This Teaching reminds us that even when a community faces hardship, we must lead with the heart, care for the roots, and nurture the relationships that sustain us. We're grateful for the Teachings of the Strawberry and we're grateful for our relationship with you.

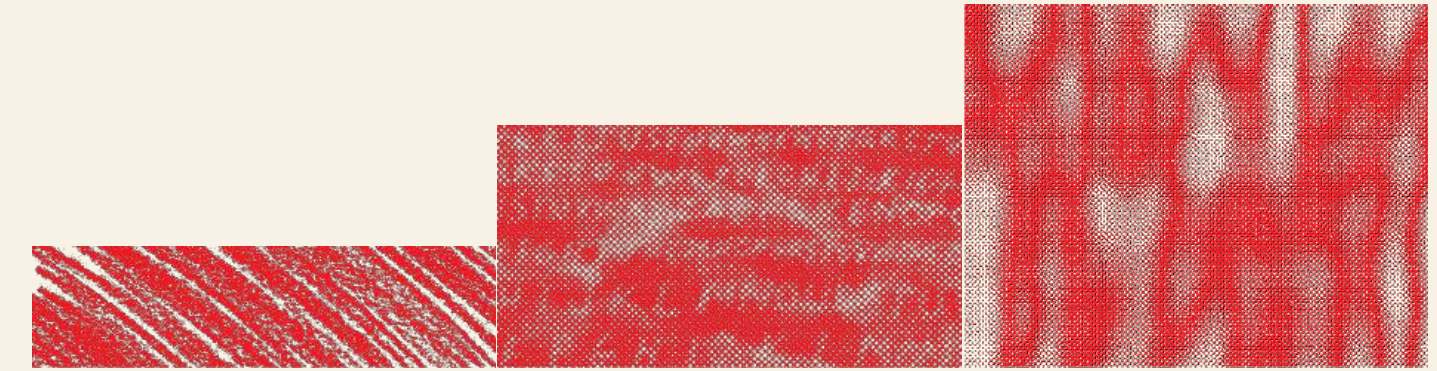
With gratitude and solidarity,

The Board of Directors & Administrator
Women's Health Clinic
June 2026

Women's Health Clinic Board Members

*Current and former board members and officers
served between April 1, 2025 - March 31, 2026

Faustine Muyenzi	Co-Chair
Jessica Bowman	Co-Chair
Debbie Campbell	Treasurer
II Mao	Director
Kira Pavagadhi	Director
Kris Basco-Brar	Director
Lindsay Larios	Director
Noreen Fehr	Director
Punam Mehta	Director
Samahra Singer	Director
Victoria Davies	Director
Sarah Simpson-Yellowquill	Staff Board Member



Board Equity, Diversity, and Inclusion Report

Women's Health Clinic (WHC) strives to ensure that our mission, vision and strategic plan are alive in our work, not just words on a page. This means being an inclusive, welcoming organization shaped by a diversity of voices and lived experiences.

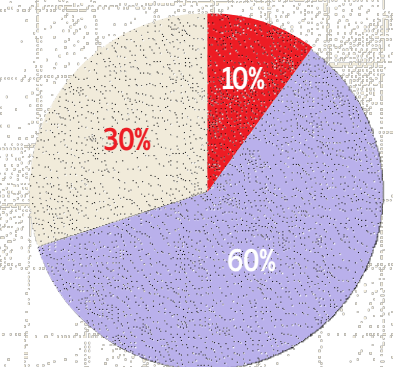
Our staff and volunteers, including the Board of Directors, reflect and represent the people and communities we serve. You should be able to see yourself when you walk into WHC, receive care, participate in programs, or read our resources.

To offer transparency and accountability to this commitment, the WHC Board of Directors provide a breakdown of the Board makeup* — across several different demographics — in this report. On the following pages, you'll find their responses. There are several areas where the Board displays a diversity of experiences and some where the Board still has room to achieve more diverse representation.

**Not all board members were available during the data collection period*

Demographic

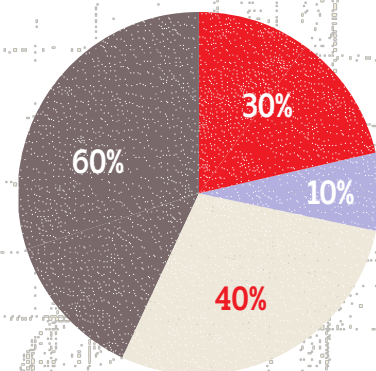
● Gen Z (Ages 29 and younger)	1
● Millennial (Ages 30 to 44)	6
● Gen X (Ages 45 to 59)	3
● Baby Boomer (Ages 60 to 80)	0



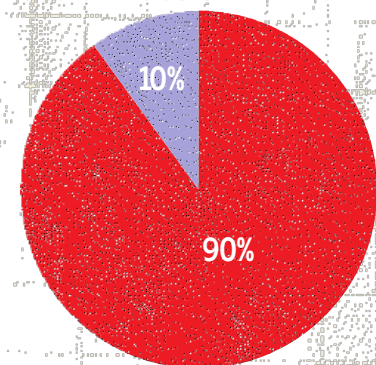
Race(s) Identifies With



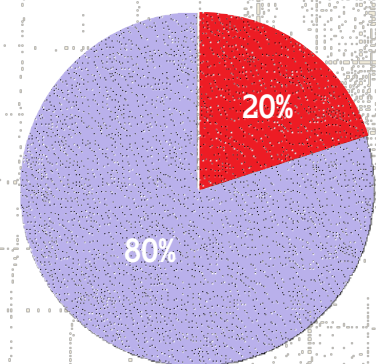
*Some board members identify with more than one



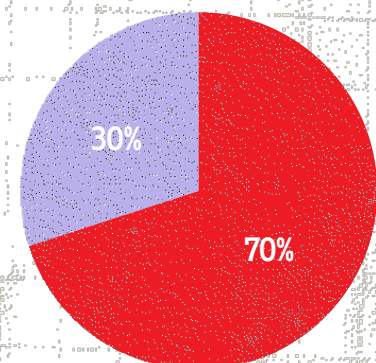
Gender(s) Identifies With



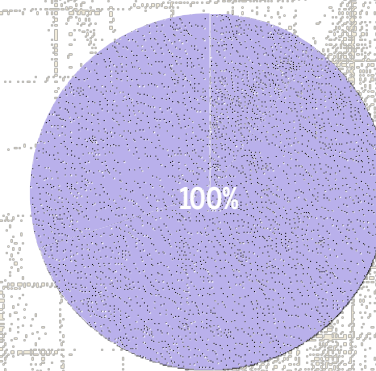
Identifies Being Part of the 2SLGBTQIA+ Community



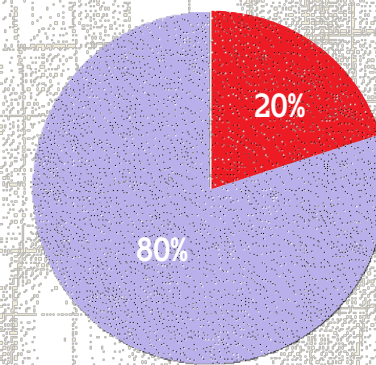
Born in Canada



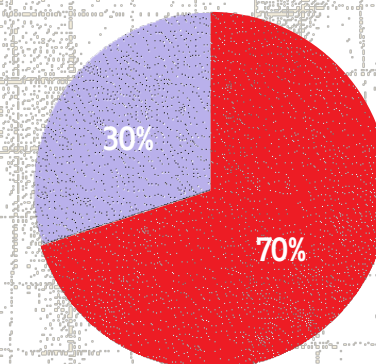
Identifies As Living With a Disability



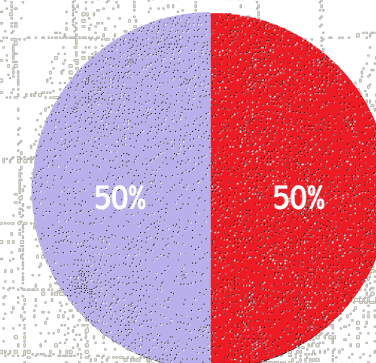
Identifies As Being Neurodivergent



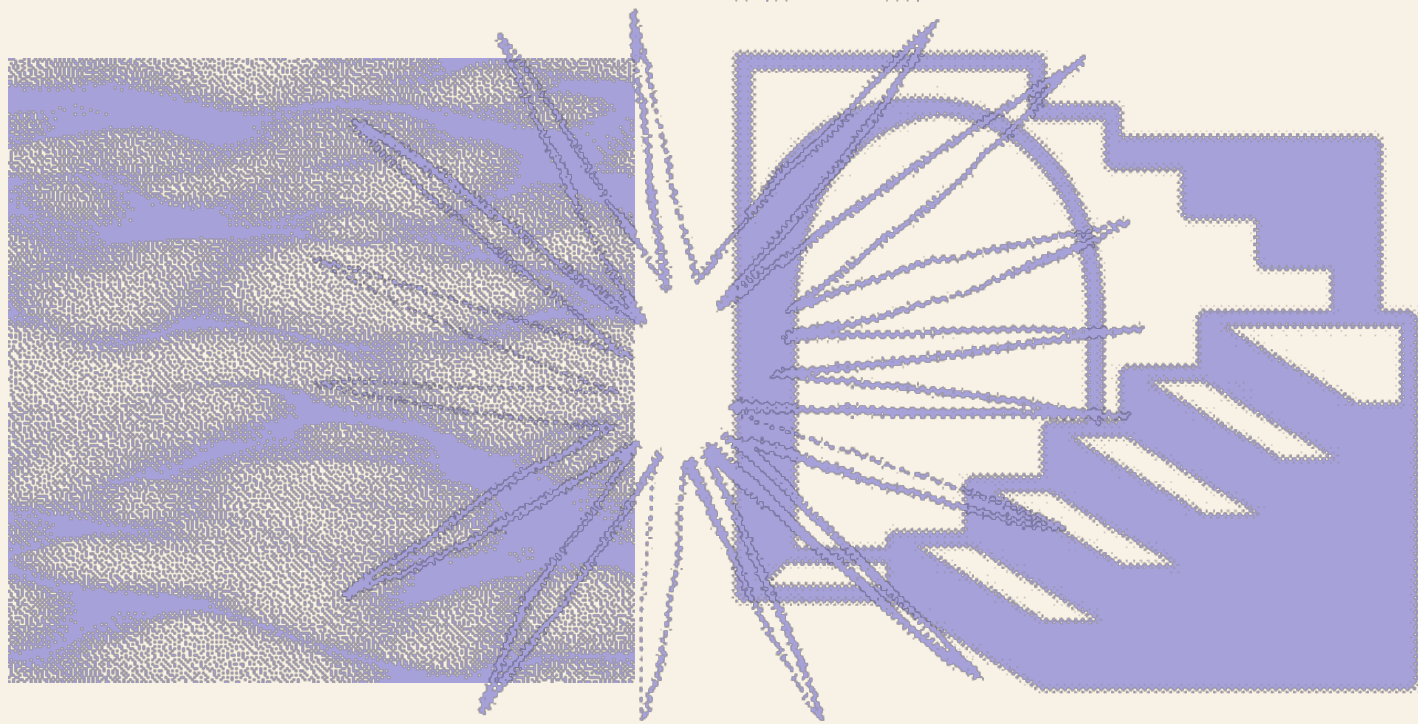
English As First Language



Board Experience Prior to Joining WHC's Board of Directors?



