



I was depressed and planned to hitchhike out of town, take my pills, be found in the spring. I stopped by the CWRC first. . . The CWRC staff saved my life and I have been doing well for the last two years.

**Audrey**



I use the women's centre to better myself. I don't want to be on welfare for the rest of my life. The person sitting here isn't the same person who will be sitting here in a year.

**Anna**



Thursday lunch is one meal that I am proud to have in me. I get to go to work with food in my belly. **Sherry**



I come here when my voice is crushed with illness or trauma or whatever.

**Rosanna**



I come to the centre to be seen and heard.

**Ria**

# Together, we can keep the doors open

Like so many women's centres across the province, the Cranbrook Women's Resource Centre stopped receiving contractual operational funding from the provincial government in 2004. This has not changed. Each year we must raise the \$50,000 needed to operate the centre. \$50,000 sounds like a lot, but if just 365 people donated \$137 each, we could reach this goal. We also raise money through grant applications and special events.

We are Friends because the centre makes a real difference in the lives of hundreds of women every year. And every woman who walks through the doors for help, and who leaves again with hope, makes our community a safer, healthier and better place.



Friends of the Cranbrook Women's Resource Centre

The Friends of the Cranbrook Women's Resource Centre is a volunteer standing committee of the Community Connections Society of Southeast BC. Monies collected via this Keep the Doors Open Campaign are administered by the society. Donations over \$25 will receive a charitable tax receipt.

**You can also donate online at [www.FriendsoftheWomensCentre.com](http://www.FriendsoftheWomensCentre.com).**

## DONATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Amount \_\_\_\_\_



\$137 One Day

\$1,154 One Week

\$4,167 One Month

Would you like a tax receipt? \_\_\_\_\_

May we e-mail you occasionally? \_\_\_\_\_

**Make your cheque out to:**

**Community Connections Society of SE BC**

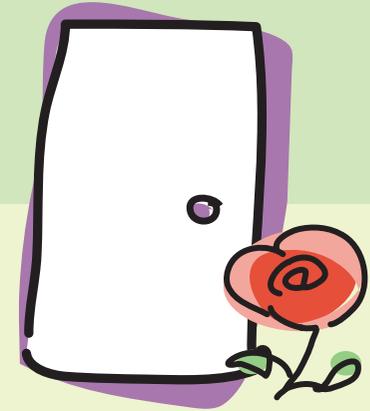
Mail this form and your donation to:

**Cranbrook Women's Resource Centre**  
c/o Community Connections Society of SE BC  
100 - 125 - 10th Avenue South  
Cranbrook, BC V1C 2N1



*Thank you  
for being  
a Friend.*

*They fed me when I was hungry.  
They helped me get to safety.  
They had information I needed.*



**H**undreds of women walk through the doors of the Cranbrook Women's Resource Centre every year.

They are our mothers, our sisters, our daughters and our friends.

Inside this safe hub, they're welcomed by nonjudgmental staff who help them find the resources they need.

- Some women need new skills.
- Some need shelter.
- Some need help planning a way out of a situation that's hurting them or their children.

All of them know the resource centre is a safe place to be themselves, to find the information they need, and to begin again.

Year after year, women in this community have sought—and found—help here.

Their safety, their health, and their renewed confidence benefits us all.



Friends of the Cranbrook  
Women's Resource Centre

*opening doors for women*

[www.FriendsoftheWomensCentre.com](http://www.FriendsoftheWomensCentre.com)  
[FriendsoftheCWRC@Gmail.com](mailto:FriendsoftheCWRC@Gmail.com)

A standing committee of the  
**Community Connections**  
**Society of Southeast BC**

*They  
saved  
my life.*

Do you know about the  
**Cranbrook Women's  
Resource Centre?**