

What a Girl Wants, What a Girl Needs

Opening a Women's Centre in Castlegar

Cassie Jenkins and Kasane Magee: 4th year BSN, University of Victoria at Selkirk College

History

- Women's centres have been around since the 1970's and were founded by women in rural and urban communities across the globe.
- Half of BC's 37 women's centres were forced to close their doors in 2004 when they lost their provincial funding.
- Services varied by community, yet all shared similar objectives: responding to the needs of women and providing support and referrals for women in crisis.

Barriers

Stage of contemplation
Awareness Self esteem
Mental Health Resources
History Experiences
Health Dependence
Readiness Accessibility
Sustainability Victimization
Marginalization Discrimination
Exclusivity Becoming a hang out
Poverty Transportation



Fig 1 "The love of healing (Reyes, 2016)

Objective

We have collaborated with staff and local women to perform a needs assessment for a women's center in Castlegar. This will inform its development and ensure that we provide a safe, supportive environment for all women.

Key Players



University
of Victoria

Kristein Johnson, Executive
Director of CDCSS

Nadine Raynolds, BSC, MA



Selkirk College



CASTLEGAR DISTRICT
COMMUNITY SERVICES SOCIETY

Shannon Shah, MSN, DHS

Actions

1. Focus group with Castlegar and District Community Services Society (CDCSS).
2. Focus group with potential clients, including an Aboriginal elder.
3. Literature review with regards to the need for a women's centre and potential benefits to local women.
4. Present findings to Selkirk College and CDCSS stakeholders in order to inform future planning and implementation of sustainable programming for the women's centre.

What Women Want

- Advocacy for legal, government, and mental health services.
- Child care and transportation to facilitate involvement in the group.
- Community kitchen: healthy meal planning and cooking.
- Education on mental health issues and coping strategies.
- Peer-support and ability to teach and learn from other women.
- Library.