Message From Elder Wa Wa Tei Ikwe



Women's Health Clinic: At the Doorway of Change

WHC is 45 years old this year and, in my experience with the Clinic, the last 6 years or so have felt kind of like a knock at the door. It's felt like people saying, "Hey folks, things are different out there. You got to change. We can't stay the way we are."

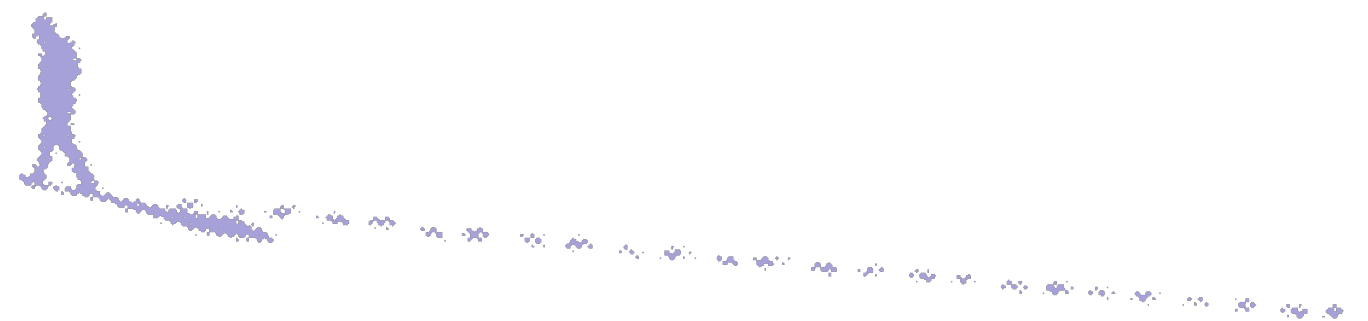
Some folks have had a hard time with that. But you know what? There are people that have a hard time with change all over the place. Change isn't always easy to embrace.

When the Kokums Circle started, everyone in the Clinic didn't immediately say "Oh, goody! Things are going to change now; things are going to work!" We had to build trust. The biggest thing that helped was time and for us to be visible, to be there, to be consistent, and become as much a part of the Clinic as anyone else.

Our consistent presence meant the staff would start to take for granted that we would be there. They could rely on us. They could consider our presence. And then next year, the same thing. Soon, people and programs started saying "We should talk to the Kokums about that!" We've become a part of so many processes, programs, and communities through our work.

Now that we are doing the External Review, my hope is that we use that as that insight to shake off the dust. It's time for us all to show up and be consistent.

As this review brings forward its recommendations, this is the first step on a new journey, together in a good way.



Kokums Circle Programs

Kokums Create Connection

Connection to Spirit

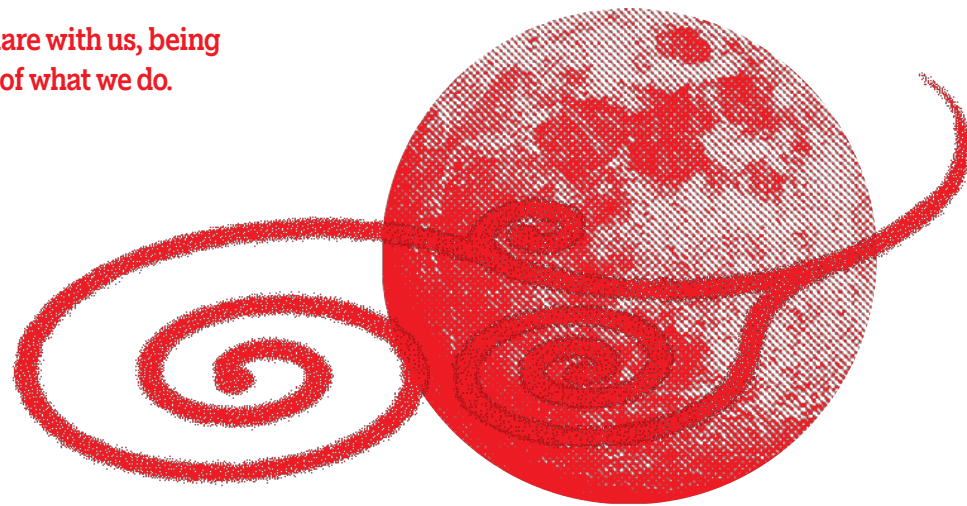
The biggest thing that the Kokums do is bring Spirit in.

When you think about health, there are mental, emotional, physical, and spiritual aspects. The health system has not been built to include Spirit.

So, when Spirit is brought in, people learn to listen. In order to hear Spirit, you have to listen in different ways. You have to listen with the whole of you, not just your ears and not just your eyes — with the whole of you.

As Kokums we focus on Spirit — bringing in Spirit and inviting in The Ancestors. My guess is a lot of people we work with have already heard Spirit and heard their Ancestors, but they don't know that's what it is. People have ideas, they can hear whispers. When we can help complete that connection with Spirit, that final part of the journey, the ideas have legs and they can move forward in a different way.

Creating opportunity to talk and share with us, being there as their Kokums, is a big part of what we do.



Here's some of what that looked like this year:

- **Monthly Full Moon Ceremonies**
2026 marks our fourth year of Full Moon Ceremonies at Oodena Celebration Circle at The Forks! These gatherings offer a space for renewal, reflection, and community connection.
- **All Spirits Gathering (Accessibility in Ceremony)**
In partnership with the Manitoba League for Persons with Disabilities (MLPD), we host the All Spirits Gathering, a Ceremony tailored for individuals who may face barriers to attending traditional gatherings.
- **Ceremonial Fires for Staff**
These fires offer an opportunity to our co-workers for reflection and connection.
- **Red Ribbon Installation by Jeannie White Bird**
Our MMIWG2S+ family are always at the forefront of everything we do as Kokums. The installation by Jeannie at the 419 Graham location makes that commitment visible and holds physical space for the presence of their spirits.

and Community Impact:

Connection to Culture

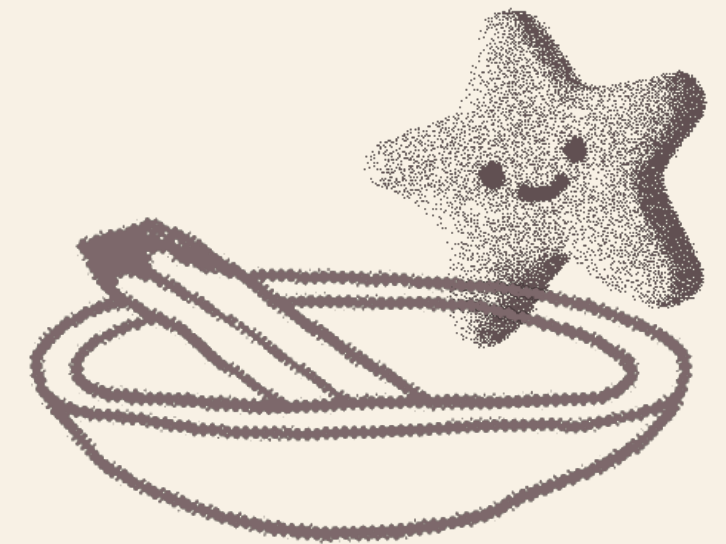
When we begin to work together as partners, something beautiful happens: we become engaged and start longing for that connection to culture. Not one specific culture: my culture, your culture.

Sometimes in meetings when we begin to talk about programming or a Ceremony, folks begin to ask questions. “How do I get my Spirit Name? Where's a good place to learn more? How can we stay connected with The Kokums?”

People begin to see in different ways and get inspired to grow their relationship to culture, participate in Ceremony, and receive teachings.

- **Storytelling**
The Kokums share traditional teachings and knowledge through ongoing storytelling with staff, through the internal team newsletter, and at our annual All-Staff Meeting.
- **Medicine Picking (Sage, Sweetgrass, and Cedar)**
Annually, we gather together to pick the Sacred Medicines: Sage, Sweetgrass, and Cedar. Mother Earth's bounty is used by all our partners throughout the year in Ceremonies, healing, and as part of teachings.
- **Ribbon Skirt Making**
This past year, a group of WHC staff gathered to receive ribbon skirt teachings and instruction from Auntie Pam Laquette. This time together was deeply meaningful and joyful, filled with laughter and feasting as everyone worked together elbow-to-elbow to sew their skirts.

- **Kokums in the World**
All of the Kokums are involved in using their gifts in service of teaching, sharing, healing, and joy. The work the Kokums do in the rest of the world and the work they do at WHC is inherently connected as one.
 - Granny Albert is absolutely pivotal in Indigenous HIV activism and education, receiving the national Red Ribbon Award this year.
 - Kokum Jeannie's art is featured large-scale on murals around the province.
 - Granny Margaret works diligently as an Elder in Residence with the University of Manitoba at Ongomiizwin — Indigenous Institute of Health and Healing.
 - Kokum Louise continues her passionate work at the national level with Health Excellence Canada, CIHI, and others in creating change within the healthcare system.
- **Chāpān Games and Teachings**
- **Hey Cuzzin**



Connection to Community

Being together, creating community spaces where Spirit is present is so important. But the biggest thing with us is attraction, not promotion. As Kokums, we don't want to tell you what you need to do. We will plan different things, we will do different things, and we will make the space.

We want you to come around on your own when you're ready – not because we have said “this needs to happen”. If you're attracted to something, then you're going to come on your own and because you'll be ready.

Events

- **Hey Cuzzin**
This was our fourth annual community reconciliation event for National Indigenous Peoples Day. This event is a collaboration with our ever-growing number of community partners. The day includes a free breakfast, Pipe Ceremony, drum group and Powwow demonstrations, jigging, fiddling, and a Friendship Dance. Definitely one of our most joyful, inclusive community celebrations!
- **Dancing Northern Lights**
This sacred time is dedicated to saying kitchi meegweetch for new life and honouring the Sacred Bundles born to Spirit. This yearly 12 hour event includes Pipe Ceremonies, Sharing Circles, traditional teachings, and feasting throughout the day.
- **Chāpān Games**
In traditional teachings, Chāpāns (greatgrandparents or Elders) guide the youngest among us. This event, hosted with many community partners, happens every September. The intergenerational gathering honours children who were taken and never returned home due to colonial policies and residential schools. Through the playing of traditional Indigenous games, live performances, and Ceremony, this event also honours survivors and promotes healing. The medicines of laughter, joy, and cultural connection remain a powerful part of collective healing.
- **Full Moon Ceremonies**
These ceremonies are the result of a collaboration between many community partners, a true community event. All genders, cultures and abilities are invited to join together for teachings about feminine energy's relationship with Grandmother Moon.

