

Name:

Address:

Postal Code:

Email:

Phone:   
(10 digit)

**I would like to become a member** of FGWRC.  
All members support the Centre's objectives and policies, pay the required membership and receive advance mail-out information regarding upcoming services and events.

Select type of membership:

An **Active Member** is a woman over the age of 18. In addition to above, she is entitled to make motions, nominations, vote, hold office, and borrow books from our library. \$20 annual fee (income adjustable).

An **Associate Member** is a woman, man, youth or organization. \$15 annual fee (income adjustable)

**I would like to receive notices by:**  Mail  Email

**I would like to make a donation.**

General: \$

Tribute Gift: \$

Please check here if you wish to receive a tax receipt. (Available for **donations** in excess of \$15 only - Membership excluded)

My tribute gift is being made in honour of:  
(name, address of recipient and occasion of gift)

A card will be mailed, on your behalf.

**Please make cheques payable to FGWRC.  
Mail this form to: 1150-A Waverley Street,  
Winnipeg, MB R3T 0P4**



## Fort Garry Women's Resource Centre

1150-A Waverley Street  
Winnipeg, MB R3T 0P4

### Outreach

#104-3100 Pembina Highway  
(buzz code 1003)  
Winnipeg, MB R3T 4G4

### Ellen Street Centre

#104-210 Ellen Street (Ellen and Ross)  
Winnipeg, MB R3A 1R7

**Telephone: 204-477-1123**

**Fax: 204-475-9127**

**Email: [info@fgwrc.ca](mailto:info@fgwrc.ca)**

**Website: [www.fgwrc.ca](http://www.fgwrc.ca)**

# Fort Garry Women's Resource Centre

*Providing free support and services  
for women and children*



## Programs & Services

### **Information & Referral:**

Connecting women with appropriate community resources.

### **Individual & Group Counselling:**

Working with skilled counsellors to explore various issues which impact the lives of women.

### **Outreach:**

Reaching out, in a variety of ways, to women in the community who may feel isolated due to multiple barriers in their lives.

### **Public Education & Workshops:**

Events providing information and inspiration on topics and issues of interest to women.

### **Children's Counselling Program:**

Providing short-term therapeutic support for children who have witnessed and/or experienced domestic violence.

For more info:

call FGWRC at **204-477-1123**

or visit our web site @ [www.fgwrc.ca](http://www.fgwrc.ca)

## Supporting FGWRC

### **Membership**

Membership is a tangible way of showing your support. Through advance mail-out information, it keeps you informed on current happenings. "Active" members are involved in the direction of the Centre by being entitled to make motions, nominations, vote and hold office. Membership connects you with other FGWRC supporters.

### **Donation**

**Financial:** Financial contributions ensure our ability to continue offering free services. We value donations in any amount.

**Tribute Gift:** A donation in a friend's or loved one's name in celebration of a birthday, special event, in appreciation or in remembrance is a wonderful way to honor someone.

*See back page for donation and membership forms.*

## About FGWRC

Committed to creating a community where women and children are safe, healthy, valued and empowered.

All services are free of charge and are available through self referral.

The Centre is open to all women regardless of their cultural, racial, economic, social, religious and spiritual backgrounds. We are welcoming of individuals with differing experiences and those of differing abilities, ages and sizes. We welcome self-identified-women who identify as either heterosexual, lesbian, bisexual, trans, transsexual, or intersex.

**Volunteering:** For our current volunteer opportunities please visit [www.fgwrc.ca](http://www.fgwrc.ca).

### **Our Regular Office Hours are:**

Mon, Tues, Thurs, Fri: 9am - 12pm & 1pm - 4pm  
Wed: 9am - 12pm & 2:30pm - 4pm

For additional information on our after hours programming please call us at 204-477-1123 during regular office hours.

Core funding provided in part by:

**Manitoba** 

