



## The Women's Resource Centre by Jodi Wyman

---

The Women's Resource Centre (TWRC) has become a valuable service to women in Brandon and the surrounding area.

TWRC is located in the Town Centre at 800 Rosser in downtown Brandon. Their mission is to provide programs, services, and counselling on issues affecting women, including family violence, while encouraging respect, diversity and equality with a feminist perspective. Their vision is to provide support, empowerment, and mentoring for all women and their families.

The Women's Resource Centre's goals are to provide women with counseling and education about domestic violence, to provide women with access to information on cultural, economic, educational, health, legal and social services, and to create a space for women to meet on their own to network and share information.

TWRC offers a unique set of services for women in the area, many of whom are vulnerable and at risk. Leaving a situation of domestic violence, looking

for a first job or navigating the social support system can be challenging, and the Centre tries to help make it a little easier for women and their families.

The Centre has a library, which includes books and videos on issues relevant to women. Pamphlets and information are available on everything from parenting to addictions, from social assistance to sexual health. Most importantly, there is a great deal of information on local organizations and government and private services for women in the community. Talking with Centre staff can also provide information and referrals. It can be a great first stop for a woman looking for help, or a place to find support and advocacy in times of need.

With funding from the Family Violence Prevention Program of the provincial government, TWRC employs two counselors; a Domestic Violence Counselor who offers domestic violence counseling for women, and a Children and Youth Counsellor who provides counselling to both boys and

girls. Women and/or their children can also participate in support groups offered throughout the year. All counselling services that TWRC offers are free of charge. Funding from United Way of Brandon allows it to operate its Information and Referral Program that has been an essential service for many thousands of women over the years.

Each month TWRC also holds a free legal clinic. Local female lawyers donate their time to give free 20 minute consultations on any legal topic of interest.

The Women's Resource Centre has many others services they offer, including the following: job and rental postings; computer, word processing, and internet usage; public phone and fax machine.

Several times during the year TWRC holds workshops for women as part of the Informed Women's Series. Topics include women's health, yoga, nutrition, resume writing, advocacy and language skills, and TWRC is

always open to new ideas and proposals from workshop facilitators.

In addition to two counselors and an administrative assistant funded through the Family Violence Prevention Program, funding from the United Way of Brandon allows TWRC to have a part-time Program Coordinator to complete its staff.

TWRC is governed by its members and a female Board of Directors. Membership in The Women's Resource Centre will help fund their operations, and also make you a supporting partner in their vision for this community. Donations are always appreciated, and will be honoured with a charitable tax receipt.

TWRC is open Monday to Friday from 10:00 am to 4:30 pm and you can find further information on their website at [www.thewomenscentrebrandon.com](http://www.thewomenscentrebrandon.com) or by calling 726-8632.