Relationships with Partners & Programs

- **Health Excellence Canada**
A big Kitchi meegweetch to Health Excellence Canada, as the work with them supported the initial funding for the Kokums Circle. Through this work, we also shared teachings to help transform health care at a national level.
- **Building Connections with Community Partners**
WHC's work touches and intersects with many community partners. Some of these partnerships include making space for clients, staff, and community to build connections together to Spirit, culture, and teachings.
- **WHC Meetings**
Throughout the year, Kokums and Aunties may be present at board meetings, operational committee meetings, leadership meetings, and other important planning meetings. This wisdom, input, and insight are a regular part of the Kokums Circle.
- **WHC Board of Directors**
As a regular practice, the WHC Board of Directors now open and close their operational year with a Ceremony, led by Kokums. This offers them guidance as the
- **Granny Circles**
Granny Circles strengthen relationships among staff, partners, and community. This is one of the ways to strengthen the flow of energy and the best way to share gifts.

Kokums are Connections to the Future — where are we going next?

As we move into WHC’s next chapter, Kokums have an important role to play. We see ourselves as leaders; as people who can help bridge connections between board, staff, clients, and community; and as grannies who care for the staff. We also want to laugh, have fun, and bring joy to these spaces and experiences.

- **MMIWG2S+ Support and Healing**

With everything we do, our relatives who are missing and murdered are at the centre. We would like WHC, as an organization, and us, in our role as Kokums, to take on even more of this work.

- **Board Direction**

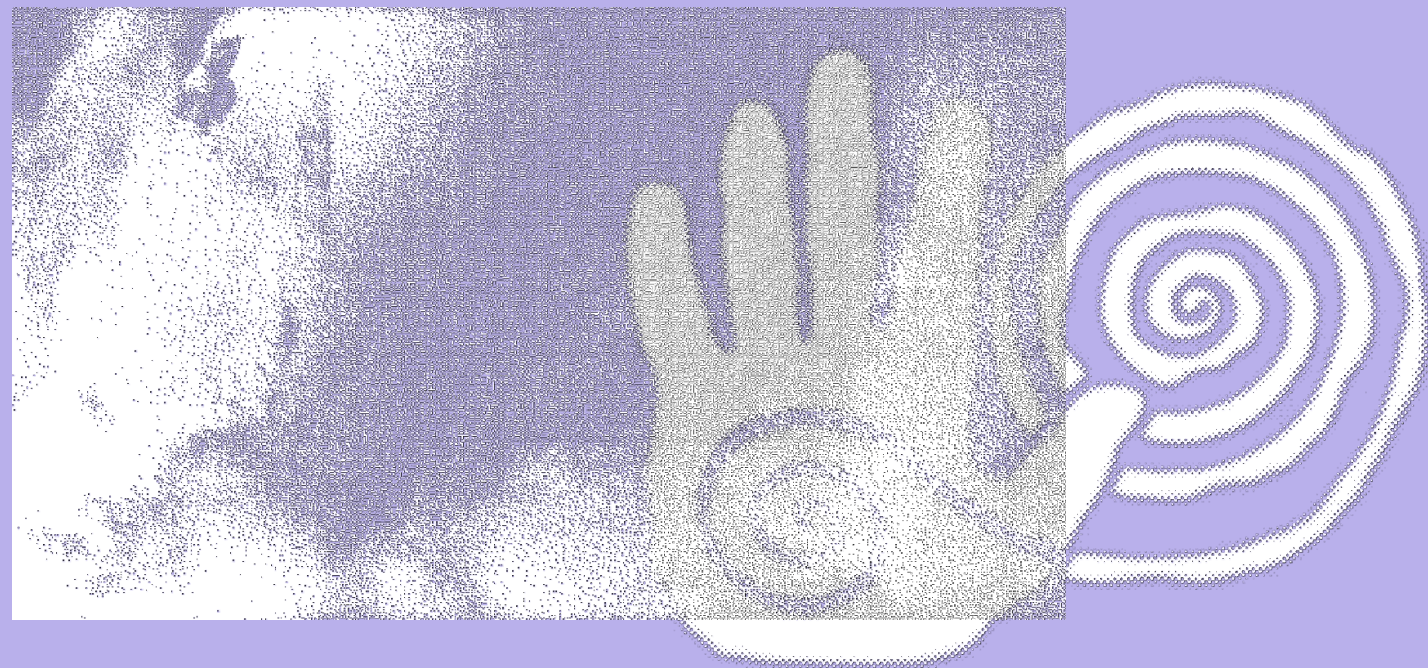
As we start gathering information on who we are, where we want to go, and the changes it will take to get us there, Kokums will be there to share wisdom, lead Ceremony, and guide the Board on moving forward in a good way.

- **Auntie Mentorship**

We’re continuing to mentor the next generation of Kokums, to learn from their wisdom, and to work together to connect with community even more.

- **Care for the WHC Team**

The work of WHC is Heart Work — as helpers, we share energy with others to bring emotional, mental, physical, and spiritual balance. The Kokums want to help care for the people that care for community with Sharing Circles, Cedar Baths, and more Ceremony to support them in their frontline work.



Reflections

What does it look like to listen with my whole being? How do I hear Spirit?

What do I feel attracted to and am I letting myself follow that attraction?

How am I doing the work? Am I laughing and having fun?

Who do I feel safe with? What spaces do I live in where my gifts are needed and valued?

How can I build trust in my relationships?

Am I showing up with consistency? Who is showing up for me?

Am I asking the right questions?

Am I doing things out of a place of obligation or because I truly care about doing them in a good way?

“We don’t just do a Sharing Circle so we can document to the funders that there was a Sharing Circle on this date. We do it because it matters how that relationship is feeling and those relationships start with the partners through Ceremony. I love that about working with the Kokums.”

–Donna Lalonde, Oshkaabewis Ikwe

“Yesterday we had the opportunity to share about what we are most proud of with our work at HSC Women’s Hospital and that is certainly the work we get to do with all of you. We had the opportunity to showcase the incredible hours, hope and trust all of you have put into the work here at Women’s hospital and how that has started to transform this site.”

–Amanda Morris, Physician at HSC Women’s Hospital



Meet the
**Kokums
Circle**

The Kokums Circle is an initiative designed to decolonize WHC's health care practices and transition our business model to a traditional Indigenous model. Called ka ta pway yoot (kata pway ya-oot), or 'those who tell the truth.'



Albert McLeod is a status Indian with ancestry from Nisichawayasink Cree Nation and the Métis communities of Cross Lake and Norway House in northern Manitoba. He has over 30 years of experience as a human rights activist and was one of the founders of the 2-Spirited People of Manitoba. Albert began his 2Spirit advocacy in Winnipeg in 1986 and became an HIV/AIDS activist in 1987. He was the director of the Manitoba Aboriginal AIDS task force from 1991 to 2001. In 2018, Albert received an honorary doctorate of laws from the University of Winnipeg. He was also a member of the sub-working group that produced the MMIWG 2SLGBTQIA+ National Action Plan Report in 2020–2021. In 2020, Albert joined Team Thunderhead, the team that recently won the international competition to design the LGBTQ2S+ National Monument in Ottawa. Albert lives in Winnipeg, where he works as a consultant specializing in Indigenous peoples, 2Spirit history and identity, cultural reclamation, and cross-cultural training.



Jeannie White Bird is an enrolled member of Rolling River First Nation. She is honored to have a second community in Selkirk, Manitoba where she's raised her two young adult children, Asa and Alvina Red Eagle. At nine years old she became part of the federal/provincial policy of forced removals of Indigenous children from their families and communities, and was denied her culture and heritage and lost her language in a period known as the Sixties Scoop. Jeannie transformed her lived experience by sharing her truth at the National Inquiry into the Missing and Murdered Indigenous Women and Girls, and intertwined those elements with breathtaking beauty expressed in imagery and stories. Jeannie is honored to be part of the Thunderbird Sundance Family along the Southshore of Sagkeeng First Nation. In 2019, Promoting Aboriginal Student Success (P.A.S.S.), Empowering Indigenous Youth, presented Jeannie with a COMMUNITY LEADERSHIP award. She's also recognized as a LIFELONG KNOWLEDGE KEEPER for the P.A.S.S. Program. Most recently, Jeannie became a first time Kokum to beautiful granddaughter, Cedar (Ozhaawashkwaa Anang/Blue Star) Jones.

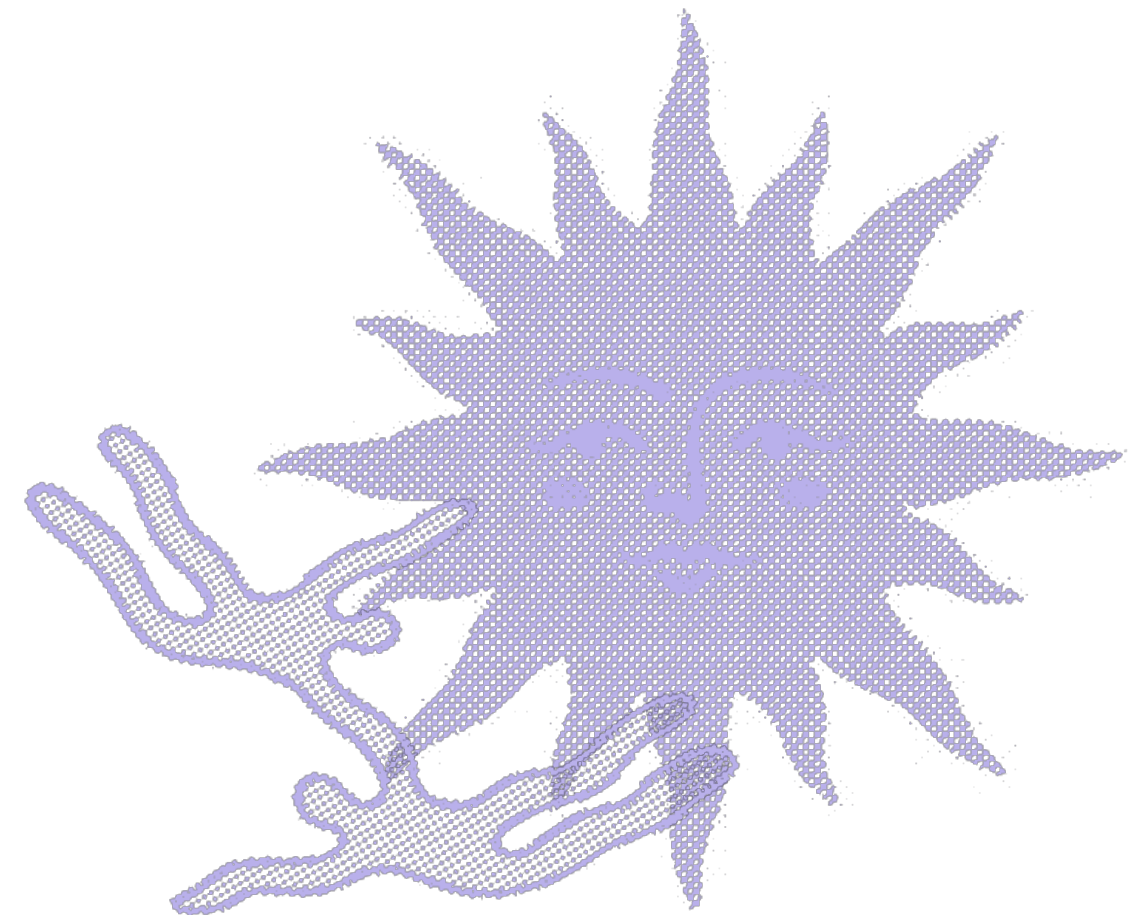


Margaret Lavallee is an Anishinaabe Ikwe from Sagkeeng First Nation and an Elder in Residence at Ongomiizwin Education from the Indigenous Institute of Health and Healing at Rady Faculty of Health Sciences, University of Manitoba. Margaret’s experience comes from over 40 years in varied Human Relations responsibilities within the health care field. Margaret holds a degree in Bachelor of General Studies from Brandon University. She was also honoured by the University of Manitoba, Rady Faculty of Health Sciences with an honorary doctorate degree for her lifelong work for the Indigenous community in the health care field. Margaret’s role as Elder in Residence for the last 17 years ensures Indigenous knowledge and world views are incorporated into all levels of student support at the University of Manitoba. Margaret assists with research, classroom presentations, and traditional cultural teachings for both staff and learners.

