

# **WE WANT YOU!**

IF YOU ARE A CARING HUMAN WHO WANTS TO TAKE PART IN A GROWING ORGANIZATION DEDICATED TO HEALING, GROWTH AND EMPOWERMENT...

## **COME JOIN THE BOARD AT THE ISLANDS WELLNESS SOCIETY!**

### **WHO WE ARE AND WHAT WE DO:**

The Islands Wellness Society is a non-profit community-based agency which provides a variety of services in a safe and supportive environment. These services endeavour to promote empowerment, overcome trauma, address violence, promote equality and enrich the lives of children and families on Haida Gwaii. Our programs include Women's Counselling, Child and Youth Counselling, Child Care Resource and Referral, Victim Assistance and Outreach.

### **NEW DIRECTIONS IN 2013:**

IWS is turned 30 and changed our name to **Islands Wellness Society** in order to better represent our vision of providing support and resources for families. This is an exciting time for us as we grow and we are looking forward to connecting with more members of our community.

### **WHAT WE NEED:**

We need caring adults from different backgrounds to participate and help us realize our vision by joining our Board. The IWS is a non-profit agency that runs on a consensus model. Our Board meets once a month.

### **WHAT WE OFFER:**

Board members have the opportunity to help our community by supporting the work at IWS and will be invited to attend conferences, workshops, education sessions and special events when available.

### **HOW TO REACH US:**

If you would like to join our team or if you would like more information please call Rachel Cameron at 250 559 4743 or drop in to our office at 204 Oceanview Drive.



## History

Islands Women Society (IWS) was founded in 1981 by a small group of women seeking to provide women-centred services that were not available on the Islands. In 1983, the Society became incorporated as a Non-Profit Organization. Over the years, the Society has earned a high level of community commitment and support, including dedicated women who have stayed with the Society as volunteers, staff, or board members for many years. The IWS is based on feminist principles and is run by an all-female volunteer board of directors and currently employs 6 female staff members. For over 20 years the IWS has offered services for women who have experienced violence, abuse, or threats many have requested services for their children. Our services are open to women regardless of age, ethnic origin, ability, or sexual orientation.

The IWS has a history of successfully administering the following programs:

- Women's Centre Program – MCAWS 1981-2003
- Community - Based Victim Assistance Program - MSSG 1985 to present
- Stopping the Violence Women's Counselling -MCAWS 1994 to present
- Childcare Resource and Referral Program – MCFD 2002 to present
- Outreach Services Program – MCAWS 2004 to present
- Children Who Witness Abuse – MCAWS 2006 to present

**Victim Assistance Program:** Provides legal information to victims of crime, so that the victim is more educated about the court process and their rights and responsibilities. Our worker acts as an advocate between RCMP, Crown Council, and the victim. She provides legal information to any victim of all types of crime.

**Woman's Counselling Program:** Provides long-term free individual counselling and/or psycho-educational groups for women who were impacted by violence: in childhood, in intimate relationships, and/or who experienced sexual assault.

**Child and Youth Counselling Program:** Provides services to children and youth, ages 3 to 18 years, who have witnessed or been impacted by abuse in their lives. Long term or short term counselling is available.

**Community Outreach Program:** Facilitates community networking initiatives aimed at increasing the safety of women and children. Provides support and assistance to Women who have experienced violence and delivers culturally appropriate public education initiatives to raise awareness of the effects of violence against Women; of violence prevention; and of Services available to Women who have experienced violence, abuse, or threats.

**Child Care Resource and Referral:** BC Child Care Resource & Referral Programs offer quality child-care referrals, resources and support to all child care providers and families.



## MISSION STATEMENT:

The Islands Wellness Society is an inclusive community based agency, which provides a variety of services in a safe and supportive environment for the women, children, and families of Haida Gwaii. These services endeavour to promote empowerment, overcome trauma, address violence, promote equality, and enrich the lives of children and families on Haida Gwaii.

### Objectives of the Islands Wellness Society:

- Support community well-being on Haida Gwaii by providing programs and services
- Ensure the visibility of our services in order to reach all members of our communities
- Provide public education about the issues relevant to our services
- Collaborate and partner with other community service providers in order to respond to community needs
- To ensure sustainability of needed programs and services
- Cultivate a strong, effective, and supportive agency.

### Common Principles of IWS:

- The Islands Wellness Society uses a consensus-based decision making process, and strives to function collaboratively and cooperatively.
- Our feminist framework is inclusive of women, men, children and families, and perceives all as equal.
- We support the individual and collective diversity of the people of Haida Gwaii
- Community well-being is built on positive relationships between individuals and organizations. IWS endeavors to always support and strengthen this web.



## **The Benefits of Being a Board Member**

- ~ Being a part of a positive force in the community.
- ~ Being part of a feminist/consensus based organization, rather than a patriarchal one.
- ~ Fellowship with like-minded women, working together on important issues.
- ~ Being part of an agency whose staff do something that benefits the community in many ways; providing support to those that help women and children in need within the community.
- ~ Opportunities to develop and strengthen leadership and other skills, such as chairing, diplomacy, and empathy
- ~ Being able to walk the talk that you view the world with: Believing that individuals and groups of people can make a difference in the lives of others.
- ~ Opportunities to contribute to the well-being of the community as a whole; giving back to a community that gives each of us much: Inclusion, recognition and self-validation
- ~ Participation in fun activities like the annual sale, fundraisers, etc. with a great group of women



ISLANDS  
WELLNESS  
SOCIETY

Resources for Families

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## Expression of Interest

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Physical Address \_\_\_\_\_

**Persons interested in serving as members of our Board of Directors are invited to share their ideas and information with us.**

Please tell us a little bit about yourself and why you are interested in being a member of the board of Directors.

What particular skills or interests do you feel you bring to our organization?

Have you ever been on a board of a non-profit society? If so, which one?

Approximately how many hours are you available per week?

Do you have experience with or interest in any of the following tasks?

Reviewing of Policies

Formulating Budgets

Proposal Writing

Fundraising (including Charitable Status)

Memberships/Volunteers

Human Resources