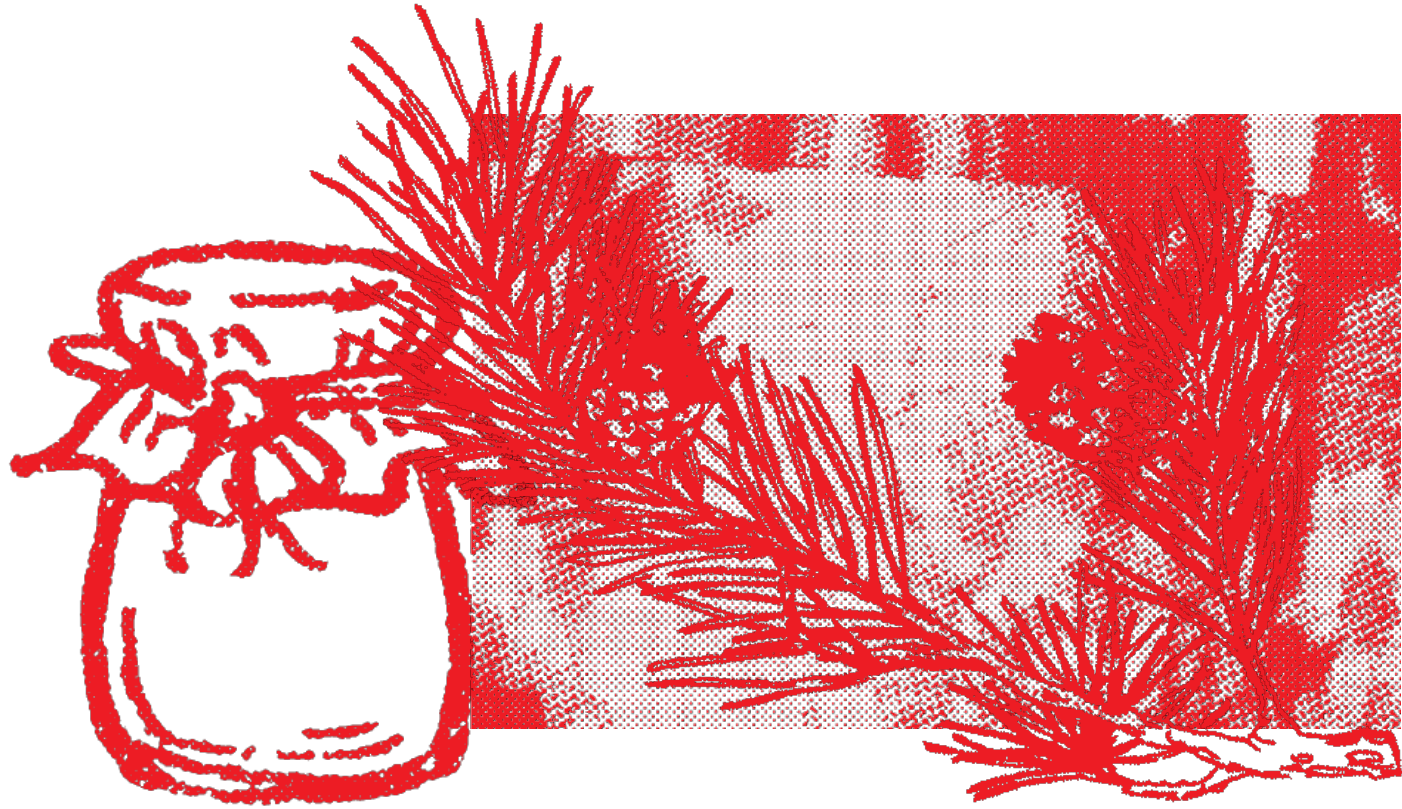
Louise McKay is a Traditional Elder and is a descendant of the historic Metis of the Red River Settlement in Manitoba. She continues to live in her home community of St. Laurent and speaks her Traditional language of Michif, along with English and French. In 1987 Louise graduated from University of Winnipeg with a BA - double major in Psychology & Justice and Law. Later she completed the Social Work Pre-masters Program, at the University of Manitoba and has completed the MSW course work with her thesis pending. Louise has worked in child welfare, justice and law, education, health, women’s issues, addictions, spiritual care and with children and communities in crisis. From 2000–2014 she helped to develop policies, procedures and strategies for the Southern First Nations Child Welfare Authority, that guided the return of Indigenous children to their home communities and agencies. Louise believes that Creator promises us all a good life - to achieve that he gave us the medicine wheel which teaches us to live in mental, emotional, physical and spiritual balance. She believes that when we combine our gifts, we more easily find our balance and thus have a more rewarding and full life.

From all Women’s Health Clinic programs and services, staff and volunteers, we offer our sincere gratitude for the opportunities, teachings and guidance that the Kokums have offered over the 2025-2026 year.

Their Circle of truth and strength is invaluable in the journey that Women’s Health Clinic is on. You guide WHC with spirit and light through to the heart of reconciliation. WHC recognizes the privilege to be held in a space where mistakes can be made, curiosity is encouraged, and true vulnerability is honored. With our deepest respect, Chi-Migwetch.



Who Are the Aunties



Aunties were always going to be a part of the Kokums Circle. In many cultures, Aunties are matriarch figures. They become like a mom to their nieces and nephews, bridging the gap between parents and grandparents. These Aunties have moved from being an auntie to their own family and to being an auntie to a whole community.

When you think about WHC and when you think about Kokums, there was a bit of a missing piece in the middle — the piece that connects things. If you notice in our gatherings, anytime we're around with the Aunties, you'll see the Aunties getting up and doing things that aunties do. Bridging that gap.

One day, Aunties become Kokums. Bringing in Aunties to the Kokums Circle is our way of mentoring the next Kokums and passing along teachings like pipesmoking, firekeeping, and passing on spirit names. As this relationship grows, the Aunties are going to be learning to do more things, and their responsibilities will naturally grow.

Visit womenshealthclincic.org to learn more about Aunties at WHC



Mural

This winter we partnered with the Downtown BIZ and Winnipeg artist Bria Fernandes to add some colour to Graham Avenue. Bria's mural, titled Roommates, captures the essence of community — with all its layers, overlapping experiences, and unique perspectives.

In the mural's figures, we see faces and elements that reflect the lives of our clients, relatives, staff, and volunteers. "[The mural] suggests that community is built not through sameness, but through the coexistence of many inner worlds that are imperfect but held together," reads the artist's statement.

We truly loved being part of Bria's process and enjoy sharing this beautiful artwork with our neighbours and clients. You can find the work on the east side of the WHC building at 419 Graham Avenue.

Read Bria's full artist statement and bio at bit.ly/Graham_Mural



Programs & Services

6773

Free & Low cost birth control prescriptions dispensed (we love free birth control!)

5736

Free condoms distributed

5640

Number of free period products handed out

378

Number of pregnancy tests provided

711

IUD insertions

487

Pap tests

Health Services

On May 4, 1981, the Women's Health Clinic opened our doors at 555 Broadway. The Pregnancy Information Service, first hosted by Klinik, saw the need for a clinic that expanded their work. Manitoba needed a pro-choice, women-centered medical clinic offering medical care, health education, counselling, and advocacy.

It was only a year before demand grew larger than the offices on Broadway and the clinic moved to its own space at 414 Graham in 1982.

Seeing a need for the same inclusive, non-judgmental services for youth, the Teen Clinic program began seeing clients in 1985.

In the thick of the AIDS crisis, WHC added anonymous HIV/AIDS testing & counselling to our medical services, recognizing that women's needs and concerns are largely ignored within the medical system. Over the coming years, WHC continued public health advocacy for woman-centred approaches to HIV/AIDS education and care.

WHC remains an inclusive, feminist community health clinic. The multidisciplinary staff at the Graham clinic includes doctors, nurses, nurse practitioners, dietitians, medical assistants, and volunteers.

Clients visit us to get seen by providers who offer care for reproductive & sexual health, pelvic health, nutrition with a registered dietitian and more. The clinic also distributes free period products and pregnancy tests during operating hours on a walk-in basis to anyone who needs them.

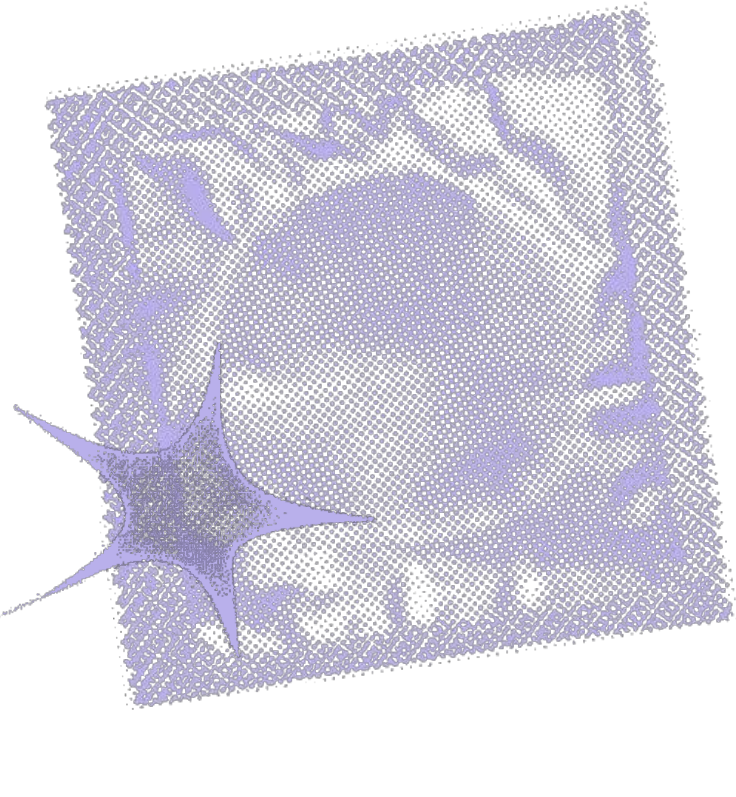
Clients don't need a referral from another health care provider or active Manitoba Health coverage to access services. Each year, we provide essential healthcare services to people who would not otherwise be able to access them.

This year, the clinic ceased operating as primary care providers as the demand for feminist, anti-oppressive, trauma-informed reproductive health care continues to grow. WHC is proud to be able to meet the needs of clients who have difficulty accessing care elsewhere.

Teen Clinic

The Teen Clinic program runs a weekly drop-in for youth ages 13-22 at the Graham location and a school-based clinic at Institut collégial Vincent Massey Collegiate.

Clients visiting Teen Clinic do not need to provide a health card or get permission to access care. Everyone deserves the right to make decisions about their own bodies and access to accurate, inclusive medical information and care.



In recent years, this program only served clients of any gender with a vagina, vulva, ovaries, and/or a uterus. This year, the clinic opened eligibility and can now provide care to everyone within the age group. This is a significant step for inclusivity in care and the ability to meet the needs of the community.

Some common reasons clients come to Teen Clinic:

- sexual health (including birth control, STI testing and treatment, and Plan B)
- pregnancy (including pregnancy tests, information, pro-choice options, abortion appointments, and peer support)
- mental health (including anxiety, depression, disordered eating, and stress)
- any general health concerns (like sleep, nutrition, periods, and reproductive health)

The Birth Control and Pregnancy Program has volunteer peer counsellors available during each Teen Clinic at Graham for drop-in appointments to discuss birth control and pregnancy options.

**Teen Clinic appointments
this year 1422**

Abortion

The community-based abortion care offered at WHC is rooted in the passion and determination of activists and practitioners that stretches decades.

In 1983, Dr. Henekh Morgentaler's private abortion clinic opened at 883 Corydon Ave. At the time, WHC offered client information about hospital-based abortion services (covered by Manitoba Health) alongside referrals to Morgentaler's fee-for-service clinic. The clinic was raided twice, and Dr. Morgentaler was charged with seven offences before abortion eventually became decriminalized in 1988.

Morgentaler's private clinic in Winnipeg closed in 2004 and women in the community organized to purchase the clinic. Renamed Jane's Clinic, the facility began operating as a community owned, not-for-profit clinic to provide surgical abortion services.

When the Province of Manitoba agreed to cover community-based abortion services, in addition to hospital-based services, the abortion services of Jane's Clinic amalgamated with Women's Health Clinic to offer abortion under WHC's medical program.

In 2018, WHC added medication abortion services and, in 2020, we expanded access to medication abortion outside of Winnipeg. In partnership with the Northern Regional Health Authority and individual nursing stations, we helped train providers and make medication abortion available in more Manitoba communities.

WHC is proud to provide surgical and medical abortion care in a non-judgmental, pro-choice community health environment. This care is offered at two of our locations and is available to anyone, regardless of their Manitoba Health coverage status.

WHC is a hub for abortion care for people from Winnipeg and people from across the province of Manitoba. We also serve people from rural and remote places like Nunavut and North-Western Ontario and people who live in places where it is not possible to freely access abortion care.

Abortion in Manitoba: An Overview of Care Community Report

Since 2024, we have been collaborating with researchers from the University of Manitoba to help document the experiences of Manitobans seeking abortion care.

According to researchers:

"The Abortion in Manitoba project draws on survey responses and narrative interviews and the community report highlights key barriers, sources of support, and gaps in care across all stages of the abortion experience. The findings and recommendations aim to inform policy, healthcare practice, and community advocacy, and to support more equitable, accessible, and just abortion care in Manitoba."

Two of the researchers behind the report, Dr. Lindsay Larios and Emma Cowman, presented the results to WHC staff at our All-Staff Meeting in October. We were grateful to hear the participant's experiences and receive the recommendations — they are helping to guide the work of our abortion program.

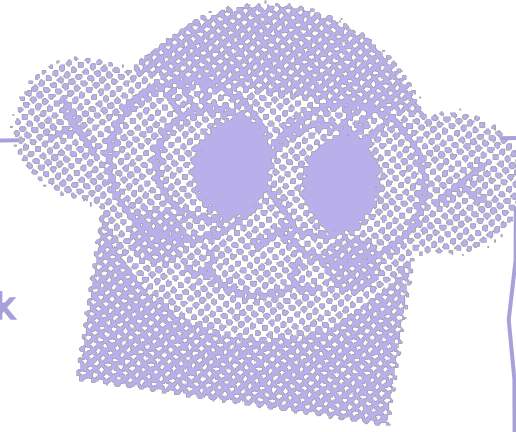
Read the report in full at bit.ly/Abortion_In_MB

Morgentaler Anniversary

WHC celebrated the 38th anniversary of the Morgentaler Decision, the day that abortion was decriminalized in Canada. Our social media campaign shared the legacy of Dr. Henekh Morgentaler and provided education on the history of abortion rights in Canada. We also made and distributed 'I Love Abortion' pins featuring Dr. Morgentaler's iconic peace sign.



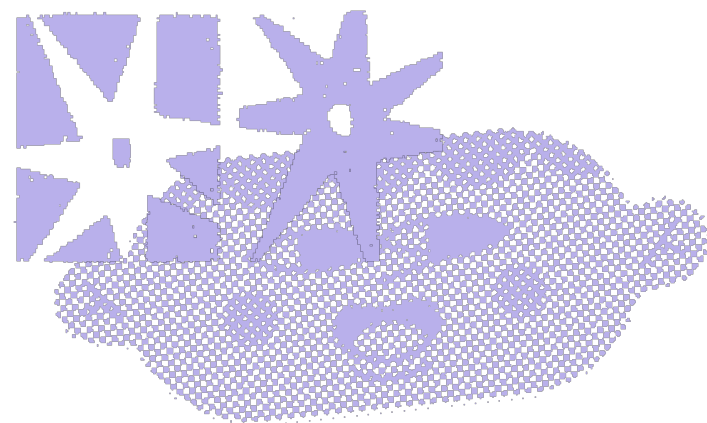
Eating Disorder Program



15	Workshops held
5	Workshops for Eating Disorders Awareness Week
6	Skills for Recovery groups
6	Treatment groups
12	Post-treatment support groups
274	Consultations provided to health care providers

The Provincial Eating Disorder Prevention and Recovery Program (PEDPRP) at WHC provides community-based care with an anti-oppressive, decolonized lens. This program provides in-person and virtual support for people of all genders who are 18+, anywhere in Manitoba. This includes free workshops and counselling for individuals, as well as support for their friends and families.

Since its inception, the PEDPRP has been a support and place of refuge, healing, and hope for hundreds of people. Last year, the program received funding to expand this care to youth and the people who support them.



In the 2025-2026 year, the program worked with 70 clients, 37 of whom were new to the program. This year, social workers at WHC have started to offer brief treatment counselling, when possible, for PEDPRP clients on the waiting list. Quicker interventions lead to better outcomes and the team was able to significantly reduce wait times this year.

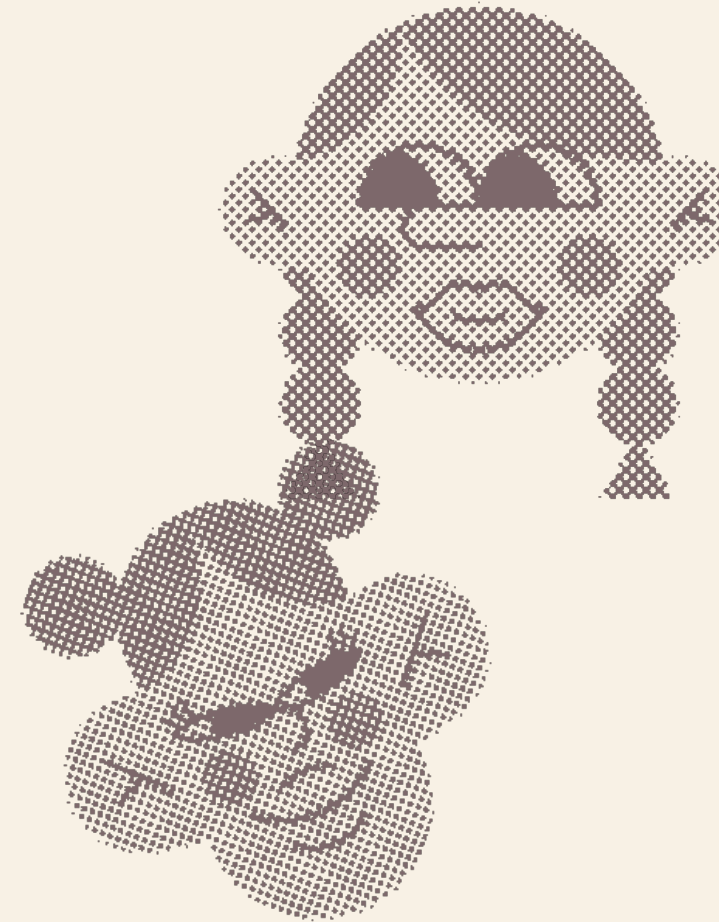
The PEDPRP also led our biggest and best Eating Disorder Awareness week ever, offering 4 lunch and learns to the public with topics like Exploring Body Neutrality, Disordered Eating in Men, and The Wellness Trap No-Read Book Club. The PEDPRP was also recognized at the Province of Manitoba's Eating Disorder Awareness Week proclamation event.

Diet culture constantly shifts and mutates including, recently, widespread access and use of GLP-1 medications for weight loss. The team continues to ensure that their knowledge base grows, and their tools and offerings can help clients navigate the body image landscape. This year also saw continued integration of materials that support clients in understanding the effects of colonialism and systemic oppression on their relationships with food, body, and self.

Youth Eating Disorder Program (YEP)

This past year, the PEDPRP launched the YEP! YEP provides in-person and virtual support to youth (13-17) and their caregivers from across Manitoba, through free workshops and whole-family supports. In its first few months of operation, the YEP team has served 551 people, including 21 workshops for youth and the supportive adults in their lives.

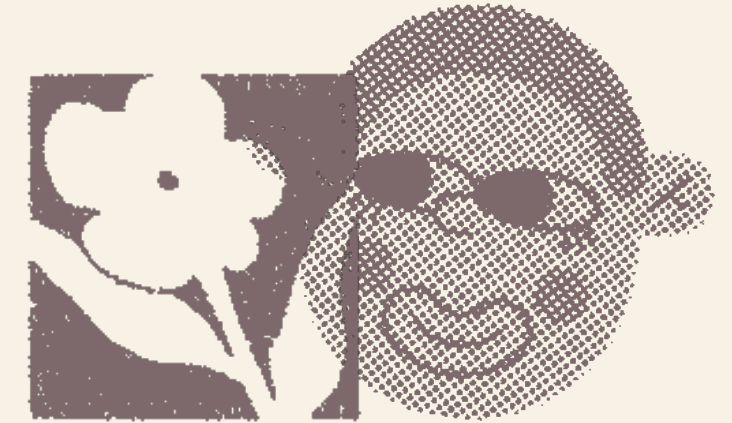
19	Workshops held
1	Community support group for youth and families



PEDPRP Service Provider Training

The PEDPRP builds capacity across the province by supporting those who help their clients navigate disordered eating and eating disorders in their communities.

Our adult program held a half-day service provider training as part of Eating Disorder Awareness Week that welcomed 23 participants across Turtle Island. The YEP also offers workshops to youth-facing community organizations and providers.



“Folks realize that “their” eating disorder is deeply intertwined with diet culture, oppression, capitalism. This allows them to move it from a “me” problem, to understanding the impacts of living in a culture that embodies disordered eating.”

–Lea Neufeld La Rue, counsellor

“It is meaningful to witness the shift that can happen from “I’m the problem” to acknowledging and expressing open anger about the systemic and cultural problems all around us.”

–Jay Cormack, counsellor



Birth Control and Pregnancy Counselling Program

In 1973, the Pregnancy Information Service (PIS) was operating out of Klinik, solely staffed and coordinated by passionate volunteers and offering limited services during limited hours. PIS was dedicated to giving people control over their own bodies by providing birth control, pregnancy, and abortion information to the public. This program was not only the foundation of our current program, it became the reason that WHC exists.

By 1981, the board of PIS had realized their vision for a unique health clinic to provide pro-choice, women centered medical care, health education, counselling, and advocacy: Women's Health Clinic.

In 1985, the Birth Control and Pregnancy Counselling training program was created. This program is the same model we use today. We train volunteers to provide peer-based support and share reproductive and sexual health information. Since its formal inception and funding in 1985, this program trains up to 24 new peer counsellors and supports up to 1200 clients each year.

WHC's Birth Control and Pregnancy Counselling (BCPC) program provides peer counselling to support clients in making informed decisions about birth control, safer sex, and pregnancy options. The BCPC program works within an intersectional feminist, peer-based model with clientcentred care and harm reduction at the centre of the work.

How does it work?

People seeking support in assessing their options for birth control or pregnancy are offered same-day or next-day counselling sessions. The BCPC program provides in-person or virtual daytime and evening appointments 6 days a week at no cost.

These counselling sessions offer a safer space for clients to discuss anything that contributes to their (w)holistic exploration of sexual and reproductive health and choice.

BCPC Cont'd

Counsellors work closely with the other service providers at WHC to connect clients to medical services, abortion care, midwifery, counselling, parenting groups, and more. Whichever choices are right for a client, WHC is there to support them with wraparound care.

This includes topics like:

- abortion
- parenting
- adoption
- STBBI information
- safer sex practices
- sexuality
- consent
- body image
- personal values and goals

Emerging Challenges

Manitoba has an increasing population of newcomers and migrants who are medically uninsured or underinsured. We have noticed a substantial increase in the number of clients without public health coverage accessing pregnancy counselling through our program.

Continuing a pregnancy and accessing pre-natal, labour, and delivery health care, can cost \$30,000 or more with extreme consequences faced by clients who are unable to cover those costs.

Many clients who have accessed pregnancy counselling have expressed a lack of true reproductive freedom, citing the prohibitive costs of continuing a pregnancy without health coverage. Other clients have chosen to forgo essential pre-natal care and even deliver at home without medical support to avoid exorbitant medical bills and threats of deportation for an inability to pay.

Read more about migrant experiences with reproductive justice in Manitoba at: bit.ly/MANSO_Report.

Total number of sessions booked	878
Birth control information sessions	262
Pregnancy choice counselling sessions	616
Volunteers and practicum students	51

BCPC Volunteers

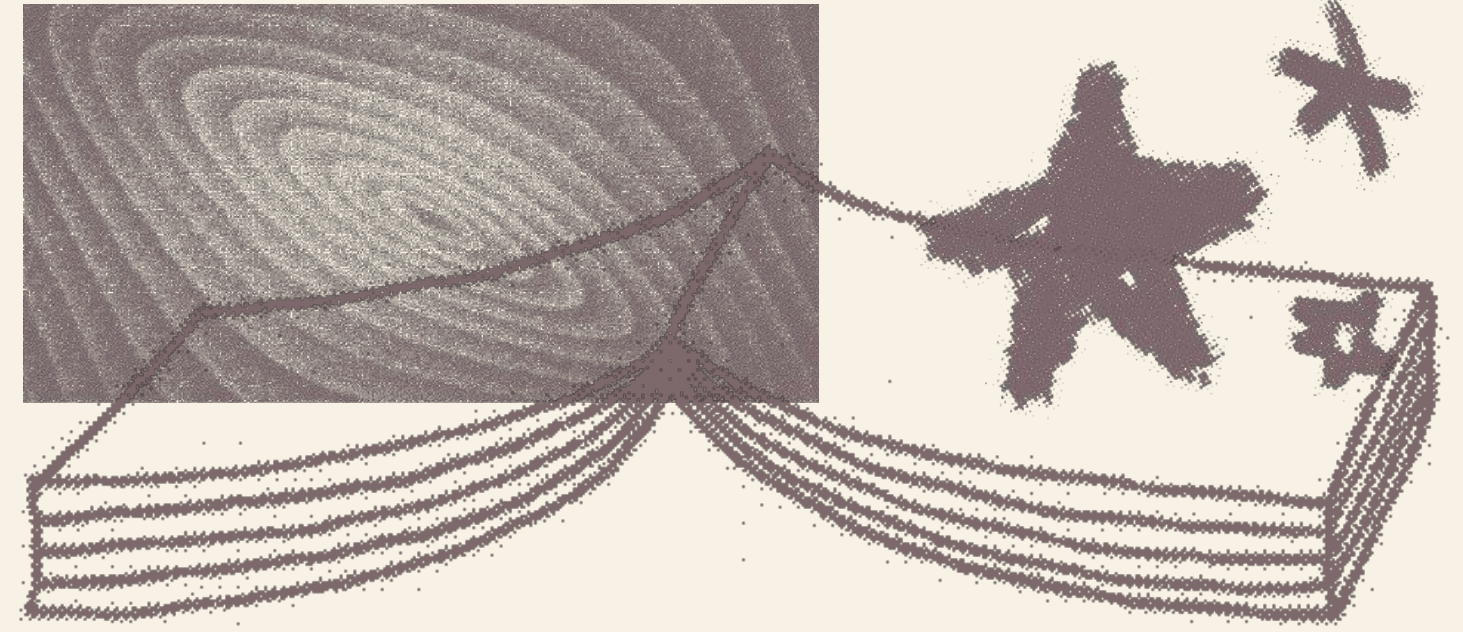
Each volunteer peer counsellor in the BCPC program completes a comprehensive training program to ensure clients are receiving informed care from peers who are deeply knowledgeable and equipped to support them. Training involves a total of 150-200 hours, offered in-person twice a year, followed by a peer mentorship process with other volunteers to provide continued support. Volunteers' continued learning and growth is supported through monthly learning sessions on topics identified by volunteers and led by experts, like WHC's Medical Director, Dr. Carol Scurfield.

While the highlight of BCPC's programming is undeniably the peer counselling support offered to the community, the program is also proud to offer volunteers a chance to develop their skills and experience in reproductive health care and counselling. Many of these volunteers have been clients at WHC themselves, wanting to play their own part in offering inclusive care.

This impact goes beyond WHC's walls. In 2025, we provided 34 references for volunteers looking to get into medical school, social work graduate programs, and a variety of non-profit and health care jobs. This year, 3 BCPC volunteers were also hired as staff in various programs at WHC. BCPC volunteers are hired at WHC so often that 'the BCPC to staff pipeline' has become a well-known phenomenon at WHC.

Volunteers report that the training and experience provided through the BCPC program helped ground their approach in anti-oppressive, feminist values and the experience helped prepare them for careers across the sector. Most of all, they have shared that they value the conversations and connections they have with clients.

The waitlist for prospective volunteers is well populated, typically ranging from 50-100 people, all eager to join the program and help offer this care to the community.



For the future of the BCPC program, we have our eyes on expanding capacity, increasing accessibility, and our dedication to reproductive justice. As a program grounded in community-based peer work, BCPC plays a key role in reducing harm and stigma many people face when accessing health care.

Currently, our demand for service exceeds our capacity. We'd love to offer more appointments to clients. Through increased training opportunities, we would be able to move volunteers off the wait list more quickly.

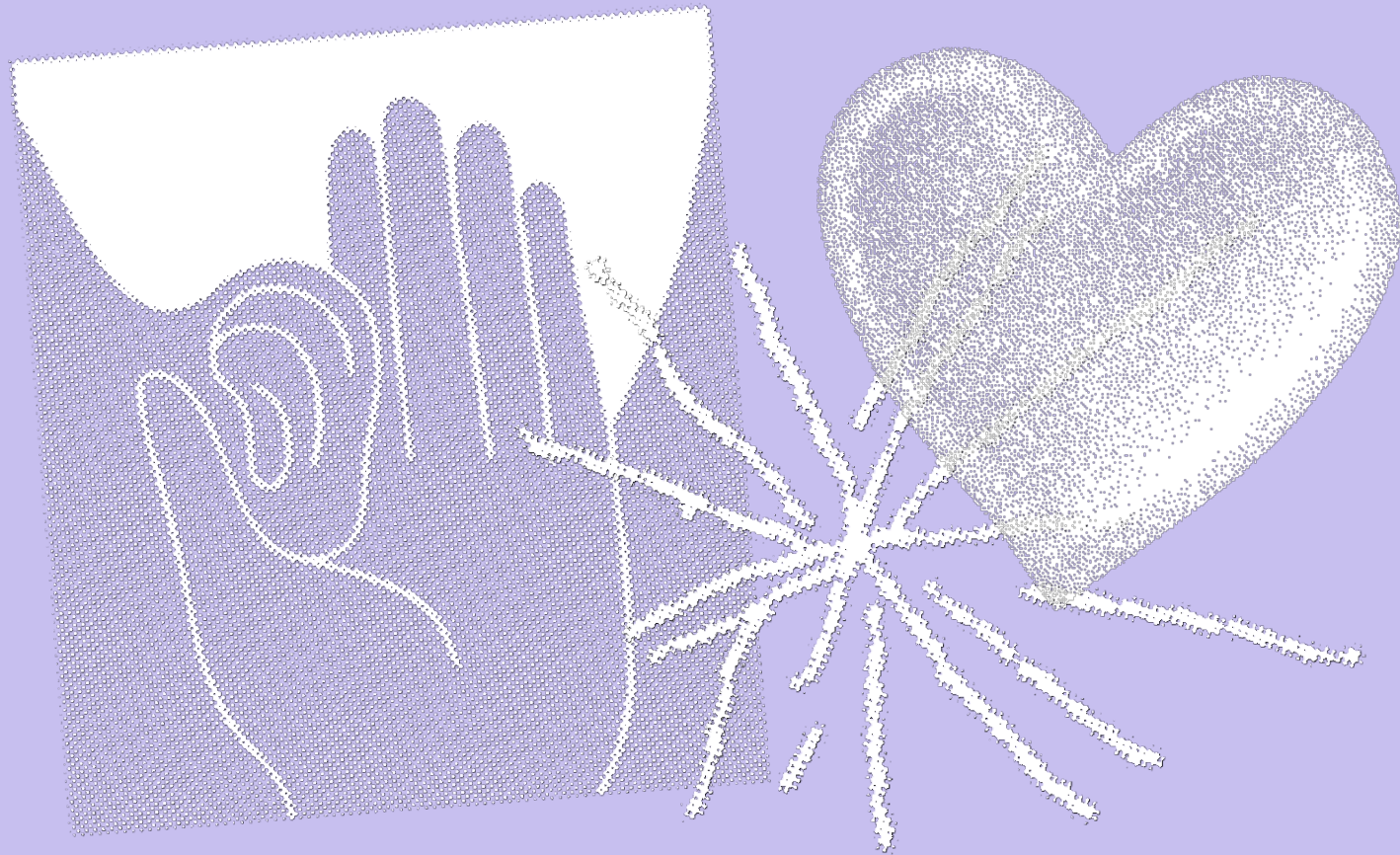
Accessibility is always at the top of our mind. Increased outreach, adding more drop-in services, offering more accessible booking options, and increasing physical accessibility to our space are all things we are working on in the next several years.

WHC is one of the few places in Winnipeg and Manitoba where people without public health coverage can access free or low-cost reproductive health care. While many organizations are working to support newcomers there is a major lack of coordinated services to meet their reproductive health care needs. We would love to be a part of developing an anti-oppressive, intersectional, feminist approach to providing these people and families the resources they need to take control of their own reproductive futures.

“Volunteering with BCPC completely changed my life! It gave me knowledge and confidence, connection to community, and a sense of effectiveness. I love getting to talk to people and be in their corner, especially during difficult experiences. The connection with clients has been the biggest thing, it's so rewarding to know that just by listening to someone I am making a difference in their world and, therefore, the larger community.”

“I was challenged at looking deeper at my internalized biases and wasn't afraid to ask questions. I feel like I not only became a braver counsellor but also a braver person. I am excited to take my skills into my day-to-day life!”

Counselling



WHC’s counselling program provides 12 sessions of free, one-on-one general counselling to girls, women, Two-Spirit, trans, non-binary, and gender nonconforming people. Our teen and young adult counselling programs also offer bi-weekly peer support groups.

141	New Clients
3	Practicum Students Hosted
91	Clients in program per year
274	Consultations provided to health care providers
12	Workshops

Peer Support Groups

Experienced, qualified counsellors support clients with a wide range of issues – abuse, violence, grief and loss, relationships, parenting, lifecycle explorations, addiction, gender & sexuality, feeling stuck, coping with change, and so much more. The program works with a systemic and holistic approach – highlighting a clients’ strengths, supporting their values and how they can show up authentically in their life.

Our wait time decreased noticeably this year, meaning we could offer more care more quickly to more clients! The team also hosted three practicum students completing their master’s level studies.

The counselling program’s bi-weekly support groups have become much more than a safe space to meet and offer support – they offer a truly unique sense of community. Community members have shared their gratitude for the connections they form and the sense of acceptance and appreciation they find.

The teen group tends to focus on school, relationships, family dynamics, anxiety, depression, body image, relationship with food, and self-esteem.

The young adult group is largely focused on work, school, relationships, living on their own, loneliness, anxiety, depression, death in families, caring for parents, self-care, self-esteem, trauma and addiction.

For two hours each week, group creates the space for members to feel seen, heard, and supported – and offer the same to their peers. They share deeply personal parts of themselves and leave feeling validated and encouraged. Over time, members say they form lasting friendships, and many say the experience has helped them build confidence and take risks outside of group. Peer support changes lives!

“We are privileged to witness and support our clients in their transformational work, whether they are struggling as a newcomer to Canada, or with the effects of generational trauma, or in their efforts to break a cycle.”

–Danielle Crossman, Program Manager

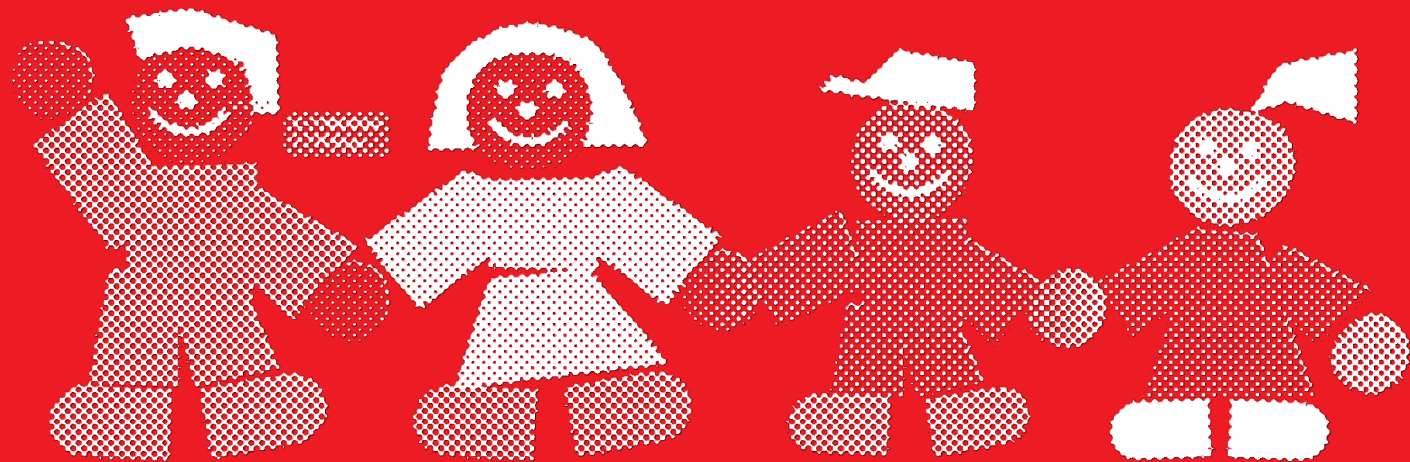
“In group, we explore strengths, celebrate victories, and make space for vulnerability and new possibilities. Just as important, the group is full of laughter.”

–Paula Denbow, Counsellor

Family Programs

The Families Program at WHC covers a wide range of services and programming that support parents, caregivers, and families in our community. We're there for people as they navigate every phase of their journeys from pre-natal groups to support for grief and loss, nutrition support, health education, and more.

This diverse array of supports offers a sense of community, low-barrier care in casual environments, and accurate information from trained professionals.



27	Families supported through Coping with Change
5	Educational partners
5,585	Students supported

Dragonfly Support Program Parenting Workshops

The Dragonfly Support Program at Women's Health Clinic supports people impacted by pregnancy loss, infant loss, and babies born to Spirit. We offer counselling, peer support, group support, and resources for individuals and families affected by these experiences. The program also hosts service provider training and a Provincial Community of Practice for professionals working with these individuals and families.

This year, the DSP hosted a group of healthcare and community leaders from around the province for a 4-day Train the Trainer session. This training session equipped them to support their communities with compassionate responses to babies born to Spirit, pregnancy loss and infant loss.

Coping with Change is a group where new parents and caregivers can talk (and cry, if they need to!) openly and honestly about all the feelings that come when a baby joins your life. This 5-week session allows new caregivers the chance to: meet other parents and caregivers in a casual atmosphere, get tools to cope with their feelings and find support and camaraderie.

Circle of Security is a program for parents and caregivers who want to deepen their connection with their children by better understanding their child's behavior, reactions, and needs. This free 8-week workshop gives parents and caregivers tools to help their children learn how to manage their emotions, build relationships, and explore the world.

Both programs also offer childminding for older children, snacks, and bus tickets, removing barriers for parents and caregivers to receive free, accessible, inclusive parenting support.

Registration for these programs was completely full this year. The demand for these programs demonstrates the true testament to the quality of care and instruction offered in this workshop. Participants in these programs reported relationships fostered far beyond the scope and length of the program, making them places to build community and expand support networks.



Families Connecting

Families Connecting is a group for pregnant people and new parents/caregivers of all genders. Every week, community members get the chance to meet with other parents, families, and health professionals in a low-key environment. Whether they have welcomed a child to the family through birth, adoption, fostering, or kinship care, all are welcome in a Families Connecting Group.

This program is completely free to attend and functions on a drop-in basis. Groups are offered 5 days a week in locations across the city with healthy snacks, bus tickets, and childminding available to all participants.

The Families program received a \$1000 grant from Red River Co-Op to create meal kits for families with young children. With this generous donation, we were able to distribute 150 meal kits to participants in Families Connecting groups.



Pre-Natal Drop-In

This virtual and in-person group is open to any pregnant person and their partner or support person. Participants meet to discuss everything and anything they might be going through during pregnancy: managing stress; strategies for comfort; life changes; and finding resources for pregnancy, labour, birth and postpartum care.

Community Menopause Workshops

WHC's nutrition program expanded its reach this year, offering a new set of workshops. The Caring for Yourself Through Menopause series takes a holistic approach to menopause care. These workshops cover what people can expect during all stages of menopause, how nutrition can help them mitigate symptoms, and offer an evidence-based look at commonly suggested supplements and nutrients.

Caring for Yourself Through Menopause gives clients reliable information and helps them put the power to care for themselves in their own hands. This series is a great compliment to the episodic perimenopause and menopause consultations available in the Clinic.

Fun fact:

2500 lbs. of potatoes were handed out to clients, our small fight against food insecurities in families.

Health Education and Community Outreach

The education and outreach team continue their work of bringing education and resources to the community, deepening our team's understanding of WHC's values, and providing high-quality health education to schools and educators.

Our Whole Self program worked with five schools to support comprehensive sexual health and wellness education. Partnering with Grant Park Junior High, St. John's Junior High, St. John's High School, Isaac Brock School, and Gordon Bell High School. In these sessions, our team connected with over 5,585 students, giving them the reliable, trusted support and honest information they need to navigate growing up with confidence.

Outreach facilitators also attended the resource fair inside Headingley Women's Correctional Centre. It's so meaningful to be able to get resources into the hands of women in our community that face some of the largest barriers to accessing them. Everyone deserves dignity, care, and support.

“In terms of what participants appreciated most about my work, I believe that the anti-oppressive approach used by the organization had a strong impact. This approach helped me develop a deeper understanding of the lived realities of the individuals we were working with, while also encouraging me to adopt a mindset of openness, humility, and non-judgment. It shaped the way I interacted with participants and influenced my overall perspective on social work practice.”

–Université de Saint-Boniface practicum student

“I feel better knowing that everyone experiences challenges when becoming a mom.”

–Coping with Change Participant

Learning Support for Post-Secondary Students

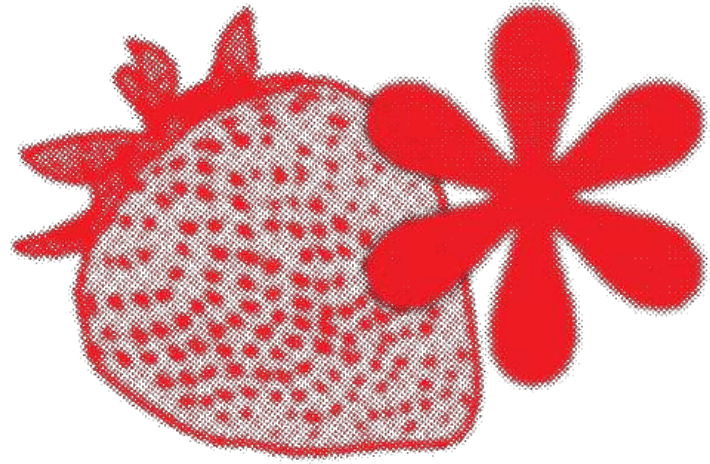
WHC has long played a role in ensuring the next generation of helpers can gain experience in a pro-choice, non-judgmental, inclusive environment.

This year, WHC became a designated service-learning opportunity site for University of Manitoba medical students, training them on providing comprehensive sexual health workshops to youth.

We also kicked off a collaborative initiative with the Social Work program at Université de Saint-Boniface. Working with hosted practicum students, we delivered a successful multi-day comprehensive sexual health education program open to the entire university community. These sessions covered a wide range of important topics related to well-being, including consent, healthy relationships, gender awareness, pregnancy options, sexually transmitted and bloodborne infections (STB-BIs), communication skills, and harm reduction strategies.

Not only did these sessions ensure students received affirming, accurate, inclusive information, but that they are equipped to share this information (in French!) in their communities.

246 Birth admissions
212 Births at Ode'imín



Opened in 2012, Ode'imín was born from a need for accessible midwifery care and out-of-hospital birth experiences. This location offered a centralized space for midwifery services, including prenatal and post-natal appointments, as well as a comfortable atmosphere for people to give birth.

In 2021, the centre was gifted with its Spirit name: Ode'imín, the Ojibwe word for strawberry. The Elder's teaching accompanying it is that "this is where new life comes from."

Ode'imín provides hundreds of clients the opportunity to experience low-risk, low-intervention birthing — an alternative birthing experience for clients and a low-impact birth for the health care system.

Ode'imín is more than a place to give birth: it's a centre that walks with families through the stages of becoming a parent and supports the first years of parenting. It's a hub of community connectedness and care.

The midwifery care team provides thousands of prenatal and postnatal visits every year, hosts approximately 250 births, and prepares supplies for several home births per year. Twice a week, the Universal Newborn Hearing Screening Program offer free screenings to the community.

Families also receive lactation support, can attend family programs, and receive counselling through WHC's Dragonfly Support Program, all at Ode'imín. The centre is also a breast milk drop-off depot for hundreds of litres of donated breast milk every year.

Ode'imín is truly a community space for all phases of parenthood.

As we see the space used for the wraparound supports, we have dreams of offering even more expansive services for parents and families.

Fun fact:

Roughly 2,496 lbs of breast milk are donated yearly to NorthernStar Mothers Milk Bank.

Partnerships

Program and Service Development Partners

We are grateful for these community organizations who help us ensure that the care we provide meets the real needs of the people in our community.

- Canadian Centre for Global Studies
- Manitoba Harm Reduction Network
- Sex Workers of Winnipeg Action Committee
- Sex Workers Have Access to Resources Equitably
- College of Dietitians of Manitoba
- Healthy Baby/Department of Families
- Health Sciences Centre – Adult Eating Disorder Program
- Health Sciences Centre – Women’s Hospital
- St. John’s Ambulance
- Street Connections
- Manitoba Blue Cross
- Reproductive Justice Research Manitoba

Other Agency & Community Partners:

- Aboriginal Health & Wellness Centre
- Action Canada Clinic Network
- Canadian Association of Community Health Centres
- Canadian Centre For Policy Alternatives
- Centre de Santé
- Huddle
- Klinik
- Main Street Project
- Manitoba Health Coalition
- MFL Occupational Health Centre
- Mount Carmel
- Nine Circles Community Health Centre
- NorWest Co-op Community Health
- Bear Clan Patrol
- Sexuality Education Resource Centre
- Social Planning Counsel

Hey Cuzzin Partners

- Art City
- Bear Clan Patrol
- Blue Thunderbird Family Care Inc
- Centre de santé Saint-Boniface
- Crisis & Trauma Resource Institute
- Jessie Home Inc.
- Manitoba League of Persons with Disabilities
- Manitoba Moon Voices
- Neecheewam Inc.
- Pihtikwé Skatepark
- sākhiwē festival
- The Salvation Army
- The Broadway Neighbourhood Centre
- CUPE Manitoba

Full Moon Ceremony Partners

- Sunshine House
- Manitoba Keewatinowi Okimakanak Inc MMIWG Liaison Unit
- The Link
- Manitoba Moon Voices
- Inaadiziwin Traditional Support Services
- Native Clan Organization, Inc.
- Manitoba League of Persons with Disabilities
- Candace House
- Deer Lodge Centre
- Medicine Bear, Ka Ni Kanichihk
- Health Sciences Centre

Chāpān Games & Teachings Partners

- Bear Clan Patrol
- Crisis & Trauma Resource Institute
- Manitoba Moon Voices
- Manitoba League of Persons with Disabilities
- Pihtikwé
- Festival du Voyageur
- The Salvation Army
- Vincent Design
- CUPE Manitoba
- Accessible Sport Connection Manitoba

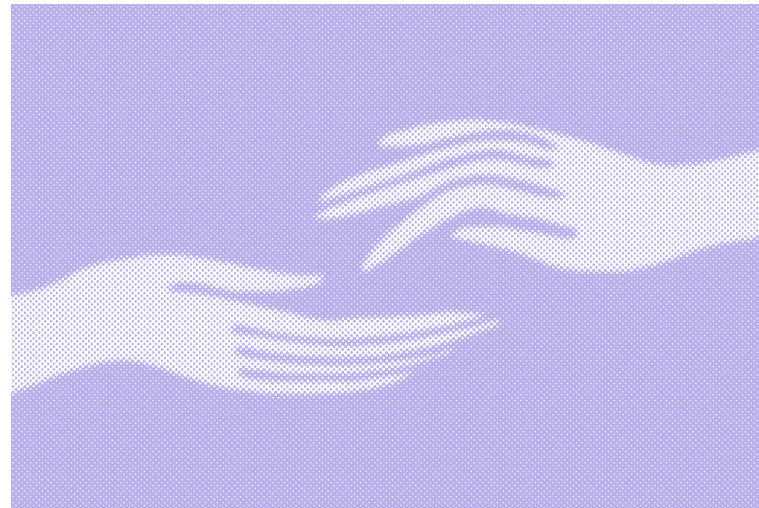
Fundraising

This year, Giving Tuesday and Year End campaign had a strong focus on supporting care at WHC. Our Giving Tuesday and Year-End Campaign rased a generous \$25,20740.

No matter the size, each donation helps support WHC programs and services. This support insures community members can access the care and support they need. Our donors are the everyday heroes behind this work, impacting the lives of people in our community, ensuring they have access to the essential care they deserve.

Over the past year, fundraising has been focused on grant funding. This funding supported our community needs, strengthened WHC programs, and advanced new program developments to better serve our clients.

We are deeply thankful to the many funders, foundations and partners who made this work possible this year.



Chāpān Games & Teachings

Downtown Biz	\$1,000
Accessible Sport	\$9,843
Province of Manitoba	\$15,000

Funding supported Chāpān Games & Teachings, a free community event, welcome to all. The event focused on connection, healing, and reconciliation through teachings, traditonal games, laughter and entertainment. Guided by the Kokums Circle and supported by partners, the event created space for people of all ages and abilites.

HIROC Integrated Safety Initiative

\$20,000

Staff regularly encounter situations where workplace violence, escalating behaviours, and systemic inequities create risks to both safety and quality of care. Through this initiative, we strengthened prevention strategies by redesigning workflows, building capacity through comprehensive training, and embedding trauma-informed, harm reduction, and culturally safe practices across our organization

United Way Winnipeg Centralized Intake

\$7,500

Part of a larger initiative at WHC is to redesign the current state of Program and Intake Services to a Centralized single entry and, triage system. The work associated with the \$7,500.00 grant from UWW included professional services to design a comprehensive design/concept for a Centralized Intake System for WHC, and the beginning of staff training initiatives to build staff skills for intake and client interactions.

Government of Canada ISC Family Violence Prevention Project: Flowing Spirit

\$195,000

In our work to acknowledge reconciliation, and work towards good relations, WHC with the Kokums and Aunties are actively implementing Flowing Spirit, a program designed for community members embodying feminine energy, who have experienced harm or mistreatment. Individuals are welcomed into a healing journey guided by Indigenous Elders and Knowledge Keepers. Funding for one year of this program has been provided by Indigenous Services Canada (ISC).

Winnipeg Foundation Reconciliation Work

\$65,000

Women's Health Clinic (WHC) acknowledges the historical and ongoing injustices faced by Indigenous peoples, particularly Indigenous women, TwoSpirit, and gender-diverse individuals, within the healthcare system. As a feminist, intersectional, and community-based organization, WHC is committed to upholding the principles of UNDRIP to advance reproductive justice and culturally safe healthcare for all.

WHC recognizes the need to address systemic barriers that Indigenous clients face, including colonial trauma, medical racism, and the legacy of forced sterilization. Adopting UNDRIP aligns with WHC's values of equity, dignity, and respect for bodily autonomy.

Red River Co-op Families Connecting Meal Kits

\$1,000

This Red River Co-op gave a gift of \$1,000 to our Families Program. This donation went right to making meal bags to share with clients in our families programming and those visiting our Ode'imín site. Food can be such a vehicle for nourishment, connection, and care. The generosity of this gift went a long way in feeding 60 families. Thanks again to Red River Co-op for your commitment to WHC and the families that we work with.

Volunteers

We would like to thank the heart of WHC: our incredible volunteers, practicum students, and partner organizations. Your care, creativity, and commitment power everything that we do!

A big thank you to our:

- Birth Control and Pregnancy Counselling volunteers
- Dragonfly Support Program peer support volunteers
- Knitters, crocheters, and sewers across Turtle Island
- Families Connecting/Healthy Baby program volunteers
- Practicum students
- Board of Directors
- Board Finance Committee Members
- Full Moon, Hey Cuzzin, and Chāpān Games partner agencies and volunteers

Long Service Awards

WHC staff came together to celebrate our Long Service Awards during our all-staff meeting in October. We are deeply grateful for the dedication, passion, and unwavering inclusive feminist approach to care that each honouree brings to our work. A special congratulations to a dedicated employee who celebrated 25 years of service.

WHC also extends our gratitude to those who have retired this past year. The decades of work these longterm employees have dedicated to WHC have made what and who we are. As retiring employees, you take years of institutional knowledge and history with you that is truly irreplaceable. Thank you for your care, advocacy, and commitment to WHC. To all of you who have retired over the past year, we thank you from the bottom of our hearts.

As we look towards to what's next, we welcome the new generation of employees and ways staff will help WHC continue to evolve over the coming years.

Donors

\$1-249

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